

|         | Hétfő<br>03.23                                                                                                                                                                                                                                                                                                                                    | Kedd<br>03.24                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Szerda<br>03.25                                                                                                                                                                                                                                                                                                                                                                                  | Csütörtök<br>03.26                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Péntek<br>03.27                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| Tízórai | <b>Forralt rizstej</b><br>EN:195.0kcal ZS:3.9g TZS:0.6g SZH:39.0g CK:14.4g FH:1.2g SÓ:0.2g<br><b>Mini lekvár</b><br>EN:60.8kcal SZH:14.5g CK:12.8g<br><br><b>Mini margarin</b><br>EN:31.5kcal ZS:3.5g TZS:0.8g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.0g<br><b>Zsemle (1;)</b><br>EN:138.5kcal ZS:0.5g TZS:0.2g SZH:26.4g FH:5.1g SÓ:0.6g                  | <b>Citromos tea</b><br>EN:24.6kcal ZS:0.0g TZS:0.0g SZH:6.0g CK:6.0g FH:0.0g SÓ:0.0g<br><b>Sertés párizsi</b><br>EN:69.0kcal ZS:6.0g TZS:2.4g SZH:0.8g CK:0.0g FH:3.0g SÓ:0.6g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g FH:0.0g SÓ:0.1g<br><br><b>Félbarna kenyér (1;)</b><br>EN:132.9kcal ZS:0.7g TZS:0.1g SZH:25.9g CK:0.5g FH:4.7g SÓ:0.7g                                                                                                                               | <b>Barackos tea</b><br>EN:32.8kcal ZS:0.0g TZS:0.0g SZH:8.0g CK:8.0g FH:0.0g SÓ:0.0g<br><b>Tonhalkrém (4;10;)</b><br>EN:167.1kcal ZS:15.7g TZS:4.3g SZH:0.1g CK:0.1g FH:6.3g SÓ:0.4g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:122.0kcal ZS:0.5g TZS:0.2g SZH:25.0g FH:3.6g SÓ:0.8g<br><b>Hónapos retek</b><br>EN:1.2kcal ZS:0.0g TZS:0.0g SZH:0.3g CK:0.1g FH:0.1g SÓ:0.0g                    | <b>Kakaó tm</b><br>EN:108.9kcal ZS:2.4g TZS:0.6g SZH:20.5g CK:7.5g FH:1.1g SÓ:0.2g<br><b>Mini margarin</b><br>EN:31.5kcal ZS:3.5g TZS:0.8g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.0g<br><b>Zsemle (1;)</b><br>EN:138.5kcal ZS:0.5g TZS:0.2g SZH:26.4g FH:5.1g SÓ:0.6g                                                                                                                                                                                                                                      | <b>Forralt rizstej</b><br>EN:195.0kcal ZS:3.9g TZS:0.6g SZH:39.0g CK:14.4g FH:1.2g SÓ:0.2g<br><b>Gépsonka</b><br>EN:35.1kcal ZS:1.4g TZS:0.5g SZH:1.0g CK:0.1g FH:4.8g SÓ:0.7g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g FH:0.0g SÓ:0.1g<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:122.0kcal ZS:0.5g TZS:0.2g SZH:25.0g FH:3.6g SÓ:0.8g<br><b>Kaliforniai paprika</b><br>EN:9.0kcal ZS:0.0g TZS:0.0g SZH:1.4g CK:0.7g FH:0.4g SÓ:0.0g |
| Ebéd    | <b>Gulyásleves (9;12;)</b><br>EN:178.7kcal ZS:8.0g TZS:1.2g SZH:14.4g CK:0.2g FH:10.6g SÓ:1.4g<br><b>Mák szórat</b><br>EN:188.0kcal ZS:7.6g TZS:1.0g SZH:24.8g CK:20.6g FH:4.2g SÓ:0.0g<br><b>Metélt tészta (1;)</b><br>EN:469.0kcal ZS:10.5g TZS:1.4g SZH:79.2g CK:3.9g FH:13.4g SÓ:1.0g                                                         | <b>Tarhonyaleves (1;9;)</b><br>EN:130.6kcal ZS:5.1g TZS:0.9g SZH:17.2g CK:3.3g FH:3.4g SÓ:1.2g<br><b>Párolt csirkemell</b><br>EN:95.9kcal ZS:2.2g TZS:0.7g SZH:0.8g CK:0.5g FH:17.1g SÓ:2.1g<br><b>Sárgarépa főzelék (1;)</b><br>EN:96.0kcal ZS:0.8g TZS:0.1g SZH:20.0g CK:7.7g FH:1.8g SÓ:0.6g<br><b>Félbarna kenyér (1;)</b><br>EN:53.1kcal ZS:0.3g TZS:0.0g SZH:10.3g CK:0.2g FH:1.9g SÓ:0.3g<br><b>Mandarin</b><br>EN:67.5kcal ZS:0.0g TZS:0.0g SZH:14.7g CK:0.0g FH:1.1g SÓ:0.0g | <b>BrokkolikréMLEVES (1;)</b><br>EN:67.4kcal ZS:0.3g TZS:0.0g SZH:13.7g CK:0.6g FH:2.9g SÓ:0.9g<br><b>Píritott tökMAG</b><br>EN:108.2kcal ZS:9.2g TZS:1.7g SZH:3.6g CK:0.2g FH:4.9g SÓ:0.0g<br><b>Pulykapörkölt (1;12;)</b><br>EN:154.5kcal ZS:9.1g TZS:1.6g SZH:2.8g CK:0.0g FH:14.9g SÓ:1.8g<br><b>Párolt bulgur (1;)</b><br>EN:406.7kcal ZS:7.6g TZS:0.6g SZH:70.8g CK:10.0g FH:13.1g SÓ:0.9g | <b>Orjaleves (1;)</b><br>EN:99.5kcal ZS:3.0g TZS:0.9g SZH:11.9g CK:3.4g FH:5.5g SÓ:2.3g<br><b>Fokhagymás sertéssült (12;)</b><br>EN:152.4kcal ZS:8.9g TZS:2.8g SZH:0.4g CK:0.0g FH:16.8g SÓ:0.2g<br><b>Sárgaborsófőzelék (1;)</b><br>EN:345.3kcal ZS:10.5g TZS:1.7g SZH:44.3g CK:4.1g FH:16.6g SÓ:1.0g<br><b>Félbarna kenyér (1;)</b><br>EN:132.9kcal ZS:0.7g TZS:0.1g SZH:25.9g CK:0.5g FH:4.7g SÓ:0.7g<br><b>Gesztenyerúd</b><br>EN:89.4kcal ZS:3.1g TZS:2.8g SZH:14.0g CK:8.7g FH:1.1g SÓ:0.0g | <b>Gyümölcsleves (1;)</b><br>EN:154.9kcal ZS:0.4g TZS:0.1g SZH:35.0g CK:20.0g FH:1.5g SÓ:0.5g<br><b>Sült csirkecomb filé</b><br>EN:144.3kcal ZS:7.1g TZS:1.5g SZH:0.5g CK:0.0g FH:18.8g SÓ:1.0g<br><b>Párolt rizs</b><br>EN:415.8kcal ZS:4.0g TZS:0.5g SZH:85.7g CK:0.0g FH:10.3g SÓ:0.8g                                                                                                                                                            |
| Uzsonna | <b>Pulykamell sonka</b><br>EN:2.9kcal ZS:0.0g TZS:0.0g SZH:0.1g CK:0.0g FH:0.6g SÓ:0.0g<br><b>margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g FH:0.0g SÓ:0.1g<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:122.0kcal ZS:0.5g TZS:0.2g SZH:25.0g FH:3.6g SÓ:0.8g<br><b>Paprika</b><br>EN:9.0kcal ZS:0.0g TZS:0.0g SZH:1.4g CK:0.0g FH:0.4g SÓ:0.0g | <b>Magvas margarinkrém</b><br>EN:56.8kcal ZS:5.9g TZS:1.6g SZH:0.3g CK:0.0g FH:0.4g SÓ:0.4g<br><b>Teljes kiőrlésű zsemle (1;6;)</b><br>EN:139.7kcal ZS:0.9g TZS:0.1g SZH:28.4g CK:0.6g FH:5.4g SÓ:0.7g<br><b>Kígyóuborka</b><br>EN:2.4kcal ZS:0.0g TZS:0.0g SZH:0.3g CK:0.0g FH:0.2g SÓ:0.0g                                                                                                                                                                                          | <b>Zöldségkrém</b><br>EN:27.2kcal ZS:2.0g TZS:0.6g SZH:1.8g CK:0.8g FH:0.3g SÓ:0.1g<br><b>Zsemle (1;)</b><br>EN:138.5kcal ZS:0.5g TZS:0.2g SZH:26.4g FH:5.1g SÓ:0.6g                                                                                                                                                                                                                             | <b>Házi húskrém</b><br>EN:48.7kcal ZS:4.6g TZS:1.4g SZH:0.0g CK:0.0g FH:1.7g SÓ:0.2g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:122.0kcal ZS:0.5g TZS:0.2g SZH:25.0g FH:3.6g SÓ:0.8g<br><b>Paprika</b><br>EN:9.0kcal ZS:0.0g TZS:0.0g SZH:1.4g CK:0.0g FH:0.4g SÓ:0.0g                                                                                                                                                                                                                           | <b>Zöldfűszeres margarinkrém</b><br>EN:45.1kcal ZS:5.0g TZS:1.5g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.2g<br><b>Zsemle (1;)</b><br>EN:138.5kcal ZS:0.5g TZS:0.2g SZH:26.4g FH:5.1g SÓ:0.6g                                                                                                                                                                                                                                                                   |