

| szakács | Hétfő<br>05.25 | Kedd<br>05.26  | Szerda<br>05.27   | Csütörtök<br>05.28  | Péntek<br>05.29   |
|---------|----------------|--|---|---|---|
| Tízórai |                | <b>Gyümölcsstea</b><br>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;<br><b>Zöldfűszeres margarin</b><br>EN: 54.6 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g;<br><b>Gluténmentes kenyér</b><br>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>Málna tea</b><br>EN: 36.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g; CK: 9.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Házi babkrém</b><br>EN: 49.0 kcal; ZS: 2.6 g; TZS: 0.7 g; SZH: 4.7 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.5 g;<br><b>Gluténmentes kenyér</b><br>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;<br><b>Jégcsapretek</b><br>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>Gyümölcsstea</b><br>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;<br><b>Sertés párizsi</b><br>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;<br><b>Margarin</b><br>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;<br><b>Gluténmentes kenyér</b><br>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>Citromos tea</b><br>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;<br><b>Csirkemell sonka</b><br>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;<br><b>Gluténmentes kenyér</b><br>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;<br><b>Jégcsapretek</b><br>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;<br><b>Margarin</b><br>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; |
| Ebéd    |                | <b>Francia hagymaleves</b><br>EN: 77.8 kcal; ZS: 4.5 g; TZS: 0.5 g; SZH: 8.2 g; CK: 1.1 g; FH: 0.9 g; SÓ: 0.7 g;<br><b>Píritott kenyérkocka</b><br>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;<br><b>Sült csirkemell</b><br>EN: 138.9 kcal; ZS: 5.4 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 21.2 g; SÓ: 1.1 g;<br><b>Párolt zöldbab 1/2</b><br>EN: 59.5 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 10.2 g; CK: 0.0 g; FH: 3.8 g; SÓ: 0.4 g;<br><b>Rizs köret 1/2</b><br>EN: 195.5 kcal; ZS: 3.4 g; TZS: 0.4 g; SZH: 37.3 g; CK: 0.0 g; FH: 4.5 g; SÓ: 0.4 g; | <b>Vegyes gyümölcsleves</b><br>EN: 170.7 kcal; ZS: 6.1 g; TZS: 5.4 g; SZH: 26.1 g; CK: 13.7 g; FH: 1.8 g; SÓ: 0.5 g;<br><b>Csirkepaprikás</b><br>EN: 212.7 kcal; ZS: 11.4 g; TZS: 2.4 g; SZH: 7.4 g; CK: 0.9 g; FH: 19.4 g; SÓ: 0.9 g;<br><b>Tészta köret</b><br>EN: 292.6 kcal; ZS: 2.5 g; TZS: 0.2 g; SZH: 63.2 g; CK: 0.8 g; FH: 4.4 g; SÓ: 0.9 g;<br><b>Káposztasaláta</b><br>EN: 16.8 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 2.0 g; CK: 1.2 g; FH: 1.5 g; SÓ: 0.6 g;<br><b>Vaníliapuding</b><br>EN: 76.5 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 15.8 g; CK: 5.5 g; FH: 0.4 g; SÓ: 0.1 g; | <b>Zöldborsóleves</b><br>EN: 138.6 kcal; ZS: 5.0 g; TZS: 0.6 g; SZH: 14.7 g; CK: 1.4 g; FH: 6.2 g; SÓ: 0.3 g;<br><b>Hagymás sertésszelet</b><br>EN: 209.3 kcal; ZS: 13.6 g; TZS: 3.7 g; SZH: 0.8 g; CK: 0.0 g; FH: 21.1 g; SÓ: 1.2 g;<br><b>Burgonyapüré (12;)</b><br>EN: 220.9 kcal; ZS: 2.4 g; TZS: 0.5 g; SZH: 41.2 g; CK: 3.0 g; FH: 4.8 g; SÓ: 1.1 g;  | <b>Orjaleves</b><br>EN: 98.9 kcal; ZS: 3.0 g; TZS: 0.8 g; SZH: 12.1 g; CK: 3.2 g; FH: 5.1 g; SÓ: 2.3 g;<br><b>Székelykáposzta (12;)</b><br>EN: 338.3 kcal; ZS: 16.3 g; TZS: 6.6 g; SZH: 26.0 g; CK: 0.1 g; FH: 20.9 g; SÓ: 4.1 g;<br><b>Nektarin</b><br>EN: 39.2 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 9.1 g; CK: 6.3 g; FH: 0.3 g; SÓ: 0.0 g;<br><b>Gluténmentes kenyér</b><br>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;  |
| Uzsonna |                | <b>Zala felvágott</b><br>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;<br><b>Margarin</b><br>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;<br><b>Gluténmentes kenyér</b><br>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;<br><b>Paprika</b><br>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>Házi csirkehúskrém</b><br>EN: 78.2 kcal; ZS: 6.8 g; TZS: 2.2 g; SZH: 0.1 g; CK: 0.0 g; FH: 3.9 g; SÓ: 0.2 g;<br><b>Puffasztott rizs</b><br>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;<br><b>Kígyóuborka</b><br>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;   | <b>Kapros margarin</b><br>EN: 54.0 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Gluténmentes kenyér</b><br>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;<br><b>Paprika</b><br>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>Brokkolikrém</b><br>EN: 86.4 kcal; ZS: 9.1 g; TZS: 4.2 g; SZH: 1.2 g; CK: 0.3 g; FH: 0.7 g; SÓ: 0.3 g;<br><b>Abonett</b><br>EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;   |