

|                | Hétfő<br>04.20  | Kedd<br>04.21  | Szerda<br>04.22  | Csütörtök<br>04.23   | Péntek<br>04.24  |
|----------------|---|--|--|--|--|
| <b>Tízórai</b> | <b>Citromos tea</b><br>EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Padlizsánkrem (10;)</b><br>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;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;<br><b>Jégcsapretek</b><br>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>Poharas kakaó (7;)</b><br>EN: 134.0 kcal; ZS: 4.0 g; TZS: 3.0 g; SZH: 16.2 g; CK: 16.2 g; FH: 7.0 g; SÓ: 0.1 g; CA: 240.0 mg;<br><b>Füstölt csirke mell sonka</b><br>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;<br><b>Margarin</b><br>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;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;<br><b>Kígyóborka</b><br>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; | <b>Poharas tej (7;)</b><br>EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g; CA: 240.0 mg;<br><b>Házi zöldségkrém</b><br>EN: 147.9 kcal; ZS: 15.8 g; TZS: 7.9 g; SZH: 0.9 g; CK: 0.5 g; FH: 0.2 g; SÓ: 0.5 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;<br><b>Jégcsapretek</b><br>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>Poharas tej (7;)</b><br>EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g; CA: 240.0 mg;<br><b>méz</b><br>EN: 60.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 16.5 g; CK: 16.4 g; FH: 0.1 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Margarin</b><br>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;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;   | <b>Erdei gyümölcs tea</b><br>EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Főtt virsli</b><br>EN: 115.2 kcal; ZS: 9.0 g; TZS: 1.3 g; SZH: 1.8 g; CK: 0.2 g; FH: 6.6 g; SÓ: 1.3 g;<br><b>Ketchup</b><br>EN: 13.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 3.0 g; CK: 2.0 g; FH: 0.2 g; SÓ: 0.3 g;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;   |
| <b>Ébéd</b>    | <b>Babgulyás</b><br>EN: 152.0 kcal; ZS: 8.4 g; TZS: 1.6 g; SZH: 6.3 g; CK: 1.8 g; FH: 12.1 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Tejberizs</b><br>EN: 288.2 kcal; ZS: 2.5 g; TZS: 0.4 g; SZH: 62.4 g; CK: 16.6 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg;<br><b>Kakaó szórát</b><br>EN: 81.6 kcal; ZS: 0.4 g; TZS: 0.3 g; SZH: 18.3 g; CK: 18.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Alma</b><br>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;           | <b>Erőleves levestésztával</b><br>EN: 53.1 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 10.5 g; CK: 1.8 g; FH: 1.7 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Csirkepörkölt</b><br>EN: 116.4 kcal; ZS: 6.5 g; TZS: 1.3 g; SZH: 1.6 g; CK: 0.0 g; FH: 11.9 g; SÓ: 1.1 g; CA: 0.0 mg;<br><b>Zöldborsófőzelék (12;)</b><br>EN: 241.0 kcal; ZS: 5.9 g; TZS: 0.7 g; SZH: 34.4 g; CK: 8.2 g; FH: 9.3 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Sárgarépa torta</b><br>EN: 502.3 kcal; ZS: 25.2 g; TZS: 2.9 g; SZH: 65.2 g; CK: 28.0 g; FH: 2.8 g; SÓ: 1.0 g; CA: 0.0 mg;   | <b>Paradicsomleves</b><br>EN: 144.6 kcal; ZS: 3.2 g; TZS: 0.3 g; SZH: 25.1 g; CK: 10.8 g; FH: 2.7 g; SÓ: 1.7 g; CA: 0.0 mg;<br><b>Kukoricás sertésragu</b><br>EN: 135.2 kcal; ZS: 6.6 g; TZS: 1.4 g; SZH: 6.4 g; CK: 1.3 g; FH: 11.5 g; SÓ: 0.7 g; CA: 0.0 mg;<br><b>Tészta köret</b><br>EN: 249.8 kcal; ZS: 1.5 g; TZS: 0.1 g; SZH: 55.3 g; CK: 0.7 g; FH: 3.9 g; SÓ: 0.7 g; CA: 0.0 mg;<br><b>körte</b><br>EN: 52.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 12.0 g; CK: 1.5 g; FH: 0.4 g; SÓ: 0.0 g;           | <b>Zöldségleves</b><br>EN: 49.5 kcal; ZS: 2.3 g; TZS: 0.2 g; SZH: 6.1 g; CK: 2.1 g; FH: 0.7 g; SÓ: 0.5 g; CA: 0.0 mg;<br><b>Natúr sertészelet</b><br>EN: 128.9 kcal; ZS: 8.3 g; TZS: 2.3 g; SZH: 0.2 g; CK: 0.0 g; FH: 12.6 g; SÓ: 0.3 g; CA: 0.0 mg;<br><b>Sóska mártás</b><br>EN: 131.9 kcal; ZS: 1.1 g; TZS: 0.5 g; SZH: 25.7 g; CK: 4.1 g; FH: 2.9 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Főtt burgonya 1/2 (12;)</b><br>EN: 126.9 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 24.8 g; CK: 0.0 g; FH: 3.4 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Fahéjas rizskeksz</b><br>EN: 35.2 kcal; ZS: 0.6 g; TZS: 0.5 g; SZH: 7.7 g; CK: 2.3 g; FH: 0.3 g; SÓ: 0.0 g; CA: 0.0 mg; | <b>Magyaros karfiolleves</b><br>EN: 53.8 kcal; ZS: 2.8 g; TZS: 0.4 g; SZH: 4.2 g; CK: 2.2 g; FH: 2.5 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Citromos halfilé (4;)</b><br>EN: 82.4 kcal; ZS: 4.5 g; TZS: 0.9 g; SZH: 0.2 g; CK: 0.1 g; FH: 9.2 g; SÓ: 0.6 g; CA: 0.0 mg;<br><b>Rizs köret</b><br>EN: 197.9 kcal; ZS: 2.9 g; TZS: 0.4 g; SZH: 38.8 g; CK: 0.0 g; FH: 4.7 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Cékla saláta * (10;)</b><br>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; |
| <b>Uzsonna</b> | <b>Baromfi párizsi</b><br>EN: 31.6 kcal; ZS: 2.4 g; TZS: 0.8 g; SZH: 0.5 g; CK: 0.1 g; FH: 2.1 g; SÓ: 0.4 g;<br><b>Margarin</b><br>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;<br><b>Abonett</b><br>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;<br><b>Paprika</b><br>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; CA: 0.0 mg;                                       | <b>Brokkolikrém</b><br>EN: 57.4 kcal; ZS: 6.1 g; TZS: 2.8 g; SZH: 0.8 g; CK: 0.2 g; FH: 0.5 g; SÓ: 0.2 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;<br><b>Hónapos retek</b><br>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;   | <b>Zöldfűszeres tonhalkrém (4;)</b><br>EN: 98.8 kcal; ZS: 8.9 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;<br><b>Puffasztott rizs</b><br>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;  | <b>Házi sertés húskrém</b><br>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;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;<br><b>Lilahagyma</b><br>EN: 8.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 mg;   | <b>Zöldfűszeres margarin</b><br>EN: 54.5 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Abonett</b><br>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;<br><b>Paprika</b><br>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; CA: 0.0 mg;   |