

|                | Hétfő<br>05.18  | Kedd<br>05.19   | Szerda<br>05.20  | Csütörtök<br>05.21   | Péntek<br>05.22   |
|----------------|---|---|--|--|---|
| <b>Tízórai</b> | <b>Gyümölcsstea</b><br>EN: 32.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Gépsonka</b><br>EN: 35.1 kcal; ZS: 1.4 g; TZS: 0.5 g; SZH: 1.0 g; CK: 0.1 g; FH: 4.8 g; SÓ: 0.7 g;<br><b>Margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;<br><b>Jégcsapretek</b><br>EN: 6.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g; CA: 0.0 mg; | <b>Gyümölcsstea</b><br>EN: 32.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;            | <b>Citromos tea</b><br>EN: 32.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>sült paprikakrém</b><br>EN: 90.0 kcal; ZS: 9.0 g; TZS: 2.8 g; SZH: 1.4 g; CK: 0.7 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;<br><b>Paprika</b><br>EN: 30.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.7 g; CK: 0.0 g; FH: 1.4 g; SÓ: 0.0 g;   | <b>Málna tea</b><br>EN: 41.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Cukkinikrém</b><br>EN: 55.9 kcal; ZS: 5.5 g; TZS: 1.7 g; SZH: 0.8 g; CK: 0.3 g; FH: 0.6 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;   | <b>Gyümölcsstea</b><br>EN: 32.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Házi sertés húskrém</b><br>EN: 126.4 kcal; ZS: 10.1 g; TZS: 4.4 g; SZH: 0.1 g; CK: 0.0 g; FH: 8.2 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;<br><b>Lilahagyma</b><br>EN: 12.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.5 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;  |
| <b>Ébéd</b>    | <b>Palócleves (sertés) (10;12;)</b><br>EN: 255.5 kcal; ZS: 15.5 g; TZS: 4.3 g; SZH: 15.9 g; CK: 1.6 g; FH: 12.1 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>Tejberizs</b><br>EN: 348.0 kcal; ZS: 3.0 g; TZS: 0.5 g; SZH: 75.3 g; CK: 18.6 g; FH: 5.5 g; SÓ: 0.7 g; CA: 0.0 mg;<br><b>Kakaó szórát</b><br>EN: 122.3 kcal; ZS: 0.6 g; TZS: 0.4 g; SZH: 27.4 g; CK: 27.0 g; FH: 0.7 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Alma</b><br>EN: 35.0 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 7.0 g; CK: 4.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;   | <b>Csontleves</b><br>EN: 25.0 kcal; ZS: 0.7 g; TZS: 0.2 g; SZH: 4.6 g; CK: 2.1 g; FH: 0.9 g; SÓ: 0.4 g; CA: 0.0 mg;<br><b>Milánói spagetti sertés</b><br>EN: 443.0 kcal; ZS: 10.0 g; TZS: 3.6 g; SZH: 71.0 g; CK: 7.5 g; FH: 17.0 g; SÓ: 3.0 g; CA: 0.0 mg;   | <b>Zellerkrémleves (9;)</b><br>EN: 74.8 kcal; ZS: 2.4 g; TZS: 0.3 g; SZH: 11.5 g; CK: 1.0 g; FH: 1.4 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Borsos sertés tokány (9;)</b><br>EN: 130.7 kcal; ZS: 4.4 g; TZS: 1.5 g; SZH: 4.7 g; CK: 0.0 g; FH: 17.0 g; SÓ: 1.1 g; CA: 0.0 mg;<br><b>Főtt burgonya (12;)</b><br>EN: 206.8 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 40.5 g; CK: 0.0 g; FH: 5.5 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>Kakaós golyó</b><br>EN: 224.9 kcal; ZS: 2.2 g; TZS: 0.9 g; SZH: 45.3 g; CK: 17.4 g; FH: 3.7 g; SÓ: 0.1 g; CA: 0.0 mg; | <b>Magyaros burgonyaleves (12;)</b><br>EN: 92.0 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 17.0 g; CK: 1.0 g; FH: 1.9 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Csirkepörkölt</b><br>EN: 157.1 kcal; ZS: 7.2 g; TZS: 1.3 g; SZH: 2.1 g; CK: 0.0 g; FH: 19.5 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Zöldborsófőzelék (12;)</b><br>EN: 305.8 kcal; ZS: 7.8 g; TZS: 0.9 g; SZH: 35.7 g; CK: 10.5 g; FH: 11.3 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>körte</b><br>EN: 52.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 12.0 g; CK: 1.5 g; FH: 0.4 g; SÓ: 0.0 g; | <b>Köménymagleves</b><br>EN: 63.7 kcal; ZS: 5.5 g; TZS: 0.6 g; SZH: 3.2 g; CK: 0.0 g; FH: 0.2 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Zöldfűszeres halfilé (4;)</b><br>EN: 83.0 kcal; ZS: 5.3 g; TZS: 1.7 g; SZH: 0.5 g; CK: 0.0 g; FH: 11.5 g; SÓ: 1.1 g; CA: 0.0 mg;<br><b>Kukoricás rizs</b><br>EN: 356.9 kcal; ZS: 5.9 g; TZS: 0.7 g; SZH: 68.1 g; CK: 2.5 g; FH: 8.3 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Csemege uborka * (10;12;)</b><br>EN: 7.7 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.3 g; CK: 0.3 g; FH: 0.6 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Pirított kenyérkocka</b><br>EN: 34.8 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 6.5 g; CK: 0.2 g; FH: 0.3 g; SÓ: 0.2 g; |
| <b>Uzsonna</b> | <b>Pritaminos margarinkrém</b><br>EN: 113.7 kcal; ZS: 12.1 g; TZS: 3.8 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Puffasztott rizs</b><br>EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g; CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g;<br><b>Paprika</b><br>EN: 30.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.7 g; CK: 0.0 g; FH: 1.4 g; SÓ: 0.0 g;  | <b>Tonhalkrém (4;10;)</b><br>EN: 178.6 kcal; ZS: 16.4 g; TZS: 4.4 g; SZH: 0.1 g; CK: 0.1 g; FH: 7.6 g; SÓ: 0.5 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;<br><b>Kígyóuborka</b><br>EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 1.0 g; SÓ: 0.0 g; CA: 0.0 mg; | <b>Sertés párizsi</b><br>EN: 69.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 0.8 g; CK: 0.0 g; FH: 3.0 g; SÓ: 0.6 g;<br><b>Margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Abonett</b><br>EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;   | <b>Álomsonka</b><br>EN: 29.6 kcal; ZS: 0.6 g; TZS: 0.2 g; SZH: 1.1 g; CK: 0.1 g; FH: 5.0 g; SÓ: 0.8 g;<br><b>Gluténmentes kenyér</b><br>EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;<br><b>Paprika</b><br>EN: 30.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.7 g; CK: 0.0 g; FH: 1.4 g; SÓ: 0.0 g;<br><b>Margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;  | <b>Padlizsánkrém (10;)</b><br>EN: 66.6 kcal; ZS: 6.2 g; TZS: 1.9 g; SZH: 2.0 g; CK: 0.1 g; FH: 0.6 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Puffasztott rizs</b><br>EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g; CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g;<br><b>Kígyóuborka</b><br>EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 1.0 g; SÓ: 0.0 g; CA: 0.0 mg;  |