

|                | Hétfő<br>04.20  | Kedd<br>04.21  | Szerda<br>04.22   | Csütörtök<br>04.23   | Péntek<br>04.24   |
|----------------|---|--|---|--|---|
| <b>Tízórai</b> | <b>Tea szőlőcukorral</b><br>EN: 14.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.6 g; CK: 3.6 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Padlizsánkrém (10;)</b><br>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;<br><b>teljeskiőrlésű kenyér (1;)</b><br>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;<br><b>Jégcsapretek</b><br>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; | <b>Kakaós rizsital szőlőcukorral</b><br>EN: 163.1 kcal; ZS: 3.0 g; TZS: 0.5 g; SZH: 33.0 g; CK: 15.1 g; FH: 1.0 g; SÓ: 0.2 g; CA: 0.0 mg;<br><b>Füstölt csirkeemell sonka</b><br>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;<br><b>Margarin</b><br>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;<br><b>teljeskiőrlésű kenyér (1;)</b><br>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;                              | <b>Rizs ital</b><br>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;<br><b>Házi zöldségkrém</b><br>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: 0.7 g; CA: 0.0 mg;<br><b>teljeskiőrlésű kenyér (1;)</b><br>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;              | <b>Rizs ital</b><br>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;<br><b>Gépsonka</b><br>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;<br><b>Margarin</b><br>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;<br><b>teljeskiőrlésű kenyér (1;)</b><br>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;  | <b>Tea szőlőcukorral</b><br>EN: 26.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.3 g; CK: 6.3 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Főtt virsli</b><br>EN: 157.8 kcal; ZS: 13.8 g; TZS: 5.6 g; SZH: 1.3 g; CK: 7.2 g; SÓ: 1.3 g;<br><b>Mustár (10;)</b><br>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;<br><b>teljeskiőrlésű kenyér (1;)</b><br>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; |
| <b>Ebéd</b>    | <b>Sertés gulyás leves D (1;9;12;)</b><br>EN: 138.5 kcal; ZS: 7.1 g; TZS: 1.1 g; SZH: 10.7 g; CK: 0.2 g; FH: 7.0 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Tejberizs szőlőcukorral</b><br>EN: 328.3 kcal; ZS: 3.0 g; TZS: 0.5 g; SZH: 70.3 g; CK: 13.6 g; FH: 5.5 g; SÓ: 0.7 g; CA: 0.0 mg;<br><b>Kakaó szórát szőlőcukorral</b><br>EN: 74.8 kcal; ZS: 1.1 g; TZS: 0.7 g; SZH: 14.1 g; CK: 13.5 g; FH: 1.1 g; SÓ: 0.1 g; CA: 0.0 mg;  | <b>Erőleves levestésztával (1;9;)</b><br>EN: 58.8 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 12.0 g; CK: 1.4 g; FH: 2.1 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Csirkepörkölt</b><br>EN: 147.7 kcal; ZS: 8.0 g; TZS: 1.6 g; SZH: 1.8 g; CK: 0.0 g; FH: 15.9 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Tökfőzelék fruktózszegény (1;)</b><br>EN: 152.6 kcal; ZS: 7.3 g; TZS: 1.3 g; SZH: 18.7 g; CK: 2.7 g; FH: 2.6 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>Kakaós kölespuding szőlőcukorral</b><br>EN: 38.6 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 7.4 g; CK: 2.0 g; FH: 0.7 g; SÓ: 0.0 g; CA: 0.0 mg; | <b>Zöldségkrémleves (1;)</b><br>EN: 47.5 kcal; ZS: 0.5 g; TZS: 0.0 g; SZH: 8.8 g; CK: 0.5 g; FH: 1.7 g; SÓ: 1.8 g; CA: 0.0 mg;<br><b>Zöldfűszeres sertés ragu (1;)</b><br>EN: 174.0 kcal; ZS: 9.9 g; TZS: 2.1 g; SZH: 3.2 g; CK: 0.0 g; FH: 16.9 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Főtt tészta (1;)</b><br>EN: 265.0 kcal; ZS: 6.8 g; TZS: 0.9 g; SZH: 43.2 g; CK: 2.1 g; FH: 7.3 g; SÓ: 0.0 g; CA: 0.0 mg; | <b>Zöldségleves tésztával (1;9;)</b><br>EN: 82.9 kcal; ZS: 2.7 g; TZS: 0.3 g; SZH: 12.5 g; CK: 2.1 g; FH: 2.5 g; SÓ: 1.1 g; CA: 0.0 mg;<br><b>Natúr sertésszelet (1;)</b><br>EN: 153.9 kcal; ZS: 8.4 g; TZS: 2.0 g; SZH: 1.8 g; CK: 0.0 g; FH: 16.7 g; SÓ: 0.3 g; CA: 0.0 mg;<br><b>Sóska mártás (1;)</b><br>EN: 154.0 kcal; ZS: 1.7 g; TZS: 0.7 g; SZH: 27.4 g; CK: 4.5 g; FH: 4.8 g; SÓ: 1.4 g; CA: 0.0 mg;<br><b>Főtt burgonya 1/2 (12;)</b><br>EN: 148.1 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 29.0 g; CK: 0.0 g; FH: 3.9 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Vaníliapuding szőlőcukorral</b><br>EN: 76.2 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 15.8 g; CK: 5.4 g; FH: 0.4 g; SÓ: 0.1 g; CA: 0.0 mg; | <b>Magyaros karfiolleves (1;)</b><br>EN: 74.0 kcal; ZS: 2.8 g; TZS: 0.4 g; SZH: 9.4 g; CK: 1.1 g; FH: 2.4 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Citromos halfilé (4;)</b><br>EN: 106.6 kcal; ZS: 5.7 g; TZS: 1.1 g; SZH: 0.3 g; CK: 0.1 g; FH: 12.2 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>Rizs köret</b><br>EN: 236.6 kcal; ZS: 3.4 g; TZS: 0.4 g; SZH: 46.5 g; CK: 0.0 g; FH: 5.6 g; SÓ: 0.0 g; CA: 0.0 mg;  |
| <b>Uzsonna</b> | <b>Baromfi párizsi</b><br>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;<br><b>Margarin</b><br>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;<br><b>vizes zsemle (1;)</b><br>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;   | <b>Brokkolikrém</b><br>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;<br><b>vizes kifli (1;)</b><br>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;   | <b>Zöldfűszeres tonhalkrém (4;)</b><br>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;<br><b>vizes zsemle (1;)</b><br>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;   | <b>Házi sertés húskrém</b><br>EN: 101.6 kcal; ZS: 8.2 g; TZS: 3.5 g; SZH: 0.1 g; CK: 0.0 g; FH: 6.2 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>vizes zsemle (1;)</b><br>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;  | <b>Zöldfűszeres margarin</b><br>EN: 54.6 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>vizes kifli (1;)</b><br>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;<br><b>Paprika</b><br>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;   |