

	Hétfő 03.09	Kedd 03.10	Szerda 03.11	Csütörtök 03.12	Péntek 03.13
<b>Reggeli</b>	<b>Gyümölcs tea</b> 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; <b>Zöldfűszeres tonhalkrém (4;)</b> EN: 60.9 kcal; ZS: 5.1 g; TZS: 1.7 g; SZH: 0.0 g; CK: 0.0 g; FH: 3.8 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Teljes kiőrlésű kenyér (1;)</b> 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;	<b>Rizs ital</b> 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; <b>sült paprikakrém</b> 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; <b>Teljes kiőrlésű kenyér (1;)</b> 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; <b>Hónapos retek</b> EN: 8.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.9 g; FH: 0.3 g; SÓ: 0.0 g;	<b>Rizs ital</b> 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; <b>Sertés párizsi</b> EN: 34.5 kcal; ZS: 3.0 g; TZS: 1.2 g; SZH: 0.4 g; CK: 0.0 g; FH: 1.5 g; SÓ: 0.3 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; CA: 0.0 mg; <b>Teljes kiőrlésű kenyér (1;)</b> 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; <b>Rágórépa</b> 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;	<b>Kakaós rizsital</b> EN: 79.6 kcal; ZS: 1.4 g; TZS: 0.3 g; SZH: 16.2 g; CK: 8.0 g; FH: 0.5 g; SÓ: 0.1 g; CA: 0.0 mg; <b>Sonkás padlizsánkrém (10;)</b> 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; <b>Teljes kiőrlésű kenyér (1;)</b> 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;	<b>Gyümölcs tea</b> 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; <b>Magvas szárnyas májkrém</b> EN: 115.4 kcal; ZS: 10.6 g; TZS: 3.4 g; SZH: 1.9 g; CK: 0.0 g; FH: 2.7 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Teljes kiőrlésű kenyér (1;)</b> 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; <b>Jégcsapretek</b> EN: 3.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.4 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 mg;
<b>Tízórai</b>	<b>Mandarin</b> EN: 45.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.8 g; CK: 7.8 g; FH: 0.7 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Smoothie</b> EN: 76.1 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 16.8 g; CK: 5.4 g; FH: 0.8 g; SÓ: 0.0 g; CA: 0.0 mg;	<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; CA: 0.0 mg;	<b>Reszelt alma sárgarépával</b> EN: 15.6 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 3.2 g; CK: 0.4 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Gyümölcs turmix (alma-körte)</b> 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;
<b>Ebéd</b>	<b>Palócleves (sertés) (1;10;12;)</b> EN: 160.2 kcal; ZS: 9.8 g; TZS: 2.7 g; SZH: 10.4 g; CK: 1.2 g; FH: 7.8 g; SÓ: 0.6 g; CA: 0.0 mg; <b>Tejberizs</b> EN: 284.8 kcal; ZS: 2.7 g; TZS: 0.4 g; SZH: 61.0 g; CK: 13.6 g; FH: 4.5 g; SÓ: 0.4 g; CA: 0.0 mg; <b>Kakaó szórat</b> EN: 81.6 kcal; ZS: 0.4 g; TZS: 0.3 g; SZH: 18.3 g; CK: 18.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Főtt tojás (3;)</b> EN: 73.3 kcal; ZS: 4.4 g; TZS: 1.4 g; SZH: 0.3 g; CK: 0.2 g; FH: 5.0 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Parajfőzelék (1;)</b> EN: 80.7 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 15.6 g; CK: 4.0 g; FH: 1.6 g; SÓ: 0.5 g; CA: 0.0 mg; <b>Banán</b> EN: 52.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 12.1 g; CK: 7.5 g; FH: 0.7 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Reszelttészta leves (1;9;)</b> EN: 54.9 kcal; ZS: 1.4 g; TZS: 0.2 g; SZH: 8.5 g; CK: 1.4 g; FH: 1.6 g; SÓ: 0.7 g; CA: 0.0 mg; <b>Sült csirkecombfilé</b> EN: 59.5 kcal; ZS: 2.7 g; TZS: 0.6 g; SZH: 0.2 g; CK: 0.0 g; FH: 8.4 g; SÓ: 1.3 g; CA: 0.0 mg; <b>Petrezselymes burgonya (12;)</b> EN: 160.9 kcal; ZS: 1.8 g; TZS: 0.2 g; SZH: 29.0 g; CK: 0.0 g; FH: 4.0 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Cékla saláta * (10;)</b> EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 3.0 g; CK: 1.4 g; FH: 0.5 g; SÓ: 0.3 g; CA: 0.0 mg;	<b>Natúr sertésszelet (1;)</b> EN: 86.6 kcal; ZS: 5.0 g; TZS: 1.1 g; SZH: 1.3 g; CK: 0.0 g; FH: 8.4 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Sárgaborsó főzelék (1;)</b> EN: 249.6 kcal; ZS: 5.2 g; TZS: 0.5 g; SZH: 35.8 g; CK: 3.1 g; FH: 13.8 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Narancs</b> 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;	<b>Fűszeres csirkefalatok</b> EN: 84.4 kcal; ZS: 4.4 g; TZS: 1.0 g; SZH: 2.4 g; CK: 0.1 g; FH: 8.5 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Cukkíni főzelék (1;)</b> EN: 37.5 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 7.0 g; CK: 0.4 g; FH: 1.3 g; SÓ: 0.5 g; CA: 0.0 mg; <b>körte</b> 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;
<b>Uzsonna</b>	<b>Zala felvágott</b> 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; <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; CA: 0.0 mg; <b>félbarna kenyér (1;)</b> 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; <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>Rizs ital</b> 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;	<b>Fürdői sonka</b> EN: 70.0 kcal; ZS: 0.6 g; TZS: 0.2 g; SZH: 0.8 g; CK: 0.1 g; FH: 2.1 g; SÓ: 0.4 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; CA: 0.0 mg; <b>félbarna kenyér (1;)</b> 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; <b>Kígyóuborka</b> 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; <b>Málna tea</b> EN: 25.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.3 g; CK: 6.3 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Petrezselymes margarin</b> EN: 54.1 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; CA: 0.0 mg; <b>félbarna kenyér (1;)</b> 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; <b>Citromos tea</b> EN: 18.4 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;	<b>Sárgarépás tojáskrém (3;)</b> EN: 49.3 kcal; ZS: 4.3 g; TZS: 1.4 g; SZH: 0.1 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g; CA: 0.0 mg; <b>félbarna kenyér (1;)</b> 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; <b>Gyümölcs tea</b> 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;	<b>Házi zöldségkrém</b> EN: 90.4 kcal; ZS: 9.0 g; TZS: 2.9 g; SZH: 1.6 g; CK: 0.6 g; FH: 0.3 g; SÓ: 0.3 g; CA: 0.0 mg; <b>vizes kifli (1;)</b> EN: 69.7 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.0 g; CK: 0.4 g; FH: 2.2 g; SÓ: 0.3 g; CA: 0.0 mg; <b>Rizs ital</b> 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;