

| | Hétfő 04.20 | Kedd 04.21 | Szerda 04.22 | Csütörtök 04.23 | Péntek 04.24 |
|----------------|---|---|--|--|--|
| Tízórai | Citromos tea 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; Padlizsánkrém (10;) 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; Gluténmentes kenyér 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; 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; | 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: 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: 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; 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; | 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: 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; Gluténmentes kenyér 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; 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; | 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: 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: 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; | Erdei gyümölcs tea 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; 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: 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; Gluténmentes kenyér 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; |
| Ébéd | Babgulyás 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; Tejberizs 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; 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; 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: 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; Csirkepörkölt 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; Zöldborsófőzelék (12;) 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; 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: 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; Kukoricás sertésragu 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; Tészta köret 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; 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: 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; Natúr sertészelet 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; Sóska mártás 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; Főtt burgonya 1/2 (12;) 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; 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; | Magyaros karfiolleves 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; Citromos halfilé (4;) 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; Rizs köret 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; Cékla saláta * (10;) 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; |
| Uzsonna | Baromfi párizsi 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; 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; | Brokkolikrém 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; Gluténmentes kenyér 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; 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: 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; 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: 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; Gluténmentes kenyér 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; 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; | Zöldfűszeres margarin 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; 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; |