

	Hétfő 04.20	Kedd 04.21	Szerda 04.22	Csütörtök 04.23	Péntek 04.24
Tízórai	Citromos tea EN: 32.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; 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; 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; 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: 153.4 kcal; ZS: 2.7 g; TZS: 0.5 g; SZH: 31.2 g; CK: 14.7 g; FH: 0.9 g; SÓ: 0.2 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: 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; 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;	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: 0.7 g; CA: 0.0 mg; 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; 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: 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;	Erdei gyümölcs tea EN: 32.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 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: 19.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.4 g; CK: 3.0 g; FH: 0.2 g; SÓ: 0.4 g; 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;
Ebéd	Babgulyás leves sertés (1;9;) EN: 221.0 kcal; ZS: 9.0 g; TZS: 1.5 g; SZH: 18.7 g; CK: 0.8 g; FH: 13.9 g; SÓ: 1.1 g; CA: 0.0 mg; Tejberizs EN: 258.6 kcal; ZS: 2.4 g; TZS: 0.4 g; SZH: 55.5 g; CK: 13.6 g; FH: 4.0 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: 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; Csirkepörkölt 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; Zöldborsófézelék (1;) EN: 235.0 kcal; ZS: 6.6 g; TZS: 0.8 g; SZH: 30.8 g; CK: 6.5 g; FH: 9.8 g; SÓ: 1.2 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: 157.6 kcal; ZS: 3.7 g; TZS: 0.4 g; SZH: 26.9 g; CK: 10.5 g; FH: 3.3 g; SÓ: 0.8 g; CA: 0.0 mg; Kukoricás sertéstokány EN: 144.7 kcal; ZS: 7.9 g; TZS: 1.6 g; SZH: 4.3 g; CK: 1.5 g; FH: 13.0 g; SÓ: 0.8 g; CA: 0.0 mg; Főtt tészta (1;) 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; 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: 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; Sertéssült EN: 127.0 kcal; ZS: 6.3 g; TZS: 1.7 g; SZH: 0.0 g; CK: 0.0 g; FH: 16.4 g; SÓ: 0.9 g; CA: 0.0 mg; Sóska mártás (1;) EN: 155.2 kcal; ZS: 1.7 g; TZS: 0.7 g; SZH: 27.7 g; CK: 4.8 g; FH: 4.8 g; SÓ: 1.4 g; CA: 0.0 mg; Főtt burgonya 1/2 (12;) 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; Fahéjas rizskeksz EN: 70.4 kcal; ZS: 1.2 g; TZS: 1.0 g; SZH: 15.4 g; CK: 4.5 g; FH: 0.5 g; SÓ: 0.0 g; CA: 0.0 mg;	Magyaros karfiolleves (1;) 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; Citromos halfilé (4;) 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; Rizs köret 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; Cékla saláta * (10;) EN: 24.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 6.0 g; CK: 2.9 g; FH: 1.0 g; SÓ: 0.6 g; CA: 0.0 mg;
Uzsonna	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; 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: 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; 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: 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; 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: 101.6 kcal; ZS: 8.4 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; 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: 54.6 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; 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;