

	Hétfő 05.04	Kedd 05.05	Szerda 05.06	Csütörtök 05.07	Péntek 05.08
Tízórai	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; 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; teljeskiőrlésű kenyér (1;) 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; 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;	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; Gépsonka EN: 23.4 kcal; ZS: 0.9 g; TZS: 0.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 3.2 g; SÓ: 0.5 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: 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;	Citromos tea * 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; Magvas szárnyas májkrém EN: 121.5 kcal; ZS: 11.1 g; TZS: 3.6 g; SZH: 2.0 g; CK: 0.0 g; FH: 3.1 g; SÓ: 0.0 g; CA: 0.0 mg; teljeskiőrlésű kenyér (1;) 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; 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;	Erdei gyümölcs tea * 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; magyaros margarinkrém EN: 162.0 kcal; ZS: 18.0 g; TZS: 5.7 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.3 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;	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; Marha párizsi EN: 48.0 kcal; ZS: 4.2 g; TZS: 1.7 g; SZH: 0.4 g; CK: 0.1 g; FH: 2.2 g; SÓ: 0.4 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; teljeskiőrlésű kenyér (1;) 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; Hónapos rettek 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;
Ebéd	Babgulyás leves sertés (1;9;) EN: 173.3 kcal; ZS: 7.4 g; TZS: 1.2 g; SZH: 14.3 g; CK: 0.7 g; FH: 10.6 g; SÓ: 0.9 g; CA: 0.0 mg; Zöldfűszeres sertés ragu (1;) EN: 137.2 kcal; ZS: 8.0 g; TZS: 1.7 g; SZH: 2.7 g; CK: 0.0 g; FH: 12.7 g; SÓ: 1.1 g; CA: 0.0 mg; Rizs köret EN: 197.9 kcal; ZS: 2.9 g; TZS: 0.4 g; SZH: 38.8 g; CK: 0.0 g; FH: 4.7 g; SÓ: 0.0 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;	Zöldségkrémleves (1;9;) EN: 40.0 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 7.9 g; CK: 0.9 g; FH: 1.5 g; SÓ: 1.5 g; CA: 0.0 mg; Pirított tökmag 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; Mexikói sertésragu (1;) EN: 120.7 kcal; ZS: 5.5 g; TZS: 1.1 g; SZH: 6.1 g; CK: 0.7 g; FH: 10.2 g; SÓ: 0.4 g; CA: 0.0 mg; Bulgur köret (1;) EN: 211.2 kcal; ZS: 1.2 g; TZS: 0.0 g; SZH: 42.0 g; CK: 6.0 g; FH: 7.8 g; SÓ: 0.6 g; CA: 0.0 mg; Kakaós kölespuding * EN: 28.4 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 5.4 g; CK: 1.2 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg;	Kertész leves (9;) EN: 96.3 kcal; ZS: 2.4 g; TZS: 0.3 g; SZH: 15.0 g; CK: 2.4 g; FH: 2.8 g; SÓ: 1.0 g; CA: 0.0 mg; Párolt sertésszelet EN: 98.2 kcal; ZS: 5.1 g; TZS: 1.3 g; SZH: 0.0 g; CK: 0.0 g; FH: 12.3 g; SÓ: 0.8 g; CA: 0.0 mg; Meggymártás * (1;) EN: 66.9 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 14.8 g; CK: 7.6 g; FH: 1.0 g; SÓ: 0.5 g; CA: 0.0 mg; Főtt burgonya 1/2 (12;) EN: 141.0 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 27.6 g; CK: 0.0 g; FH: 3.8 g; SÓ: 0.0 g; CA: 0.0 mg;	Reszelttészta leves (1;9;12;) EN: 99.3 kcal; ZS: 5.7 g; TZS: 0.6 g; SZH: 9.9 g; CK: 1.2 g; FH: 1.8 g; SÓ: 0.8 g; CA: 0.0 mg; Sült csirkemell EN: 138.9 kcal; ZS: 5.4 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 21.2 g; SÓ: 1.1 g; CA: 0.0 mg; Zöldbabfőzelék (1;) EN: 90.7 kcal; ZS: 2.7 g; TZS: 0.3 g; SZH: 12.2 g; CK: 3.1 g; FH: 3.4 g; SÓ: 0.4 g; CA: 0.0 mg;	Magyaros zellerleves (1;9;) EN: 47.5 kcal; ZS: 1.5 g; TZS: 0.2 g; SZH: 6.9 g; CK: 1.2 g; FH: 1.4 g; SÓ: 1.0 g; CA: 0.0 mg; Halvagdalt (1;4;) EN: 170.5 kcal; ZS: 3.5 g; TZS: 0.5 g; SZH: 23.5 g; CK: 0.5 g; FH: 6.9 g; SÓ: 1.3 g; CA: 0.0 mg; Burgonyapüré (12;) EN: 187.6 kcal; ZS: 2.2 g; TZS: 0.5 g; SZH: 34.7 g; CK: 2.6 g; FH: 4.0 g; SÓ: 0.9 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;
Uzsonna	Csirkemell sonka EN: 18.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.0 g; CK: 0.1 g; FH: 3.2 g; SÓ: 0.5 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 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;	Tonhalkrém (4;10;) 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; vizes kifli (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; Lilahagyma 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;	sült paprikakrém EN: 89.4 kcal; ZS: 9.0 g; TZS: 2.8 g; SZH: 1.3 g; CK: 0.7 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg; vizes kifli (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; 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;	Prágai 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; 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: 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; 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;	Padlizsánkrém (10;) EN: 33.8 kcal; ZS: 3.1 g; TZS: 0.6 g; SZH: 1.0 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.4 g; CA: 0.0 mg; vizes kifli (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;