

	Hétfő 04.13	Kedd 04.14	Szerda 04.15	Csütörtök 04.16	Péntek 04.17
Reggeli	Erdei gyümölcs tea 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; Kapros 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; teljeskiőrlésű kenyér (1;) EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 g; CA: 0.0 mg; Kígyóborka 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;	Kakaós rizsital 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; Házi sertés húskrém EN: 79.0 kcal; ZS: 7.4 g; TZS: 3.1 g; SZH: 0.0 g; CK: 0.0 g; FH: 3.1 g; SÓ: 0.1 g; CA: 0.0 mg; teljeskiőrlésű kenyér (1;) EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 g; CA: 0.0 mg;	Rizs ital 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; Bazsalikom margarin EN: 55.2 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; teljeskiőrlésű kenyér (1;) EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 g; CA: 0.0 mg; 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;	Citromos tea 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; Tonhalkrém (4;10;) EN: 89.1 kcal; ZS: 8.2 g; TZS: 2.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 3.8 g; SÓ: 0.2 g; CA: 0.0 mg; teljeskiőrlésű kenyér (1;) EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 g; CA: 0.0 mg; Kígyóborka 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;	Rizs ital 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; Sertés párizsi 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; 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; teljeskiőrlésű kenyér (1;) EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.4 g; CA: 0.0 mg; 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;
Tízórai	Smoothie 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;	Sütőtök sütve EN: 40.0 kcal; ZS: 0.3 g; SZH: 8.3 g; CK: 4.5 g; FH: 0.8 g; SÓ: 0.1 g;	Alma kompót EN: 29.9 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 6.9 g; CK: 4.8 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;	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;	Gyümölcs turmix (alma-körte) 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;
Ebéd	Sertés húsos zöldborsóleves (1;) EN: 103.3 kcal; ZS: 4.9 g; TZS: 0.8 g; SZH: 7.6 g; CK: 0.2 g; FH: 6.2 g; SÓ: 0.4 g; CA: 0.0 mg; Tejben dara TM (1;) EN: 225.4 kcal; ZS: 2.5 g; TZS: 0.4 g; SZH: 48.7 g; CK: 26.5 g; FH: 1.6 g; SÓ: 0.2 g; CA: 0.0 mg; Fahéj szórát EN: 81.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 19.8 g; CK: 19.8 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; 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;	Sertés pörkölt EN: 108.8 kcal; ZS: 6.2 g; TZS: 1.3 g; SZH: 1.9 g; CK: 0.0 g; FH: 10.6 g; SÓ: 0.8 g; CA: 0.0 mg; Brokkolifőzelék (1;) EN: 107.6 kcal; ZS: 4.6 g; TZS: 0.5 g; SZH: 12.9 g; CK: 5.5 g; FH: 3.2 g; SÓ: 0.8 g; CA: 0.0 mg;	Parajos-csirkecsészta (1;) EN: 268.8 kcal; ZS: 4.2 g; TZS: 1.0 g; SZH: 43.7 g; CK: 3.3 g; FH: 13.4 g; SÓ: 0.6 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;	Fasírt golyó (1;) EN: 101.8 kcal; ZS: 3.2 g; TZS: 2.6 g; SZH: 8.8 g; CK: 0.1 g; FH: 8.9 g; SÓ: 0.8 g; CA: 0.0 mg; Tökfőzelék (1;) EN: 136.1 kcal; ZS: 5.0 g; TZS: 0.6 g; SZH: 20.0 g; CK: 3.7 g; FH: 2.4 g; SÓ: 0.7 g; CA: 0.0 mg; Kókuszzuglyó (1;12;) EN: 200.5 kcal; ZS: 6.8 g; TZS: 4.4 g; SZH: 29.4 g; CK: 16.3 g; FH: 3.2 g; SÓ: 0.2 g; CA: 0.0 mg;	Sült csirkecomb EN: 337.5 kcal; ZS: 20.1 g; TZS: 0.2 g; SZH: 2.0 g; CK: 0.0 g; FH: 36.0 g; SÓ: 0.6 g; CA: 0.0 mg; Petrezselyem burgonya (12;) EN: 159.8 kcal; ZS: 1.7 g; TZS: 0.2 g; SZH: 28.8 g; CK: 0.0 g; FH: 3.9 g; SÓ: 0.8 g; CA: 0.0 mg; Csemege uborka * (10;12;) EN: 3.3 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.1 g; FH: 0.2 g; SÓ: 0.5 g; CA: 0.0 mg;
Uzsonna	Házi csirkehúskrém EN: 61.4 kcal; ZS: 6.2 g; TZS: 2.0 g; SZH: 0.1 g; CK: 0.0 g; FH: 1.2 g; SÓ: 0.1 g; CA: 0.0 mg; vizes zsemle (1;) 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; 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;	Szendvics sonka EN: 18.6 kcal; ZS: 0.8 g; TZS: 0.4 g; SZH: 0.6 g; CK: 0.3 g; FH: 2.3 g; SÓ: 0.4 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; vizes kifli (1;) 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; Kígyóborka 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; Málna tea EN: 20.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.0 g; CK: 5.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;	Zala felvágott 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; 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; vizes zsemle (1;) 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; Rágórépa 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; Málna tea EN: 20.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.0 g; CK: 5.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;	lekvár EN: 66.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 16.0 g; CK: 15.8 g; FH: 0.1 g; SÓ: 0.0 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; vizes kifli (1;) 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; 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;	Házi babkrém EN: 57.5 kcal; ZS: 4.4 g; TZS: 1.4 g; SZH: 3.4 g; CK: 0.0 g; FH: 1.7 g; SÓ: 0.2 g; CA: 0.0 mg; vizes zsemle (1;) 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; 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; Citromos tea 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;