

	Hétfő 03.30	Kedd 03.31	Szerda 04.01	Csütörtök 04.02	Péntek 04.03
Tízórai	Tejeskávé TM (1;) EN: 198.5 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 42.3 g; CK: 24.6 g; FH: 1.0 g; SÓ: 0.2 g; CA: 0.0 mg; 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; 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; 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;	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; Házi csirkemájkrém 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; 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; 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;	Rizs ital 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; 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; 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; 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;	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; magyaros tofukrém (6;) 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; 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;	
Ebéd	Paradicsomleves (1;9;) EN: 178.0 kcal; ZS: 4.2 g; TZS: 0.5 g; SZH: 30.3 g; CK: 11.8 g; FH: 3.8 g; SÓ: 0.9 g; CA: 0.0 mg; 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; 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; 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;	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; Sertés pörkölt 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; 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; 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;	Karfiolleves (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; 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; 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; 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;	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; Natúr sertésszelet (1;) 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; 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;	
Uzsonna	Házi babkrém EN: 93.4 kcal; ZS: 6.2 g; TZS: 2.0 g; SZH: 7.0 g; CK: 0.0 g; FH: 3.6 g; SÓ: 0.4 g; CA: 0.0 mg; 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; 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;	Zala felvágott 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; 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; 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;	Fűszeres gombakrém 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; Teljeskiőrlésű zsemle (1;6;) 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; 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;	Házi zöldségkrém 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; 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;	