

|                | Hétfő<br>06.08   | Kedd<br>06.09  | Szerda<br>06.10   | Csütörtök<br>06.11  | Péntek<br>06.12   |
|----------------|--|--|---|---|---|
| <b>Tízórai</b> | <p><b>Citromos tea *</b><br/>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;</p> <p><b>magyaros margarinkrém</b><br/>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;</p> <p><b>teljeskiőrlésű kenyér (1;)</b><br/>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><br/>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>Poharas tej (7;)</b><br/>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>Brokkolikrém</b><br/>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;</p> <p><b>teljeskiőrlésű kenyér (1;)</b><br/>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><br/>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>Zala felvágott</b><br/>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;</p> <p><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;</p> <p><b>teljeskiőrlésű kenyér (1;)</b><br/>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><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;</p>                        | <p><b>Poharas tej (7;)</b><br/>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>diabetikus lekvár *</b><br/>EN: 51.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g; CK: 8.0 g; FH: 0.1 g; SÓ: 0.0 g;</p> <p><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;</p> <p><b>teljeskiőrlésű kenyér (1;)</b><br/>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>Barackos tea *</b><br/>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;</p> <p><b>Füstölt pulyka párizsi</b><br/>EN: 63.6 kcal; ZS: 5.4 g; TZS: 2.0 g; SZH: 0.5 g; CK: 0.1 g; FH: 3.3 g; SÓ: 0.6 g;</p> <p><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;</p> <p><b>teljeskiőrlésű kenyér (1;)</b><br/>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><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;</p> |
| <b>Ebéd</b>    | <p><b>Tárkonyos csirkeragu leves (1;9;12;)</b><br/>EN: 83.8 kcal; ZS: 1.7 g; TZS: 0.6 g; SZH: 6.2 g; CK: 0.8 g; FH: 9.6 g; SÓ: 2.5 g;</p> <p><b>Sertéssült</b><br/>EN: 167.4 kcal; ZS: 9.6 g; TZS: 3.1 g; SZH: 0.4 g; CK: 0.0 g; FH: 18.9 g; SÓ: 1.0 g;</p> <p><b>Főtt burgonya 1/2 (12;)</b><br/>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: 0.0 g;</p> <p><b>Párolt zöldbab 1/2</b><br/>EN: 54.4 kcal; ZS: 2.0 g; TZS: 0.2 g; SZH: 6.6 g; CK: 1.7 g; FH: 2.5 g; SÓ: 0.5 g;</p> <p><b>Őszibarack</b><br/>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;</p> | <p><b>Zöldségleves (1;)</b><br/>EN: 69.0 kcal; ZS: 2.9 g; TZS: 0.3 g; SZH: 8.1 g; CK: 1.6 g; FH: 2.3 g; SÓ: 0.6 g;</p> <p><b>Zöldfűszeres csirkemell szelet</b><br/>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;</p> <p><b>Hagymás tört burgonya (12;)</b><br/>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;</p> <p><b>Kekszgolyó * (1;12;)</b><br/>EN: 96.5 kcal; ZS: 2.0 g; TZS: 1.1 g; SZH: 16.1 g; CK: 3.8 g; FH: 2.7 g; SÓ: 0.3 g;</p> | <p><b>Karalábé krémleves (1;)</b><br/>EN: 79.2 kcal; ZS: 2.4 g; TZS: 0.3 g; SZH: 13.4 g; CK: 1.4 g; FH: 2.1 g; SÓ: 1.2 g;</p> <p><b>Píritott kenyérkocka (1;)</b><br/>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>Sertés pörkölt</b><br/>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;</p> <p><b>Főtt tészta (1;)</b><br/>EN: 290.3 kcal; ZS: 7.7 g; TZS: 1.0 g; SZH: 46.8 g; CK: 2.3 g; FH: 7.9 g; SÓ: 0.0 g;</p> <p><b>Cékla saláta *</b><br/>EN: 44.1 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 9.7 g; CK: 5.5 g; FH: 0.9 g; SÓ: 1.8 g;</p> | <p><b>Hamis gulyásleves (9;12;)</b><br/>EN: 136.2 kcal; ZS: 6.7 g; TZS: 0.7 g; SZH: 15.4 g; CK: 0.0 g; FH: 2.1 g; SÓ: 0.7 g;</p> <p><b>Natúr sertészelet (1;)</b><br/>EN: 174.0 kcal; ZS: 9.5 g; TZS: 2.2 g; SZH: 2.1 g; CK: 0.0 g; FH: 18.7 g; SÓ: 0.3 g;</p> <p><b>Finomfőzelék * (1;)</b><br/>EN: 197.8 kcal; ZS: 7.1 g; TZS: 0.8 g; SZH: 26.8 g; CK: 0.0 g; FH: 5.9 g; SÓ: 1.3 g;</p> <p><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;</p> | <p><b>Zöldbableves (1;)</b><br/>EN: 108.3 kcal; ZS: 5.9 g; TZS: 0.6 g; SZH: 12.4 g; CK: 2.2 g; FH: 2.9 g; SÓ: 1.2 g;</p> <p><b>Mustáros csirkeragu (1;10;)</b><br/>EN: 232.1 kcal; ZS: 11.1 g; TZS: 4.5 g; SZH: 15.4 g; CK: 0.3 g; FH: 16.2 g; SÓ: 0.8 g;</p> <p><b>Kuszkusz köret (1;)</b><br/>EN: 479.7 kcal; ZS: 2.6 g; TZS: 0.5 g; SZH: 94.8 g; CK: 3.9 g; FH: 17.2 g; SÓ: 1.2 g;</p> <p><b>Körte</b><br/>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;</p>   |
| <b>Uzsonna</b> | <p><b>Prágai pulyka sonka</b><br/>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;</p> <p><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;</p> <p><b>vizes kifli (1;)</b><br/>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>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;</p>  | <p><b>Kenőmájás (sertés)</b><br/>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;</p> <p><b>vizes zsemle (1;)</b><br/>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><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;</p>  | <p><b>Házi babkrém</b><br/>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;</p> <p><b>vizes kifli (1;)</b><br/>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>Kígyóuborka</b><br/>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>Tonhalkrém (4;10;12;)</b><br/>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;</p> <p><b>vizes zsemle (1;)</b><br/>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>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;</p>   | <p><b>Fűszeres gombakrém</b><br/>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;</p> <p><b>vizes kifli (1;)</b><br/>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>   |