

	Hétfő 04.20	Kedd 04.21	Szerda 04.22	Csütörtök 04.23	Péntek 04.24
Tízórai	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; 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; 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; Jégcsapretek EN: 6.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g; CA: 0.0 mg;	Poharas kakaó (7;) 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; 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; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; 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; 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;	Poharas tej (7;) 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; Házi zöldségkrém EN: 197.2 kcal; ZS: 21.1 g; TZS: 10.5 g; SZH: 1.2 g; CK: 0.7 g; FH: 0.3 g; SÓ: 0.7 g; CA: 0.0 mg; 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; Jégcsapretek EN: 6.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g; CA: 0.0 mg;	Poharas tej (7;) 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; 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; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; 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;	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; Főtt virsli EN: 230.4 kcal; ZS: 18.0 g; TZS: 2.6 g; SZH: 3.6 g; CK: 0.4 g; FH: 13.2 g; SÓ: 2.5 g; 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; 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;
Ébéd	Babgulyás EN: 216.9 kcal; ZS: 11.5 g; TZS: 2.2 g; SZH: 10.1 g; CK: 2.6 g; FH: 17.6 g; SÓ: 1.4 g; CA: 0.0 mg; Tejberizs EN: 348.8 kcal; ZS: 3.0 g; TZS: 0.5 g; SZH: 75.3 g; CK: 18.6 g; FH: 5.5 g; SÓ: 0.7 g; CA: 0.0 mg; Kakaó szórát EN: 122.3 kcal; ZS: 0.6 g; TZS: 0.4 g; SZH: 27.4 g; CK: 27.0 g; FH: 0.7 g; SÓ: 0.1 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;	Erőleves levestésztával EN: 69.8 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 13.8 g; CK: 2.2 g; FH: 2.2 g; SÓ: 2.2 g; CA: 0.0 mg; Csirkepörkölt EN: 167.1 kcal; ZS: 9.1 g; TZS: 1.8 g; SZH: 2.1 g; CK: 0.0 g; FH: 17.9 g; SÓ: 1.5 g; CA: 0.0 mg; Zöldborsófőzelék (12;) EN: 305.8 kcal; ZS: 7.8 g; TZS: 0.9 g; SZH: 35.7 g; CK: 10.5 g; FH: 11.3 g; SÓ: 1.3 g; CA: 0.0 mg; 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;	Paradicsomleves EN: 192.8 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 33.4 g; CK: 14.1 g; FH: 3.6 g; SÓ: 0.9 g; CA: 0.0 mg; Kukoricás sertésragu EN: 183.4 kcal; ZS: 9.4 g; TZS: 1.9 g; SZH: 8.0 g; CK: 1.7 g; FH: 15.1 g; SÓ: 0.9 g; CA: 0.0 mg; Tészta köret EN: 327.1 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 71.1 g; CK: 0.9 g; FH: 5.0 g; SÓ: 1.0 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;	Zöldségleves EN: 63.7 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 7.6 g; CK: 2.6 g; FH: 0.8 g; SÓ: 0.7 g; CA: 0.0 mg; Natúr sertészelet EN: 220.8 kcal; ZS: 13.5 g; TZS: 4.0 g; SZH: 0.4 g; CK: 0.0 g; FH: 23.1 g; SÓ: 0.4 g; CA: 0.0 mg; 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; Főtt burgonya 1/2 (12;) EN: 169.2 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 33.1 g; CK: 0.0 g; FH: 4.5 g; SÓ: 0.0 g; CA: 0.0 mg; Fahéjas rizskeksz EN: 105.6 kcal; ZS: 1.9 g; TZS: 1.5 g; SZH: 23.1 g; CK: 6.8 g; FH: 0.8 g; SÓ: 0.0 g; CA: 0.0 mg;	Magyaros karfiolleves EN: 65.8 kcal; ZS: 3.5 g; TZS: 0.5 g; SZH: 4.9 g; CK: 2.6 g; FH: 2.9 g; SÓ: 1.2 g; CA: 0.0 mg; Citromos halfilé (4;) EN: 118.9 kcal; ZS: 6.3 g; TZS: 1.3 g; SZH: 0.3 g; CK: 0.1 g; FH: 13.8 g; SÓ: 0.9 g; CA: 0.0 mg; Rizs köret EN: 325.1 kcal; ZS: 9.4 g; TZS: 1.1 g; SZH: 54.3 g; CK: 0.0 g; FH: 6.5 g; SÓ: 0.0 g; CA: 0.0 mg; Cékla saláta * (10;) EN: 28.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.0 g; CK: 3.4 g; FH: 1.2 g; SÓ: 0.7 g; CA: 0.0 mg;
Uzsonna	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; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 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;	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; 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; 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;	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; 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;	Házi sertés húskrém EN: 116.4 kcal; ZS: 9.1 g; TZS: 3.7 g; SZH: 0.1 g; CK: 0.0 g; FH: 8.2 g; SÓ: 0.1 g; CA: 0.0 mg; 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; 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;	Zöldfűszeres margarin EN: 81.7 kcal; ZS: 9.0 g; TZS: 2.9 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.1 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;