

	Hétfő 04.20	Kedd 04.21	Szerda 04.22	Csütörtök 04.23	Péntek 04.24
Tízórai	<p>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;</p> <p>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;</p> <p>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;</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: 118.0 kcal; ZS: 2.1 g; TZS: 0.4 g; SZH: 24.0 g; CK: 11.7 g; FH: 0.7 g; SÓ: 0.1 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: 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;</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: 0.5 g; CA: 0.0 mg;</p> <p>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;</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: 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;</p>	<p>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;</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: 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;</p> <p>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;</p>
Ebéd	<p>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;</p> <p>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;</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: 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;</p> <p>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;</p> <p>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;</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: 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;</p> <p>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;</p> <p>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;</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: 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;</p> <p>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;</p> <p>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;</p> <p>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;</p> <p>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;</p>	<p>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;</p> <p>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;</p> <p>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;</p> <p>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;</p>
Uzsonna	<p>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;</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: 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;</p> <p>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;</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: 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;</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: 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;</p> <p>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;</p> <p>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;</p>	<p>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;</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>