

|         | Hétfő<br>08.24                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Kedd<br>08.25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Szerda<br>08.26                                                                                                                                                                                                                                                                                                                                                                    | Csütörtök<br>08.27                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Péntek<br>08.28                                                                                                                                                                                                                                                                                                                                                                                         |
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| Tízórai | <b>Barackos tea</b><br>EN:26.6kcal ZS:0.0g TZS:0.0g SZH:6.6g CK:6.6g FH:0.0g SÓ:0.0g<br><b>Zöldhagymás margarinkrém</b><br>EN:43.4kcal ZS:4.5g TZS:1.4g SZH:0.5g CK:0.0g FH:0.2g SÓ:0.2g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:97.6kcal ZS:0.4g TZS:0.2g SZH:20.0g FH:2.9g SÓ:0.6g<br><b>Kaliforniai paprika</b><br>EN:6.0kcal ZS:0.0g TZS:0.0g SZH:0.9g CK:0.5g FH:0.3g SÓ:0.0g                                                                                             | <b>Citromos tea</b><br>EN:20.0kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>Zöldségh krém</b><br>EN:19.5kcal ZS:1.4g TZS:0.4g SZH:1.4g CK:0.6g FH:0.3g SÓ:0.1g<br><b>Félbarna kenyér (1;)</b><br>EN:106.3kcal ZS:0.6g TZS:0.0g SZH:20.7g CK:0.4g FH:3.8g SÓ:0.6g                                                                                                                                                                                                                  | <b>Kakaó tm</b><br>EN:92.6kcal ZS:1.9g TZS:0.4g SZH:17.6g CK:6.4g FH:1.0g SÓ:0.1g<br><b>Petrezselymes margarin</b><br>EN:54.1kcal ZS:6.0g TZS:1.9g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.0g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:97.6kcal ZS:0.4g TZS:0.2g SZH:20.0g FH:2.9g SÓ:0.6g<br><b>Paprika</b><br>EN:6.0kcal ZS:0.0g TZS:0.0g SZH:0.9g CK:0.0g FH:0.3g SÓ:0.0g              | <b>Gyümölcs tea</b><br>EN:20.0kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>Padlizsánk krém</b><br>EN:37.3kcal ZS:3.8g TZS:1.1g SZH:0.5g CK:0.0g FH:0.2g SÓ:0.2g<br><b>Zsemle (1;)</b><br>EN:138.5kcal ZS:0.5g TZS:0.2g SZH:26.4g FH:5.1g SÓ:0.6g                                                                                                                                                                                                                              | <b>Vaníliás rizstej</b><br>EN:157.0kcal ZS:2.3g TZS:0.4g SZH:33.4g CK:18.6g FH:0.7g SÓ:0.1g<br><b>Méz</b><br>EN:30.4kcal ZS:0.0g TZS:0.0g SZH:8.2g CK:8.2g FH:0.0g SÓ:0.0g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g SÓ:0.1g<br><b>Félbarna kenyér (1;)</b><br>EN:106.3kcal ZS:0.6g TZS:0.0g SZH:20.7g CK:0.4g FH:3.8g SÓ:0.6g                                                                 |
| Ebéd    | <b>Bakonyi betyárleves (1;9;)</b><br>EN:162.3kcal ZS:9.0g TZS:2.4g SZH:10.5g CK:0.2g FH:9.5g SÓ:0.4g<br><b>Főtt tészta (1;)</b><br>EN:397.6kcal ZS:6.4g TZS:1.0g SZH:72.0g CK:3.5g FH:12.2g SÓ:0.7g<br><b>Mák szórát</b><br>EN:141.0kcal ZS:5.7g TZS:0.8g SZH:18.6g CK:15.4g FH:3.1g SÓ:0.0g<br><b>Félbarna kenyér (1;)</b><br>EN:39.9kcal ZS:0.2g TZS:0.0g SZH:7.8g CK:0.2g FH:1.4g SÓ:0.2g<br><b>Őszibarack</b><br>EN:28.7kcal ZS:0.1g TZS:0.0g SZH:6.3g CK:6.3g FH:0.5g SÓ:0.0g | <b>Zöldséges tarhonyaleves (1;12;)</b><br>EN:91.5kcal ZS:1.7g TZS:0.2g SZH:15.7g CK:1.6g FH:2.6g SÓ:0.4g<br><b>Főtt tojás (3;)</b><br>EN:73.3kcal ZS:4.4g TZS:1.4g SZH:0.3g CK:0.2g FH:5.0g SÓ:0.2g<br><b>Sóskamártás (1;)</b><br>EN:58.0kcal ZS:2.2g TZS:0.4g SZH:6.8g CK:1.1g FH:1.6g SÓ:0.1g<br><b>Főtt burgonya (12;)</b><br>EN:130.9kcal ZS:2.2g TZS:0.2g SZH:22.1g CK:0.0g FH:3.0g SÓ:1.5g<br><b>Félbarna kenyér (1;)</b><br>EN:39.9kcal ZS:0.2g TZS:0.0g SZH:7.8g CK:0.2g FH:1.4g SÓ:0.2g | <b>Lencseleves (1;10;)</b><br>EN:238.2kcal ZS:6.1g TZS:0.6g SZH:30.4g CK:3.3g FH:11.3g SÓ:0.6g<br><b>Csirke gyros</b><br>EN:156.1kcal ZS:10.2g TZS:1.8g SZH:1.1g CK:0.6g FH:13.9g SÓ:0.8g<br><b>Sült burgonya (12;)</b><br>EN:177.5kcal ZS:1.3g TZS:0.1g SZH:33.1g CK:0.0g FH:4.5g SÓ:0.6g<br><b>Uborkasaláta</b><br>EN:24.7kcal ZS:0.1g TZS:0.0g SZH:5.3g CK:4.5g FH:0.5g SÓ:0.5g | <b>Kertészleves (1;)</b><br>EN:54.1kcal ZS:0.2g TZS:0.0g SZH:10.6g CK:2.3g FH:2.2g SÓ:0.8g<br><b>Fűszeres sertéscsík (12;)</b><br>EN:148.9kcal ZS:9.8g TZS:2.1g SZH:1.3g CK:0.1g FH:12.8g SÓ:1.0g<br><b>Zöldborsófőzelék (1;)</b><br>EN:159.8kcal ZS:2.3g TZS:0.3g SZH:27.0g CK:5.2g FH:7.0g SÓ:0.8g<br><b>fehér kenyér (1;)</b><br>EN:96.0kcal ZS:0.4g TZS:0.2g SZH:19.1g CK:0.1g FH:3.5g SÓ:0.5g<br><b>Gesztenye Marci</b><br>EN:62.6kcal ZS:2.9g TZS:2.6g SZH:7.6g CK:6.1g FH:0.7g SÓ:0.0g | <b>Karfiolkrémleves (1;)</b><br>EN:63.9kcal ZS:2.9g TZS:0.4g SZH:6.7g CK:0.7g FH:2.3g SÓ:0.9g<br><b>Pirított zsemlekocka (1;)</b><br>EN:35.5kcal ZS:0.3g TZS:0.1g SZH:7.0g CK:0.4g FH:1.1g SÓ:0.1g<br><b>Rizseshús (csirke)</b><br>EN:334.8kcal ZS:9.1g TZS:1.4g SZH:48.9g CK:0.0g FH:13.9g SÓ:0.9g<br><b>Csemege uborka * (10;12;)</b><br>EN:4.4kcal ZS:0.0g TZS:0.0g SZH:0.7g CK:0.2g FH:0.3g SÓ:0.7g |
| Uzsonna | <b>Pulyka sonka</b><br>EN:17.4kcal ZS:0.5g TZS:0.1g SZH:0.5g FH:3.0g SÓ:0.2g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g SÓ:0.1g<br><br><b>Zsemle (1;)</b><br>EN:138.5kcal ZS:0.5g TZS:0.2g SZH:26.4g FH:5.1g SÓ:0.6g                                                                                                                                                                                                                                                       | <b>Zala felvágott</b><br>EN:36.0kcal ZS:3.0g TZS:1.2g SZH:0.3g CK:0.1g FH:2.0g SÓ:0.3g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g SÓ:0.1g<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:97.6kcal ZS:0.4g TZS:0.2g SZH:20.0g FH:2.9g SÓ:0.6g<br><b>Kígyóuborka</b><br>EN:2.4kcal ZS:0.0g TZS:0.0g SZH:0.3g CK:0.0g FH:0.2g SÓ:0.0g                                                                                                                                                      | <b>Csirkemell sonka</b><br>EN:21.8kcal ZS:0.9g TZS:0.3g SZH:0.4g CK:0.1g FH:3.0g SÓ:0.4g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:97.6kcal ZS:0.4g TZS:0.2g SZH:20.0g FH:2.9g SÓ:0.6g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g SÓ:0.1g<br><br><b>Paradicsom</b><br>EN:4.6kcal ZS:0.0g TZS:0.0g SZH:0.8g CK:0.0g FH:0.2g SÓ:0.0g                                       | <b>Kenőmájás</b><br>EN:43.8kcal ZS:3.7g TZS:1.7g SZH:0.9g CK:0.3g FH:1.8g SÓ:0.4g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:97.6kcal ZS:0.4g TZS:0.2g SZH:20.0g FH:2.9g SÓ:0.6g<br><b>Kígyóuborka</b><br>EN:2.4kcal ZS:0.0g TZS:0.0g SZH:0.3g CK:0.0g FH:0.2g SÓ:0.0g                                                                                                                                                                                                                       | <b>Mátrai csemege szalámi</b><br>EN:48.0kcal ZS:4.5g TZS:1.9g SZH:0.1g CK:0.0g FH:1.8g SÓ:0.3g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g SÓ:0.1g<br><br><b>Teljes kiőrlésű kifli (1;6;)</b><br>EN:125.7kcal ZS:0.8g TZS:0.1g SZH:25.5g CK:0.6g FH:4.8g SÓ:0.6g<br><b>Paprika</b><br>EN:6.0kcal ZS:0.0g TZS:0.0g SZH:0.9g CK:0.0g FH:0.3g SÓ:0.0g                                               |