

| | Hétfő 06.08 | Kedd 06.09 | Szerda 06.10 | Csütörtök 06.11 | Péntek 06.12 |
|----------------|--|--|--|--|--|
| Tízórai | 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; magyaros margarinkrém EN: 216.0 kcal; ZS: 24.0 g; TZS: 7.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.4 g; 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; Kígyóuborka 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; | Erdei gyümölcs 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; Brokkolikrém EN: 86.4 kcal; ZS: 9.1 g; TZS: 4.2 g; SZH: 1.2 g; CK: 0.3 g; FH: 0.7 g; SÓ: 0.3 g; 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; | 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; Zala felvágott EN: 72.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 3.9 g; SÓ: 0.7 g; Margarin 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; 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; | Gyümölcs tea 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; lekvár EN: 66.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 16.0 g; CK: 15.8 g; FH: 0.1 g; SÓ: 0.0 g; Margarin 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; 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; | Barackos 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; Baromfi párizsi EN: 47.4 kcal; ZS: 3.5 g; TZS: 1.1 g; SZH: 0.8 g; CK: 0.1 g; FH: 3.1 g; SÓ: 0.6 g; Margarin 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; 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; Jégcsapretek 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; |
| Ebéd | Tárkonyos csirkeragu leves (12;) EN: 129.2 kcal; ZS: 2.5 g; TZS: 0.8 g; SZH: 13.0 g; CK: 2.8 g; FH: 12.2 g; SÓ: 2.6 g; Tejberizs 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; Fahéj szórat EN: 120.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 29.5 g; CK: 29.5 g; FH: 0.0 g; SÓ: 0.0 g; Őszibarack EN: 32.8 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.2 g; CK: 7.2 g; FH: 0.6 g; SÓ: 0.0 g; | Zöldségleves EN: 63.7 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 7.6 g; CK: 2.6 g; FH: 0.8 g; SÓ: 0.7 g; Zöldfűszeres csirkemell szelet EN: 139.1 kcal; ZS: 5.4 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 21.2 g; SÓ: 0.7 g; Hagymás tört burgonya (12;) EN: 260.6 kcal; ZS: 3.7 g; TZS: 0.4 g; SZH: 45.4 g; CK: 0.0 g; FH: 6.2 g; SÓ: 1.0 g; Kakaós golyó EN: 220.4 kcal; ZS: 1.6 g; TZS: 0.5 g; SZH: 45.3 g; CK: 17.4 g; FH: 3.7 g; SÓ: 0.1 g; | Karalábé krémleves EN: 107.7 kcal; ZS: 2.4 g; TZS: 0.3 g; SZH: 20.1 g; CK: 1.6 g; FH: 2.4 g; SÓ: 1.2 g; Píritott kenyérbokca 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; Sertés pörkölt EN: 202.2 kcal; ZS: 11.0 g; TZS: 2.5 g; SZH: 3.1 g; CK: 0.0 g; FH: 21.1 g; SÓ: 1.4 g; Tészta köret EN: 327.1 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 71.1 g; CK: 0.9 g; FH: 5.0 g; SÓ: 1.0 g; Cékla saláta * (10;) EN: 28.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.0 g; CK: 3.4 g; FH: 1.2 g; SÓ: 0.7 g; | Hamis gulyásleves (12;) EN: 92.7 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 13.0 g; CK: 2.5 g; FH: 1.8 g; SÓ: 0.6 g; Natúr sertészelet EN: 220.8 kcal; ZS: 13.5 g; TZS: 4.0 g; SZH: 0.4 g; CK: 0.0 g; FH: 23.1 g; SÓ: 0.4 g; Finomfőzelék EN: 257.0 kcal; ZS: 7.9 g; TZS: 0.9 g; SZH: 40.1 g; CK: 6.5 g; FH: 5.7 g; SÓ: 1.4 g; 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; | Zöldbableves EN: 77.8 kcal; ZS: 5.7 g; TZS: 0.6 g; SZH: 6.1 g; CK: 1.2 g; FH: 1.8 g; SÓ: 1.2 g; Mézes-mustáros csirketokány (10;) EN: 145.0 kcal; ZS: 2.7 g; TZS: 0.8 g; SZH: 10.0 g; CK: 8.4 g; FH: 19.4 g; SÓ: 1.0 g; Rizs köret EN: 315.1 kcal; ZS: 3.9 g; TZS: 0.5 g; SZH: 63.2 g; CK: 0.0 g; FH: 7.6 g; SÓ: 0.0 g; Körte EN: 67.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 15.6 g; CK: 2.0 g; FH: 0.5 g; SÓ: 0.0 g; |
| Uzsonna | Pulyka sonka EN: 25.0 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 1.0 g; CK: 0.1 g; FH: 4.5 g; SÓ: 0.8 g; Margarin 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; 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; Jégcsapretek 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; | Kenőmájás (sertés) EN: 65.7 kcal; ZS: 5.5 g; TZS: 2.5 g; SZH: 1.3 g; CK: 0.4 g; FH: 2.7 g; SÓ: 0.7 g; 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; 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 babkrém EN: 61.9 kcal; ZS: 2.7 g; TZS: 0.8 g; SZH: 7.0 g; CK: 0.0 g; FH: 3.6 g; SÓ: 0.6 g; 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; Kígyóuborka 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; | Tonhalkrém (4;10;12;) EN: 196.6 kcal; ZS: 18.4 g; TZS: 7.6 g; SZH: 0.1 g; CK: 0.1 g; FH: 7.6 g; SÓ: 0.5 g; 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; 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; | Fűszeres gombakrém EN: 59.6 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.4 g; CK: 0.1 g; FH: 0.7 g; SÓ: 0.4 g; 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; 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; |