

	Hétfő 05.18	Kedd 05.19	Szerda 05.20	Csütörtök 05.21	Péntek 05.22
<b>Tízórai</b>	<p><b>Erdei gyümölcs tea</b> 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;</p> <p><b>Gépsonka</b> 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;</p> <p><b>Margarin</b> EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;</p> <p><b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g;</p> <p><b>Jégcsapretek</b> EN: 4.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;</p>	<p><b>Poharas kakaó (7;)</b> EN: 134.0 kcal; ZS: 4.0 g; TZS: 3.0 g; SZH: 16.2 g; CK: 16.2 g; FH: 7.0 g; SÓ: 0.1 g;</p> <p><b>Házi csirkehúskrém</b> EN: 78.2 kcal; ZS: 6.8 g; TZS: 2.2 g; SZH: 0.1 g; CK: 0.0 g; FH: 3.9 g; SÓ: 0.2 g;</p> <p><b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g;</p>	<p><b>Citromos tea</b> 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;</p> <p><b>sült paprikakrém</b> EN: 89.7 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;</p> <p><b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g;</p> <p><b>Paprika</b> 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;</p>	<p><b>Poharas tej (7;)</b> EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g;</p> <p><b>Cukkiníkrém</b> 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;</p> <p><b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g;</p>	<p><b>Poharas tej (7;)</b> EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g;</p> <p><b>Házi sertés húskrém</b> EN: 111.6 kcal; ZS: 9.4 g; TZS: 4.2 g; SZH: 0.1 g; CK: 0.0 g; FH: 6.2 g; SÓ: 0.1 g;</p> <p><b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g;</p> <p><b>Lilahagyma</b> 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;</p>
<b>Ebéd</b>	<p><b>Palócleves (sertés) (1;10;12;)</b> EN: 204.0 kcal; ZS: 12.6 g; TZS: 3.6 g; SZH: 11.7 g; CK: 1.2 g; FH: 10.3 g; SÓ: 0.8 g;</p> <p><b>Tejberizs</b> EN: 313.7 kcal; ZS: 2.7 g; TZS: 0.4 g; SZH: 67.9 g; CK: 16.6 g; FH: 5.0 g; SÓ: 0.7 g;</p> <p><b>Kakaó szórát</b> EN: 81.6 kcal; ZS: 0.4 g; TZS: 0.3 g; SZH: 18.3 g; CK: 18.0 g; FH: 0.4 g; SÓ: 0.0 g;</p> <p><b>Alma</b> 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;</p>	<p><b>Csontleves tésztával (1;9;)</b> EN: 89.3 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 17.2 g; CK: 3.2 g; FH: 3.5 g; SÓ: 2.3 g;</p> <p><b>Carbonara spagetti (1;)</b> EN: 482.6 kcal; ZS: 16.7 g; TZS: 4.5 g; SZH: 61.1 g; CK: 4.4 g; FH: 21.3 g; SÓ: 2.9 g;</p>	<p><b>Zellerkrémleves (1;9;)</b> EN: 70.7 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 11.5 g; CK: 1.3 g; FH: 1.5 g; SÓ: 1.1 g;</p> <p><b>Píritott kenyérfocoka (1;)</b> EN: 26.2 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.1 g; CK: 0.1 g; FH: 1.0 g; SÓ: 0.2 g;</p> <p><b>Borsos sertés tokány (1;9;)</b> EN: 122.4 kcal; ZS: 5.7 g; TZS: 1.4 g; SZH: 3.9 g; CK: 0.0 g; FH: 12.9 g; SÓ: 1.0 g;</p> <p><b>Főtt burgonya (12;)</b> EN: 188.0 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 36.8 g; CK: 0.0 g; FH: 5.0 g; SÓ: 0.7 g;</p> <p><b>Kókuszgolyó (1;12;)</b> EN: 200.5 kcal; ZS: 6.8 g; TZS: 4.4 g; SZH: 29.4 g; CK: 16.3 g; FH: 3.2 g; SÓ: 0.2 g;</p>	<p><b>Magyaros burgonyaleves (1;12;)</b> EN: 89.6 kcal; ZS: 0.9 g; TZS: 0.1 g; SZH: 16.3 g; CK: 0.3 g; FH: 2.5 g; SÓ: 0.0 g;</p> <p><b>Csirkepörkölt</b> EN: 123.4 kcal; ZS: 7.2 g; TZS: 1.4 g; SZH: 1.5 g; CK: 0.0 g; FH: 12.2 g; SÓ: 1.1 g;</p> <p><b>Zöldborsófézelék (1;)</b> EN: 235.0 kcal; ZS: 6.6 g; TZS: 0.8 g; SZH: 30.8 g; CK: 6.5 g; FH: 9.8 g; SÓ: 1.2 g;</p> <p><b>körte</b> 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;</p>	<p><b>Köménymag leves (1;)</b> EN: 56.9 kcal; ZS: 4.9 g; TZS: 0.6 g; SZH: 2.7 g; CK: 0.0 g; FH: 0.4 g; SÓ: 1.0 g;</p> <p><b>Píritott kenyérfocoka (1;)</b> EN: 26.2 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.1 g; CK: 0.1 g; FH: 1.0 g; SÓ: 0.2 g;</p> <p><b>Zöldfűszeres halfilék (4;)</b> EN: 72.8 kcal; ZS: 4.7 g; TZS: 1.5 g; SZH: 0.5 g; CK: 0.0 g; FH: 10.0 g; SÓ: 1.0 g;</p> <p><b>Kukoricás rizs</b> EN: 315.9 kcal; ZS: 5.9 g; TZS: 0.7 g; SZH: 58.9 g; CK: 2.5 g; FH: 7.3 g; SÓ: 1.2 g;</p> <p><b>Csemege uborka * (10;12;)</b> EN: 6.6 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.1 g; CK: 0.2 g; FH: 0.5 g; SÓ: 1.0 g;</p>
<b>Uzsonna</b>	<p><b>Pritaminos margarinkrém</b> 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;</p> <p><b>vizes zsemle (1;)</b> EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;</p> <p><b>Paprika</b> 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;</p>	<p><b>Tonhalkrém (4;10;)</b> EN: 167.1 kcal; ZS: 15.7 g; TZS: 4.3 g; SZH: 0.1 g; CK: 0.1 g; FH: 6.3 g; SÓ: 0.4 g;</p> <p><b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g;</p> <p><b>Kígyóuborka</b> EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g;</p>	<p><b>Sertés párizsi</b> 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;</p> <p><b>Margarin</b> EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;</p> <p><b>félbarna kenyér (1;)</b> EN: 148.8 kcal; ZS: 0.6 g; TZS: 0.2 g; SZH: 31.1 g; CK: 0.1 g; FH: 4.1 g; SÓ: 0.7 g;</p>	<p><b>Álomsonka</b> 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;</p> <p><b>Margarin</b> EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;</p> <p><b>vizes zsemle (1;)</b> EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;</p> <p><b>Paprika</b> 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;</p>	<p><b>Padlizsánkrém (10;)</b> EN: 67.8 kcal; ZS: 6.3 g; TZS: 1.0 g; SZH: 2.0 g; CK: 0.1 g; FH: 0.6 g; SÓ: 0.8 g;</p> <p><b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g;</p> <p><b>Kígyóuborka</b> 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;</p>