

	Hétfő 04.20	Kedd 04.21	Szerda 04.22	Csütörtök 04.23	Péntek 04.24
Reggeli	Citromos tea EN: 18.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Padlizsánkrém (10;) EN: 59.6 kcal; ZS: 6.1 g; TZS: 1.9 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.3 g; CA: 0.0 mg; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g; Jégcsapretek EN: 3.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.4 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 mg;	Kakaós rizsital EN: 79.6 kcal; ZS: 1.4 g; TZS: 0.3 g; SZH: 16.2 g; CK: 8.0 g; FH: 0.5 g; SÓ: 0.1 g; CA: 0.0 mg; Füstölt csirke mell sonka EN: 18.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.0 g; CK: 0.1 g; FH: 3.2 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; 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;	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; Házi zöldségkrém EN: 98.6 kcal; ZS: 10.5 g; TZS: 5.3 g; SZH: 0.6 g; CK: 0.4 g; FH: 0.2 g; SÓ: 0.3 g; CA: 0.0 mg; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g;	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; Gépsonka EN: 17.5 kcal; ZS: 0.7 g; TZS: 0.3 g; SZH: 0.5 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.4 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: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g;	Erdei gyümölcs tea EN: 18.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; 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; Ketchup EN: 9.8 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 2.2 g; CK: 1.5 g; FH: 0.1 g; SÓ: 0.2 g; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g;
Tízórai	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;	Banán EN: 52.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 12.1 g; CK: 7.5 g; FH: 0.7 g; SÓ: 0.0 g; CA: 0.0 mg;	Alma befőtt EN: 41.0 kcal; ZS: 0.1 g; SZH: 8.5 g; CK: 7.5 g; FH: 0.1 g;	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;	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;
Ebéd	Sertés gulyásleves (12;) EN: 120.8 kcal; ZS: 6.2 g; TZS: 1.2 g; SZH: 5.9 g; CK: 1.8 g; FH: 9.0 g; SÓ: 0.7 g; CA: 0.0 mg; Tejberizs EN: 284.8 kcal; ZS: 2.7 g; TZS: 0.4 g; SZH: 61.0 g; CK: 13.6 g; FH: 4.5 g; SÓ: 0.4 g; CA: 0.0 mg; Kakaó szórat 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;	Csirkepörkölt EN: 97.0 kcal; ZS: 5.4 g; TZS: 1.1 g; SZH: 1.3 g; CK: 0.0 g; FH: 10.0 g; SÓ: 0.9 g; CA: 0.0 mg; Zöldborsófőzelék (12;) EN: 185.1 kcal; ZS: 4.8 g; TZS: 0.6 g; SZH: 26.0 g; CK: 5.8 g; FH: 7.0 g; SÓ: 0.8 g; CA: 0.0 mg;	Kukoricás sertésragu EN: 109.4 kcal; ZS: 5.2 g; TZS: 1.1 g; SZH: 5.2 g; CK: 1.1 g; FH: 9.6 g; SÓ: 0.6 g; CA: 0.0 mg; Tészta köret EN: 146.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 31.6 g; CK: 0.4 g; FH: 2.2 g; SÓ: 0.6 g; CA: 0.0 mg; 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;	Natúr sertésszelet EN: 107.4 kcal; ZS: 6.9 g; TZS: 1.9 g; SZH: 0.2 g; CK: 0.0 g; FH: 10.5 g; SÓ: 0.2 g; CA: 0.0 mg; Sóska mártás EN: 113.6 kcal; ZS: 1.1 g; TZS: 0.4 g; SZH: 21.7 g; CK: 3.6 g; FH: 2.6 g; SÓ: 1.0 g; CA: 0.0 mg; Főtt burgonya 1/2 (12;) EN: 105.8 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 20.7 g; CK: 0.0 g; FH: 2.8 g; SÓ: 0.0 g; CA: 0.0 mg; Fahéjas rizskeksz 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;	Citromos halfilé (4;) EN: 55.9 kcal; ZS: 3.3 g; TZS: 0.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 6.1 g; SÓ: 0.2 g; CA: 0.0 mg; Puliszka EN: 101.4 kcal; ZS: 2.9 g; TZS: 1.3 g; SZH: 16.2 g; CK: 0.6 g; FH: 2.0 g; SÓ: 0.5 g; CA: 0.0 mg; Kapor mártás (1;) EN: 64.6 kcal; ZS: 3.7 g; TZS: 0.4 g; SZH: 6.9 g; CK: 0.8 g; FH: 0.7 g; SÓ: 0.6 g; CA: 0.0 mg;
Uzsonna	Baromfi párizsi EN: 23.7 kcal; ZS: 1.8 g; TZS: 0.6 g; SZH: 0.4 g; CK: 0.1 g; FH: 1.6 g; SÓ: 0.3 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; 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; 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; 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;	Brokkolikrém EN: 28.7 kcal; ZS: 3.0 g; TZS: 1.4 g; SZH: 0.4 g; CK: 0.1 g; FH: 0.2 g; SÓ: 0.2 g; CA: 0.0 mg; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g; Málna tea EN: 20.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.0 g; CK: 5.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;	Zöldfűszeres tonhalkrém (4;) EN: 60.9 kcal; ZS: 5.1 g; TZS: 1.7 g; SZH: 0.0 g; CK: 0.0 g; FH: 3.8 g; SÓ: 0.2 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; Citromos tea EN: 18.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;	Házi sertés húskrém EN: 79.0 kcal; ZS: 7.4 g; TZS: 3.1 g; SZH: 0.0 g; CK: 0.0 g; FH: 3.1 g; SÓ: 0.1 g; CA: 0.0 mg; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g; Lilahagyma 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; Málna tea EN: 20.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.0 g; CK: 5.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;	Zöldfűszeres margarin EN: 54.4 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; 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; 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; 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;