

	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; Padlizsánkrem (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; teljeskiőrlésű kenyér (1;) EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; CA: 0.0 mg; 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;	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; 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; 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; teljeskiőrlésű kenyér (1;) EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; CA: 0.0 mg; Kígyóuborka EN: 2.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.3 g; CK: 0.0 g; FH: 0.2 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: 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; teljeskiőrlésű kenyér (1;) EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; CA: 0.0 mg; 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;	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; 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; teljeskiőrlésű kenyér (1;) EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; CA: 0.0 mg;	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: 157.8 kcal; ZS: 13.8 g; TZS: 5.6 g; SZH: 1.3 g; CK: 7.2 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; teljeskiőrlésű kenyér (1;) EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; CA: 0.0 mg;
Ebéd	Babgulyás leves sertés (1;9;) EN: 190.5 kcal; ZS: 7.5 g; TZS: 1.2 g; SZH: 16.9 g; CK: 0.8 g; FH: 11.6 g; SÓ: 0.9 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 (1;9;) EN: 50.9 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 10.4 g; CK: 1.1 g; FH: 1.8 g; SÓ: 1.0 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 (1;) EN: 201.8 kcal; ZS: 5.7 g; TZS: 0.7 g; SZH: 26.5 g; CK: 5.6 g; FH: 8.4 g; SÓ: 1.0 g; CA: 0.0 mg; Sárgarépa torta (1;) EN: 497.6 kcal; ZS: 25.4 g; TZS: 2.9 g; SZH: 61.9 g; CK: 27.6 g; FH: 4.2 g; SÓ: 1.0 g; CA: 0.0 mg;	Paradicsomleves (1;9;) EN: 135.2 kcal; ZS: 3.1 g; TZS: 0.4 g; SZH: 23.1 g; CK: 9.2 g; FH: 2.9 g; SÓ: 0.7 g; CA: 0.0 mg; Kukoricás sertéstokány EN: 106.3 kcal; ZS: 5.9 g; TZS: 1.2 g; SZH: 3.7 g; CK: 1.2 g; FH: 8.8 g; SÓ: 0.7 g; CA: 0.0 mg; Főtt tészta (1;) EN: 222.1 kcal; ZS: 5.8 g; TZS: 0.8 g; SZH: 36.0 g; CK: 1.8 g; FH: 6.1 g; SÓ: 0.0 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 tésztával (1;9;) EN: 76.2 kcal; ZS: 2.3 g; TZS: 0.3 g; SZH: 11.8 g; CK: 2.2 g; FH: 2.3 g; SÓ: 0.0 g; CA: 0.0 mg; Natúr sertészelet (1;) EN: 120.3 kcal; ZS: 6.7 g; TZS: 1.5 g; SZH: 1.6 g; CK: 0.0 g; FH: 12.5 g; SÓ: 0.2 g; CA: 0.0 mg; Sóska mártás (1;) EN: 128.5 kcal; ZS: 1.3 g; TZS: 0.5 g; SZH: 23.4 g; CK: 3.9 g; FH: 3.9 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 (1;) EN: 63.2 kcal; ZS: 2.4 g; TZS: 0.3 g; SZH: 8.0 g; CK: 0.9 g; FH: 2.0 g; SÓ: 0.8 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; 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; 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; 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; 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; 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;	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; 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; 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 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; 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; 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;