

	Hétfő 04.20	Kedd 04.21	Szerda 04.22	Csütörtök 04.23	Péntek 04.24
<b>Tízórai</b>	<b>Citromos tea</b> 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; <b>Padlizsánkrém (10;)</b> 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; <b>teljeskiőrlésű kenyér (1;)</b> 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>Jégcsapretek</b> EN: 6.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Kakaós rizsital</b> EN: 156.3 kcal; ZS: 2.8 g; TZS: 0.5 g; SZH: 31.8 g; CK: 15.3 g; FH: 1.0 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Füstölt csirkeemell sonka</b> 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; <b>Margarin</b> EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> 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>Kígyóuborka</b> 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;	<b>Rizs ital</b> 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; <b>Házi zöldségkrém</b> EN: 197.2 kcal; ZS: 21.1 g; TZS: 10.5 g; SZH: 1.2 g; CK: 0.7 g; FH: 0.3 g; SÓ: 0.7 g; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> 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>Jégcsapretek</b> EN: 6.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Rizs ital</b> 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; <b>méz</b> 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; <b>Margarin</b> EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> 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>Erdei gyümölcs tea</b> 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; <b>Főtt virsli</b> EN: 315.6 kcal; ZS: 27.6 g; TZS: 11.3 g; SZH: 2.5 g; FH: 14.4 g; SÓ: 2.5 g; <b>Ketchup</b> 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; <b>teljeskiőrlésű kenyér (1;)</b> 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>Babgulyás leves sertés (1;9;)</b> EN: 276.1 kcal; ZS: 10.6 g; TZS: 1.8 g; SZH: 23.7 g; CK: 1.2 g; FH: 18.3 g; SÓ: 1.3 g; CA: 0.0 mg; <b>Tejberizs</b> EN: 348.8 kcal; ZS: 3.0 g; TZS: 0.5 g; SZH: 75.3 g; CK: 18.6 g; FH: 5.5 g; SÓ: 0.7 g; CA: 0.0 mg; <b>Kakaó szórát</b> EN: 122.3 kcal; ZS: 0.6 g; TZS: 0.4 g; SZH: 27.4 g; CK: 27.0 g; FH: 0.7 g; SÓ: 0.1 g; CA: 0.0 mg; <b>Alma</b> 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;	<b>Erőleves levestésztával (1;9;)</b> EN: 63.5 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 13.0 g; CK: 1.4 g; FH: 2.3 g; SÓ: 2.0 g; CA: 0.0 mg; <b>Csirkepörkölt</b> EN: 167.1 kcal; ZS: 9.1 g; TZS: 1.8 g; SZH: 2.1 g; CK: 0.0 g; FH: 17.9 g; SÓ: 1.5 g; CA: 0.0 mg; <b>Zöldborsófőzelék (1;)</b> EN: 268.3 kcal; ZS: 7.6 g; TZS: 0.9 g; SZH: 35.2 g; CK: 7.4 g; FH: 11.2 g; SÓ: 1.3 g; CA: 0.0 mg; <b>Sárgarépa torta (1;)</b> 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;	<b>Paradicsomleves (1;9;)</b> EN: 178.0 kcal; ZS: 4.2 g; TZS: 0.5 g; SZH: 30.3 g; CK: 11.8 g; FH: 3.8 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Kukoricás sertéstokány</b> EN: 169.4 kcal; ZS: 9.4 g; TZS: 1.9 g; SZH: 4.8 g; CK: 1.7 g; FH: 15.1 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Főtt tészta (1;)</b> EN: 290.3 kcal; ZS: 7.7 g; TZS: 1.0 g; SZH: 46.8 g; CK: 2.3 g; FH: 7.9 g; SÓ: 0.0 g; CA: 0.0 mg; <b>körte</b> 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;	<b>Zöldségleves tésztával (1;9;)</b> EN: 89.8 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 13.3 g; CK: 2.8 g; FH: 2.6 g; SÓ: 1.2 g; CA: 0.0 mg; <b>Sertéssült</b> EN: 143.1 kcal; ZS: 7.2 g; TZS: 2.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 18.4 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Sóska mártás (1;)</b> 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; <b>Főtt burgonya 1/2 (12;)</b> EN: 169.2 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 33.1 g; CK: 0.0 g; FH: 4.5 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Fahéjas rizskeksz</b> EN: 105.6 kcal; ZS: 1.9 g; TZS: 1.5 g; SZH: 23.1 g; CK: 6.8 g; FH: 0.8 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Magyaros karfiolleves (1;)</b> EN: 80.8 kcal; ZS: 3.2 g; TZS: 0.4 g; SZH: 10.2 g; CK: 1.1 g; FH: 2.5 g; SÓ: 1.0 g; CA: 0.0 mg; <b>Citromos halfilé (4;)</b> EN: 118.9 kcal; ZS: 6.3 g; TZS: 1.3 g; SZH: 0.3 g; CK: 0.1 g; FH: 13.8 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Rizs köret</b> EN: 325.1 kcal; ZS: 9.4 g; TZS: 1.1 g; SZH: 54.3 g; CK: 0.0 g; FH: 6.5 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Cékla saláta * (10;)</b> EN: 28.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.0 g; CK: 3.4 g; FH: 1.2 g; SÓ: 0.7 g; CA: 0.0 mg;
<b>Uzsonna</b>	<b>Baromfi párizsi</b> 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; <b>Margarin</b> EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>vizes zsemle (1;)</b> 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>Paprika</b> 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;	<b>Brokkolikrém</b> 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; <b>vizes kifli (1;)</b> 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>Hónapos retek</b> 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;	<b>Zöldfűszeres tonhalkrém (4;)</b> 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; <b>vizes zsemle (1;)</b> 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> EN: 116.4 kcal; ZS: 9.1 g; TZS: 3.7 g; SZH: 0.1 g; CK: 0.0 g; FH: 8.2 g; SÓ: 0.1 g; CA: 0.0 mg; <b>vizes zsemle (1;)</b> 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>Hónapos retek</b> 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;	<b>Zöldfűszeres margarin</b> EN: 81.7 kcal; ZS: 9.0 g; TZS: 2.9 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g; CA: 0.0 mg; <b>vizes kifli (1;)</b> 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>Paprika</b> 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;