

	Hétfő 03.09	Kedd 03.10	Szerda 03.11	Csütörtök 03.12	Péntek 03.13
Reggeli	Gyümölcs tea EN: 18.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Zöldfűszeres tonhalkrém (4;7;) EN: 51.8 kcal; ZS: 3.9 g; TZS: 1.4 g; SZH: 0.3 g; CK: 0.1 g; FH: 3.9 g; SÓ: 0.2 g; CA: 2.5 mg; Gluténmentes kenyér EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;	Tej 2dl (7;) EN: 90.0 kcal; ZS: 3.0 g; TZS: 1.8 g; SZH: 9.2 g; CK: 9.2 g; FH: 6.0 g; SÓ: 0.2 g; CA: 240.0 mg; Zöldfűszeres vajkrém (7;) EN: 21.6 kcal; ZS: 2.0 g; TZS: 1.3 g; SZH: 0.4 g; CK: 0.3 g; FH: 0.5 g; SÓ: 0.1 g; CA: 0.0 mg; Gluténmentes kenyér EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g; Hónapos retek EN: 0.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g; CA: 0.0 mg;	Tej 2dl (7;) EN: 90.0 kcal; ZS: 3.0 g; TZS: 1.8 g; SZH: 9.2 g; CK: 9.2 g; FH: 6.0 g; SÓ: 0.2 g; CA: 240.0 mg; Sertés párizsi EN: 34.5 kcal; ZS: 3.0 g; TZS: 1.2 g; SZH: 0.4 g; CK: 0.0 g; FH: 1.5 g; SÓ: 0.3 g; 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; Gluténmentes kenyér EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g; Rágórépa EN: 8.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 mg;	Kakaó (7;) EN: 60.8 kcal; ZS: 1.7 g; TZS: 1.0 g; SZH: 7.7 g; CK: 7.6 g; FH: 3.2 g; SÓ: 0.1 g; CA: 120.0 mg; 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; Gluténmentes kenyér EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;	Gyümölcs tea EN: 18.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Házi csirkemájkrém (7;) EN: 46.6 kcal; ZS: 2.7 g; TZS: 1.0 g; SZH: 0.3 g; CK: 0.1 g; FH: 4.9 g; SÓ: 0.3 g; CA: 1.5 mg; Gluténmentes kenyér EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g; Jégcsapretek EN: 3.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.4 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 mg;
Tízórai	Mandarin EN: 45.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.8 g; CK: 7.8 g; FH: 0.7 g; SÓ: 0.0 g; CA: 0.0 mg;	Smoothie almás-sárgarépás EN: 41.7 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 8.8 g; CK: 4.8 g; FH: 0.7 g; SÓ: 0.0 g; CA: 0.0 mg;	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;	Reszelt alma sárgarépával EN: 15.6 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 3.2 g; CK: 0.4 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;	Gyümölcs turmix (alma-meggy) EN: 121.2 kcal; ZS: 2.0 g; TZS: 0.3 g; SZH: 24.8 g; CK: 12.4 g; FH: 0.9 g; SÓ: 0.1 g; CA: 0.0 mg;
Ebéd	Palócleves (sertés) (7;10;12;) EN: 168.5 kcal; ZS: 10.9 g; TZS: 3.5 g; SZH: 9.6 g; CK: 1.1 g; FH: 8.1 g; SÓ: 0.5 g; CA: 13.0 mg; Tejberizs (7;) EN: 244.8 kcal; ZS: 3.1 g; TZS: 1.8 g; SZH: 44.2 g; CK: 13.2 g; FH: 9.7 g; SÓ: 0.4 g; CA: 240.0 mg; Kakaó szórat EN: 40.9 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 9.7 g; CK: 9.7 g; FH: 0.1 g; SÓ: 0.0 g; CA: 0.0 mg;	Főtt tojás (3;) EN: 73.3 kcal; ZS: 4.4 g; TZS: 1.4 g; SZH: 0.3 g; CK: 0.2 g; FH: 5.0 g; SÓ: 0.2 g; CA: 0.0 mg; Parajfőzelék EN: 82.0 kcal; ZS: 1.2 g; TZS: 0.2 g; SZH: 16.5 g; CK: 4.1 g; FH: 1.3 g; SÓ: 0.5 g; CA: 0.0 mg; Gyömbéres rizskeksz EN: 35.2 kcal; ZS: 0.6 g; TZS: 0.5 g; SZH: 7.7 g; CK: 2.3 g; FH: 0.3 g; SÓ: 0.0 g;	Sült csirkecomb filé EN: 83.7 kcal; ZS: 4.3 g; TZS: 0.9 g; SZH: 0.3 g; CK: 0.0 g; FH: 10.5 g; SÓ: 0.7 g; CA: 0.0 mg; Petrezselymes burgonya (12;) EN: 256.7 kcal; ZS: 12.3 g; TZS: 5.6 g; SZH: 29.5 g; CK: 0.0 g; FH: 4.0 g; SÓ: 0.7 g; CA: 0.0 mg; Cékla saláta * (10;) EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 3.0 g; CK: 1.4 g; FH: 0.5 g; SÓ: 0.3 g; CA: 0.0 mg;	Zöldséges rizseshús (sertés) (9;) EN: 272.5 kcal; ZS: 4.7 g; TZS: 1.1 g; SZH: 43.7 g; CK: 2.3 g; FH: 13.7 g; SÓ: 0.8 g; CA: 0.0 mg; Csemege uborka * (10;12;) EN: 3.3 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.1 g; FH: 0.2 g; SÓ: 0.5 g; CA: 0.0 mg;	Fűszeres csirkefalatok EN: 84.4 kcal; ZS: 4.4 g; TZS: 1.0 g; SZH: 2.4 g; CK: 0.1 g; FH: 8.5 g; SÓ: 0.8 g; CA: 0.0 mg; Cukkíni főzelék EN: 50.1 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 9.5 g; CK: 1.4 g; FH: 1.3 g; SÓ: 0.5 g; CA: 0.0 mg; 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;
Uzsonna	Edami sajt (7;) EN: 94.8 kcal; ZS: 7.0 g; TZS: 4.8 g; SZH: 0.6 g; CK: 0.6 g; FH: 7.8 g; SÓ: 0.2 g; CA: 240.0 mg; 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; 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; 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;	Házi sertés húskrém EN: 79.0 kcal; ZS: 7.4 g; TZS: 3.1 g; SZH: 0.0 g; CK: 0.0 g; FH: 3.1 g; SÓ: 0.1 g; CA: 0.0 mg; Gluténmentes kenyér EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;	Vaníliás túrókrém (7;) EN: 40.1 kcal; ZS: 1.2 g; TZS: 0.8 g; SZH: 4.4 g; CK: 3.5 g; FH: 2.7 g; SÓ: 0.0 g; CA: 12.0 mg; 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;	Füldői sonka EN: 70.0 kcal; ZS: 0.6 g; TZS: 0.2 g; SZH: 0.8 g; CK: 0.1 g; FH: 2.1 g; SÓ: 0.4 g; 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; Gluténmentes kenyér EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g; Kígyóuborka EN: 2.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.3 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 mg;	Házi gyümölcsjoghurt (7;) EN: 103.5 kcal; ZS: 5.3 g; TZS: 3.4 g; SZH: 8.4 g; CK: 8.4 g; FH: 5.2 g; SÓ: 0.1 g; CA: 180.0 mg; 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;