

|                | Hétfő<br>03.02                                                                                                                                                                                                                                                                                                                                                                          | Kedd<br>03.03                                                                                                                                                                                                                                                                                                                                                                                          | Szerda<br>03.04                                                                                                                                                                                                                                                                                                                                                                                      | Csütörtök<br>03.05                                                                                                                                                                                                                                                                       | Péntek<br>03.06                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <b>Tízórai</b> | <b>Hideg tej (7;)</b><br>EN:88.0kcal ZS:3.0g TZS:2.0g SZH:9.4g FH:5.8g SÓ:0.2g<br><b>Vajkrém (7;)</b><br>EN:104.4kcal ZS:10.5g TZS:6.8g SZH:1.8g CK:0.7g FH:0.7g SÓ:0.3g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:146.4kcal ZS:0.6g TZS:0.2g SZH:30.0g FH:4.4g SÓ:0.9g<br><b>Hónapos retek</b><br>EN:1.2kcal ZS:0.0g TZS:0.0g SZH:0.3g CK:0.1g FH:0.1g SÓ:0.0g                       | <b>Hideg tej (7;)</b><br>EN:88.0kcal ZS:3.0g TZS:2.0g SZH:9.4g FH:5.8g SÓ:0.2g<br><b>Sárgaborsókrém (7;)</b><br>EN:94.4kcal ZS:4.8g TZS:2.9g SZH:8.5g CK:1.2g FH:3.9g SÓ:0.2g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:146.4kcal ZS:0.6g TZS:0.2g SZH:30.0g FH:4.4g SÓ:0.9g                                                                                                                         | <b>Hideg tej (7;)</b><br>EN:88.0kcal ZS:3.0g TZS:2.0g SZH:9.4g FH:5.8g SÓ:0.2g<br><b>Sajtkrém (7;)</b><br>EN:35.8kcal ZS:3.0g TZS:2.0g SZH:1.3g CK:1.3g FH:0.9g SÓ:0.4g<br><b>Teljes kiőrlésű zsemle (1;6;)</b><br>EN:139.7kcal ZS:0.9g TZS:0.1g SZH:28.4g CK:0.6g FH:5.4g SÓ:0.7g<br><b>Paprika</b><br>EN:9.0kcal ZS:0.0g SZH:1.4g FH:0.4g                                                          | <b>Vaníliás tej (7;)</b><br>EN:173.0kcal ZS:3.0g TZS:2.0g SZH:20.0g CK:20.0g FH:6.6g SÓ:0.2g<br><b>Vaj (7;)</b><br>EN:75.3kcal ZS:8.3g TZS:5.4g SZH:0.1g CK:0.1g FH:0.1g<br><b>Molnárka (1;3;6;7;13;)</b><br>EN:163.5kcal ZS:4.5g TZS:1.6g SZH:27.6g CK:4.1g FH:4.6g SÓ:0.3g             | <b>Citromos tea</b><br>EN:24.6kcal ZS:0.0g TZS:0.0g SZH:6.0g CK:6.0g FH:0.0g SÓ:0.0g<br><b>Főtt tojás (3;)</b><br>EN:73.3kcal ZS:4.4g TZS:1.4g SZH:0.3g CK:0.2g FH:5.0g SÓ:0.2g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g FH:0.0g SÓ:0.1g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:146.4kcal ZS:0.6g TZS:0.2g SZH:30.0g FH:4.4g SÓ:0.9g<br><b>Kaliforniai paprika</b><br>EN:9.0kcal ZS:0.0g TZS:0.0g SZH:1.4g CK:0.7g FH:0.4g SÓ:0.0g                                                            |
| <b>Ebéd</b>    | <b>Gyümölcsleves (1;7;)</b><br>EN:205.4kcal ZS:4.2g TZS:2.7g SZH:38.2g CK:29.4g FH:2.0g SÓ:0.5g<br><b>Rántott halrúd (1;4;)</b><br>EN:351.8kcal ZS:25.8g TZS:2.7g SZH:18.2g CK:0.6g FH:10.6g SÓ:0.5g<br><b>Párolt rizs</b><br>EN:415.8kcal ZS:4.0g TZS:0.5g SZH:85.7g CK:0.0g FH:10.3g SÓ:0.8g<br><b>Cékla * (10;)</b><br>EN:20.0kcal ZS:0.1g TZS:0.0g SZH:5.0g CK:2.4g FH:0.9g SÓ:0.5g | <b>Zabgaluskaleves (1;3;9;)</b><br>EN:86.6kcal ZS:0.7g TZS:0.2g SZH:16.8g CK:2.4g FH:3.0g SÓ:2.0g<br><b>Húsgombóc (3;)</b><br>EN:203.4kcal ZS:10.4g TZS:3.6g SZH:16.2g CK:0.2g FH:11.3g SÓ:0.9g<br><b>Paradicsommártás (1;9;)</b><br>EN:132.4kcal ZS:0.4g TZS:0.1g SZH:28.6g CK:16.1g FH:2.5g SÓ:0.9g<br><b>Főtt burgonya (12;)</b><br>EN:152.3kcal ZS:2.6g TZS:0.3g SZH:25.8g CK:0.0g FH:3.5g SÓ:1.7g | <b>Zöldséges árpagyöngyleves (1;9;)</b><br>EN:115.5kcal ZS:2.8g TZS:0.3g SZH:19.7g CK:2.2g FH:2.7g SÓ:1.1g<br><b>Bakonyiszárnyasragu (1;)</b><br>EN:166.5kcal ZS:9.8g TZS:2.0g SZH:6.8g CK:0.0g FH:12.0g SÓ:1.8g<br><b>Tésztaköret (1;)</b><br>EN:469.0kcal ZS:10.5g TZS:1.4g SZH:79.2g CK:3.9g FH:13.4g SÓ:1.0g<br><b>Narancs</b><br>EN:61.5kcal ZS:0.0g TZS:0.0g SZH:12.8g CK:9.8g FH:0.9g SÓ:0.0g | <b>Gulyásleves (9;12;)</b><br>EN:143.1kcal ZS:7.9g TZS:1.4g SZH:7.2g CK:0.9g FH:9.4g SÓ:1.4g<br><b>Lekváros bukta (1;3;6;7;)</b><br>EN:307.2kcal ZS:7.2g TZS:3.0g SZH:55.9g CK:15.1g FH:7.4g SÓ:0.5g<br><b>Alma</b><br>EN:70.0kcal ZS:0.8g TZS:0.0g SZH:14.0g CK:8.0g FH:0.8g SÓ:0.0g    | <b>Lebbencsleves (1;9;12;)</b><br>EN:132.4kcal ZS:3.0g TZS:0.4g SZH:21.1g CK:3.2g FH:3.6g SÓ:1.0g<br><b>Sertéspörkölt (1;)</b><br>EN:200.3kcal ZS:13.0g TZS:2.4g SZH:4.1g CK:0.4g FH:14.9g SÓ:1.4g<br><b>Édeskáposzta főzelék (1;7;)</b><br>EN:161.6kcal ZS:6.1g TZS:1.3g SZH:20.6g CK:3.5g FH:5.7g SÓ:0.5g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:48.8kcal ZS:0.2g TZS:0.1g SZH:10.0g FH:1.5g SÓ:0.3g<br><b>Tejszelet (1;3;6;7;)</b><br>EN:92.2kcal ZS:4.6g TZS:4.2g SZH:14.2g CK:8.1g FH:1.8g SÓ:0.0g |
| <b>Uzsonna</b> | <b>Pulykamell sonka (1;)</b><br><br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g FH:0.0g SÓ:0.1g<br><br><b>Zsemle (1;)</b><br>EN:168.5kcal ZS:4.3g SZH:26.4g FH:5.1g                                                                                                                                                                                                                 | <b>Edami sajt (7;)</b><br>EN:94.8kcal ZS:7.0g TZS:4.8g SZH:0.6g CK:0.6g FH:7.8g SÓ:0.2g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g FH:0.0g SÓ:0.1g<br><br><b>Félbarna kenyér (1;)</b><br>EN:159.4kcal ZS:0.9g TZS:0.1g SZH:31.0g CK:0.6g FH:5.6g SÓ:0.8g<br><b>Kígyóuborka</b><br>EN:2.4kcal ZS:0.0g TZS:0.0g SZH:0.3g CK:0.0g FH:0.2g SÓ:0.0g                                                 | <b>Csirkemell sonka</b><br>EN:32.7kcal ZS:1.4g TZS:0.4g SZH:0.6g CK:0.1g FH:4.5g SÓ:0.7g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g FH:0.0g SÓ:0.1g<br><br><b>Félbarna kenyér (1;)</b><br>EN:159.4kcal ZS:0.9g TZS:0.1g SZH:31.0g CK:0.6g FH:5.6g SÓ:0.8g                                                                                                                                    | <b>Házi szárnyasmájkrém (7;)</b><br>EN:88.1kcal ZS:7.2g TZS:4.2g SZH:0.8g CK:0.6g FH:4.7g SÓ:1.2g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:146.4kcal ZS:0.6g TZS:0.2g SZH:30.0g FH:4.4g SÓ:0.9g<br><b>Kígyóuborka</b><br>EN:2.4kcal ZS:0.0g TZS:0.0g SZH:0.3g CK:0.0g FH:0.2g SÓ:0.0g | <b>Hideg tej (7;)</b><br>EN:88.0kcal ZS:3.0g TZS:2.0g SZH:9.4g FH:5.8g SÓ:0.2g<br><b>Sajtos croissant (1;3;7;)</b><br>EN:180.5kcal ZS:9.1g TZS:5.0g SZH:20.7g CK:2.5g FH:3.6g SÓ:0.3g                                                                                                                                                                                                                                                                                                                        |