

	Hétfő 03.16	Kedd 03.17	Szerda 03.18	Csütörtök 03.19	Péntek 03.20
Reggeli	Rizs ital EN: 65.0 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 13.0 g; CK: 4.8 g; FH: 0.4 g; SÓ: 0.1 g; CA: 0.0 mg; Zala felvágott EN: 36.0 kcal; ZS: 3.0 g; TZS: 1.2 g; SZH: 0.3 g; CK: 0.1 g; FH: 2.0 g; SÓ: 0.3 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; Teljes kiőrlésű kenyér (1;) EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g;	Gyümölcs tea EN: 18.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Füstölt pulyka párizsi EN: 31.8 kcal; ZS: 2.7 g; TZS: 1.0 g; SZH: 0.2 g; CK: 0.0 g; FH: 1.6 g; SÓ: 0.3 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; Teljes kiőrlésű kenyér (1;) EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g;	Rizs ital EN: 65.0 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 13.0 g; CK: 4.8 g; FH: 0.4 g; SÓ: 0.1 g; CA: 0.0 mg; Házi sertés húskrém EN: 40.6 kcal; ZS: 3.3 g; TZS: 0.9 g; SZH: 0.0 g; CK: 0.0 g; FH: 2.6 g; SÓ: 0.1 g; CA: 0.0 mg; Teljes kiőrlésű kenyér (1;) EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g;	Gyümölcs tea EN: 18.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Tonhalkrém (4;10;) EN: 89.1 kcal; ZS: 8.2 g; TZS: 2.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 3.8 g; SÓ: 0.2 g; CA: 0.0 mg; Teljes kiőrlésű kenyér (1;) EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g; Hónapos retek EN: 0.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g; CA: 0.0 mg;	Rizs ital EN: 65.0 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 13.0 g; CK: 4.8 g; FH: 0.4 g; SÓ: 0.1 g; CA: 0.0 mg; Sonkás padlizsánkrém (10;) EN: 69.4 kcal; ZS: 6.5 g; TZS: 2.0 g; SZH: 1.1 g; CK: 0.1 g; FH: 1.6 g; SÓ: 0.5 g; CA: 0.0 mg; Teljes kiőrlésű kenyér (1;) EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g; Paprika EN: 6.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g;
Tízórai	Banán turmix EN: 132.5 kcal; ZS: 1.6 g; TZS: 0.2 g; SZH: 28.2 g; CK: 13.8 g; FH: 1.1 g; SÓ: 0.1 g; CA: 0.0 mg;	Süttötök sütve EN: 40.0 kcal; ZS: 0.3 g; SZH: 8.3 g; CK: 4.5 g; FH: 0.8 g; SÓ: 0.1 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; CA: 0.0 mg;	Gyümölcs turmix (alma-körte) EN: 121.2 kcal; ZS: 1.9 g; TZS: 0.3 g; SZH: 24.9 g; CK: 9.4 g; FH: 0.7 g; SÓ: 0.1 g; CA: 0.0 mg;	Narancs EN: 41.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.5 g; CK: 6.5 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg;
Ebéd	Rozmaringos sertésragu (1;) EN: 96.9 kcal; ZS: 6.0 g; TZS: 1.6 g; SZH: 1.6 g; CK: 0.0 g; FH: 8.6 g; SÓ: 0.2 g; CA: 0.0 mg; Kerti vegyesfőzelék (1;) EN: 95.1 kcal; ZS: 1.9 g; TZS: 0.2 g; SZH: 16.1 g; CK: 6.3 g; FH: 2.2 g; SÓ: 0.6 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;	Medvehagymás sertésragu leves (1;9;) EN: 76.9 kcal; ZS: 5.0 g; TZS: 3.4 g; SZH: 2.8 g; CK: 0.6 g; FH: 4.8 g; SÓ: 0.5 g; CA: 0.0 mg; Zöldséges halragu (1;4;) EN: 141.1 kcal; ZS: 6.2 g; TZS: 1.1 g; SZH: 9.6 g; CK: 3.1 g; FH: 10.5 g; SÓ: 0.9 g; CA: 0.0 mg; Puliszka EN: 114.8 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 17.0 g; CK: 0.6 g; FH: 2.3 g; SÓ: 0.5 g; CA: 0.0 mg;	Főtt virsli EN: 79.5 kcal; ZS: 6.9 g; TZS: 2.1 g; SZH: 0.8 g; CK: 0.1 g; FH: 3.6 g; SÓ: 0.7 g; CA: 0.0 mg; Zöldborsófőzelék (1;) EN: 166.3 kcal; ZS: 4.7 g; TZS: 0.6 g; SZH: 21.7 g; CK: 4.5 g; FH: 7.0 g; SÓ: 0.8 g; CA: 0.0 mg; Fahéjas 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; CA: 0.0 mg;	Karalábé leves (9;12;) EN: 21.4 kcal; ZS: 1.0 g; TZS: 0.1 g; SZH: 2.9 g; CK: 0.0 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg; Parajos-csirkés tészta (1;) EN: 268.8 kcal; ZS: 4.2 g; TZS: 1.0 g; SZH: 43.7 g; CK: 3.3 g; FH: 13.4 g; SÓ: 0.6 g; CA: 0.0 mg;	Natúr sertésapró EN: 75.9 kcal; ZS: 4.0 g; TZS: 1.0 g; SZH: 1.0 g; CK: 0.0 g; FH: 8.3 g; SÓ: 0.4 g; CA: 0.0 mg; Paszternákfőzelék (1;) EN: 159.2 kcal; ZS: 5.3 g; TZS: 0.7 g; SZH: 24.0 g; CK: 10.8 g; FH: 3.3 g; SÓ: 0.2 g; CA: 0.0 mg; körte EN: 52.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 12.0 g; CK: 1.5 g; FH: 0.4 g; SÓ: 0.0 g;
Uzsonna	Brokkolikrém EN: 28.7 kcal; ZS: 3.0 g; TZS: 1.4 g; SZH: 0.2 g; CK: 0.1 g; FH: 0.2 g; SÓ: 0.2 g; CA: 0.0 mg; félbarna kenyér (1;) EN: 79.7 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.8 g; SÓ: 0.4 g; CA: 0.0 mg; Paprika EN: 6.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g; Gyümölcs tea EN: 18.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;	sült paprikakrém EN: 89.1 kcal; ZS: 9.0 g; TZS: 2.8 g; SZH: 1.3 g; CK: 0.6 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg; félbarna kenyér (1;) EN: 79.7 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.8 g; SÓ: 0.4 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; Rizs ital EN: 65.0 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 13.0 g; CK: 4.8 g; FH: 0.4 g; SÓ: 0.1 g; CA: 0.0 mg;	Tojáskrém (3;) EN: 47.1 kcal; ZS: 4.2 g; TZS: 1.3 g; SZH: 0.2 g; CK: 0.0 g; FH: 1.3 g; SÓ: 0.1 g; CA: 0.0 mg; félbarna kenyér (1;) EN: 79.7 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.8 g; SÓ: 0.4 g; CA: 0.0 mg; Kígyóborka 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; CA: 0.0 mg; Gyümölcs tea EN: 18.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;	Csirkemell sonka EN: 13.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 0.8 g; CK: 0.1 g; FH: 2.4 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; félbarna kenyér (1;) EN: 79.7 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.8 g; SÓ: 0.4 g; CA: 0.0 mg; Rizs ital EN: 65.0 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 13.0 g; CK: 4.8 g; FH: 0.4 g; SÓ: 0.1 g; CA: 0.0 mg;	magyaros margarinkrém EN: 108.0 kcal; ZS: 12.0 g; TZS: 3.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.3 g; CA: 0.0 mg; félbarna kenyér (1;) EN: 79.7 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.8 g; SÓ: 0.4 g; CA: 0.0 mg; Gyümölcs tea EN: 18.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;