

	Hétfő 04.27	Kedd 04.28	Szerda 04.29	Csütörtök 04.30	Péntek 05.01
Tízórai	<p>Poharas tej (7;) 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;</p> <p>Petrezselymes margarin EN: 54.1 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p>teljeskiőrlésű kenyér (1;) EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; CA: 0.0 mg;</p>	<p>Poharas tej (7;) 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;</p> <p>Álomsonka 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;</p> <p>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; CA: 0.0 mg;</p> <p>teljeskiőrlésű kenyér (1;) EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; CA: 0.0 mg;</p> <p>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; CA: 0.0 mg;</p>	<p>Citromos tea 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;</p> <p>Házi babkrém EN: 80.5 kcal; ZS: 6.1 g; TZS: 1.9 g; SZH: 4.7 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g; CA: 0.0 mg;</p> <p>teljeskiőrlésű kenyér (1;) EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; CA: 0.0 mg;</p> <p>Paprika 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;</p>	<p>Poharas tej (7;) 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;</p> <p>Házi sertés húskrém EN: 96.9 kcal; ZS: 8.8 g; TZS: 4.0 g; SZH: 0.1 g; CK: 0.0 g; FH: 4.1 g; SÓ: 0.1 g; CA: 0.0 mg;</p> <p>teljeskiőrlésű kenyér (1;) EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; CA: 0.0 mg;</p> <p>Hónapos retek 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;</p>	
Ebéd	<p>Sertés raguleves (1;9;) EN: 111.0 kcal; ZS: 4.6 g; TZS: 1.0 g; SZH: 6.7 g; CK: 1.4 g; FH: 9.3 g; SÓ: 1.1 g; CA: 0.0 mg;</p> <p>Gránátos kocka (1;12;) EN: 221.1 kcal; ZS: 2.6 g; TZS: 0.3 g; SZH: 40.6 g; CK: 1.1 g; FH: 6.3 g; SÓ: 0.8 g; CA: 0.0 mg;</p> <p>Cékla saláta * (10;) EN: 20.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.0 g; CK: 2.4 g; FH: 0.9 g; SÓ: 0.5 g; CA: 0.0 mg;</p> <p>Alma 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;</p>	<p>Húsleves levestésztával (1;9;) EN: 88.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SZH: 13.3 g; CK: 2.2 g; FH: 5.6 g; SÓ: 0.6 g; CA: 0.0 mg;</p> <p>Fasírt golyó (1;) EN: 161.6 kcal; ZS: 9.1 g; TZS: 3.2 g; SZH: 10.3 g; CK: 0.1 g; FH: 9.3 g; SÓ: 0.9 g; CA: 0.0 mg;</p> <p>Paradicsomos káposzta (1;) EN: 156.6 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 24.4 g; CK: 10.5 g; FH: 4.4 g; SÓ: 0.3 g; CA: 0.0 mg;</p> <p>Kókuszgolyó (1;12;) EN: 200.5 kcal; ZS: 6.8 g; TZS: 4.4 g; SZH: 29.4 g; CK: 16.3 g; FH: 3.2 g; SÓ: 0.2 g; CA: 0.0 mg;</p>	<p>Meggye leves (1;) EN: 131.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 28.9 g; CK: 20.4 g; FH: 1.8 g; SÓ: 0.4 g; CA: 0.0 mg;</p> <p>Sült csirkemell 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;</p> <p>Rizs köret EN: 197.9 kcal; ZS: 2.9 g; TZS: 0.4 g; SZH: 38.8 g; CK: 0.0 g; FH: 4.7 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p>Csemege uborka * (10;12;) EN: 4.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.2 g; FH: 0.3 g; SÓ: 0.7 g; CA: 0.0 mg;</p> <p>körte 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;</p>	<p>Köménymag leves (1;) EN: 48.8 kcal; ZS: 4.2 g; TZS: 0.5 g; SZH: 2.3 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.9 g; CA: 0.0 mg;</p> <p>Rozmaringos sertésragu (1;) EN: 136.5 kcal; ZS: 8.3 g; TZS: 2.3 g; SZH: 1.8 g; CK: 0.0 g; FH: 12.8 g; SÓ: 0.3 g; CA: 0.0 mg;</p> <p>Párolt köles EN: 213.9 kcal; ZS: 4.9 g; TZS: 0.8 g; SZH: 36.0 g; CK: 3.0 g; FH: 5.5 g; SÓ: 0.6 g; CA: 0.0 mg;</p> <p>Mexikói párolt zöldség 1/2 EN: 73.8 kcal; ZS: 1.7 g; TZS: 0.1 g; SZH: 11.6 g; CK: 0.0 g; FH: 3.6 g; SÓ: 0.4 g; CA: 0.0 mg;</p> <p>Fahéjas rizskeksz 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; CA: 0.0 mg;</p> <p>Pirított kenyérkocka (1;) EN: 26.2 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.1 g; CK: 0.1 g; FH: 1.0 g; SÓ: 0.2 g;</p>	
Uzsonna	<p>Baromfi párizsi EN: 31.6 kcal; ZS: 2.4 g; TZS: 0.8 g; SZH: 0.5 g; CK: 0.1 g; FH: 2.1 g; SÓ: 0.4 g;</p> <p>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; CA: 0.0 mg;</p> <p>vizes zsemle (1;) 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;</p> <p>Kígyóuborka 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;</p>	<p>Pritaminos margarinkrém EN: 56.9 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.4 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p>vizes kifli (1;) 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;</p> <p>Kígyóuborka 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;</p>	<p>Prágai pulyka sonka 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;</p> <p>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; CA: 0.0 mg;</p> <p>vizes zsemle (1;) 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;</p>	<p>sült paprikakrém 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;</p> <p>teljeskiőrlésű kenyér (1;) EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; CA: 0.0 mg;</p>	