

## Tízórai

## Kakaós rizsital

EN: 118.0 kcal; ZS: 2.1 g; TZS: 0.4 g; SZH: 24.0 g; CK: 11.7 g; FH: 0.7 g; SÓ: 0.1 g; CA: 0.0 mg;

## Petrezselymes tojáskrém (3;)

EN: 55.0 kcal; ZS: 4.2 g; TZS: 1.3 g; SZH: 0.2 g; CK: 0.1 g; FH: 2.5 g; SÓ: 0.2 g; CA: 0.0 mg;

## Gluténmentes kenyér

EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;

## Kígyóuborka

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;

## Citromos tea

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; CA: 0.0 mg;

## Házi csirkehúskrém

EN: 62.7 kcal; ZS: 6.3 g; TZS: 2.0 g; SZH: 0.1 g; CK: 0.0 g; FH: 1.4 g; SÓ: 0.1 g; CA: 0.0 mg;

## Gluténmentes kenyér

EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;

## Paprika

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; CA: 0.0 mg;

## Rizs ital

EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g; CA: 0.0 mg;

## Cukkiníkrém

EN: 54.6 kcal; ZS: 5.5 g; TZS: 1.7 g; SZH: 0.6 g; CK: 0.2 g; FH: 0.5 g; SÓ: 0.4 g; CA: 0.0 mg;

## Gluténmentes kenyér

EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;

## Málna tea

EN: 28.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.0 g; CK: 7.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;

## Csirkemell sonka

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;

## 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;

## Gluténmentes kenyér

EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;

## Kígyóuborka

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;

## Ebéd

## Francia hagymaleves

EN: 59.3 kcal; ZS: 3.1 g; TZS: 0.3 g; SZH: 7.0 g; CK: 0.9 g; FH: 0.8 g; SÓ: 0.6 g; CA: 0.0 mg;

## Főtt virsli

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;

## Fejlett babfőzelék (12;)

EN: 143.2 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; CA: 0.0 mg;

## Sárgarépa torta (3;)

EN: 513.8 kcal; ZS: 27.3 g; TZS: 3.5 g; SZH: 60.4 g; CK: 27.8 g; FH: 5.4 g; SÓ: 1.0 g; CA: 0.0 mg;

## Zöldségleves tésztával (9;12;)

EN: 58.6 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 8.7 g; CK: 0.2 g; FH: 0.7 g; SÓ: 0.9 g; CA: 0.0 mg;

## Zöldfűszeres halragu

EN: 89.1 kcal; ZS: 4.0 g; TZS: 0.4 g; SZH: 1.2 g; CK: 0.0 g; FH: 11.7 g; SÓ: 0.7 g; CA: 0.0 mg;

## Rizs köret

EN: 197.9 kcal; ZS: 2.9 g; TZS: 0.4 g; SZH: 38.8 g; CK: 0.0 g; FH: 4.7 g; SÓ: 0.0 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;

## Tárkonyos csirkeragu leves (12;)

EN: 130.9 kcal; ZS: 1.9 g; TZS: 0.5 g; SZH: 18.2 g; CK: 0.8 g; FH: 9.2 g; SÓ: 2.0 g; CA: 0.0 mg;

## Darás metélt

EN: 350.7 kcal; ZS: 6.6 g; TZS: 0.8 g; SZH: 66.8 g; CK: 2.5 g; FH: 4.2 g; SÓ: 1.0 g; CA: 0.0 mg;

## Barack lekvár

EN: 97.2 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 23.2 g; CK: 20.4 g; FH: 0.2 g; SÓ: 0.0 g;

## 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;

## Vaníliás körtekrémleves

## körte

EN: 80.7 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 19.3 g; CK: 13.6 g; FH: 0.8 g; SÓ: 1.1 g; CA: 27.0 mg;

## Pincepörkölt (sertés) (12;)

EN: 329.9 kcal; ZS: 10.1 g; TZS: 1.8 g; SZH: 37.2 g; CK: 0.0 g; FH: 17.4 g; SÓ: 1.1 g; CA: 0.0 mg;

## Cékla saláta \* (10;)

EN: 20.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.0 g; CK: 2.4 g; FH: 0.9 g; SÓ: 0.5 g; CA: 0.0 mg;

## Uzsonna

## Álomsonka

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;

## 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;

## Gluténmentes kenyér

EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;

## Jégcsapretek

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; CA: 0.0 mg;

## Zöldhagymás margarin

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; CA: 0.0 mg;

## Abonett

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;

## magyaros tofukrém (6;)

EN: 41.4 kcal; ZS: 2.4 g; TZS: 0.4 g; SZH: 0.2 g; CK: 0.1 g; FH: 4.5 g; SÓ: 0.2 g; CA: 0.0 mg;

## Gluténmentes kenyér

EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;

## Paprika

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; CA: 0.0 mg;

## Padlizsánkrém (10;)

EN: 33.8 kcal; ZS: 3.1 g; TZS: 0.6 g; SZH: 1.0 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.4 g; CA: 0.0 mg;

## Puffasztott rizs

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;

## Hónapos retek

EN: 7.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.1 g; CK: 0.0 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg;