

	Hétfő 06.08	Kedd 06.09	Szerda 06.10	Csütörtök 06.11	Péntek 06.12
<b>Tízórai</b>	<b>Citromos tea</b> EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 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>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 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>Erdei gyümölcs tea</b> EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 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>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;	<b>Citromos tea</b> EN: 26.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 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>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;	<b>Gyümölcsstea</b> EN: 26.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; <b>lekvár</b> 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; <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>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;	<b>Barackos tea</b> EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; <b>Baromfi párizsi</b> EN: 31.6 kcal; ZS: 2.4 g; TZS: 0.8 g; SZH: 0.5 g; CK: 0.1 g; FH: 2.1 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>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 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>Ebéd</b>	<b>Tárkonyos csirkeragu leves (12;)</b> EN: 108.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SZH: 11.1 g; CK: 2.4 g; FH: 10.0 g; SÓ: 2.3 g; <b>Tejberizs</b> EN: 245.1 kcal; ZS: 2.2 g; TZS: 0.4 g; SZH: 52.9 g; CK: 12.7 g; FH: 3.9 g; SÓ: 0.3 g; <b>Fahéj szórat</b> EN: 82.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 20.0 g; CK: 20.0 g; FH: 0.0 g; SÓ: 0.0 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</b> EN: 49.5 kcal; ZS: 2.3 g; TZS: 0.2 g; SZH: 6.1 g; CK: 2.1 g; FH: 0.7 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>Kakaós golyó</b> 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;	<b>Karalábé krémleves</b> EN: 59.8 kcal; ZS: 1.8 g; TZS: 0.2 g; SZH: 10.3 g; CK: 1.1 g; FH: 1.5 g; SÓ: 0.9 g; <b>Pirított kenyérkocka</b> EN: 23.2 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 4.3 g; CK: 0.2 g; FH: 0.2 g; SÓ: 0.1 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>Tészta köret</b> EN: 249.8 kcal; ZS: 1.5 g; TZS: 0.1 g; SZH: 55.3 g; CK: 0.7 g; FH: 3.9 g; SÓ: 0.7 g; <b>Cékla saláta * (10;)</b> EN: 20.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.0 g; CK: 2.4 g; FH: 0.9 g; SÓ: 0.5 g;	<b>Hamis gulyásleves (12;)</b> EN: 72.4 kcal; ZS: 2.4 g; TZS: 0.3 g; SZH: 10.1 g; CK: 2.0 g; FH: 1.4 g; SÓ: 0.5 g; <b>Natúr sertészelet</b> EN: 128.9 kcal; ZS: 8.3 g; TZS: 2.3 g; SZH: 0.2 g; CK: 0.0 g; FH: 12.6 g; SÓ: 0.3 g; <b>Finomfőzelék</b> EN: 165.6 kcal; ZS: 5.1 g; TZS: 0.6 g; SZH: 25.8 g; CK: 4.2 g; FH: 3.7 g; SÓ: 8.0 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</b> EN: 58.4 kcal; ZS: 4.3 g; TZS: 0.5 g; SZH: 4.6 g; CK: 0.9 g; FH: 1.4 g; SÓ: 0.9 g; <b>Mézhes-mustáros csirketokány (10;)</b> EN: 105.2 kcal; ZS: 1.9 g; TZS: 0.6 g; SZH: 8.8 g; CK: 7.5 g; FH: 13.0 g; SÓ: 0.8 g; <b>Rizs köret</b> EN: 255.7 kcal; ZS: 3.0 g; TZS: 0.4 g; SZH: 51.7 g; CK: 0.0 g; FH: 6.2 g; SÓ: 0.0 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>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>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 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>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 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>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 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>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 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>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 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;