

	Hétfő 05.04	Kedd 05.05	Szerda 05.06	Csütörtök 05.07	Péntek 05.08
<b>Tízórai</b>	<p><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;</p> <p><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;</p> <p><b>teljeskiőrlésű kenyér (1;)</b> 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><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;</p>	<p><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;</p> <p><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;</p> <p><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;</p> <p><b>teljeskiőrlésű kenyér (1;)</b> 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><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;</p> <p><b>Magvas szárnyas májkrém</b> EN: 121.5 kcal; ZS: 11.1 g; TZS: 3.6 g; SZH: 2.0 g; CK: 0.0 g; FH: 3.1 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p><b>teljeskiőrlésű kenyér (1;)</b> 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><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; CA: 0.0 mg;</p>	<p><b>Gyümölcs tea</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;</p> <p><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;</p> <p><b>vizes zsemle (1;)</b> 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><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;</p> <p><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;</p> <p><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;</p> <p><b>teljeskiőrlésű kenyér (1;)</b> 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><b>Hónapos rettek</b> 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>
<b>Ebéd</b>	<p><b>Babgulyás leves sertés (1;9;)</b> EN: 173.3 kcal; ZS: 7.4 g; TZS: 1.2 g; SZH: 14.3 g; CK: 0.7 g; FH: 10.6 g; SÓ: 0.9 g; CA: 0.0 mg;</p> <p><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;</p> <p><b>Fahéj szórat</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;</p> <p><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;</p>	<p><b>Zöldségkrémleves (1;9;)</b> EN: 40.0 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 7.9 g; CK: 0.9 g; FH: 1.5 g; SÓ: 1.5 g; CA: 0.0 mg;</p> <p><b>Pírotított tökmag</b> EN: 81.2 kcal; ZS: 6.9 g; TZS: 1.3 g; SZH: 2.7 g; CK: 0.1 g; FH: 3.7 g; SÓ: 0.0 g;</p> <p><b>Mexikói sertésragu (1;)</b> EN: 120.7 kcal; ZS: 5.5 g; TZS: 1.1 g; SZH: 6.1 g; CK: 0.7 g; FH: 10.2 g; SÓ: 0.4 g; CA: 0.0 mg;</p> <p><b>Bulgur köret (1;)</b> EN: 211.2 kcal; ZS: 1.2 g; TZS: 0.0 g; SZH: 42.0 g; CK: 6.0 g; FH: 7.8 g; SÓ: 0.6 g; CA: 0.0 mg;</p> <p><b>Kakaós kölespuding</b> EN: 29.3 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 5.6 g; CK: 1.4 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg;</p>	<p><b>Kertész leves (9;)</b> EN: 96.3 kcal; ZS: 2.4 g; TZS: 0.3 g; SZH: 15.0 g; CK: 2.4 g; FH: 2.8 g; SÓ: 1.0 g; CA: 0.0 mg;</p> <p><b>Párolt sertészelet</b> EN: 98.2 kcal; ZS: 5.1 g; TZS: 1.3 g; SZH: 0.0 g; CK: 0.0 g; FH: 12.3 g; SÓ: 0.8 g; CA: 0.0 mg;</p> <p><b>Meggymártás (1;)</b> EN: 138.0 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 31.7 g; CK: 23.3 g; FH: 1.0 g; SÓ: 0.5 g; CA: 0.0 mg;</p> <p><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;</p>	<p><b>Reszelttészta leves (1;9;12;)</b> EN: 99.3 kcal; ZS: 5.7 g; TZS: 0.6 g; SZH: 9.9 g; CK: 1.2 g; FH: 1.8 g; SÓ: 0.8 g; CA: 0.0 mg;</p> <p><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;</p> <p><b>Zöldbabfőzelék (1;)</b> EN: 90.7 kcal; ZS: 2.7 g; TZS: 0.3 g; SZH: 12.2 g; CK: 3.1 g; FH: 3.4 g; SÓ: 0.4 g; CA: 0.0 mg;</p> <p><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;</p>	<p><b>Magyaros zellerleves (1;9;)</b> EN: 47.5 kcal; ZS: 1.5 g; TZS: 0.2 g; SZH: 6.9 g; CK: 1.2 g; FH: 1.4 g; SÓ: 1.0 g; CA: 0.0 mg;</p> <p><b>Halvagdalt (1;4;)</b> EN: 170.5 kcal; ZS: 3.5 g; TZS: 0.5 g; SZH: 23.5 g; CK: 0.5 g; FH: 6.9 g; SÓ: 1.3 g; CA: 0.0 mg;</p> <p><b>Burgonyapüré (12;)</b> EN: 187.6 kcal; ZS: 2.2 g; TZS: 0.5 g; SZH: 34.7 g; CK: 2.6 g; FH: 4.0 g; SÓ: 0.9 g; CA: 0.0 mg;</p> <p><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;</p>
<b>Uzsonna</b>	<p><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;</p> <p><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;</p> <p><b>vizes zsemle (1;)</b> 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><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;</p>	<p><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;</p> <p><b>vizes kifli (1;)</b> 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><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;</p>	<p><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;</p> <p><b>vizes kifli (1;)</b> 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><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;</p>	<p><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;</p> <p><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;</p> <p><b>teljeskiőrlésű kenyér (1;)</b> 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><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;</p>	<p><b>Padlizsánkrém (10;)</b> EN: 33.8 kcal; ZS: 3.1 g; TZS: 0.6 g; SZH: 1.0 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.4 g; CA: 0.0 mg;</p> <p><b>vizes kifli (1;)</b> 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>