

	Hétfő 03.30	Kedd 03.31	Szerda 04.01	Csütörtök 04.02	Péntek 04.03
Tízórai	<p>Tejeskávé (1;7;) EN: 127.8 kcal; ZS: 3.0 g; TZS: 1.8 g; SZH: 18.0 g; CK: 16.7 g; FH: 6.2 g; SÓ: 0.2 g; CA: 240.0 mg;</p> <p>Csirkemell sonka 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>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; CA: 0.0 mg;</p> <p>Teljes kiőrlésű kenyér (1;) 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>Gyümölcs tea EN: 32.9 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; CA: 0.0 mg;</p> <p>Házi csirkemájkrém (7;) 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>Teljes kiőrlésű kenyér (1;) 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>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; CA: 0.0 mg;</p>	<p>Tej 2dl (7;) 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>Iekvár EN: 66.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 16.0 g; CK: 15.8 g; FH: 0.1 g; SÓ: 0.0 g;</p> <p>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; CA: 0.0 mg;</p> <p>Teljes kiőrlésű kenyér (1;) 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>Citromos tea EN: 32.8 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; CA: 0.0 mg;</p> <p>Körözött (7;) 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>Teljes kiőrlésű kenyér (1;) 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>	
Ebéd	<p>Csontleves tésztával (1;9;) EN: 96.0 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 18.6 g; CK: 3.5 g; FH: 3.7 g; SÓ: 2.6 g; CA: 0.0 mg;</p> <p>Brokkolis sertésragu 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>Bulgur köret (1;) 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>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;</p>	<p>Cukkini krémleves (1;12;) 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>Sertés pörkölt EN: 159.9 kcal; ZS: 9.3 g; TZS: 1.9 g; SZH: 2.9 g; CK: 0.0 g; FH: 14.9 g; SÓ: 1.3 g; CA: 0.0 mg;</p> <p>Főtt tészta (1;) 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>Mandarin 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>Karfiollevés (1;) 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>Natúr csirkemell szelet 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>Petrezselymes burgonya (12;) 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>Cékla saláta * (10;) EN: 28.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.0 g; CK: 3.4 g; FH: 1.2 g; SÓ: 0.7 g; CA: 0.0 mg;</p>	<p>Tárkonyos zöldségleves (1;9;) 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>Főtt tojás (3;) 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>Parajfőzelék (1;) 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>	
Uzsonna	<p>Házi babkrém (7;) 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>vizes zsemle (1;) 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>Hónapos retek 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>Edami sajt (7;) 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>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; CA: 0.0 mg;</p> <p>vizes kifli (1;) 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>Natúr vajkrém (7;) 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>Teljes kiőrlésű kenyér (1;) 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>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; CA: 0.0 mg;</p>	<p>Kefír (7;) 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>vizes kifli (1;) 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>	