

	Hétfő 08.17	Kedd 08.18	Szerda 08.19	Csütörtök 08.20	Péntek 08.21
Tízórai	Gyümölcs tea EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.6 g; CK: 6.6 g; FH: 0.0 g; SÓ: 0.0 g; Csicseriborsó krém EN: 68.4 kcal; ZS: 6.3 g; TZS: 1.9 g; SZH: 1.7 g; CK: 0.0 g; FH: 0.9 g; SÓ: 0.7 g; vizes zsemle (1;) 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; Paprika EN: 36.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.6 g; CK: 0.0 g; FH: 1.7 g; SÓ: 0.0 g;	Málna tea EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.6 g; CK: 6.6 g; FH: 0.0 g; SÓ: 0.0 g; Gépsonka EN: 23.4 kcal; ZS: 0.9 g; TZS: 0.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 3.2 g; SÓ: 0.5 g; Margarin 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; vizes zsemle (1;) 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;	Citromos tea EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.6 g; CK: 6.6 g; FH: 0.0 g; SÓ: 0.0 g; Házi zöldségkrém EN: 147.9 kcal; ZS: 15.8 g; TZS: 7.9 g; SZH: 0.9 g; CK: 0.5 g; FH: 0.2 g; SÓ: 0.5 g; vizes zsemle (1;) 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; Paprika EN: 36.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.6 g; CK: 0.0 g; FH: 1.7 g; SÓ: 0.0 g;		
Ebéd	Tárkonyos csirkeragu leves (1;9;12;) 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; Darás metélt (1;) EN: 353.8 kcal; ZS: 6.2 g; TZS: 0.9 g; SZH: 63.4 g; CK: 2.6 g; FH: 10.4 g; SÓ: 0.9 g; Baracklekvár EN: 97.2 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 23.2 g; CK: 20.4 g; FH: 0.2 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;	Paradicsomleves (1;9;) EN: 134.5 kcal; ZS: 3.1 g; TZS: 0.4 g; SZH: 23.1 g; CK: 9.2 g; FH: 2.9 g; SÓ: 0.7 g; Húsgombóc EN: 251.6 kcal; ZS: 15.9 g; TZS: 5.1 g; SZH: 12.8 g; CK: 0.0 g; FH: 14.2 g; SÓ: 1.1 g; Kapor mártás (1;12;) EN: 77.6 kcal; ZS: 4.5 g; TZS: 0.5 g; SZH: 8.3 g; CK: 0.9 g; FH: 0.9 g; SÓ: 0.8 g; Főtt burgonya 1/2 (12;) 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;	Póréhagyma krémleves EN: 118.7 kcal; ZS: 8.9 g; TZS: 4.1 g; SZH: 7.5 g; CK: 0.2 g; FH: 2.3 g; SÓ: 0.7 g; Pírtott kenyérkocka (1;) 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; Lecsós sertésragu EN: 160.3 kcal; ZS: 7.5 g; TZS: 2.0 g; SZH: 6.4 g; CK: 1.2 g; FH: 13.8 g; SÓ: 1.1 g; Bulgur köret (1;) EN: 215.3 kcal; ZS: 1.8 g; TZS: 0.3 g; SZH: 40.3 g; CK: 1.3 g; FH: 7.3 g; SÓ: 0.0 g; Kekszgolyó (1;12;) 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;		
Uzsonna	Csirkemell sonka EN: 18.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.0 g; CK: 0.1 g; FH: 3.2 g; SÓ: 0.5 g; Margarin 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; vizes zsemle (1;) 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; Kígyóuborka 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;	Karfiolkrém (12;) EN: 23.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 3.4 g; CK: 0.0 g; FH: 1.3 g; SÓ: 0.2 g; vizes zsemle (1;) 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; Zöldhagyma EN: 1.0 kcal; ZS: 0.0 g; SZH: 0.0 g; FH: 0.1 g;	Tavaszi felvágott EN: 55.4 kcal; ZS: 4.8 g; TZS: 2.0 g; SZH: 0.7 g; CK: 0.1 g; FH: 2.4 g; SÓ: 0.4 g; Margarin 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; vizes zsemle (1;) 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; Kígyóuborka 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;		