

	Hétfő 06.08	Kedd 06.09	Szerda 06.10	Csütörtök 06.11	Péntek 06.12
<b>Reggeli</b>	<b>Citromos tea</b> EN: 18.4 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; <b>Házi sertés húskrém</b> EN: 89.0 kcal; ZS: 8.4 g; TZS: 3.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 3.1 g; SÓ: 0.1 g; <b>teljeskiőrlésű kenyér (1;)</b> EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 g; <b>Kígyóborka</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: 18.4 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; <b>Sonkás házi zöldségszörp</b> EN: 14.9 kcal; ZS: 0.5 g; TZS: 0.2 g; SZH: 1.3 g; CK: 0.5 g; FH: 1.0 g; SÓ: 0.4 g; <b>teljeskiőrlésű kenyér (1;)</b> EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 g;	<b>Citromos tea</b> 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; <b>Zala felvágott</b> EN: 36.0 kcal; ZS: 3.0 g; TZS: 1.2 g; SZH: 0.3 g; CK: 0.1 g; FH: 2.0 g; SÓ: 0.3 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: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 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>Málna tea</b> EN: 20.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.0 g; CK: 5.0 g; FH: 0.0 g; SÓ: 0.0 g; <b>Sonkakrém</b> EN: 53.9 kcal; ZS: 4.9 g; TZS: 1.6 g; SZH: 0.5 g; CK: 0.3 g; FH: 1.9 g; SÓ: 0.4 g; <b>teljeskiőrlésű kenyér (1;)</b> EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 g;	<b>Barackos tea</b> EN: 18.4 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; <b>Füstölt pulyka párizsi</b> EN: 31.8 kcal; ZS: 2.7 g; TZS: 1.0 g; SZH: 0.2 g; CK: 0.0 g; FH: 1.6 g; SÓ: 0.3 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: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 g; <b>Jégcsapretek</b> 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;
<b>Tízórai</b>	<b>Őszibarack</b> EN: 20.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.3 g; SÓ: 0.0 g;	<b>Nektarin</b> EN: 24.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.7 g; CK: 4.0 g; FH: 0.2 g; SÓ: 0.0 g;	<b>Smoothie</b> EN: 76.1 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 16.8 g; CK: 5.4 g; FH: 0.8 g; SÓ: 0.0 g;	<b>Banán turmix</b> EN: 132.5 kcal; ZS: 1.6 g; TZS: 0.2 g; SZH: 28.2 g; CK: 13.8 g; FH: 1.1 g; SÓ: 0.1 g;	<b>Smoothie almás-sárgarépás</b> 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;
<b>Ebéd</b>	<b>Tárkonyos csirkeragu leves (1;9;12;)</b> EN: 46.5 kcal; ZS: 1.0 g; TZS: 0.3 g; SZH: 3.4 g; CK: 0.4 g; FH: 5.3 g; SÓ: 1.4 g; <b>Tejberisz</b> EN: 279.4 kcal; ZS: 2.5 g; TZS: 0.4 g; SZH: 60.4 g; CK: 14.6 g; FH: 4.4 g; SÓ: 0.3 g; <b>Fahéj szórát</b> EN: 81.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 19.8 g; CK: 19.8 g; FH: 0.0 g; SÓ: 0.0 g;	<b>Zöldségleves (1;)</b> EN: 49.2 kcal; ZS: 1.8 g; TZS: 0.2 g; SZH: 6.3 g; CK: 1.0 g; FH: 1.7 g; SÓ: 0.4 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: 134.2 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 23.1 g; CK: 0.0 g; FH: 3.1 g; SÓ: 0.7 g; <b>Kekszgolyó (1;12;)</b> EN: 149.4 kcal; ZS: 2.0 g; TZS: 1.1 g; SZH: 28.9 g; CK: 16.2 g; FH: 2.7 g; SÓ: 0.2 g;	<b>Húsgombóc (sertés) (3;)</b> EN: 137.0 kcal; ZS: 7.5 g; TZS: 2.4 g; SZH: 10.1 g; CK: 0.0 g; FH: 7.3 g; SÓ: 0.7 g; <b>Karalábé főzelék (1;)</b> EN: 115.1 kcal; ZS: 5.0 g; TZS: 0.6 g; SZH: 14.0 g; CK: 7.4 g; FH: 2.2 g; SÓ: 0.8 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>Natúr sertésszelet (1;)</b> EN: 86.6 kcal; ZS: 5.0 g; TZS: 1.1 g; SZH: 1.3 g; CK: 0.0 g; FH: 8.4 g; SÓ: 0.2 g; <b>Finomfőzelék (1;)</b> EN: 159.7 kcal; ZS: 5.0 g; TZS: 0.6 g; SZH: 24.3 g; CK: 4.0 g; FH: 3.9 g; SÓ: 0.9 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>Egyben sertésvagdalt (1;)</b> EN: 171.8 kcal; ZS: 6.5 g; TZS: 2.2 g; SZH: 20.7 g; CK: 0.1 g; FH: 7.4 g; SÓ: 0.8 g; <b>Zöldbabfőzelék (1;)</b> EN: 101.6 kcal; ZS: 5.1 g; TZS: 0.6 g; SZH: 10.2 g; CK: 2.5 g; FH: 2.8 g; SÓ: 0.3 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: 12.5 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 0.5 g; CK: 0.1 g; FH: 2.3 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>vizes kifli (1;)</b> EN: 69.7 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.0 g; CK: 0.4 g; FH: 2.2 g; SÓ: 0.3 g; <b>Jégcsapretek</b> 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; <b>Citromos tea</b> 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;	<b>Házi csirkemájkrém</b> EN: 77.2 kcal; ZS: 7.3 g; TZS: 2.2 g; SZH: 0.1 g; CK: 0.0 g; FH: 2.5 g; SÓ: 0.6 g; <b>fehér kenyér (1;)</b> EN: 72.0 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 14.3 g; CK: 0.0 g; FH: 2.6 g; SÓ: 0.4 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>Erdei gyümölcs tea</b> EN: 18.4 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;	<b>Sonkás padlizsánkrém (10;)</b> EN: 69.4 kcal; ZS: 6.5 g; TZS: 2.0 g; SZH: 1.1 g; CK: 0.1 g; FH: 1.6 g; SÓ: 0.5 g; <b>vizes kifli (1;)</b> EN: 69.7 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.0 g; CK: 0.4 g; FH: 2.2 g; SÓ: 0.3 g; <b>Kígyóborka</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: 18.4 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;	<b>Tonhalkrém (4;10;12;)</b> EN: 98.1 kcal; ZS: 9.2 g; TZS: 3.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 3.8 g; SÓ: 0.3 g; <b>fehér kenyér (1;)</b> EN: 72.0 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 14.3 g; CK: 0.0 g; FH: 2.6 g; SÓ: 0.4 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>Erdei gyümölcs tea</b> EN: 18.4 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;	<b>Házi csirkehúskrém</b> EN: 61.4 kcal; ZS: 6.2 g; TZS: 2.0 g; SZH: 0.1 g; CK: 0.0 g; FH: 1.2 g; SÓ: 0.1 g; <b>vizes kifli (1;)</b> EN: 69.7 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.0 g; CK: 0.4 g; FH: 2.2 g; SÓ: 0.3 g; <b>Citromos tea</b> 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;