

	Hétfő 03.30	Kedd 03.31	Szerda 04.01	Csütörtök 04.02	Péntek 04.03
<b>Tízórai</b>	<p><b>Tejeskávé * (1;7;)</b> EN: 95.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.7 g; FH: 6.0 g; SÓ: 0.2 g; CA: 240.0 mg;</p> <p><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;</p> <p><b>Margarin</b> 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; CA: 0.0 mg;</p> <p><b>Teljes kiőrlésű kenyér (1;)</b> EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g;</p>	<p><b>Erdei gyümölcs tea *</b> EN: 0.2 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p><b>Házi csirkemájkrém (7;)</b> EN: 125.4 kcal; ZS: 8.7 g; TZS: 4.1 g; SZH: 0.9 g; CK: 0.4 g; FH: 10.1 g; SÓ: 1.2 g; CA: 11.3 mg;</p> <p><b>Teljes kiőrlésű kenyér (1;)</b> EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g;</p> <p><b>Kígyóuborka</b> 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; CA: 0.0 mg;</p>	<p><b>Tej 2dl (7;)</b> EN: 90.0 kcal; ZS: 3.0 g; TZS: 1.8 g; SZH: 9.2 g; CK: 9.2 g; FH: 6.0 g; SÓ: 0.2 g; CA: 240.0 mg;</p> <p><b>diabetikus lekvár *</b> EN: 23.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.4 g; CK: 5.4 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p><b>Margarin</b> 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; CA: 0.0 mg;</p> <p><b>Teljes kiőrlésű kenyér (1;)</b> EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g;</p>	<p><b>Citromos tea *</b> EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p><b>Körözött (7;)</b> EN: 54.0 kcal; ZS: 3.6 g; TZS: 2.2 g; SZH: 0.8 g; CK: 0.8 g; FH: 4.0 g; SÓ: 0.1 g; CA: 32.0 mg;</p> <p><b>Teljes kiőrlésű kenyér (1;)</b> EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g;</p>	
<b>Ebéd</b>	<p><b>Paradicsomleves * (1;9;)</b> EN: 100.2 kcal; ZS: 2.3 g; TZS: 0.3 g; SZH: 16.6 g; CK: 4.8 g; FH: 3.1 g; SÓ: 0.6 g; CA: 0.0 mg;</p> <p><b>Brokkolis sertésragu</b> EN: 198.7 kcal; ZS: 11.4 g; TZS: 2.3 g; SZH: 11.8 g; CK: 3.4 g; FH: 15.5 g; SÓ: 0.2 g; CA: 0.0 mg;</p> <p><b>Bulgur köret (1;)</b> EN: 294.0 kcal; ZS: 3.0 g; TZS: 0.1 g; SZH: 56.0 g; CK: 8.0 g; FH: 10.4 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p><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;</p>	<p><b>Cukkini krémleves (1;12;)</b> EN: 143.9 kcal; ZS: 8.1 g; TZS: 4.0 g; SZH: 14.1 g; CK: 0.2 g; FH: 2.9 g; SÓ: 1.1 g; CA: 0.0 mg;</p> <p><b>Sertés pörkölt</b> EN: 201.3 kcal; ZS: 11.0 g; TZS: 2.5 g; SZH: 3.0 g; CK: 0.0 g; FH: 21.1 g; SÓ: 1.4 g; CA: 0.0 mg;</p> <p><b>Főtt tészta (1;)</b> EN: 290.3 kcal; ZS: 7.7 g; TZS: 1.0 g; SZH: 46.8 g; CK: 2.3 g; FH: 7.9 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p><b>Mandarin</b> EN: 45.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.8 g; CK: 7.8 g; FH: 0.7 g; SÓ: 0.0 g; CA: 0.0 mg;</p>	<p><b>Karfiollevés (1;)</b> EN: 105.7 kcal; ZS: 6.9 g; TZS: 0.8 g; SZH: 8.3 g; CK: 0.3 g; FH: 2.4 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p><b>Natúr csirkemell szelet</b> EN: 130.4 kcal; ZS: 5.1 g; TZS: 1.1 g; SZH: 0.5 g; CK: 0.4 g; FH: 19.2 g; SÓ: 0.7 g; CA: 0.0 mg;</p> <p><b>Petrezselymes burgonya (12;)</b> EN: 388.6 kcal; ZS: 12.6 g; TZS: 5.6 g; SZH: 55.3 g; CK: 0.0 g; FH: 7.5 g; SÓ: 1.1 g; CA: 0.0 mg;</p> <p><b>Cékla saláta * (10;)</b> EN: 28.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.0 g; CK: 0.0 g; FH: 1.2 g; SÓ: 0.7 g;</p>	<p><b>Tárkonyos zöldségleves (1;9;)</b> EN: 81.2 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 11.5 g; CK: 2.1 g; FH: 2.2 g; SÓ: 1.2 g; CA: 0.0 mg;</p> <p><b>Főtt tojás (3;)</b> EN: 146.7 kcal; ZS: 8.8 g; TZS: 2.7 g; SZH: 0.6 g; CK: 0.4 g; FH: 9.9 g; SÓ: 0.3 g; CA: 0.0 mg;</p> <p><b>Parajfőzelék (1;)</b> EN: 165.0 kcal; ZS: 2.6 g; TZS: 0.5 g; SZH: 31.7 g; CK: 8.5 g; FH: 3.4 g; SÓ: 1.1 g; CA: 0.0 mg;</p>	
<b>Uzsonna</b>	<p><b>Házi babkrém (7;)</b> EN: 74.3 kcal; ZS: 3.7 g; TZS: 2.3 g; SZH: 7.6 g; CK: 0.2 g; FH: 3.9 g; SÓ: 0.5 g; CA: 5.0 mg;</p> <p><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;</p> <p><b>Hónapos retek</b> EN: 1.1 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.2 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g; CA: 0.0 mg;</p>	<p><b>Edami sajt (7;)</b> EN: 126.4 kcal; ZS: 9.4 g; TZS: 6.4 g; SZH: 0.8 g; CK: 0.8 g; FH: 10.4 g; SÓ: 0.3 g; CA: 320.0 mg;</p> <p><b>Margarin</b> 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; CA: 0.0 mg;</p> <p><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;</p>	<p><b>Natúr vajkrém (7;)</b> EN: 69.6 kcal; ZS: 7.0 g; TZS: 4.5 g; SZH: 1.2 g; CK: 0.5 g; FH: 0.5 g; SÓ: 0.2 g; CA: 10.0 mg;</p> <p><b>Teljes kiőrlésű kenyér (1;)</b> EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g;</p> <p><b>Jégcsapretek</b> 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; CA: 0.0 mg;</p>	<p><b>Kefír (7;)</b> EN: 91.5 kcal; ZS: 5.3 g; TZS: 3.4 g; SZH: 5.7 g; CK: 5.7 g; FH: 4.9 g; SÓ: 0.1 g; CA: 180.0 mg;</p> <p><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;</p>	