

	Hétfő 04.13	Kedd 04.14	Szerda 04.15	Csütörtök 04.16	Péntek 04.17
Tízórai	<p>Erdei gyümölcs 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;</p> <p>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;</p> <p>Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;</p> <p>Kígyóuborka 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;</p>	<p>Poharas kakaó (7;) EN: 134.0 kcal; ZS: 4.0 g; TZS: 3.0 g; SZH: 16.2 g; CK: 16.2 g; FH: 7.0 g; SÓ: 0.1 g; CA: 240.0 mg;</p> <p>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;</p> <p>Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;</p>	<p>Poharas tej (7;) 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;</p> <p>Bazsalikom margarin 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;</p> <p>Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;</p> <p>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;</p>	<p>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;</p> <p>Pulyka sonka EN: 16.7 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 0.7 g; CK: 0.1 g; FH: 3.0 g; SÓ: 0.5 g;</p> <p>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;</p> <p>Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;</p> <p>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;</p>	<p>Poharas tej (7;) 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;</p> <p>Sertés párizsi 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;</p> <p>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;</p> <p>Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;</p> <p>Hónapos retek EN: 0.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g; CA: 0.0 mg;</p>
Ebéd	<p>Sertés raguleves EN: 55.1 kcal; ZS: 1.7 g; TZS: 0.6 g; SZH: 4.6 g; CK: 0.0 g; FH: 6.7 g; SÓ: 0.8 g; CA: 0.0 mg;</p> <p>Tejben dara rizsitalból és kukoricadarából EN: 284.2 kcal; ZS: 3.2 g; TZS: 0.5 g; SZH: 60.8 g; CK: 31.8 g; FH: 2.3 g; SÓ: 0.2 g; CA: 0.0 mg;</p> <p>Fahéj szórat EN: 82.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 20.0 g; CK: 20.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p>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;</p>	<p>Citromos almaleves EN: 106.4 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 23.6 g; CK: 9.4 g; FH: 0.9 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p>Bácskai rizseshús EN: 433.0 kcal; ZS: 19.6 g; TZS: 5.1 g; SZH: 48.1 g; CK: 0.0 g; FH: 16.6 g; SÓ: 1.1 g; CA: 0.0 mg;</p> <p>Mongol saláta * (10;) EN: 14.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.5 g;</p>	<p>Karalábé krémleves EN: 59.8 kcal; ZS: 1.8 g; TZS: 0.2 g; SZH: 10.3 g; CK: 1.1 g; FH: 1.5 g; SÓ: 0.9 g; CA: 0.0 mg;</p> <p>Pírtott kenyérkocka EN: 17.4 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 3.9 g; FH: 0.1 g; SÓ: 0.1 g;</p> <p>Parajos-csirkés tészta EN: 324.6 kcal; ZS: 5.0 g; TZS: 0.8 g; SZH: 57.1 g; CK: 2.2 g; FH: 12.4 g; SÓ: 0.8 g; CA: 0.0 mg;</p> <p>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;</p>	<p>Csontleves EN: 19.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 3.5 g; CK: 1.5 g; FH: 0.6 g; SÓ: 1.9 g; CA: 0.0 mg;</p> <p>Sertés vagdalt EN: 134.3 kcal; ZS: 3.3 g; TZS: 1.2 g; SZH: 12.2 g; CK: 0.1 g; FH: 13.2 g; SÓ: 0.9 g; CA: 0.0 mg;</p> <p>Tököfőzelék EN: 153.5 kcal; ZS: 6.1 g; TZS: 0.7 g; SZH: 22.5 g; CK: 4.5 g; FH: 2.1 g; SÓ: 0.7 g; CA: 0.0 mg;</p> <p>Kakaós golyó EN: 224.9 kcal; ZS: 2.2 g; TZS: 0.9 g; SZH: 45.3 g; CK: 17.4 g; FH: 3.7 g; SÓ: 0.1 g; CA: 0.0 mg;</p>	<p>Ribizlikrémleves EN: 122.4 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 26.7 g; CK: 19.9 g; FH: 1.3 g; SÓ: 0.9 g; CA: 0.0 mg;</p> <p>Paprikás burgonya kolbásszal (12;) EN: 324.0 kcal; ZS: 15.2 g; TZS: 4.7 g; SZH: 35.4 g; CK: 0.3 g; FH: 7.4 g; SÓ: 1.0 g; CA: 0.0 mg;</p> <p>Csemege uborka * (10;12;) EN: 4.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.2 g; FH: 0.3 g; SÓ: 0.7 g; CA: 0.0 mg;</p>
Uzsonna	<p>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;</p> <p>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;</p> <p>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;</p>	<p>Szendvics sonka 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;</p> <p>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;</p> <p>Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;</p> <p>Kígyóuborka 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;</p>	<p>Zala felvágott 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;</p> <p>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;</p> <p>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;</p> <p>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;</p>	<p>lékvár 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;</p> <p>Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;</p> <p>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;</p>	<p>Házi zöldségkrém EN: 147.9 kcal; ZS: 15.8 g; TZS: 7.9 g; SZH: 0.9 g; CK: 0.5 g; FH: 0.2 g; SÓ: 0.5 g; CA: 0.0 mg;</p> <p>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;</p> <p>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;</p>