

	Hétfő 06.15	Kedd 06.16	Szerda 06.17	Csütörtök 06.18	Péntek 06.19
<b>Tízórai</b>	<b>Citromos 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; <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; <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; <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; <b>Kígyóuborka</b> 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;	<b>Gyümölcs tea</b> EN: 32.9 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; <b>Sonkás céklakrém</b> EN: 93.0 kcal; ZS: 7.0 g; TZS: 2.2 g; SZH: 4.4 g; CK: 2.9 g; FH: 3.6 g; SÓ: 1.3 g; <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;	<b>Erdei gyümölcs 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; <b>Sertés párizsi</b> EN: 69.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 0.8 g; CK: 0.0 g; FH: 3.0 g; SÓ: 0.6 g; <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; <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; <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;	<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; <b>méz</b> EN: 60.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 16.5 g; CK: 16.4 g; FH: 0.1 g; SÓ: 0.0 g; <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; <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;	<b>Erdei gyümölcs 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; <b>Zala felvágott</b> 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; <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; <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; <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;
<b>Ebéd</b>	<b>Sertés gulyásleves (12;)</b> EN: 200.5 kcal; ZS: 10.3 g; TZS: 2.0 g; SZH: 9.2 g; CK: 2.8 g; FH: 15.7 g; SÓ: 1.2 g; <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; <b>Kakaó szórát</b> EN: 79.8 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 18.3 g; CK: 18.0 g; FH: 0.5 g; SÓ: 0.0 g; <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;	<b>Magyaros reszeltészta leves (12;)</b> EN: 70.6 kcal; ZS: 2.0 g; TZS: 0.2 g; SZH: 11.7 g; CK: 2.0 g; FH: 1.1 g; SÓ: 1.0 g; <b>Húsgombóc</b> 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; <b>Paradicsommártás</b> EN: 40.4 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 9.0 g; CK: 5.8 g; FH: 0.8 g; SÓ: 0.6 g; <b>Főtt burgonya (12;)</b> EN: 169.2 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 33.1 g; CK: 0.0 g; FH: 4.5 g; SÓ: 0.8 g; <b>Kakaós golyó</b> EN: 220.4 kcal; ZS: 1.6 g; TZS: 0.5 g; SZH: 45.3 g; CK: 17.4 g; FH: 3.7 g; SÓ: 0.1 g;	<b>Brokkoli krémleves (12;)</b> EN: 146.1 kcal; ZS: 2.5 g; TZS: 0.3 g; SZH: 26.8 g; CK: 6.9 g; FH: 3.6 g; SÓ: 1.2 g; <b>Pírtott kenyérkocka</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; <b>Zöldséges halragu (4;12;)</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; <b>Rizs köret</b> EN: 285.1 kcal; ZS: 3.4 g; TZS: 0.4 g; SZH: 57.3 g; CK: 0.0 g; FH: 6.9 g; SÓ: 0.0 g; <b>Körte</b> 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;	<b>Csontleves</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; <b>Főtt virsli</b> EN: 115.2 kcal; ZS: 9.0 g; TZS: 1.3 g; SZH: 1.8 g; CK: 0.2 g; FH: 6.6 g; SÓ: 1.3 g; <b>Fejtett babfőzelék (12;)</b> EN: 167.5 kcal; ZS: 5.5 g; TZS: 0.6 g; SZH: 18.2 g; CK: 1.5 g; FH: 7.5 g; SÓ: 0.9 g;	<b>Őszibarackleves</b> EN: 109.0 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 24.8 g; CK: 15.7 g; FH: 1.1 g; SÓ: 0.5 g; <b>Budapest pulykaragu</b> EN: 203.6 kcal; ZS: 14.3 g; TZS: 4.3 g; SZH: 4.5 g; CK: 0.2 g; FH: 13.4 g; SÓ: 1.3 g; <b>Párolt köles</b> EN: 263.5 kcal; ZS: 4.7 g; TZS: 0.8 g; SZH: 46.9 g; CK: 0.1 g; FH: 7.2 g; SÓ: 0.7 g; <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;
<b>Uzsonna</b>	<b>Padlizsánkrém (10;)</b> EN: 66.6 kcal; ZS: 6.2 g; TZS: 1.9 g; SZH: 2.0 g; CK: 0.1 g; FH: 0.6 g; SÓ: 0.9 g; <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; <b>Zöldhagyma</b> EN: 7.6 kcal; ZS: 0.1 g; SZH: 0.2 g; FH: 0.4 g;	<b>Házi sertés húskrém</b> EN: 111.6 kcal; ZS: 9.4 g; TZS: 4.2 g; SZH: 0.1 g; CK: 0.0 g; FH: 6.2 g; SÓ: 0.1 g; <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; <b>Kígyóuborka</b> 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;	<b>Cukkínikrém</b> EN: 64.0 kcal; ZS: 6.4 g; TZS: 3.2 g; SZH: 0.8 g; CK: 0.3 g; FH: 0.6 g; SÓ: 0.8 g; <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; <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;	<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; <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; <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; <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;	<b>Házi zöldségkrém</b> 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: 0.7 g; <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; <b>Kígyóuborka</b> 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;