

Tej-, tojás-, olajosmag-, paradicsommentes

Hétfő
03.23Kedd
03.24Szerda
03.25Csütörtök
03.26Péntek
03.27

Tízórai

Málna tea

EN: 28.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.0 g; CK: 7.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;

Pulyka sonka

EN: 16.7 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 0.7 g; CK: 0.1 g; FH: 3.0 g; SÓ: 0.5 g;

Margarin

EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;

Gluténmentes kenyér

EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;

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;

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;

sült paprikakrém

EN: 89.4 kcal; ZS: 9.0 g; TZS: 2.8 g; SZH: 1.3 g; CK: 0.7 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;

Gluténmentes kenyér

EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;

Hónapos retek

EN: 7.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.1 g; CK: 0.0 g; FH: 0.6 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: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;

Gluténmentes kenyér

EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;

Vaníliás rizsital

EN: 130.9 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;

Margarin

EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;

Gluténmentes kenyér

EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;

Epres tea

EN: 28.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.0 g; CK: 7.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;

petrezselymes tofukrém (6;)

EN: 41.6 kcal; ZS: 2.4 g; TZS: 0.4 g; SZH: 0.2 g; CK: 0.1 g; FH: 4.5 g; SÓ: 0.7 g; CA: 0.0 mg;

Gluténmentes kenyér

EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;

Paprika

EN: 30.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.7 g; CK: 0.0 g; FH: 1.4 g; SÓ: 0.0 g;

Ebéd

Brokkoli krémleves (12;)

EN: 127.6 kcal; ZS: 2.0 g; TZS: 0.3 g; SZH: 24.3 g; CK: 7.0 g; FH: 2.6 g; SÓ: 1.0 g; CA: 0.0 mg;

Sárgarépas rizseshús (sertés)

EN: 302.2 kcal; ZS: 10.8 g; TZS: 2.0 g; SZH: 34.0 g; CK: 0.4 g; FH: 16.6 g; SÓ: 0.9 g; CA: 0.0 mg;

Cékla saláta * (10;)

EN: 20.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.0 g; CK: 2.4 g; FH: 0.9 g; SÓ: 0.5 g; CA: 0.0 mg;

Sertés gulyásleves (12;)

EN: 133.0 kcal; ZS: 7.5 g; TZS: 1.5 g; SZH: 4.3 g; CK: 0.7 g; FH: 10.9 g; SÓ: 0.9 g; CA: 0.0 mg;

Tejben dara rizsitalból és

kukoricadarából

EN: 284.2 kcal; ZS: 3.2 g; TZS: 0.5 g; SZH: 60.8 g; CK: 31.8 g; FH: 2.3 g; SÓ: 0.2 g; CA: 0.0 mg;

Fahéj szórat

EN: 82.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 20.0 g; CK: 20.0 g; FH: 0.0 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;

Lebbencs leves (12;)

EN: 120.5 kcal; ZS: 5.6 g; TZS: 1.0 g; SZH: 15.1 g; CK: 0.1 g; FH: 1.6 g; SÓ: 0.9 g; CA: 0.0 mg;

Fokhagymás csirkeapró

EN: 113.7 kcal; ZS: 3.5 g; TZS: 0.9 g; SZH: 2.0 g; CK: 0.0 g; FH: 17.7 g; SÓ: 0.5 g; CA: 0.0 mg;

Zöldbabfőzelék

EN: 106.0 kcal; ZS: 2.7 g; TZS: 0.3 g; SZH: 16.4 g; CK: 2.6 g; FH: 3.3 g; SÓ: 0.8 g; CA: 0.0 mg;

Zöldséges rizsleves

EN: 89.2 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 15.3 g; CK: 1.6 g; FH: 2.1 g; SÓ: 0.9 g; CA: 0.0 mg;

Paprikás burgonya virslivel (12;)

EN: 315.8 kcal; ZS: 11.4 g; TZS: 3.5 g; SZH: 39.0 g; CK: 0.0 g; FH: 10.0 g; SÓ: 1.3 g; CA: 0.0 mg;

Csemege uborka * (10;12;)

EN: 4.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.2 g; FH: 0.3 g; SÓ: 0.7 g; CA: 0.0 mg;

Tavaszi zöldségleves

EN: 58.3 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 8.5 g; CK: 0.4 g; FH: 1.0 g; SÓ: 0.9 g; CA: 0.0 mg;

Szárnyas vagdalt

EN: 257.5 kcal; ZS: 4.7 g; TZS: 1.0 g; SZH: 40.9 g; CK: 1.0 g; FH: 10.6 g; SÓ: 1.4 g; CA: 0.0 mg;

Kelkáposzta főzelék (12;)

EN: 132.6 kcal; ZS: 3.4 g; TZS: 0.3 g; SZH: 19.0 g; CK: 0.1 g; FH: 5.2 g; SÓ: 0.8 g; CA: 0.0 mg;

Uzsonna

Házi sertés húskrém

EN: 86.9 kcal; ZS: 7.8 g; TZS: 3.3 g; SZH: 0.1 g; CK: 0.0 g; FH: 4.1 g; SÓ: 0.1 g; CA: 0.0 mg;

Abonett

EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;

Bécsi felvágott

EN: 43.7 kcal; ZS: 3.9 g; TZS: 1.7 g; SZH: 0.3 g; CK: 0.0 g; FH: 1.8 g; SÓ: 0.2 g;

Margarin

EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;

Gluténmentes kenyér

EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;

Tonhalkrém (4;10;)

EN: 127.7 kcal; ZS: 11.9 g; TZS: 3.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 5.0 g; SÓ: 0.3 g; CA: 0.0 mg;

Puffasztott rizs

EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g; CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g;

Paprika

EN: 30.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.7 g; CK: 0.0 g; FH: 1.4 g; SÓ: 0.0 g;

Snidlinges margarin

EN: 54.0 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;

Gluténmentes kenyér

EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;

Kígyóuborka

EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 1.0 g; SÓ: 0.0 g; CA: 0.0 mg;

Padlizsánkrém (10;)

EN: 60.3 kcal; ZS: 6.1 g; TZS: 1.9 g; SZH: 1.0 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.4 g; CA: 0.0 mg;

Abonett

EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;