

|      | Hétfő<br>10.19                                                                                                                                                                                                                                                                                                                                                                                                             | Kedd<br>10.20                                                                                                                                                                                                                                                                                                                                                                              | Szerda<br>10.21                                                                                                                                                                                                                                                                                                                                                               | Csütörtök<br>10.22                                                                                                                                                                                                                                                                                                                                                                             | Péntek<br>10.23                                                                                                                                                                                                                                                                                                                                                                                                  | Szombat<br>10.24                                                                                                                                                                                                                                                      | Vasárnap<br>10.25                                                                                                                                                                                                                                                                                                                                                                            |
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| Ebéd | <b>Pulykaraguleves (1;9;)</b><br>EN: 130.5 kcal; ZS: 5.8 g; TZS: 1.0 g;<br>SZH: 9.2 g; CK: 2.2 g; FH: 10.0 g; SÓ:<br>0.9 g;<br><b>Csőbensült brokkoli<br/>(húsmentes) (1;)</b><br>EN: 380.3 kcal; ZS: 28.2 g; TZS: 23.1<br>g; SZH: 29.6 g; CK: 1.7 g; FH: 4.4 g;<br>SÓ: 1.7 g;<br><b>Teljeskiőrlésű kenyér 4 dkg<br/>(1;)</b><br>EN: 94.8 kcal; ZS: 0.3 g; TZS: 0.1 g;<br>SZH: 19.6 g; CK: 0.6 g; FH: 3.4 g; SÓ:<br>0.5 g; | <b>Csontleves tésztával (1;9;)</b><br>EN: 133.9 kcal; ZS: 6.4 g; TZS: 1.1 g;<br>SZH: 11.1 g; CK: 1.9 g; FH: 7.1 g; SÓ:<br>0.5 g;<br><b>Párolt csirkeapró</b><br>EN: 144.1 kcal; ZS: 6.9 g; TZS: 1.3 g;<br>SZH: 0.0 g; CK: 0.0 g; FH: 19.1 g; SÓ:<br>0.3 g;<br><b>Burgonyafőzelék (1;12;)</b><br>EN: 160.3 kcal; ZS: 2.7 g; TZS: 2.2 g;<br>SZH: 27.5 g; CK: 0.1 g; FH: 3.9 g; SÓ:<br>0.8 g; | <b>Zöldségleves</b><br>EN: 63.4 kcal; ZS: 4.2 g; TZS: 0.4 g;<br>SZH: 5.2 g; CK: 2.0 g; FH: 1.0 g; SÓ:<br>0.1 g;<br><b>Mediterrán csirkeragu (1;)</b><br>EN: 220.4 kcal; ZS: 12.2 g; TZS: 1.9<br>g; SZH: 9.8 g; CK: 2.0 g; FH: 16.5 g;<br>SÓ: 0.9 g;<br><b>Bulgur köret (1;)</b><br>EN: 284.3 kcal; ZS: 2.1 g; TZS: 0.3 g;<br>SZH: 53.8 g; CK: 1.7 g; FH: 9.7 g; SÓ:<br>0.5 g; | <b>Citromos almaleves *</b><br><b>(1;12;)</b><br>EN: 66.7 kcal; ZS: 0.5 g; TZS: 0.1 g;<br>SZH: 14.1 g; CK: 8.2 g; FH: 0.9 g; SÓ:<br>0.1 g;<br><b>Vasi pulykamell (1;12;)</b><br>EN: 166.3 kcal; ZS: 10.0 g; TZS: 1.7<br>g; SZH: 3.8 g; CK: 0.0 g; FH: 15.0 g;<br>SÓ: 1.2 g;<br><b>Rizs köret</b><br>EN: 250.5 kcal; ZS: 1.1 g; TZS: 0.2 g;<br>SZH: 54.3 g; CK: 0.0 g; FH: 6.5 g; SÓ:<br>0.5 g; | <b>Karfiolleves (1;)</b><br>EN: 124.6 kcal; ZS: 8.5 g; TZS: 4.0 g;<br>SZH: 8.6 g; CK: 0.8 g; FH: 3.4 g; SÓ:<br>0.3 g;<br><b>Rozmaringos sült<br/>csirkecombfilé (1;)</b><br>EN: 210.4 kcal; ZS: 11.7 g; TZS: 2.1<br>g; SZH: 3.9 g; CK: 0.0 g; FH: 21.4 g;<br>SÓ: 0.7 g;<br><b>Petrezselymes burgonya<br/>(12;)</b><br>EN: 241.9 kcal; ZS: 6.4 g; TZS: 2.8 g;<br>SZH: 37.0 g; CK: 0.0 g; FH: 5.0 g; SÓ:<br>0.3 g; | <b>Rozmaringos zöldségleves<br/>(1;9;)</b><br>EN: 34.9 kcal; ZS: 0.2 g; TZS: 0.0 g;<br>SZH: 6.9 g; CK: 1.8 g; FH: 1.2 g; SÓ:<br>1.1 g;<br><b>Rakott burgonya (12;)</b><br>EN: 304.1 kcal; ZS: 12.2 g; TZS: 6.2<br>g; SZH: 36.0 g; CK: 0.4 g; FH: 8.6 g;<br>SÓ: 1.2 g; | <b>Magyaros zellerleves<br/>(1;9;)</b><br>EN: 121.8 kcal; ZS: 6.0 g; TZS: 0.7 g;<br>SZH: 13.7 g; CK: 1.6 g; FH: 2.5 g; SÓ:<br>0.4 g;<br><b>Majorannás csirkeapró</b><br>EN: 151.9 kcal; ZS: 8.9 g; TZS: 1.6 g;<br>SZH: 0.4 g; CK: 0.0 g; FH: 16.7 g; SÓ:<br>0.9 g;<br><b>Tészta köret (1;)</b><br>EN: 289.9 kcal; ZS: 5.7 g; TZS: 0.7 g;<br>SZH: 49.7 g; CK: 1.5 g; FH: 9.1 g; SÓ:<br>0.7 g; |