

	Hétfő 05.18	Kedd 05.19	Szerda 05.20	Csütörtök 05.21	Péntek 05.22
Tízórai	<p>Gyümölcsstea 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;</p> <p>Gépsonka 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>Margarin 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; CA: 0.0 mg;</p> <p>Gluténmentes kenyér 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;</p> <p>Jégcsapretek 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; CA: 0.0 mg;</p>	<p>Gyümölcsstea 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;</p> <p>Margarin 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; CA: 0.0 mg;</p> <p>Gluténmentes kenyér 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;</p>	<p>Citromos tea 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;</p> <p>sült paprikakrém 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; CA: 0.0 mg;</p> <p>Gluténmentes kenyér 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;</p> <p>Paprika 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>Málna tea EN: 36.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g; CK: 9.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p>Cukkinikrém 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;</p> <p>Gluténmentes kenyér 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;</p>	<p>Gyümölcsstea 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;</p> <p>Házi sertés húskrém 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; CA: 0.0 mg;</p> <p>Gluténmentes kenyér 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;</p> <p>Lilahagyma 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;</p>
Ébéd	<p>Palócleves (sertés) (10;12;) EN: 223.6 kcal; ZS: 13.6 g; TZS: 3.7 g; SZH: 13.9 g; CK: 1.4 g; FH: 10.6 g; SÓ: 0.7 g; CA: 0.0 mg;</p> <p>Tejberizs 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; CA: 0.0 mg;</p> <p>Kakaó szórát 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; CA: 0.0 mg;</p> <p>Alma 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;</p>	<p>Csontleves EN: 27.6 kcal; ZS: 0.6 g; TZS: 0.2 g; SZH: 4.1 g; CK: 1.9 g; FH: 0.9 g; SÓ: 2.2 g; CA: 0.0 mg;</p> <p>Milánói spagetti sertés EN: 387.6 kcal; ZS: 8.8 g; TZS: 3.2 g; SZH: 62.1 g; CK: 6.6 g; FH: 14.9 g; SÓ: 2.6 g; CA: 0.0 mg;</p>	<p>Zellerkrémleves (9;) 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;</p> <p>Borsos sertés tokány (9;) EN: 114.3 kcal; ZS: 3.8 g; TZS: 1.3 g; SZH: 4.1 g; CK: 0.0 g; FH: 14.9 g; SÓ: 1.0 g; CA: 0.0 mg;</p> <p>Főtt burgonya (12;) 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; CA: 0.0 mg;</p> <p>Kakaós golyó 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;</p>	<p>Magyaros burgonyaleves (12;) EN: 86.0 kcal; ZS: 1.0 g; TZS: 0.1 g; SZH: 16.0 g; CK: 0.9 g; FH: 2.0 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p>Csirkepörkölt EN: 156.7 kcal; ZS: 7.2 g; TZS: 1.3 g; SZH: 2.1 g; CK: 0.0 g; FH: 19.4 g; SÓ: 1.1 g; CA: 0.0 mg;</p> <p>Zöldborsófőzelék (12;) EN: 274.0 kcal; ZS: 6.8 g; TZS: 0.8 g; SZH: 39.1 g; CK: 9.3 g; FH: 10.3 g; SÓ: 1.2 g; CA: 0.0 mg;</p> <p>körte 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>Köménymagleves EN: 57.5 kcal; ZS: 4.8 g; TZS: 0.5 g; SZH: 3.2 g; CK: 0.0 g; FH: 0.2 g; SÓ: 1.0 g; CA: 0.0 mg;</p> <p>Zöldfűszeres halfilé (4;) 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; CA: 0.0 mg;</p> <p>Kukoricás rizs EN: 320.2 kcal; ZS: 5.1 g; TZS: 0.6 g; SZH: 61.4 g; CK: 2.2 g; FH: 7.5 g; SÓ: 0.9 g; CA: 0.0 mg;</p> <p>Csemege uborka * (10;12;) 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; CA: 0.0 mg;</p> <p>Pirított kenyérkocka 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;</p>
Uzsonna	<p>Pritaminos margarinkrém 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;</p> <p>Puffasztott rizs 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;</p> <p>Paprika 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>Tonhalkrém (4;10;) 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; CA: 0.0 mg;</p> <p>Gluténmentes kenyér 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;</p> <p>Kígyóuborka 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;</p>	<p>Sertés párizsi 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>Margarin 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; CA: 0.0 mg;</p> <p>Abonett 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;</p>	<p>Álomsonka 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>Gluténmentes kenyér 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;</p> <p>Paprika 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>Margarin 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; CA: 0.0 mg;</p>	<p>Padlizsánkrém (10;) 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;</p> <p>Puffasztott rizs 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;</p> <p>Kígyóuborka 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;</p>