

	Hétfő 04.20	Kedd 04.21	Szerda 04.22	Csütörtök 04.23	Péntek 04.24
Tízórai	<p>Citromos tea * EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 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>teljeskiőrlésű kenyér (1;) EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg;</p> <p>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;</p>	<p>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;</p> <p>Füstölt csirkeemell 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: 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;</p> <p>teljeskiőrlésű kenyér (1;) EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg;</p> <p>Kígyóuborka EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g; CA: 0.0 mg;</p>	<p>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;</p> <p>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;</p> <p>teljeskiőrlésű kenyér (1;) EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg;</p> <p>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;</p>	<p>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;</p> <p>Gépsonka EN: 35.1 kcal; ZS: 1.4 g; TZS: 0.5 g; SZH: 1.0 g; CK: 0.1 g; FH: 4.8 g; SÓ: 0.7 g;</p> <p>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;</p> <p>teljeskiőrlésű kenyér (1;) EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg;</p>	<p>Erdei gyümölcs tea * EN: 0.2 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p>Főtt virsli EN: 315.6 kcal; ZS: 27.6 g; TZS: 11.3 g; SZH: 2.5 g; FH: 14.4 g; SÓ: 2.5 g;</p> <p>Mustár (10;) EN: 22.3 kcal; ZS: 1.6 g; TZS: 0.1 g; SZH: 0.9 g; CK: 0.9 g; FH: 0.7 g; SÓ: 0.5 g; CA: 0.0 mg;</p> <p>teljeskiőrlésű kenyér (1;) EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg;</p>
Ebéd	<p>Babgulyás leves sertés (1;9;) EN: 276.1 kcal; ZS: 10.6 g; TZS: 1.8 g; SZH: 23.7 g; CK: 1.2 g; FH: 18.3 g; SÓ: 1.3 g; CA: 0.0 mg;</p> <p>Tejberizs * EN: 316.1 kcal; ZS: 3.0 g; TZS: 0.5 g; SZH: 67.3 g; CK: 10.6 g; FH: 5.5 g; SÓ: 0.7 g; CA: 0.0 mg;</p> <p>Kakaó szórát * EN: 117.0 kcal; ZS: 3.1 g; TZS: 2.0 g; SZH: 16.2 g; CK: 0.1 g; FH: 3.3 g; SÓ: 0.3 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 (1;9;) EN: 63.5 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 13.0 g; CK: 1.4 g; FH: 2.3 g; SÓ: 2.0 g; CA: 0.0 mg;</p> <p>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;</p> <p>Zöldborsófőzelék * (1;) EN: 224.2 kcal; ZS: 7.2 g; TZS: 0.9 g; SZH: 25.3 g; CK: 0.0 g; FH: 11.1 g; SÓ: 1.3 g; CA: 0.0 mg;</p> <p>Sárgarépa torta * (1;) EN: 386.6 kcal; ZS: 25.4 g; TZS: 2.9 g; SZH: 34.8 g; CK: 0.6 g; FH: 4.2 g; SÓ: 0.9 g; CA: 0.0 mg;</p>	<p>Paradicsomleves * (1;9;) EN: 100.2 kcal; ZS: 2.3 g; TZS: 0.3 g; SZH: 16.6 g; CK: 4.8 g; FH: 3.1 g; SÓ: 0.6 g; CA: 0.0 mg;</p> <p>Kukoricás sertéstokány EN: 169.4 kcal; ZS: 9.4 g; TZS: 1.9 g; SZH: 4.8 g; CK: 1.7 g; FH: 15.1 g; SÓ: 0.9 g; CA: 0.0 mg;</p> <p>Főtt tészta (1;) EN: 290.3 kcal; ZS: 7.7 g; TZS: 1.0 g; SZH: 46.8 g; CK: 2.3 g; FH: 7.9 g; SÓ: 0.0 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 tésztával (1;9;) EN: 89.8 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 13.3 g; CK: 2.8 g; FH: 2.6 g; SÓ: 1.2 g; CA: 0.0 mg;</p> <p>Natúr sertészszelet (1;) EN: 174.0 kcal; ZS: 9.5 g; TZS: 2.2 g; SZH: 2.1 g; CK: 0.0 g; FH: 18.7 g; SÓ: 0.3 g; CA: 0.0 mg;</p> <p>Sóska mártás * (1;) EN: 88.9 kcal; ZS: 1.3 g; TZS: 0.5 g; SZH: 14.5 g; CK: 1.7 g; FH: 3.0 g; SÓ: 1.2 g; CA: 0.0 mg;</p> <p>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;</p> <p>Vaníliapuding * EN: 73.8 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 15.2 g; CK: 4.8 g; FH: 0.4 g; SÓ: 0.1 g; CA: 0.0 mg;</p>	<p>Magyaros karfiolleves (1;) EN: 80.8 kcal; ZS: 3.2 g; TZS: 0.4 g; SZH: 10.2 g; CK: 1.1 g; FH: 2.5 g; SÓ: 1.0 g; CA: 0.0 mg;</p> <p>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;</p> <p>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;</p> <p>Cékla saláta * EN: 44.1 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 9.7 g; CK: 5.5 g; FH: 0.9 g; SÓ: 1.8 g;</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: 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;</p> <p>vizes zsemle (1;) EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg;</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>vizes kifli (1;) EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg;</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>vizes zsemle (1;) EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg;</p>	<p>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;</p> <p>vizes zsemle (1;) EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg;</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 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;</p> <p>vizes kifli (1;) EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg;</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>