

|         | Hétfő<br>10.12                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Kedd<br>10.13                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Szerda<br>10.14                                                                                                                                                                                                                                                                                                                                                  | Csütörtök<br>10.15                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Péntek<br>10.16                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| Tízórai | <b>Meggyes tea (12;)</b><br>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;<br><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;<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 g; | <b>Karamellás rizsital</b><br>EN: 182.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 39.0 g; CK: 22.6 g; FH: 0.8 g; SÓ: 0.2 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;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;                                                                                                                 | <b>Gyümölcs tea</b><br>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;<br><b>Tökmagos margarin</b><br>EN: 234.2 kcal; ZS: 23.2 g; TZS: 8.7 g; SZH: 3.6 g; CK: 0.2 g; FH: 4.9 g; SÓ: 0.7 g;<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 g;       | <b>Gyümölcs tea</b><br>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;<br><b>Tonhalkrém (4;)</b><br>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;<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 g;                                                                                                                                                 | <b>Kakaós rizsital</b><br>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;<br><b>Zöldhagymás margarin</b><br>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;<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 g;<br><b>Paradicsom</b><br>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    | <b>Amerikai kukoricás csirkeragu leves (1;12;)</b><br>EN: 184.5 kcal; ZS: 8.6 g; TZS: 3.7 g; SZH: 16.2 g; CK: 0.7 g; FH: 10.3 g; SÓ: 1.2 g;<br><b>Mákos tészta (1;)</b><br>EN: 469.7 kcal; ZS: 12.4 g; TZS: 1.6 g; SZH: 74.5 g; CK: 22.1 g; FH: 13.3 g; SÓ: 0.3 g;<br><b>Alma db</b><br>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;                                                                                           | <b>Burgonyaleves (1;9;12;)</b><br>EN: 106.5 kcal; ZS: 4.9 g; TZS: 0.5 g; SZH: 12.5 g; CK: 1.3 g; FH: 2.0 g; SÓ: 0.9 g;<br><b>Főtt virsli</b><br>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;<br><b>Paradicsomos káposztafőzelék (1;9;)</b><br>EN: 271.5 kcal; ZS: 5.5 g; TZS: 0.6 g; SZH: 47.7 g; CK: 20.6 g; FH: 6.4 g; SÓ: 0.2 g;                                                                                       | <b>Zöldségleves (1;)</b><br>EN: 120.2 kcal; ZS: 4.5 g; TZS: 0.5 g; SZH: 16.6 g; CK: 2.4 g; FH: 3.0 g; SÓ: 0.1 g;<br><b>Szárnyasragu vitál módra (1;)</b><br>EN: 192.1 kcal; ZS: 9.2 g; TZS: 3.2 g; SZH: 13.2 g; CK: 6.2 g; FH: 13.2 g; SÓ: 0.9 g;<br><b>Kuskusz (1;)</b><br>EN: 308.0 kcal; ZS: 6.9 g; TZS: 0.9 g; SZH: 51.0 g; CK: 2.1 g; FH: 9.2 g; SÓ: 0.0 g; | <b>Reszelt tésztaleves (1;9;)</b><br>EN: 94.2 kcal; ZS: 4.9 g; TZS: 0.5 g; SZH: 10.3 g; CK: 1.5 g; FH: 1.9 g; SÓ: 0.9 g;<br><b>Sült csirkecombfilé</b><br>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;<br><b>Petrezselymes burgonya (12;)</b><br>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;<br><b>Csemege uborka * (10;12;)</b><br>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; | <b>Zellerkrémleves (1;9;)</b><br>EN: 146.6 kcal; ZS: 12.0 g; TZS: 3.5 g; SZH: 7.3 g; CK: 0.9 g; FH: 1.3 g; SÓ: 0.6 g;<br><b>Citromos halragu (1;4;)</b><br>EN: 201.1 kcal; ZS: 9.7 g; TZS: 4.6 g; SZH: 6.7 g; CK: 0.2 g; FH: 10.8 g; SÓ: 0.9 g;<br><b>Sárgarépás rizs</b><br>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 | <b>Magyaros margarin</b><br>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;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;<br><b>Kaliforniai paprika</b><br>EN: 9.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.4 g; CK: 0.7 g; FH: 0.4 g; SÓ: 0.0 g;                                                                                                                | <b>Gouda növényi sajt</b><br>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;<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;<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 g;<br><b>Kígyóuborka</b><br>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; | <b>Sült pulykahúskrém</b><br>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;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;<br><b>Savanyúkáposzta</b><br>EN: 12.0 kcal; ZS: 0.1 g; SZH: 2.0 g; CK: 1.2 g; FH: 0.7 g; SÓ: 1.1 g;                          | <b>Csirkemell sonka</b><br>EN: 32.7 kcal; ZS: 1.4 g; TZS: 0.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 4.5 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;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;<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;                                                 | <b>Méz</b><br>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;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 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;                                                                                                                                             |