

	Hétfő 04.13	Kedd 04.14	Szerda 04.15	Csütörtök 04.16	Péntek 04.17
<b>Tízórai</b>	<b>Erdei gyümölcs tea *</b> EN: 0.1 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Kapros margarin</b> 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; <b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Kígyóuborka</b> EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g; CA: 0.0 mg;	<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; CA: 240.0 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>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg;	<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; CA: 240.0 mg; <b>Bazsalikom margarin</b> EN: 109.3 kcal; ZS: 12.0 g; TZS: 3.8 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.1 g; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Hónapos retek</b> 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;	<b>Citromos tea *</b> EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Tonhalkrém (4;10;)</b> EN: 167.1 kcal; ZS: 15.7 g; TZS: 4.3 g; SZH: 0.1 g; CK: 0.1 g; FH: 6.3 g; SÓ: 0.4 g; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Kígyóuborka</b> EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g; CA: 0.0 mg;	<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; CA: 240.0 mg; <b>Sertés párizsi</b> 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; <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>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Hónapos retek</b> 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;
<b>Ebéd</b>	<b>Sertéshúsos zöldborsólevés (1;)</b> EN: 162.6 kcal; ZS: 7.3 g; TZS: 1.3 g; SZH: 11.2 g; CK: 0.2 g; FH: 11.6 g; SÓ: 0.5 g; CA: 0.0 mg; <b>Tejben dara DI-TM * (1;)</b> EN: 142.4 kcal; ZS: 2.1 g; TZS: 0.4 g; SZH: 29.1 g; CK: 7.2 g; FH: 1.8 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Fahéj szórát *</b> EN: 8.2 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 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>Citromos almaleves * (1;)</b> EN: 85.2 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 18.1 g; CK: 1.3 g; FH: 1.1 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Bácskai rizseshús</b> EN: 414.4 kcal; ZS: 9.5 g; TZS: 1.8 g; SZH: 63.5 g; CK: 0.0 g; FH: 18.5 g; SÓ: 1.1 g; CA: 0.0 mg; <b>Mongol saláta diab. * (10;)</b> EN: 19.6 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 2.4 g; FH: 1.8 g; SÓ: 0.7 g;	<b>Zellerkrémleves (1;9;)</b> EN: 70.7 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 11.5 g; CK: 1.3 g; FH: 1.5 g; SÓ: 1.1 g; CA: 0.0 mg; <b>Pirított tökmag</b> EN: 108.2 kcal; ZS: 9.2 g; TZS: 1.7 g; SZH: 3.6 g; CK: 0.2 g; FH: 4.9 g; SÓ: 0.0 g; <b>Parajos-csirkés tészta (1;)</b> EN: 387.0 kcal; ZS: 6.4 g; TZS: 1.6 g; SZH: 61.1 g; CK: 4.6 g; FH: 20.4 g; SÓ: 0.9 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>Csontleves tésztával (1;9;)</b> EN: 89.3 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 17.2 g; CK: 3.2 g; FH: 3.5 g; SÓ: 2.3 g; CA: 0.0 mg; <b>Fasírt golyó (1;)</b> EN: 140.7 kcal; ZS: 4.4 g; TZS: 3.7 g; SZH: 12.0 g; CK: 0.1 g; FH: 12.4 g; SÓ: 1.1 g; CA: 0.0 mg; <b>Tökfőzelék * (1;)</b> EN: 114.2 kcal; ZS: 4.7 g; TZS: 0.5 g; SZH: 15.9 g; CK: 1.7 g; FH: 2.0 g; SÓ: 1.1 g; CA: 0.0 mg; <b>Kókuszgolyó * (1;12;)</b> EN: 147.5 kcal; ZS: 6.8 g; TZS: 4.4 g; SZH: 16.6 g; CK: 3.8 g; FH: 3.2 g; SÓ: 0.3 g; CA: 0.0 mg;	<b>Kókuszos ribizilileves * (1;)</b> EN: 64.7 kcal; ZS: 0.7 g; TZS: 0.5 g; SZH: 11.3 g; CK: 4.5 g; FH: 1.6 g; SÓ: 1.0 g; CA: 0.0 mg; <b>Paprikás burgonya kolbásszal (12;)</b> EN: 438.6 kcal; ZS: 27.2 g; TZS: 9.1 g; SZH: 34.7 g; CK: 0.5 g; FH: 9.5 g; SÓ: 1.6 g; CA: 0.0 mg; <b>Csemege uborka * (10;)</b> EN: 16.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.5 g; CK: 0.7 g; FH: 0.4 g; SÓ: 0.4 g; CA: 0.0 mg;
<b>Uzsonna</b>	<b>Házi csirkehúskrém</b> 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; CA: 0.0 mg; <b>vizes zsemle (1;)</b> EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 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; CA: 0.0 mg;	<b>Szendvics sonka</b> EN: 37.2 kcal; ZS: 1.6 g; TZS: 0.7 g; SZH: 1.2 g; CK: 0.6 g; FH: 4.5 g; SÓ: 0.8 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>vizes kifli (1;)</b> EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg; <b>Kígyóuborka</b> EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Zala felvágott</b> 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; 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>vizes zsemle (1;)</b> EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg; <b>Rágórépa</b> EN: 12.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.5 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>diabetikus lekvár *</b> EN: 23.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.4 g; CK: 5.4 g; FH: 0.0 g; SÓ: 0.0 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>vizes kifli (1;)</b> EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg;	<b>Házi babkrém</b> EN: 93.4 kcal; ZS: 6.2 g; TZS: 2.0 g; SZH: 7.0 g; CK: 0.0 g; FH: 3.6 g; SÓ: 0.4 g; CA: 0.0 mg; <b>vizes zsemle (1;)</b> EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 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; CA: 0.0 mg;