

	Hétfő 10.05	Kedd 10.06	Szerda 10.07	Csütörtök 10.08	Péntek 10.09
Tízórai	Barackos tea (12;) EN: 32.1 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; Füstölt csirkemellsonka 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; 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; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;	Poharas tej (7;) EN: 560.0 kcal; ZS: 28.0 g; TZS: 20.0 g; SZH: 46.0 g; CK: 46.0 g; FH: 30.0 g; SÓ: 1.3 g; Magvas szárnyas májkrém 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; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; Paprika EN: 9.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.4 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;	Poharas tej (7;) EN: 560.0 kcal; ZS: 28.0 g; TZS: 20.0 g; SZH: 46.0 g; CK: 46.0 g; FH: 30.0 g; SÓ: 1.3 g; Padlizsános krém EN: 37.9 kcal; ZS: 3.8 g; TZS: 1.1 g; SZH: 0.6 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.6 g; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;	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; 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; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;	Poharas tej (7;) EN: 560.0 kcal; ZS: 28.0 g; TZS: 20.0 g; SZH: 46.0 g; CK: 46.0 g; FH: 30.0 g; SÓ: 1.3 g; Provance margarinkrém EN: 90.2 kcal; ZS: 10.0 g; TZS: 2.8 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.2 g; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; Sárgarépa csíkok EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 2.4 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;
Ebéd	Babgulyás (9;) EN: 172.0 kcal; ZS: 8.9 g; TZS: 1.5 g; SZH: 11.4 g; CK: 0.6 g; FH: 10.5 g; SÓ: 0.7 g; Tejbendara kókuszreszelékkel EN: 383.5 kcal; ZS: 14.3 g; TZS: 9.1 g; SZH: 57.4 g; CK: 24.8 g; FH: 4.1 g; SÓ: 0.2 g; Kakaó szórát EN: 104.8 kcal; ZS: 1.6 g; TZS: 1.0 g; SZH: 16.9 g; CK: 15.1 g; FH: 3.5 g; SÓ: 0.3 g; Alma db 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;	Almás-paszternák krémleves EN: 109.0 kcal; ZS: 5.8 g; TZS: 3.0 g; SZH: 12.6 g; CK: 4.4 g; FH: 1.8 g; SÓ: 1.0 g; Erdei gombás pulykaragu EN: 169.6 kcal; ZS: 10.7 g; TZS: 1.7 g; SZH: 4.6 g; CK: 0.7 g; FH: 13.6 g; SÓ: 0.3 g; Rizs köret (12;) EN: 286.6 kcal; ZS: 5.7 g; TZS: 0.7 g; SZH: 51.9 g; CK: 0.0 g; FH: 5.5 g; SÓ: 0.1 g;	Zöldségleves EN: 147.8 kcal; ZS: 7.7 g; TZS: 0.8 g; SZH: 17.6 g; CK: 2.5 g; FH: 1.6 g; SÓ: 0.1 g; Csirkepörkölt EN: 165.2 kcal; ZS: 9.0 g; TZS: 1.6 g; SZH: 3.0 g; CK: 0.0 g; FH: 17.1 g; SÓ: 1.1 g; Tökfőzelék EN: 306.9 kcal; ZS: 12.9 g; TZS: 1.3 g; SZH: 44.2 g; CK: 11.7 g; FH: 3.9 g; SÓ: 0.8 g; Gesztenye Marci EN: 62.6 kcal; ZS: 2.9 g; TZS: 2.6 g; SZH: 7.6 g; CK: 6.1 g; FH: 0.7 g; SÓ: 0.0 g;	Magyaros karalábéleves EN: 125.7 kcal; ZS: 7.7 g; TZS: 0.8 g; SZH: 12.2 g; CK: 1.3 g; FH: 1.3 g; SÓ: 0.8 g; Natúr csirkemell EN: 158.8 kcal; ZS: 7.0 g; TZS: 1.2 g; SZH: 5.8 g; CK: 0.1 g; FH: 17.4 g; SÓ: 1.1 g; Burgonyapüré 1/2 (12;) EN: 214.2 kcal; ZS: 6.8 g; TZS: 4.3 g; SZH: 30.3 g; CK: 0.2 g; FH: 4.4 g; SÓ: 1.0 g; Párolt ceruzabab 1/2 EN: 118.8 kcal; ZS: 10.2 g; TZS: 1.5 g; SZH: 6.8 g; CK: 0.0 g; FH: 2.5 g; SÓ: 0.2 g;	Meggyleves EN: 165.9 kcal; ZS: 5.0 g; TZS: 4.0 g; SZH: 28.8 g; CK: 20.4 g; FH: 1.7 g; SÓ: 0.2 g; Halas bolognai spagetti (4;) EN: 399.5 kcal; ZS: 8.9 g; TZS: 1.9 g; SZH: 68.3 g; CK: 12.8 g; FH: 12.8 g; SÓ: 1.1 g; Sajt szórát (növényi) EN: 85.5 kcal; ZS: 6.9 g; TZS: 6.3 g; SZH: 6.0 g; SÓ: 0.7 g; Körte EN: 36.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.4 g; CK: 1.1 g; FH: 0.3 g; SÓ: 0.0 g;
Uzsonna	Kockasajt (7;) EN: 41.6 kcal; ZS: 3.7 g; TZS: 1.9 g; SZH: 0.6 g; CK: 0.7 g; FH: 1.5 g; SÓ: 0.3 g; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; Kígyóuborka EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g;	Baromfi párizsi EN: 47.4 kcal; ZS: 3.5 g; TZS: 1.1 g; SZH: 0.8 g; CK: 0.1 g; FH: 3.1 g; SÓ: 0.6 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; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;	Csirkemell sonka EN: 32.7 kcal; ZS: 1.4 g; TZS: 0.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 4.5 g; SÓ: 0.7 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; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; Jégcsapretek EN: 4.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;	Lapka sajt (7;) EN: 91.1 kcal; ZS: 5.6 g; TZS: 3.8 g; SZH: 3.0 g; CK: 3.0 g; FH: 7.1 g; SÓ: 0.9 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; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; Lilahagyma EN: 4.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.8 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g;	Jam EN: 52.8 kcal; ZS: 0.1 g; SZH: 12.8 g; CK: 12.6 g; FH: 0.1 g; SÓ: 0.0 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; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;