

	Hétfő 04.20	Kedd 04.21	Szerda 04.22	Csütörtök 04.23	Péntek 04.24
Tízórai	<p>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;</p> <p>Padlizsánkrém (10;) 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;</p> <p>Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p> <p>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;</p>	<p>Kakaós rizsital EN: 153.4 kcal; ZS: 2.7 g; TZS: 0.5 g; SZH: 31.2 g; CK: 14.7 g; FH: 0.9 g; SÓ: 0.2 g; CA: 0.0 mg;</p> <p>Füstölt csirke mell 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;</p> <p>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;</p> <p>Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p> <p>Kígyóborka 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;</p>	<p>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;</p> <p>Házi zöldségkrém 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: 0.7 g; CA: 0.0 mg;</p> <p>Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p> <p>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;</p>	<p>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;</p> <p>méz 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;</p> <p>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;</p> <p>Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p>	<p>Erdei gyümölcs 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;</p> <p>Főtt virsli 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;</p> <p>Ketchup EN: 19.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.4 g; CK: 3.0 g; FH: 0.2 g; SÓ: 0.4 g;</p> <p>Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p>
Ébéd	<p>Babgulyás EN: 187.7 kcal; ZS: 10.0 g; TZS: 1.9 g; SZH: 8.8 g; CK: 2.2 g; FH: 15.1 g; SÓ: 1.2 g; CA: 0.0 mg;</p> <p>Tejberizs EN: 258.6 kcal; ZS: 2.4 g; TZS: 0.4 g; SZH: 55.5 g; CK: 13.6 g; FH: 4.0 g; SÓ: 0.6 g; CA: 0.0 mg;</p> <p>Kakaó szórát 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;</p> <p>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;</p>	<p>Erőleves levestésztával EN: 61.4 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 12.1 g; CK: 2.0 g; FH: 1.9 g; SÓ: 1.2 g; CA: 0.0 mg;</p> <p>Csirkepörkölt EN: 147.7 kcal; ZS: 8.0 g; TZS: 1.6 g; SZH: 1.8 g; CK: 0.0 g; FH: 15.9 g; SÓ: 1.3 g; CA: 0.0 mg;</p> <p>Zöldborsófőzelék (12;) EN: 274.0 kcal; ZS: 6.8 g; TZS: 0.8 g; SZH: 39.1 g; CK: 9.3 g; FH: 10.3 g; SÓ: 1.2 g; CA: 0.0 mg;</p> <p>Sárgarépa torta 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;</p>	<p>Paradicsomleves EN: 169.7 kcal; ZS: 3.7 g; TZS: 0.4 g; SZH: 29.4 g; CK: 12.5 g; FH: 3.2 g; SÓ: 0.8 g; CA: 0.0 mg;</p> <p>Kukoricás sertésragu EN: 160.4 kcal; ZS: 8.0 g; TZS: 1.7 g; SZH: 7.5 g; CK: 1.5 g; FH: 13.5 g; SÓ: 0.8 g; CA: 0.0 mg;</p> <p>Tészta köret EN: 292.6 kcal; ZS: 2.5 g; TZS: 0.2 g; SZH: 63.2 g; CK: 0.8 g; FH: 4.4 g; SÓ: 0.9 g; CA: 0.0 mg;</p> <p>körte 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;</p>	<p>Zöldségleves EN: 60.6 kcal; ZS: 2.7 g; TZS: 0.3 g; SZH: 7.6 g; CK: 2.6 g; FH: 0.8 g; SÓ: 0.6 g; CA: 0.0 mg;</p> <p>Natúr sertészelet EN: 166.6 kcal; ZS: 10.5 g; TZS: 3.0 g; SZH: 0.3 g; CK: 0.0 g; FH: 16.8 g; SÓ: 0.3 g; CA: 0.0 mg;</p> <p>Sóska mártás EN: 159.1 kcal; ZS: 1.5 g; TZS: 0.6 g; SZH: 30.4 g; CK: 5.1 g; FH: 3.6 g; SÓ: 1.4 g; CA: 0.0 mg;</p> <p>Főtt burgonya 1/2 (12;) EN: 148.1 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 29.0 g; CK: 0.0 g; FH: 3.9 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p>Fahéjas rizskeksz EN: 70.4 kcal; ZS: 1.2 g; TZS: 1.0 g; SZH: 15.4 g; CK: 4.5 g; FH: 0.5 g; SÓ: 0.0 g; CA: 0.0 mg;</p>	<p>Magyaros karfiolleves EN: 60.0 kcal; ZS: 3.2 g; TZS: 0.4 g; SZH: 4.4 g; CK: 2.4 g; FH: 2.8 g; SÓ: 1.1 g; CA: 0.0 mg;</p> <p>Citromos halfilé (4;) EN: 106.6 kcal; ZS: 5.7 g; TZS: 1.1 g; SZH: 0.3 g; CK: 0.1 g; FH: 12.2 g; SÓ: 0.8 g; CA: 0.0 mg;</p> <p>Rizs köret EN: 236.6 kcal; ZS: 3.4 g; TZS: 0.4 g; SZH: 46.5 g; CK: 0.0 g; FH: 5.6 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p>Cékla saláta * (10;) EN: 24.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 6.0 g; CK: 2.9 g; FH: 1.0 g; SÓ: 0.6 g; CA: 0.0 mg;</p>
Uzsonna	<p>Baromfi párizsi EN: 47.4 kcal; ZS: 3.5 g; TZS: 1.1 g; SZH: 0.8 g; CK: 0.1 g; FH: 3.1 g; SÓ: 0.6 g;</p> <p>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;</p> <p>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;</p> <p>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; CA: 0.0 mg;</p>	<p>Brokkolikrém EN: 86.4 kcal; ZS: 9.1 g; TZS: 4.2 g; SZH: 1.2 g; CK: 0.3 g; FH: 0.7 g; SÓ: 0.3 g; CA: 0.0 mg;</p> <p>Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p> <p>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;</p>	<p>Zöldfűszeres tonhalkrém (4;) EN: 121.7 kcal; ZS: 10.3 g; TZS: 3.4 g; SZH: 0.0 g; CK: 0.0 g; FH: 7.5 g; SÓ: 0.4 g; CA: 0.0 mg;</p> <p>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;</p>	<p>Házi sertés húskrém EN: 101.6 kcal; ZS: 8.4 g; TZS: 3.5 g; SZH: 0.1 g; CK: 0.0 g; FH: 6.2 g; SÓ: 0.1 g; CA: 0.0 mg;</p> <p>Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;</p> <p>Lilahagyma EN: 12.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.5 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;</p>	<p>Zöldfűszeres margarin EN: 54.6 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.1 g; CK: 0.4 g; FH: 0.1 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p>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;</p> <p>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; CA: 0.0 mg;</p>