

	Hétfő 10.05	Kedd 10.06	Szerda 10.07	Csütörtök 10.08	Péntek 10.09
Tízórai	Barackos tea (12;) EN: 36.1 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g; CK: 9.0 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: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 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: 211.4 kcal; ZS: 19.0 g; TZS: 5.8 g; SZH: 4.0 g; CK: 0.0 g; FH: 5.5 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: 38.0 kcal; ZS: 3.8 g; TZS: 1.1 g; SZH: 0.6 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.7 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: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 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: 16.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 3.2 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g;
Ebéd	Babgulyás (9;) EN: 203.9 kcal; ZS: 10.3 g; TZS: 1.8 g; SZH: 13.3 g; CK: 0.6 g; FH: 13.1 g; SÓ: 0.8 g; Tejbendara kókuszreszelékkel EN: 470.7 kcal; ZS: 17.5 g; TZS: 11.1 g; SZH: 70.5 g; CK: 30.6 g; FH: 5.0 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: 115.2 kcal; ZS: 6.2 g; TZS: 3.1 g; SZH: 13.3 g; CK: 4.4 g; FH: 1.8 g; SÓ: 1.1 g; Erdei gombás pulykaragu EN: 187.4 kcal; ZS: 11.3 g; TZS: 1.9 g; SZH: 5.4 g; CK: 0.8 g; FH: 15.9 g; SÓ: 1.7 g; Rizs köret (12;) EN: 312.1 kcal; ZS: 7.6 g; TZS: 0.9 g; SZH: 53.9 g; CK: 0.0 g; FH: 5.7 g; SÓ: 0.2 g;	Zöldségleves EN: 170.0 kcal; ZS: 9.6 g; TZS: 1.0 g; SZH: 19.2 g; CK: 2.6 g; FH: 1.7 g; SÓ: 0.1 g; Csirkepörkölt EN: 187.2 kcal; ZS: 10.3 g; TZS: 1.8 g; SZH: 3.4 g; CK: 0.0 g; FH: 19.3 g; SÓ: 1.3 g; Tököfőzelék EN: 332.6 kcal; ZS: 13.3 g; TZS: 1.4 g; SZH: 49.3 g; CK: 13.9 g; FH: 4.3 g; SÓ: 1.1 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: 142.5 kcal; ZS: 7.8 g; TZS: 0.8 g; SZH: 15.8 g; CK: 1.5 g; FH: 1.6 g; SÓ: 0.1 g; Natúr csirkemell EN: 173.5 kcal; ZS: 7.3 g; TZS: 1.3 g; SZH: 6.6 g; CK: 0.1 g; FH: 19.5 g; SÓ: 1.1 g; Burgonyapüré 1/2 (12;) EN: 240.7 kcal; ZS: 7.4 g; TZS: 4.8 g; SZH: 34.6 g; CK: 0.2 g; FH: 5.1 g; SÓ: 1.2 g; Párolt ceruzabab 1/2 EN: 135.4 kcal; ZS: 12.0 g; TZS: 1.7 g; SZH: 6.8 g; CK: 0.0 g; FH: 2.5 g; SÓ: 0.2 g;	Meggyleves EN: 197.4 kcal; ZS: 6.5 g; TZS: 5.4 g; SZH: 32.9 g; CK: 24.1 g; FH: 2.0 g; SÓ: 0.2 g; Halas bolognai spagetti (4;) EN: 459.2 kcal; ZS: 11.1 g; TZS: 2.3 g; SZH: 76.5 g; CK: 13.1 g; FH: 14.4 g; SÓ: 1.2 g; Sajt szórát (növényi) EN: 114.0 kcal; ZS: 9.2 g; TZS: 8.4 g; SZH: 8.0 g; SÓ: 0.9 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: 83.1 kcal; ZS: 7.4 g; TZS: 3.8 g; SZH: 1.2 g; CK: 1.4 g; FH: 3.0 g; SÓ: 0.5 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: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 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: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 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: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 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: 105.6 kcal; ZS: 0.2 g; SZH: 25.6 g; CK: 25.2 g; FH: 0.2 g; SÓ: 0.0 g; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 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;