

	Hétfő 09.07	Kedd 09.08	Szerda 09.09	Csütörtök 09.10	Péntek 09.11
Tízórai	Gyümölcs tea EN: 36.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.1 g; CK: 9.1 g; FH: 0.0 g; SÓ: 0.0 g; Füldői sonka EN: 33.6 kcal; ZS: 1.2 g; TZS: 0.4 g; SZH: 1.5 g; CK: 0.2 g; FH: 4.2 g; SÓ: 0.8 g; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 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: 36.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.1 g; CK: 9.1 g; FH: 0.0 g; SÓ: 0.0 g; Házi zöldségkrém EN: 197.2 kcal; ZS: 21.1 g; TZS: 10.5 g; SZH: 1.2 g; CK: 0.7 g; FH: 0.3 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; Jégcsapretek EN: 6.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g;	Gyümölcs tea EN: 36.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.1 g; CK: 9.1 g; FH: 0.0 g; SÓ: 0.0 g; Lekvár 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; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 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;	Meggyes tea EN: 30.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.6 g; CK: 7.6 g; FH: 0.0 g; SÓ: 0.0 g; Petrezselymes margarin EN: 45.0 kcal; ZS: 5.0 g; TZS: 1.4 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.1 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; Sárgarépa csíkok EN: 16.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 3.2 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g;	Barackos tea EN: 36.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.1 g; CK: 9.1 g; FH: 0.0 g; SÓ: 0.0 g; eurofood csirkepástétom EN: 132.0 kcal; ZS: 10.9 g; TZS: 2.8 g; SZH: 2.5 g; FH: 5.7 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; Kígyóborka EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g;
Ebéd	Sertés raguleves (1;) EN: 109.0 kcal; ZS: 4.1 g; TZS: 1.4 g; SZH: 5.7 g; CK: 0.0 g; FH: 11.4 g; SÓ: 1.1 g; Tejben dara TM (1;) EN: 358.3 kcal; ZS: 4.1 g; TZS: 0.7 g; SZH: 77.9 g; CK: 42.4 g; FH: 2.6 g; SÓ: 0.3 g; Fahéj szórát EN: 120.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 29.5 g; CK: 29.5 g; FH: 0.0 g; SÓ: 0.0 g; Alma 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;	Fokhagyma krémleves (1;) EN: 158.5 kcal; ZS: 6.5 g; TZS: 0.8 g; SZH: 19.6 g; CK: 2.4 g; FH: 4.4 g; SÓ: 1.2 g; Pirított 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; Csirkehúsos rizottó EN: 548.2 kcal; ZS: 12.5 g; TZS: 2.5 g; SZH: 80.4 g; CK: 0.8 g; FH: 28.5 g; SÓ: 0.2 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;	Tárkonyos zöldségleves (1;9;) EN: 81.2 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 11.5 g; CK: 2.1 g; FH: 2.2 g; SÓ: 1.2 g; Rakott karfiolos tészta (1;) EN: 394.8 kcal; ZS: 11.9 g; TZS: 2.9 g; SZH: 44.9 g; CK: 3.6 g; FH: 25.3 g; SÓ: 0.3 g;	Csontleves tésztával (1;) EN: 82.9 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 16.5 g; CK: 2.8 g; FH: 3.1 g; SÓ: 2.4 g; Provance csirkeragu EN: 188.6 kcal; ZS: 11.1 g; TZS: 2.1 g; SZH: 7.2 g; CK: 2.0 g; FH: 15.5 g; SÓ: 0.5 g; Bulgur köret (1;) EN: 288.4 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 53.8 g; CK: 1.7 g; FH: 9.7 g; SÓ: 0.0 g; Almás tápiókapuding EN: 25.2 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.4 g; CK: 0.5 g; FH: 0.0 g; SÓ: 0.0 g;	Kertész leves D (9;) EN: 53.1 kcal; ZS: 2.9 g; TZS: 0.3 g; SZH: 5.6 g; CK: 2.4 g; FH: 1.0 g; SÓ: 1.2 g; Halvagdalt (4;) EN: 199.9 kcal; ZS: 7.1 g; TZS: 1.7 g; SZH: 24.9 g; CK: 0.5 g; FH: 10.6 g; SÓ: 1.7 g; Petrezselymes burgonya (12;) EN: 255.7 kcal; ZS: 2.8 g; TZS: 0.3 g; SZH: 46.0 g; CK: 0.0 g; FH: 6.3 g; SÓ: 1.2 g; Cékla saláta * (10;) EN: 28.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.0 g; CK: 3.4 g; FH: 1.2 g; SÓ: 0.7 g;
Uzsonna	Sonkás padlizsánkrém (10;) EN: 88.4 kcal; ZS: 7.1 g; TZS: 2.2 g; SZH: 2.4 g; CK: 0.1 g; FH: 3.6 g; SÓ: 1.3 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;	Baromfi párizsi EN: 47.4 kcal; ZS: 3.5 g; TZS: 1.1 g; SZH: 0.8 g; CK: 0.1 g; FH: 3.1 g; SÓ: 0.6 g; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 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;	Tonhalkrém (4;) EN: 91.2 kcal; ZS: 6.8 g; TZS: 1.3 g; SZH: 0.0 g; CK: 0.0 g; FH: 7.5 g; SÓ: 0.4 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; Kígyóborka EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g;	Zala felvágott EN: 72.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 3.9 g; SÓ: 0.7 g; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 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; Lilahagyma EN: 12.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.5 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;	Házi sertés húskrém EN: 96.7 kcal; ZS: 6.7 g; TZS: 1.9 g; SZH: 0.1 g; CK: 0.0 g; FH: 8.4 g; SÓ: 0.1 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;