

	Hétfő 10.05	Kedd 10.06	Szerda 10.07	Csütörtök 10.08	Péntek 10.09
Reggeli	Barackos tea (12;) EN: 18.0 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; Füstölt csirkemellsonka 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; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;	Gyümölcs tea EN: 18.1 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; Magvas szárnyas májkrém EN: 115.4 kcal; ZS: 10.6 g; TZS: 3.4 g; SZH: 1.9 g; CK: 0.0 g; FH: 2.7 g; SÓ: 0.0 g; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g; Paprika EN: 6.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g;	Meggyes tea (12;) EN: 18.0 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; Csirkemell sonka EN: 16.4 kcal; ZS: 0.7 g; TZS: 0.2 g; SZH: 0.3 g; CK: 0.1 g; FH: 2.3 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; 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;	Kakaós rizsital EN: 143.5 kcal; ZS: 2.2 g; TZS: 0.4 g; SZH: 29.8 g; CK: 17.2 g; FH: 1.1 g; SÓ: 0.2 g; Baromfi párizsi EN: 23.7 kcal; ZS: 1.8 g; TZS: 0.6 g; SZH: 0.4 g; CK: 0.1 g; FH: 1.6 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; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;	Citromos tea (12;) EN: 18.0 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; Provance sonkakrém EN: 36.1 kcal; ZS: 2.6 g; TZS: 0.7 g; SZH: 0.8 g; CK: 0.1 g; FH: 2.4 g; SÓ: 0.5 g; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g; Sárgarépa csíkok EN: 8.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.6 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g;
Tízórai	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;	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;	Mandarin EN: 36.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.8 g; CK: 0.0 g; FH: 0.6 g; SÓ: 0.0 g;	Banán db EN: 105.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 24.2 g; CK: 15.0 g; FH: 1.3 g; SÓ: 0.0 g;	Smoothie EN: 77.8 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;
Ebéd	Gulyásleves (1;12;) EN: 121.7 kcal; ZS: 4.1 g; TZS: 0.7 g; SZH: 13.5 g; CK: 1.0 g; FH: 6.0 g; SÓ: 1.0 g; Tejbendara kókuszreszelékkel (1;) EN: 312.8 kcal; ZS: 11.5 g; TZS: 7.4 g; SZH: 47.5 g; CK: 20.4 g; FH: 3.3 g; SÓ: 0.1 g; Kakaó szórat EN: 52.4 kcal; ZS: 0.8 g; TZS: 0.5 g; SZH: 8.5 g; CK: 7.5 g; FH: 1.8 g; SÓ: 0.1 g;	Rakott zöldbab árpagönggyel (1;) EN: 279.0 kcal; ZS: 11.9 g; TZS: 3.0 g; SZH: 33.6 g; CK: 0.9 g; FH: 12.7 g; SÓ: 0.2 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;	Csirkepörkölt EN: 101.0 kcal; ZS: 6.3 g; TZS: 1.0 g; SZH: 2.0 g; CK: 0.0 g; FH: 8.7 g; SÓ: 0.8 g; Tököfőzelék (1;) EN: 160.8 kcal; ZS: 4.2 g; TZS: 0.5 g; SZH: 26.8 g; CK: 3.1 g; FH: 3.4 g; SÓ: 0.5 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;	Natúr csirkemell (1;) EN: 102.1 kcal; ZS: 4.1 g; TZS: 0.8 g; SZH: 4.3 g; CK: 0.0 g; FH: 11.2 g; SÓ: 1.0 g; Finomfőzelék (1;) EN: 201.8 kcal; ZS: 8.4 g; TZS: 2.0 g; SZH: 27.1 g; CK: 6.5 g; FH: 4.0 g; SÓ: 0.2 g;	Halas bolognai spagetti (1;4;) EN: 284.3 kcal; ZS: 4.7 g; TZS: 1.0 g; SZH: 50.1 g; CK: 12.1 g; FH: 11.7 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	Mozzarella krém (növényi) EN: 49.5 kcal; ZS: 4.6 g; TZS: 2.6 g; SZH: 2.1 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.2 g; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g; Kígyóuborka EN: 2.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.3 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; Meggyes tea (12;) EN: 18.0 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;	Baromfi párizsi EN: 23.7 kcal; ZS: 1.8 g; TZS: 0.6 g; SZH: 0.4 g; CK: 0.1 g; FH: 1.6 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; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g; Citromos tea (12;) EN: 18.0 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;	Padlizsános krém EN: 24.1 kcal; ZS: 2.5 g; TZS: 0.7 g; SZH: 0.2 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.5 g; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g; Gyümölcs tea EN: 18.1 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;	Gouda növényi sajt EN: 57.0 kcal; ZS: 4.6 g; TZS: 4.2 g; SZH: 4.2 g; CK: 0.0 g; FH: 0.0 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; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 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; Barackos tea (12;) EN: 18.0 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;	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; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g; Meggyes tea (12;) EN: 18.0 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;