

Tej-, tojás-, olajosmag-, paradicsommentes

Hétfő
02.23Kedd
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Tízórai

Gyümölcs tea

EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;

Baromfi párizsi

EN: 40.6 kcal; ZS: 3.4 g; TZS: 1.2 g; SZH: 0.3 g; CK: 0.2 g; FH: 2.2 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; CA: 0.0 mg;

Gluténmentes kenyér

EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;

Paprika

EN: 23.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 4.1 g; CK: 0.0 g; FH: 0.8 g; SÓ: 0.0 g; CA: 0.0 mg;

Kakaós rizsital

EN: 118.0 kcal; ZS: 2.1 g; TZS: 0.4 g; SZH: 24.0 g; CK: 11.7 g; FH: 0.7 g; SÓ: 0.1 g; CA: 0.0 mg;

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; CA: 0.0 mg;

Gluténmentes kenyér

EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;

Gyümölcs tea

EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;

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; CA: 0.0 mg;

Gluténmentes kenyér

EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;

Kígyóuborka

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; CA: 0.0 mg;

Rizs ital

EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g; CA: 0.0 mg;

Vaníliás tofukrém (6;)

EN: 42.9 kcal; ZS: 1.6 g; TZS: 0.3 g; SZH: 4.0 g; CK: 2.6 g; FH: 3.0 g; SÓ: 0.0 g;

Gluténmentes kenyér

EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;

Gyümölcs tea

EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;

Olasz felvágott

EN: 47.2 kcal; ZS: 4.0 g; TZS: 1.5 g; SZH: 0.4 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.4 g; CA: 0.0 mg;

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; CA: 0.0 mg;

Gluténmentes kenyér

EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;

Paprika

EN: 23.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 4.1 g; CK: 0.0 g; FH: 0.8 g; SÓ: 0.0 g; CA: 0.0 mg;

Ebéd

Babgulyás leves sertés

EN: 170.3 kcal; ZS: 8.4 g; TZS: 1.5 g; SZH: 9.1 g; CK: 0.7 g; FH: 13.0 g; SÓ: 1.0 g; CA: 0.0 mg;

Kukoricadarás metélt

EN: 357.4 kcal; ZS: 6.1 g; TZS: 0.6 g; SZH: 69.8 g; CK: 0.8 g; FH: 5.6 g; SÓ: 0.9 g; CA: 0.0 mg;

Házi baracklekvár

EN: 75.3 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 18.1 g; CK: 18.1 g; FH: 0.3 g; SÓ: 0.0 g; CA: 0.0 mg;

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; CA: 0.0 mg;

Zöldséges rizsleves

EN: 77.7 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 12.7 g; CK: 2.3 g; FH: 1.7 g; SÓ: 0.9 g; CA: 0.0 mg;

Sertés vagdalt

EN: 150.5 kcal; ZS: 4.9 g; TZS: 4.2 g; SZH: 12.4 g; CK: 0.1 g; FH: 13.5 g; SÓ: 0.9 g; CA: 0.0 mg;

Kerti vegyesfőzelék

EN: 140.8 kcal; ZS: 2.7 g; TZS: 0.3 g; SZH: 24.0 g; CK: 11.3 g; FH: 3.1 g; SÓ: 0.7 g; CA: 0.0 mg;

Brokkoli krémleves (12;)

EN: 127.6 kcal; ZS: 2.0 g; TZS: 0.3 g; SZH: 24.3 g; CK: 7.0 g; FH: 2.6 g; SÓ: 1.0 g; CA: 0.0 mg;

Zöldséges sertésrizseshús

EN: 313.3 kcal; ZS: 5.2 g; TZS: 1.1 g; SZH: 51.6 g; CK: 0.0 g; FH: 14.9 g; SÓ: 1.0 g; CA: 0.0 mg;

Cékla saláta * (10;)

EN: 20.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.0 g; CK: 2.4 g; FH: 0.9 g; SÓ: 0.5 g; CA: 0.0 mg;

Köménymag leves

EN: 90.6 kcal; ZS: 4.3 g; TZS: 0.5 g; SZH: 12.1 g; CK: 0.0 g; FH: 0.9 g; SÓ: 0.9 g; CA: 0.0 mg;

Pirított kenyérkocka

EN: 17.4 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 3.9 g; FH: 0.1 g; SÓ: 0.1 g;

Majorannás csirkeragu

EN: 116.4 kcal; ZS: 5.5 g; TZS: 1.3 g; SZH: 1.7 g; CK: 0.0 g; FH: 13.9 g; SÓ: 1.1 g; CA: 0.0 mg;

Rizs köret

EN: 197.9 kcal; ZS: 2.9 g; TZS: 0.4 g; SZH: 38.8 g; CK: 0.0 g; FH: 4.7 g; SÓ: 0.0 g; CA: 0.0 mg;

Csontleves tésztával

EN: 68.0 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 13.7 g; CK: 2.3 g; FH: 1.9 g; SÓ: 2.0 g; CA: 0.0 mg;

Szárnyas aprópecsenye

EN: 135.2 kcal; ZS: 7.9 g; TZS: 1.6 g; SZH: 2.4 g; CK: 0.0 g; FH: 13.0 g; SÓ: 1.0 g; CA: 0.0 mg;

Zöldborsófőzelék

EN: 256.1 kcal; ZS: 6.3 g; TZS: 0.8 g; SZH: 36.6 g; CK: 8.2 g; FH: 10.0 g; SÓ: 1.0 g; CA: 0.0 mg;

Gyömbéres rizskeksz

EN: 35.2 kcal; ZS: 0.6 g; TZS: 0.5 g; SZH: 7.7 g; CK: 2.3 g; FH: 0.3 g; SÓ: 0.0 g;

Uzsonna

petrezselymes tofukrém (6;)

EN: 41.6 kcal; ZS: 2.4 g; TZS: 0.4 g; SZH: 0.2 g; CK: 0.1 g; FH: 4.5 g; SÓ: 0.7 g; CA: 0.0 mg;

Abonett

EN: 51.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 9.0 g; CK: 0.2 g; FH: 2.3 g; SÓ: 0.1 g;

sült paprikakrém

EN: 89.4 kcal; ZS: 9.0 g; TZS: 2.8 g; SZH: 1.3 g; CK: 0.7 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;

Gluténmentes kenyér

EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;

Rágórépa

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; CA: 0.0 mg;

Tonhalkrém (4;10;)

EN: 113.1 kcal; ZS: 10.1 g; TZS: 3.2 g; SZH: 0.2 g; CK: 0.0 g; FH: 5.2 g; SÓ: 0.3 g; CA: 0.0 mg;

Puffasztott rizs (ripsz-ropsz)

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;

Házi sertés húskrém

EN: 73.7 kcal; ZS: 6.3 g; TZS: 1.4 g; SZH: 0.1 g; CK: 0.0 g; FH: 4.1 g; SÓ: 0.1 g; CA: 0.0 mg;

Gluténmentes kenyér

EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;

Jégcsapretek

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; CA: 0.0 mg;

Padlizsánkrém (10;)

EN: 60.3 kcal; ZS: 6.1 g; TZS: 1.9 g; SZH: 1.0 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.4 g; CA: 0.0 mg;

Abonett

EN: 51.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 9.0 g; CK: 0.2 g; FH: 2.3 g; SÓ: 0.1 g;