

|      | Hétfő<br>01.26                                                                                                                                                                                                                                                                               | Kedd<br>01.27                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Szerda<br>01.28                                                                                                                                                                                                                                                                                                                                                                                                                  | Csütörtök<br>01.29                                                                                                                                                                                                                                                                                                            | Péntek<br>01.30                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ebéd | <b>Karfiolleves (1;9;)</b><br>EN:145.5kcal ZS:8.1g TZS:1.0g SZH:13.0g CK:1.9g<br>FH:4.0g SÓ:0.9g<br><b>Pásterbulgur (1;12;)</b><br>EN:871.9kcal ZS:44.4g TZS:13.7g SZH:90.3g<br>CK:11.5g FH:26.0g SÓ:2.9g<br><b>Cékla * (10;)</b><br>EN:32.0kcal ZS:0.2g SZH:8.0g CK:3.8g FH:1.4g<br>SÓ:0.8g | <b>Zöldséges tarhonyaleves (1;)</b><br>EN:137.9kcal ZS:4.9g TZS:1.3g SZH:19.3g CK:2.4g<br>FH:3.4g SÓ:0.6g<br><b>Fasírt golyó (1;6;)</b><br>EN:436.7kcal ZS:39.6g TZS:5.1g SZH:10.4g CK:0.8g<br>FH:8.8g SÓ:1.4g<br><b>Kelkáposztafőzelék (1;12;)</b><br>EN:212.4kcal ZS:7.9g TZS:0.9g SZH:26.5g CK:0.0g<br>FH:6.6g SÓ:0.7g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:122.0kcal ZS:0.5g TZS:0.2g SZH:25.0g FH:3.6g<br>SÓ:0.8g<br><b>Narancs</b><br>EN:61.5kcal SZH:12.8g FH:0.9g | <b>Paradicsomlevés (1;9;)</b><br>EN:193.9kcal ZS:4.6g TZS:0.5g SZH:34.5g CK:20.4g<br>FH:2.7g SÓ:0.6g<br><b>Rántott csirkecsíkok (1;3;)</b><br>EN:496.5kcal ZS:30.7g TZS:4.0g SZH:33.2g CK:0.3g<br>FH:20.2g SÓ:2.1g<br><b>Petrezselymes burgonya (12;)</b><br>EN:303.2kcal ZS:2.9g TZS:0.3g SZH:55.2g CK:0.0g<br>FH:7.5g SÓ:2.2g<br><b>Savanyúság * (10;)</b><br>EN:22.4kcal ZS:0.2g TZS:0.0g SZH:2.7g CK:1.6g<br>FH:2.0g SÓ:0.8g | <b>Hasélevés (1;3;9;)</b><br>EN:114.5kcal ZS:2.9g TZS:0.9g SZH:11.1g CK:1.0g<br>FH:10.3g SÓ:1.9g<br><b>csokis fánk (1;3;7;)</b><br>EN:623.2kcal ZS:19.5g TZS:4.1g SZH:96.0g<br>CK:57.8g FH:11.6g SÓ:1.0g<br><b>Porcukor szórat</b><br>EN:164.0kcal SZH:40.0g CK:40.0g<br><br><b>Mandarin</b><br>EN:67.5kcal SZH:14.7g FH:1.1g | <b>Erőlevés</b><br>EN:43.5kcal ZS:1.1g TZS:0.3g SZH:5.8g CK:2.4g<br>FH:2.2g SÓ:0.2g<br><b>Céranmetélt (1;)</b><br>EN:17.6kcal ZS:0.1g TZS:0.0g SZH:3.6g CK:0.2g<br>FH:0.6g SÓ:1.0g<br><b>Szárnymasapró (1;)</b><br>EN:170.3kcal ZS:9.1g TZS:1.6g SZH:6.4g CK:0.0g<br>FH:15.3g SÓ:1.8g<br><b>Lencsefőzelék (1;7;10;)</b><br>EN:438.0kcal ZS:11.6g TZS:2.9g SZH:53.1g CK:3.8g<br>FH:22.4g SÓ:0.1g<br><b>Narancs</b><br>EN:61.5kcal SZH:12.8g FH:0.9g |