

	Hétfő 05.04	Kedd 05.05	Szerda 05.06	Csütörtök 05.07	Péntek 05.08
<b>Tízórai</b>	<b>Rizs ital</b> 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; <b>Házi zöldségkrém</b> 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: 0.7 g; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Kígyóuborka</b> 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;	<b>Rizs ital</b> 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; <b>méz</b> EN: 60.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 16.5 g; CK: 16.4 g; FH: 0.1 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>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg;	<b>Citromos tea</b> EN: 32.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Magvas szárnyas májkrém</b> EN: 208.6 kcal; ZS: 18.9 g; TZS: 5.7 g; SZH: 3.9 g; CK: 0.0 g; FH: 5.1 g; SÓ: 0.1 g; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 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>Gyümölcsstea</b> EN: 32.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>magyaros margarinkrém</b> 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: 0.4 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>Kakaós rizsital</b> EN: 153.4 kcal; ZS: 2.7 g; TZS: 0.5 g; SZH: 31.2 g; CK: 14.7 g; FH: 0.9 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Marha párizsi</b> EN: 72.0 kcal; ZS: 6.3 g; TZS: 2.5 g; SZH: 0.5 g; CK: 0.1 g; FH: 3.3 g; SÓ: 0.5 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>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 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>Babgulyás leves sertés (1;9;)</b> EN: 202.2 kcal; ZS: 8.7 g; TZS: 1.4 g; SZH: 16.6 g; CK: 0.8 g; FH: 12.3 g; SÓ: 1.1 g; CA: 0.0 mg; <b>Tejberizs</b> EN: 313.7 kcal; ZS: 2.7 g; TZS: 0.4 g; SZH: 67.9 g; CK: 16.6 g; FH: 5.0 g; SÓ: 0.7 g; CA: 0.0 mg; <b>Fahéj szórat</b> 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; <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>Zöldségkrémleves (1;9;)</b> EN: 45.6 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 9.0 g; CK: 0.9 g; FH: 1.7 g; SÓ: 1.8 g; CA: 0.0 mg; <b>Píritott tökmag</b> EN: 108.2 kcal; ZS: 9.2 g; TZS: 1.7 g; SZH: 3.6 g; CK: 0.2 g; FH: 4.9 g; SÓ: 0.0 g; <b>Mexikói sertésragu (1;)</b> EN: 165.9 kcal; ZS: 7.6 g; TZS: 1.6 g; SZH: 7.6 g; CK: 0.9 g; FH: 14.9 g; SÓ: 0.5 g; CA: 0.0 mg; <b>Bulgur köret (1;)</b> EN: 246.4 kcal; ZS: 1.4 g; TZS: 0.0 g; SZH: 49.0 g; CK: 7.0 g; FH: 9.1 g; SÓ: 0.7 g; CA: 0.0 mg; <b>Kakaós kölespuding</b> EN: 38.7 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 7.4 g; CK: 2.0 g; FH: 0.7 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Kertész leves levesbetéttel (1;9;)</b> EN: 50.4 kcal; ZS: 2.6 g; TZS: 0.3 g; SZH: 4.7 g; CK: 1.2 g; FH: 1.7 g; SÓ: 1.1 g; CA: 0.0 mg; <b>Párolt sertészelet</b> EN: 127.0 kcal; ZS: 6.3 g; TZS: 1.7 g; SZH: 0.0 g; CK: 0.0 g; FH: 16.4 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Meggymártás (1;)</b> EN: 161.0 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 37.0 g; CK: 27.2 g; FH: 1.2 g; SÓ: 0.6 g; CA: 0.0 mg; <b>Főtt burgonya 1/2 (12;)</b> EN: 188.0 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 36.8 g; CK: 0.0 g; FH: 5.0 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Reszelttészta leves (1;9;12;)</b> EN: 117.0 kcal; ZS: 6.6 g; TZS: 0.8 g; SZH: 11.8 g; CK: 0.4 g; FH: 2.1 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Sült csirkemell</b> 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; <b>Zöldbabfőzelék (1;)</b> EN: 105.8 kcal; ZS: 3.1 g; TZS: 0.4 g; SZH: 14.3 g; CK: 3.6 g; FH: 3.9 g; SÓ: 0.5 g; CA: 0.0 mg; <b>Gyömbéres rizskeksz</b> EN: 70.4 kcal; ZS: 1.2 g; TZS: 1.0 g; SZH: 15.4 g; CK: 4.5 g; FH: 0.5 g; SÓ: 0.0 g;	<b>Magyaros zellerleves (1;9;)</b> EN: 56.9 kcal; ZS: 1.8 g; TZS: 0.2 g; SZH: 8.3 g; CK: 1.4 g; FH: 1.6 g; SÓ: 1.2 g; CA: 0.0 mg; <b>Halvagdalt (1;4;)</b> EN: 198.8 kcal; ZS: 4.1 g; TZS: 0.6 g; SZH: 26.9 g; CK: 0.6 g; FH: 8.2 g; SÓ: 1.4 g; CA: 0.0 mg; <b>Burgonyapüré (12;)</b> EN: 220.9 kcal; ZS: 2.4 g; TZS: 0.5 g; SZH: 41.2 g; CK: 3.0 g; FH: 4.8 g; SÓ: 1.1 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>Uzsonna</b>	<b>Csirkemell sonka</b> EN: 27.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.5 g; CK: 0.2 g; FH: 4.8 g; SÓ: 0.8 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 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;	<b>Tonhalkrém (4;10;)</b> EN: 167.1 kcal; ZS: 15.7 g; TZS: 4.3 g; SZH: 0.1 g; CK: 0.1 g; FH: 6.3 g; SÓ: 0.4 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>Lilahagyma</b> EN: 12.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.5 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>sült paprikakrém</b> EN: 89.7 kcal; ZS: 9.0 g; TZS: 2.8 g; SZH: 1.4 g; CK: 0.7 g; FH: 0.4 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: 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;	<b>Prágai pulyka sonka</b> EN: 25.0 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 1.0 g; CK: 0.1 g; FH: 4.5 g; SÓ: 0.8 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>teljeskiőrlésű kenyér (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Kígyóuborka</b> 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;	<b>Padlizsánkrém (10;)</b> EN: 67.8 kcal; ZS: 6.3 g; TZS: 1.0 g; SZH: 2.0 g; CK: 0.1 g; FH: 0.6 g; SÓ: 0.8 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;