

	Hétfő 06.08	Kedd 06.09	Szerda 06.10	Csütörtök 06.11	Péntek 06.12
<b>Tízórai</b>	<b>Citromos tea *</b> 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; <b>magyaros margarinkrém</b> EN: 162.0 kcal; ZS: 18.0 g; TZS: 5.7 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.3 g; <b>teljeskiőrlésű kenyér (1;)</b> EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; <b>Kígyóuborka</b> 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;	<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; <b>Brokkolikrém</b> EN: 57.4 kcal; ZS: 6.1 g; TZS: 2.8 g; SZH: 0.8 g; CK: 0.2 g; FH: 0.5 g; SÓ: 0.2 g; <b>teljeskiőrlésű kenyér (1;)</b> EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g;	<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; <b>Zala felvágott</b> EN: 48.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.4 g; CK: 0.1 g; FH: 2.6 g; SÓ: 0.4 g; <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; <b>teljeskiőrlésű kenyér (1;)</b> EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; <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;	<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; <b>diabetikus lekvár *</b> 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; <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; <b>teljeskiőrlésű kenyér (1;)</b> EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g;	<b>Barackos tea *</b> 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; <b>Füstölt pulyka párizsi</b> EN: 42.4 kcal; ZS: 3.6 g; TZS: 1.3 g; SZH: 0.3 g; CK: 0.0 g; FH: 2.2 g; SÓ: 0.4 g; <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; <b>teljeskiőrlésű kenyér (1;)</b> EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; <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;
<b>Ebéd</b>	<b>Tárkonyos csirkeragu leves (1;9;12;)</b> EN: 65.2 kcal; ZS: 1.3 g; TZS: 0.5 g; SZH: 4.8 g; CK: 0.6 g; FH: 7.5 g; SÓ: 1.9 g; <b>Sertéssült</b> EN: 114.4 kcal; ZS: 6.7 g; TZS: 2.1 g; SZH: 0.2 g; CK: 0.0 g; FH: 12.6 g; SÓ: 0.8 g; <b>Főtt burgonya 1/2 (12;)</b> EN: 141.0 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 27.6 g; CK: 0.0 g; FH: 3.8 g; SÓ: 0.0 g; <b>Párolt zöldbab 1/2</b> EN: 39.4 kcal; ZS: 1.5 g; TZS: 0.1 g; SZH: 4.7 g; CK: 1.2 g; FH: 1.8 g; SÓ: 0.4 g; <b>Őszibarack</b> EN: 28.7 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 6.3 g; CK: 6.3 g; FH: 0.5 g; SÓ: 0.0 g;	<b>Zöldségleves (1;)</b> EN: 62.8 kcal; ZS: 2.2 g; TZS: 0.3 g; SZH: 8.1 g; CK: 1.6 g; FH: 2.3 g; SÓ: 0.5 g; <b>Zöldfűszeres csirkemell szelet</b> 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; <b>Hagymás tört burgonya (12;)</b> EN: 213.9 kcal; ZS: 2.7 g; TZS: 0.3 g; SZH: 37.9 g; CK: 0.0 g; FH: 5.2 g; SÓ: 0.8 g; <b>Kekszgolyó * (1;12;)</b> 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;	<b>Karalábé krémleves (1;)</b> EN: 59.4 kcal; ZS: 1.8 g; TZS: 0.2 g; SZH: 10.0 g; CK: 1.1 g; FH: 1.6 g; SÓ: 0.9 g; <b>Píritott kenyérbokca (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; <b>Sertés pörkölt</b> EN: 180.7 kcal; ZS: 9.7 g; TZS: 2.2 g; SZH: 2.8 g; CK: 0.0 g; FH: 19.0 g; SÓ: 1.2 g; <b>Főtt tészta (1;)</b> EN: 222.1 kcal; ZS: 5.8 g; TZS: 0.8 g; SZH: 36.0 g; CK: 1.8 g; FH: 6.1 g; SÓ: 0.0 g; <b>Cékla saláta *</b> EN: 31.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.0 g; CK: 4.0 g; FH: 0.7 g; SÓ: 1.3 g;	<b>Hamis gulyásleves (9;12;)</b> EN: 116.7 kcal; ZS: 5.7 g; TZS: 0.6 g; SZH: 13.2 g; CK: 0.0 g; FH: 1.8 g; SÓ: 0.6 g; <b>Natúr sertészelet (1;)</b> EN: 120.3 kcal; ZS: 6.7 g; TZS: 1.5 g; SZH: 1.6 g; CK: 0.0 g; FH: 12.5 g; SÓ: 0.2 g; <b>Finomfőzelék * (1;)</b> EN: 148.4 kcal; ZS: 5.3 g; TZS: 0.6 g; SZH: 20.1 g; CK: 0.0 g; FH: 4.4 g; SÓ: 1.0 g; <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;	<b>Zöldbableves (1;)</b> EN: 83.0 kcal; ZS: 4.4 g; TZS: 0.5 g; SZH: 9.6 g; CK: 1.7 g; FH: 2.3 g; SÓ: 0.9 g; <b>Mustáros csirkeragu (1;10;)</b> EN: 177.0 kcal; ZS: 8.0 g; TZS: 3.3 g; SZH: 15.2 g; CK: 0.3 g; FH: 10.2 g; SÓ: 0.6 g; <b>Kuszkusz köret (1;)</b> EN: 359.8 kcal; ZS: 2.0 g; TZS: 0.4 g; SZH: 71.1 g; CK: 2.9 g; FH: 12.9 g; SÓ: 0.9 g; <b>Körte</b> 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;
<b>Uzsonna</b>	<b>Prágai pulyka sonka</b> EN: 16.7 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 0.7 g; CK: 0.1 g; FH: 3.0 g; SÓ: 0.5 g; <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; <b>vizes kifli (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; <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;	<b>Kenőmájás (sertés)</b> EN: 43.8 kcal; ZS: 3.7 g; TZS: 1.7 g; SZH: 0.9 g; CK: 0.3 g; FH: 1.8 g; SÓ: 0.4 g; <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; <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;	<b>Házi babkrém</b> EN: 49.0 kcal; ZS: 2.6 g; TZS: 0.7 g; SZH: 4.7 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.5 g; <b>vizes kifli (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; <b>Kígyóuborka</b> 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;	<b>Tonhalkrém (4;10;12;)</b> EN: 141.2 kcal; ZS: 13.4 g; TZS: 5.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 5.0 g; SÓ: 0.3 g; <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; <b>Lilahagyma</b> 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;	<b>Fűszeres gombakrém</b> EN: 57.9 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.3 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.3 g; <b>vizes kifli (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;