

	Hétfő 05.04	Kedd 05.05	Szerda 05.06	Csütörtök 05.07	Péntek 05.08
<b>Tízórai</b>	<b>Poharas tej (7;)</b> EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g; CA: 240.0 mg; <b>Házi zöldségkrém</b> 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: 0.5 g; CA: 0.0 mg; <b>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g; <b>Kígyóuborka</b> EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 1.0 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Poharas tej (7;)</b> EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g; CA: 240.0 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: 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; <b>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;	<b>Citromos tea</b> EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Házi csirkemájkrém</b> EN: 84.3 kcal; ZS: 7.7 g; TZS: 2.3 g; SZH: 0.2 g; CK: 0.0 g; FH: 3.4 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g; <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;	<b>Gyümölcsstea</b> EN: 26.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>magyaros margarinkrém</b> EN: 162.0 kcal; ZS: 18.0 g; TZS: 5.7 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.3 g; CA: 0.0 mg; <b>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;	<b>Poharas kakaó (7;)</b> EN: 134.0 kcal; ZS: 4.0 g; TZS: 3.0 g; SZH: 16.2 g; CK: 16.2 g; FH: 7.0 g; SÓ: 0.1 g; CA: 240.0 mg; <b>Marha párizsi</b> EN: 48.0 kcal; ZS: 4.2 g; TZS: 1.7 g; SZH: 0.4 g; CK: 0.1 g; FH: 2.2 g; SÓ: 0.4 g; CA: 0.0 mg; <b>Margarin</b> 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; <b>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;
<b>Ébéd</b>	<b>Babgulyás</b> EN: 187.7 kcal; ZS: 10.0 g; TZS: 1.9 g; SZH: 8.8 g; CK: 2.2 g; FH: 15.1 g; SÓ: 1.2 g; CA: 0.0 mg; <b>Tejberizs</b> EN: 245.1 kcal; ZS: 2.2 g; TZS: 0.4 g; SZH: 52.9 g; CK: 12.7 g; FH: 3.9 g; SÓ: 0.3 g; CA: 0.0 mg; <b>Fahéj szorot</b> EN: 82.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 20.0 g; CK: 20.0 g; FH: 0.0 g; SÓ: 0.0 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>Zöldségkrémleves</b> EN: 50.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 8.7 g; CK: 2.9 g; FH: 1.5 g; SÓ: 1.8 g; CA: 0.0 mg; <b>Píritott kenyérkocka</b> EN: 23.2 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 4.3 g; CK: 0.2 g; FH: 0.2 g; SÓ: 0.1 g; <b>Mexikói sertésragu</b> EN: 122.1 kcal; ZS: 5.5 g; TZS: 1.1 g; SZH: 7.8 g; CK: 0.0 g; FH: 10.0 g; SÓ: 0.4 g; CA: 0.0 mg; <b>Párolt köles</b> EN: 251.7 kcal; ZS: 5.3 g; TZS: 0.9 g; SZH: 43.2 g; CK: 3.6 g; FH: 6.6 g; SÓ: 0.6 g; CA: 0.0 mg; <b>Csokipuding</b> EN: 121.4 kcal; ZS: 1.9 g; TZS: 0.5 g; SZH: 24.8 g; CK: 5.8 g; FH: 1.0 g; SÓ: 0.1 g; CA: 0.0 mg;	<b>Kertészleves</b> EN: 66.5 kcal; ZS: 2.4 g; TZS: 0.3 g; SZH: 7.7 g; CK: 3.8 g; FH: 2.2 g; SÓ: 0.6 g; CA: 0.0 mg; <b>Párolt sertésszelet</b> EN: 98.4 kcal; ZS: 5.4 g; TZS: 1.9 g; SZH: 0.0 g; CK: 0.0 g; FH: 12.6 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Meggymártás</b> EN: 128.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 29.7 g; CK: 24.3 g; FH: 0.9 g; SÓ: 0.5 g; CA: 0.0 mg; <b>Főtt burgonya 1/2 (12;)</b> EN: 141.0 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 27.6 g; CK: 0.0 g; FH: 3.8 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Magyaros reszeltészta leves (12;)</b> EN: 62.1 kcal; ZS: 1.7 g; TZS: 0.2 g; SZH: 10.4 g; CK: 1.6 g; FH: 0.9 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Sült csirkemell</b> EN: 138.9 kcal; ZS: 5.4 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 21.2 g; SÓ: 1.1 g; CA: 0.0 mg; <b>Zöldbabfőzelék (12;)</b> EN: 105.9 kcal; ZS: 2.8 g; TZS: 0.3 g; SZH: 16.4 g; CK: 2.6 g; FH: 3.3 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Gyömbéres rizskeksz</b> EN: 35.2 kcal; ZS: 0.6 g; TZS: 0.5 g; SZH: 7.7 g; CK: 2.3 g; FH: 0.3 g; SÓ: 0.0 g;	<b>Magyaros zellerleves (9;)</b> EN: 79.8 kcal; ZS: 1.5 g; TZS: 0.2 g; SZH: 14.8 g; CK: 0.7 g; FH: 1.6 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Halvagdalt (4;)</b> EN: 139.3 kcal; ZS: 3.6 g; TZS: 0.6 g; SZH: 17.8 g; CK: 0.0 g; FH: 4.6 g; SÓ: 0.4 g; CA: 0.0 mg; <b>Burgonyapüré (12;)</b> EN: 84.1 kcal; ZS: 2.6 g; TZS: 0.9 g; SZH: 13.4 g; CK: 4.0 g; FH: 1.3 g; SÓ: 1.2 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>Uzsonna</b>	<b>Csirkemell sonka</b> EN: 18.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.0 g; CK: 0.1 g; FH: 3.2 g; SÓ: 0.5 g; <b>Margarin</b> 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; <b>Abonett</b> EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g; <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;	<b>Tonhalkrém (4;10;)</b> EN: 127.7 kcal; ZS: 11.9 g; TZS: 3.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 5.0 g; SÓ: 0.3 g; CA: 0.0 mg; <b>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g; <b>Lilahagyma</b> EN: 8.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>sült paprikakrém</b> EN: 89.4 kcal; ZS: 9.0 g; TZS: 2.8 g; SZH: 1.3 g; CK: 0.7 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Puffasztott rizs</b> EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g; CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g; <b>Kígyóuborka</b> EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 1.0 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Prágai pulyka sonka</b> EN: 16.7 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 0.7 g; CK: 0.1 g; FH: 3.0 g; SÓ: 0.5 g; <b>Gluténmentes kenyér</b> EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g; <b>Kígyóuborka</b> EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 1.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Margarin</b> 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;	<b>Padlizsánkrém (10;)</b> EN: 60.3 kcal; ZS: 6.1 g; TZS: 1.9 g; SZH: 1.0 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.4 g; CA: 0.0 mg; <b>Abonett</b> EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;