

	Hétfő 06.15	Kedd 06.16	Szerda 06.17	Csütörtök 06.18	Péntek 06.19
<b>Tízórai</b>	<p><b>Citromos tea</b> 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;</p> <p><b>Gépsonka</b> EN: 23.4 kcal; ZS: 0.9 g; TZS: 0.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 3.2 g; SÓ: 0.5 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: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;</p> <p><b>Kígyóborka</b> EN: 2.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.3 g; CK: 0.0 g; FH: 0.2 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>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: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 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>Sertés párizsi</b> EN: 46.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.5 g; CK: 0.0 g; FH: 2.0 g; SÓ: 0.4 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: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 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>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;</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: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 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>Zala felvágott</b> EN: 48.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.4 g; CK: 0.1 g; FH: 2.6 g; SÓ: 0.4 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: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 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>Sertés gulyásleves (12;)</b> EN: 170.0 kcal; ZS: 8.9 g; TZS: 1.8 g; SZH: 7.4 g; CK: 2.2 g; FH: 13.4 g; SÓ: 1.0 g;</p> <p><b>Tejben dara rizsitalból és kukoricadarából</b> EN: 337.3 kcal; ZS: 3.8 g; TZS: 0.6 g; SZH: 70.0 g; CK: 23.0 g; FH: 4.8 g; SÓ: 0.3 g;</p> <p><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;</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>Magyaros reszeltészta leves (12;)</b> EN: 57.8 kcal; ZS: 1.7 g; TZS: 0.2 g; SZH: 9.4 g; CK: 1.6 g; FH: 0.9 g; SÓ: 0.8 g;</p> <p><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;</p> <p><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;</p> <p><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;</p> <p><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;</p>	<p><b>Brokkoli krémleves (12;)</b> EN: 128.8 kcal; ZS: 2.3 g; TZS: 0.3 g; SZH: 23.7 g; CK: 6.4 g; FH: 3.1 g; SÓ: 1.0 g;</p> <p><b>Pírtott kenyérkocka</b> EN: 23.2 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 4.3 g; CK: 0.2 g; FH: 0.2 g; SÓ: 0.1 g;</p> <p><b>Zöldséges halragu (4;12;)</b> EN: 116.4 kcal; ZS: 4.9 g; TZS: 1.4 g; SZH: 10.3 g; CK: 2.9 g; FH: 9.8 g; SÓ: 1.1 g;</p> <p><b>Rizs köret</b> EN: 255.7 kcal; ZS: 3.0 g; TZS: 0.4 g; SZH: 51.7 g; CK: 0.0 g; FH: 6.2 g; SÓ: 0.0 g;</p> <p><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;</p>	<p><b>Csontleves</b> EN: 46.6 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 9.7 g; CK: 2.3 g; FH: 1.0 g; SÓ: 0.3 g;</p> <p><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;</p> <p><b>Fejtett babfőzelék (12;)</b> EN: 143.4 kcal; ZS: 4.8 g; TZS: 0.5 g; SZH: 15.6 g; CK: 1.3 g; FH: 6.4 g; SÓ: 0.8 g;</p>	<p><b>Őszibarackleves</b> EN: 94.3 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 21.5 g; CK: 13.6 g; FH: 1.0 g; SÓ: 0.4 g;</p> <p><b>Budapest pulykaragu</b> EN: 172.4 kcal; ZS: 12.1 g; TZS: 3.6 g; SZH: 3.8 g; CK: 0.2 g; FH: 11.5 g; SÓ: 0.9 g;</p> <p><b>Párolt köles</b> EN: 234.9 kcal; ZS: 4.1 g; TZS: 0.7 g; SZH: 42.0 g; CK: 0.1 g; FH: 6.5 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>
<b>Uzsonna</b>	<p><b>Padlizsánkrém (10;)</b> 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;</p> <p><b>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;</p> <p><b>Zöldhagyma</b> EN: 7.6 kcal; ZS: 0.1 g; SZH: 0.2 g; FH: 0.4 g;</p>	<p><b>Házi sertés húskrém</b> EN: 96.9 kcal; ZS: 8.8 g; TZS: 4.0 g; SZH: 0.1 g; CK: 0.0 g; FH: 4.1 g; SÓ: 0.1 g;</p> <p><b>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;</p> <p><b>Kígyóborka</b> EN: 2.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.3 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g;</p>	<p><b>Cukkínikrém</b> EN: 62.7 kcal; ZS: 6.4 g; TZS: 3.2 g; SZH: 0.6 g; CK: 0.2 g; FH: 0.5 g; SÓ: 0.4 g;</p> <p><b>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 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>Csirkemell sonka</b> 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;</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: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 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>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: 0.5 g;</p> <p><b>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;</p> <p><b>Kígyóborka</b> EN: 2.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.3 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g;</p>