

	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>teljeskiőrlesű kenyér (1;)</b> EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; CA: 0.0 mg; <b>Kígyóuborka</b> 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;	<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>teljeskiőrlesű kenyér (1;)</b> EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 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: 55.3 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; CA: 0.0 mg; <b>teljeskiőrlesű kenyér (1;)</b> EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 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: 127.7 kcal; ZS: 11.9 g; TZS: 3.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 5.0 g; SÓ: 0.3 g; CA: 0.0 mg; <b>teljeskiőrlesű kenyér (1;)</b> EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; CA: 0.0 mg; <b>Kígyóuborka</b> 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;	<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: 46.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.5 g; CK: 0.0 g; FH: 2.0 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>teljeskiőrlesű kenyér (1;)</b> EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 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: 132.9 kcal; ZS: 6.1 g; TZS: 1.1 g; SZH: 9.4 g; CK: 0.2 g; FH: 8.9 g; SÓ: 0.5 g; CA: 0.0 mg; <b>Tejben dara DI-TM * (1;)</b> EN: 136.0 kcal; ZS: 2.1 g; TZS: 0.4 g; SZH: 27.7 g; CK: 7.2 g; FH: 1.7 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Fahéj szórát *</b> EN: 7.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.7 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: 73.0 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.5 g; CK: 1.1 g; FH: 1.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Bácskai rizseshús</b> EN: 360.1 kcal; ZS: 8.2 g; TZS: 1.5 g; SZH: 55.5 g; CK: 0.0 g; FH: 16.0 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Mongol saláta diab. * (10;)</b> EN: 14.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; FH: 1.3 g; SÓ: 0.5 g;	<b>Zellerkrémleves (1;9;)</b> EN: 47.9 kcal; ZS: 1.6 g; TZS: 0.2 g; SZH: 7.3 g; CK: 0.6 g; FH: 1.0 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Píritott tökmag</b> EN: 81.2 kcal; ZS: 6.9 g; TZS: 1.3 g; SZH: 2.7 g; CK: 0.1 g; FH: 3.7 g; SÓ: 0.0 g; <b>Parajos-csirkés tészta (1;)</b> EN: 328.0 kcal; ZS: 5.3 g; TZS: 1.3 g; SZH: 52.4 g; CK: 3.9 g; FH: 16.9 g; SÓ: 0.8 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: 78.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.1 g; CK: 2.8 g; FH: 3.1 g; SÓ: 2.0 g; CA: 0.0 mg; <b>Fasírt golyó (1;)</b> EN: 121.5 kcal; ZS: 3.8 g; TZS: 3.2 g; SZH: 10.5 g; CK: 0.1 g; FH: 10.7 g; SÓ: 1.0 g; CA: 0.0 mg; <b>Tököfőzelék * (1;)</b> EN: 97.9 kcal; ZS: 4.0 g; TZS: 0.5 g; SZH: 13.7 g; CK: 1.5 g; FH: 1.7 g; SÓ: 0.9 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: 55.0 kcal; ZS: 0.6 g; TZS: 0.4 g; SZH: 9.6 g; CK: 3.9 g; FH: 1.4 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Paprikás burgonya kolbással (12;)</b> EN: 377.4 kcal; ZS: 22.2 g; TZS: 7.6 g; SZH: 32.1 g; CK: 0.4 g; FH: 8.4 g; SÓ: 1.4 g; CA: 0.0 mg; <b>Csemege uborka * (10;)</b> EN: 12.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.5 g; CK: 0.5 g; FH: 0.3 g; SÓ: 0.3 g; CA: 0.0 mg;
<b>Uzsonna</b>	<b>Házi csirkehúskrém</b> 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; <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: 24.8 kcal; ZS: 1.1 g; TZS: 0.5 g; SZH: 0.8 g; CK: 0.4 g; FH: 3.0 g; SÓ: 0.5 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: 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;	<b>Zala felvágott</b> EN: 48.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.4 g; CK: 0.1 g; FH: 2.6 g; SÓ: 0.4 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: 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>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: 80.5 kcal; ZS: 6.1 g; TZS: 1.9 g; SZH: 4.7 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 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;