

	Hétfő 06.01	Kedd 06.02	Szerda 06.03	Csütörtök 06.04	Péntek 06.05
<b>Tízórai</b>	<p><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;</p> <p><b>Gépsonka</b> EN: 35.1 kcal; ZS: 1.4 g; TZS: 0.5 g; SZH: 1.0 g; CK: 0.1 g; FH: 4.8 g; SÓ: 0.7 g;</p> <p><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;</p> <p><b>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p> <p><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;</p>	<p><b>Poharas kakaó (7;)</b> EN: 134.0 kcal; ZS: 4.0 g; TZS: 3.0 g; SZH: 16.2 g; CK: 16.2 g; FH: 7.0 g; SÓ: 0.1 g;</p> <p><b>Csirkemell sonka</b> EN: 27.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.5 g; CK: 0.2 g; FH: 4.8 g; SÓ: 0.8 g;</p> <p><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;</p> <p><b>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p>	<p><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;</p> <p><b>Padlizsánkrém (10;)</b> EN: 67.8 kcal; ZS: 6.3 g; TZS: 1.0 g; SZH: 2.0 g; CK: 0.1 g; FH: 0.6 g; SÓ: 0.8 g;</p> <p><b>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p> <p><b>Kígyóborka</b> EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 1.0 g; SÓ: 0.0 g;</p>	<p><b>Barackos tea</b> EN: 32.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g;</p> <p><b>Tavaszi felvágott</b> EN: 83.1 kcal; ZS: 7.2 g; TZS: 3.0 g; SZH: 1.0 g; CK: 0.2 g; FH: 3.6 g; SÓ: 0.7 g;</p> <p><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;</p> <p><b>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p> <p><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;</p>	<p><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;</p> <p><b>Bazsalikom margarin</b> EN: 109.3 kcal; ZS: 12.0 g; TZS: 3.8 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.1 g;</p> <p><b>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p> <p><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;</p>
<b>Ebéd</b>	<p><b>Legényfogó leves (sertés hússal) (12;)</b> EN: 189.9 kcal; ZS: 7.3 g; TZS: 1.9 g; SZH: 12.5 g; CK: 0.4 g; FH: 17.4 g; SÓ: 1.6 g;</p> <p><b>Tejben dara rizsitalból és kukoricadarából</b> EN: 406.6 kcal; ZS: 4.4 g; TZS: 0.7 g; SZH: 84.9 g; CK: 30.5 g; FH: 5.5 g; SÓ: 0.3 g;</p> <p><b>Kakaó szórát</b> EN: 81.6 kcal; ZS: 0.4 g; TZS: 0.3 g; SZH: 18.3 g; CK: 18.0 g; FH: 0.4 g; SÓ: 0.0 g;</p> <p><b>Őszibarack</b> EN: 32.8 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.2 g; CK: 7.2 g; FH: 0.6 g; SÓ: 0.0 g;</p>	<p><b>Zöldséges tarhonyaleves (12;)</b> EN: 126.8 kcal; ZS: 3.6 g; TZS: 0.9 g; SZH: 20.0 g; CK: 0.1 g; FH: 2.6 g; SÓ: 0.5 g;</p> <p><b>Sertés pörkölt</b> EN: 202.2 kcal; ZS: 11.0 g; TZS: 2.5 g; SZH: 3.1 g; CK: 0.0 g; FH: 21.1 g; SÓ: 1.4 g;</p> <p><b>Tököfőzelék</b> EN: 140.2 kcal; ZS: 7.1 g; TZS: 0.8 g; SZH: 27.0 g; CK: 5.8 g; FH: 2.4 g; SÓ: 0.8 g;</p> <p><b>Kakaós golyó</b> EN: 224.9 kcal; ZS: 2.2 g; TZS: 0.9 g; SZH: 45.3 g; CK: 17.4 g; FH: 3.7 g; SÓ: 0.1 g;</p>	<p><b>Zellerkrémleves (9;)</b> EN: 74.8 kcal; ZS: 2.4 g; TZS: 0.3 g; SZH: 11.5 g; CK: 1.0 g; FH: 1.4 g; SÓ: 1.2 g;</p> <p><b>Pírtott kenyérvokca</b> EN: 34.8 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 6.5 g; CK: 0.2 g; FH: 0.3 g; SÓ: 0.2 g;</p> <p><b>Zöldséges halragu (4;)</b> EN: 157.4 kcal; ZS: 6.7 g; TZS: 2.2 g; SZH: 12.2 g; CK: 3.6 g; FH: 15.6 g; SÓ: 1.4 g;</p> <p><b>Párolt köles</b> EN: 282.3 kcal; ZS: 6.0 g; TZS: 1.0 g; SZH: 48.2 g; CK: 4.0 g; FH: 7.4 g; SÓ: 0.7 g;</p>	<p><b>Kertészleves</b> EN: 59.6 kcal; ZS: 2.9 g; TZS: 0.3 g; SZH: 5.9 g; CK: 0.0 g; FH: 2.1 g; SÓ: 0.7 g;</p> <p><b>Sült csirkemell</b> EN: 138.9 kcal; ZS: 5.4 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 21.2 g; SÓ: 1.1 g;</p> <p><b>Karottás rizs</b> EN: 248.5 kcal; ZS: 3.0 g; TZS: 0.4 g; SZH: 49.8 g; CK: 0.0 g; FH: 6.1 g; SÓ: 0.7 g;</p> <p><b>Cékla saláta * (10;)</b> EN: 24.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 6.0 g; CK: 2.9 g; FH: 1.0 g; SÓ: 0.6 g;</p> <p><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;</p>	<p><b>Csontleves tésztával</b> EN: 58.1 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 12.1 g; CK: 2.9 g; FH: 1.2 g; SÓ: 0.4 g;</p> <p><b>Húsgombóc (sertés)</b> EN: 207.4 kcal; ZS: 11.9 g; TZS: 3.7 g; SZH: 14.4 g; CK: 0.0 g; FH: 10.8 g; SÓ: 0.9 g;</p> <p><b>Főtt burgonya (12;)</b> EN: 188.0 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 36.8 g; CK: 0.0 g; FH: 5.0 g; SÓ: 0.7 g;</p> <p><b>Vegyes gyümölcsmártás</b> EN: 144.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 33.4 g; CK: 22.7 g; FH: 0.8 g; SÓ: 0.6 g;</p> <p><b>Nektarin</b> EN: 39.2 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 9.1 g; CK: 6.3 g; FH: 0.3 g; SÓ: 0.0 g;</p>
<b>Uzsonna</b>	<p><b>Kapros margarin</b> EN: 54.0 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;</p> <p><b>Abonett</b> EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;</p> <p><b>Hónapos retek</b> EN: 7.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.1 g; CK: 0.0 g; FH: 0.6 g; SÓ: 0.0 g;</p>	<p><b>sült paprikakrém</b> EN: 89.7 kcal; ZS: 9.0 g; TZS: 2.8 g; SZH: 1.4 g; CK: 0.7 g; FH: 0.4 g; SÓ: 0.0 g;</p> <p><b>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p> <p><b>Kígyóborka</b> EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 1.0 g; SÓ: 0.0 g;</p>	<p><b>Kenőmájás (sertés)</b> EN: 65.7 kcal; ZS: 5.5 g; TZS: 2.5 g; SZH: 1.3 g; CK: 0.4 g; FH: 2.7 g; SÓ: 0.7 g;</p> <p><b>Puffasztott rizs</b> EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g; CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g;</p> <p><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;</p>	<p><b>Gyümölcsös joghurt (7;)</b> EN: 103.8 kcal; ZS: 2.5 g; TZS: 1.4 g; SZH: 13.8 g; CK: 13.8 g; FH: 3.1 g; SÓ: 0.1 g;</p> <p><b>Abonett</b> EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;</p>	<p><b>Házi csirkehúskrém</b> EN: 78.2 kcal; ZS: 6.8 g; TZS: 2.2 g; SZH: 0.1 g; CK: 0.0 g; FH: 3.9 g; SÓ: 0.2 g;</p> <p><b>Gluténmentes kenyér</b> EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p> <p><b>Kígyóborka</b> EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 1.0 g; SÓ: 0.0 g;</p>