

	Hétfő 03.30	Kedd 03.31	Szerda 04.01	Csütörtök 04.02	Péntek 04.03
<b>Tízórai</b>	<b>Tejeskávé FR-T-KM (1;)</b> EN: 192.4 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 40.8 g; CK: 23.1 g; FH: 1.0 g; SÓ: 0.2 g; CA: 0.0 mg; <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; <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; <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;	<b>Tea szőlőcukorral</b> EN: 26.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.3 g; CK: 6.3 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Házi csirkemájkrém</b> EN: 98.5 kcal; ZS: 8.4 g; TZS: 2.5 g; SZH: 0.3 g; CK: 0.0 g; FH: 5.1 g; SÓ: 1.0 g; CA: 0.0 mg; <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; <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;	<b>Rizs ital</b> EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Tonhalkrém (4;10;)</b> EN: 178.6 kcal; ZS: 16.4 g; TZS: 4.4 g; SZH: 0.1 g; CK: 0.1 g; FH: 7.6 g; SÓ: 0.5 g; CA: 0.0 mg; <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;	<b>Tea szőlőcukorral</b> EN: 26.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.3 g; CK: 6.3 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>magyaros tofukrém (6;)</b> EN: 55.2 kcal; ZS: 3.2 g; TZS: 0.6 g; SZH: 0.3 g; CK: 0.2 g; FH: 6.0 g; SÓ: 0.3 g; CA: 0.0 mg; <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;	
<b>Ebéd</b>	<b>Csontleves tésztával (1;9;)</b> 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; <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; <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;	<b>Cukkíni 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; <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; <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;	<b>Karfiolleves (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; <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; <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;	<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; <b>Natúr sertésszelet (1;)</b> EN: 174.0 kcal; ZS: 9.5 g; TZS: 2.2 g; SZH: 2.1 g; CK: 0.0 g; FH: 18.7 g; SÓ: 0.3 g; CA: 0.0 mg; <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;	
<b>Uzsonna</b>	<b>Padlizsánkrem (10;)</b> EN: 66.6 kcal; ZS: 6.2 g; TZS: 1.9 g; SZH: 2.0 g; CK: 0.1 g; FH: 0.6 g; SÓ: 0.9 g; CA: 0.0 mg; <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;	<b>Zala felvágott</b> EN: 72.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 3.9 g; SÓ: 0.7 g; CA: 0.0 mg; <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; <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;	<b>Fűszeres gombakrém</b> EN: 59.6 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.4 g; CK: 0.1 g; FH: 0.7 g; SÓ: 0.4 g; CA: 0.0 mg; <b>Teljeskiőrlésű zsemle (1;6;)</b> EN: 153.7 kcal; ZS: 1.0 g; TZS: 0.1 g; SZH: 31.2 g; CK: 0.7 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg; <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;	<b>Házi zöldségkrém</b> EN: 197.2 kcal; ZS: 21.1 g; TZS: 10.5 g; SZH: 1.2 g; CK: 0.7 g; FH: 0.3 g; SÓ: 0.7 g; CA: 0.0 mg; <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;	