

	Hétfő 10.12	Kedd 10.13	Szerda 10.14	Csütörtök 10.15	Péntek 10.16
Tízórai	Meggyes tea (12;) EN: 32.1 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; 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; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;	Kakaós rizsital EN: 185.0 kcal; ZS: 3.1 g; TZS: 0.7 g; SZH: 36.6 g; CK: 19.6 g; FH: 2.0 g; SÓ: 0.3 g; Jam EN: 52.8 kcal; ZS: 0.1 g; SZH: 12.8 g; CK: 12.6 g; FH: 0.1 g; SÓ: 0.0 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; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;	Gyümölcs tea EN: 32.1 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; Sárgarépás margarin EN: 53.0 kcal; ZS: 5.0 g; TZS: 1.4 g; SZH: 1.7 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.1 g; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;	Citromos tea (12;) EN: 32.1 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; Tonhalkrém (4;) EN: 86.8 kcal; ZS: 6.3 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 7.5 g; SÓ: 0.5 g; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;	Kakaós rizsital EN: 185.0 kcal; ZS: 3.1 g; TZS: 0.7 g; SZH: 36.6 g; CK: 19.6 g; FH: 2.0 g; SÓ: 0.3 g; Zöldhagymás margarin EN: 72.4 kcal; ZS: 8.0 g; TZS: 2.4 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.3 g; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; Paradicsom EN: 6.9 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.2 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g;
Ebéd	Amerikai kukoricás csirkeragu leves (12;) EN: 183.8 kcal; ZS: 8.8 g; TZS: 3.7 g; SZH: 16.4 g; CK: 0.8 g; FH: 10.0 g; SÓ: 1.2 g; Káposztás kocka EN: 432.4 kcal; ZS: 13.3 g; TZS: 1.5 g; SZH: 71.4 g; CK: 12.4 g; FH: 4.9 g; SÓ: 0.5 g; Alma db 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;	Burgonyaleves (9;12;) EN: 106.1 kcal; ZS: 5.0 g; TZS: 0.5 g; SZH: 12.6 g; CK: 1.3 g; FH: 1.8 g; SÓ: 0.9 g; Főtt virsli EN: 105.6 kcal; ZS: 8.3 g; TZS: 1.2 g; SZH: 1.7 g; CK: 0.2 g; FH: 6.0 g; SÓ: 1.2 g; Paradicsomos káposztafőzelék (9;) EN: 311.1 kcal; ZS: 10.7 g; TZS: 1.0 g; SZH: 48.1 g; CK: 20.8 g; FH: 5.5 g; SÓ: 0.2 g; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;	Zöldségleves EN: 147.8 kcal; ZS: 7.7 g; TZS: 0.8 g; SZH: 17.6 g; CK: 2.5 g; FH: 1.6 g; SÓ: 0.1 g; Szárnyasragu vitál módra EN: 186.6 kcal; ZS: 8.0 g; TZS: 1.4 g; SZH: 15.0 g; CK: 6.5 g; FH: 13.0 g; SÓ: 0.9 g; Rizs köret (12;) EN: 286.6 kcal; ZS: 5.7 g; TZS: 0.7 g; SZH: 51.9 g; CK: 0.0 g; FH: 5.5 g; SÓ: 0.1 g;	Reszelt tészta leves EN: 152.6 kcal; ZS: 7.7 g; TZS: 0.8 g; SZH: 18.5 g; CK: 2.7 g; FH: 1.6 g; SÓ: 1.1 g; Sült csirkecombfilé EN: 153.6 kcal; ZS: 8.0 g; TZS: 1.6 g; SZH: 0.6 g; CK: 0.0 g; FH: 18.9 g; SÓ: 0.7 g; Petrezselymes burgonya (12;) EN: 241.9 kcal; ZS: 6.4 g; TZS: 2.8 g; SZH: 37.0 g; CK: 0.0 g; FH: 5.0 g; SÓ: 0.3 g; Csemege uborka * (10;12;) EN: 6.6 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.1 g; CK: 0.2 g; FH: 0.5 g; SÓ: 1.0 g;	Zellerkrémleves (9;) EN: 145.9 kcal; ZS: 12.1 g; TZS: 3.5 g; SZH: 7.4 g; CK: 0.9 g; FH: 1.0 g; SÓ: 0.6 g; Citromos halragu (4;) EN: 200.5 kcal; ZS: 9.8 g; TZS: 4.6 g; SZH: 6.9 g; CK: 0.3 g; FH: 10.5 g; SÓ: 0.9 g; Sárgarépás rizs EN: 292.9 kcal; ZS: 7.4 g; TZS: 0.8 g; SZH: 50.7 g; CK: 1.5 g; FH: 6.3 g; SÓ: 0.8 g;
Uzsonna	Magyaros margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 3.5 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; Paprika EN: 9.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.4 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;	Gouda növényi sajt EN: 85.5 kcal; ZS: 6.9 g; TZS: 6.3 g; SZH: 6.3 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.7 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; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; 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;	Sült pulykahúskrém EN: 58.5 kcal; ZS: 3.8 g; TZS: 1.1 g; SZH: 0.2 g; CK: 0.0 g; FH: 5.8 g; SÓ: 0.3 g; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; Savanyúkáposzta EN: 12.0 kcal; ZS: 0.1 g; SZH: 2.0 g; CK: 1.2 g; FH: 0.7 g; SÓ: 1.1 g;	Füstölt csirkemellsonka 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; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; 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;	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; 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; Gluténmentes kenyér EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g;