

	Hétfő 02.23	Kedd 02.24	Szerda 02.25	Csütörtök 02.26	Péntek 02.27
Reggeli	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; Sajtos baromfi párizsi (7;) EN: 27.6 kcal; ZS: 2.4 g; TZS: 0.8 g; SZH: 0.1 g; CK: 0.1 g; FH: 2.0 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; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg; Paprika EN: 23.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 4.1 g; CK: 0.0 g; FH: 0.8 g; SÓ: 0.0 g; CA: 0.0 mg;	Kakaó (7;) EN: 61.8 kcal; ZS: 1.7 g; TZS: 1.1 g; SZH: 8.1 g; CK: 8.0 g; FH: 3.5 g; SÓ: 0.1 g; CA: 120.0 mg; Tavaszi felvágott EN: 41.6 kcal; ZS: 3.6 g; TZS: 1.5 g; SZH: 0.5 g; CK: 0.1 g; FH: 1.8 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; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;	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; Csirkemell sonka EN: 13.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 0.8 g; CK: 0.1 g; FH: 2.4 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; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg; Kígyóborka 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;	Tej 2dl (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; Vaníliás túrókrém (7;) EN: 35.9 kcal; ZS: 1.2 g; TZS: 0.8 g; SZH: 3.6 g; CK: 3.4 g; FH: 2.6 g; SÓ: 0.0 g; CA: 18.0 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;	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; Sonkás kockasajt (7;) EN: 34.0 kcal; ZS: 2.6 g; TZS: 1.7 g; SZH: 0.8 g; CK: 0.7 g; FH: 1.8 g; SÓ: 0.2 g; CA: 100.6 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg; Paprika EN: 23.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 4.1 g; CK: 0.0 g; FH: 0.8 g; SÓ: 0.0 g; CA: 0.0 mg;
Tízórai	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;	Banán turmix (7;) EN: 119.6 kcal; ZS: 3.4 g; TZS: 2.4 g; SZH: 17.7 g; CK: 8.0 g; FH: 4.5 g; SÓ: 0.1 g; CA: 144.0 mg;	Házi gyümölcsjoghurt (7;) EN: 103.5 kcal; ZS: 5.3 g; TZS: 3.4 g; SZH: 8.4 g; CK: 8.4 g; FH: 5.2 g; SÓ: 0.1 g; CA: 180.0 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;	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;
Ebéd	Babgulyás leves sertés EN: 155.6 kcal; ZS: 6.9 g; TZS: 1.3 g; SZH: 10.3 g; CK: 0.9 g; FH: 11.5 g; SÓ: 0.8 g; CA: 0.0 mg; Tejben dara kukoricadarából (7;) EN: 237.3 kcal; ZS: 3.3 g; TZS: 1.9 g; SZH: 43.1 g; CK: 17.5 g; FH: 7.7 g; SÓ: 0.2 g; CA: 225.0 mg; Fahéj szórat 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; 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;	Sertés vagdalt EN: 102.8 kcal; ZS: 3.3 g; TZS: 2.8 g; SZH: 8.9 g; CK: 0.0 g; FH: 9.0 g; SÓ: 0.7 g; CA: 0.0 mg; Paradicsomos káposzta EN: 140.4 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 25.0 g; CK: 11.3 g; FH: 2.7 g; SÓ: 0.4 g; CA: 0.0 mg;	Zöldséges sertésrizseshús EN: 256.6 kcal; ZS: 4.2 g; TZS: 0.9 g; SZH: 43.0 g; CK: 0.0 g; FH: 11.8 g; SÓ: 0.8 g; CA: 0.0 mg; Cékla saláta * (10;) EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 3.0 g; CK: 1.4 g; FH: 0.5 g; SÓ: 0.3 g; CA: 0.0 mg;	BBQ csirkeragu. EN: 119.3 kcal; ZS: 3.1 g; TZS: 0.7 g; SZH: 8.9 g; CK: 8.0 g; FH: 12.9 g; SÓ: 0.5 g; CA: 0.0 mg; Burgonyapüré (6;7;12;) EN: 48.6 kcal; ZS: 2.6 g; TZS: 1.5 g; SZH: 4.2 g; CK: 2.6 g; FH: 1.9 g; SÓ: 0.9 g; CA: 52.5 mg;	Szárnyas aprópecsenye EN: 86.5 kcal; ZS: 5.5 g; TZS: 1.0 g; SZH: 2.1 g; CK: 0.0 g; FH: 6.7 g; SÓ: 0.8 g; CA: 0.0 mg; Zöldborsófőzelék (7;) EN: 209.3 kcal; ZS: 5.8 g; TZS: 1.4 g; SZH: 27.5 g; CK: 8.2 g; FH: 9.7 g; SÓ: 0.9 g; CA: 105.0 mg; Gyömbéres rizskeksz EN: 35.2 kcal; ZS: 0.6 g; TZS: 0.5 g; SZH: 7.7 g; CK: 2.3 g; FH: 0.3 g; SÓ: 0.0 g;
Uzsonna	Petrezselymes túrókrém (7;) EN: 33.7 kcal; ZS: 1.7 g; TZS: 1.1 g; SZH: 1.2 g; CK: 1.0 g; FH: 3.5 g; SÓ: 0.0 g; CA: 25.6 mg; Abonett EN: 51.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 9.0 g; CK: 0.2 g; FH: 2.3 g; SÓ: 0.1 g; Tej 2dl (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;	Magyaros vajkrém (7;) EN: 87.5 kcal; ZS: 8.8 g; TZS: 5.7 g; SZH: 1.5 g; CK: 0.6 g; FH: 0.6 g; SÓ: 0.3 g; CA: 12.5 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 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; 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;	Trappista sajt (7;) EN: 67.4 kcal; ZS: 5.2 g; TZS: 3.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 5.1 g; SÓ: 0.3 g; CA: 160.0 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; Puffasztott rizs (ripsz-ropsz) 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; Tej 2dl (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 sertés húskrém EN: 65.8 kcal; ZS: 5.9 g; TZS: 1.3 g; SZH: 0.0 g; CK: 0.0 g; FH: 3.1 g; SÓ: 0.1 g; CA: 0.0 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg; Jégcsapretek EN: 3.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.4 g; CK: 0.0 g; FH: 0.2 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;	Padlizsánkrém (10;) EN: 59.6 kcal; ZS: 6.1 g; TZS: 1.9 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.3 g; CA: 0.0 mg; Abonett EN: 51.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 9.0 g; CK: 0.2 g; FH: 2.3 g; SÓ: 0.1 g; Tej 2dl (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;