

| | Hétfő 05.11 | Kedd 05.12 | Szerda 05.13 | Csütörtök 05.14 | Péntek 05.15 |
|----------------|---|---|--|--|--|
| Tízórai | <p>Erdei gyümölcs 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>Tavaszi felvágott EN: 55.4 kcal; ZS: 4.8 g; TZS: 2.0 g; SZH: 0.7 g; CK: 0.1 g; FH: 2.4 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>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>Kakaós rizsital EN: 118.0 kcal; ZS: 2.1 g; TZS: 0.4 g; SZH: 24.0 g; CK: 11.7 g; FH: 0.7 g; SÓ: 0.1 g; CA: 0.0 mg;</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>Rizs ital EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g; CA: 0.0 mg;</p> <p>Brokkolikrém EN: 57.4 kcal; ZS: 6.1 g; TZS: 2.8 g; SZH: 0.8 g; CK: 0.2 g; FH: 0.5 g; SÓ: 0.2 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> | <p>Erdei gyümölcs 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>Rizs ital EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g; CA: 0.0 mg;</p> <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>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> |
| 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>Káposztás kocka (1;) EN: 280.9 kcal; ZS: 3.7 g; TZS: 0.5 g; SZH: 52.4 g; CK: 6.1 g; FH: 8.8 g; SÓ: 1.2 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>Csontleves tésztával (1;9;) EN: 78.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.1 g; CK: 2.8 g; FH: 3.1 g; SÓ: 2.0 g; CA: 0.0 mg;</p> <p>Natúr csirkemell szelet EN: 110.2 kcal; ZS: 4.2 g; TZS: 1.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 17.0 g; SÓ: 0.5 g; CA: 0.0 mg;</p> <p>Paraj mártás (1;) EN: 74.5 kcal; ZS: 1.1 g; TZS: 0.2 g; SZH: 14.1 g; CK: 3.4 g; FH: 1.9 g; SÓ: 0.6 g; CA: 0.0 mg;</p> <p>Főtt burgonya 1/2 (12;) 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>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>Fahéjas szilvaleves (1;) EN: 86.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 18.8 g; CK: 12.7 g; FH: 1.1 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p>Csirkehúsos rizottó EN: 479.2 kcal; ZS: 9.3 g; TZS: 1.8 g; SZH: 76.8 g; CK: 0.3 g; FH: 22.3 g; SÓ: 1.9 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>Lebbencs leves Diéta (1;9;12;) EN: 121.8 kcal; ZS: 5.6 g; TZS: 1.1 g; SZH: 14.5 g; CK: 0.4 g; FH: 2.4 g; SÓ: 0.9 g; CA: 0.0 mg;</p> <p>Párolt sertésszelet 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>Finomfőzelék (1;) EN: 191.7 kcal; ZS: 6.0 g; TZS: 0.7 g; SZH: 29.2 g; CK: 4.8 g; FH: 4.6 g; SÓ: 1.0 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>Paradicsomleves (1;9;) EN: 135.2 kcal; ZS: 3.1 g; TZS: 0.4 g; SZH: 23.1 g; CK: 9.2 g; FH: 2.9 g; SÓ: 0.7 g; CA: 0.0 mg;</p> <p>Sült csirkecombfilé EN: 87.8 kcal; ZS: 3.8 g; TZS: 0.9 g; SZH: 0.3 g; CK: 0.0 g; FH: 12.5 g; SÓ: 1.6 g; CA: 0.0 mg;</p> <p>Bulgur köret (1;) EN: 188.5 kcal; ZS: 2.4 g; TZS: 0.2 g; SZH: 35.0 g; CK: 5.0 g; FH: 6.5 g; SÓ: 0.3 g; CA: 0.0 mg;</p> <p>Párolt zöldségköret 1/2 EN: 35.2 kcal; ZS: 1.7 g; TZS: 0.2 g; SZH: 2.4 g; CK: 1.5 g; FH: 1.6 g; SÓ: 0.5 g; CA: 0.0 mg;</p> |
| Uzsonna | <p>Sárgarépas margarin EN: 87.0 kcal; ZS: 9.0 g; TZS: 2.8 g; SZH: 1.2 g; CK: 0.0 g; FH: 0.2 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: 2.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.3 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 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>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>Rágórépa 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>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>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>Zala felvágott EN: 48.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.4 g; CK: 0.1 g; FH: 2.6 g; SÓ: 0.4 g; CA: 0.0 mg;</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 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>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> | <p>Céklás margarin EN: 84.0 kcal; ZS: 8.8 g; TZS: 4.4 g; SZH: 0.9 g; CK: 0.9 g; FH: 0.2 g; SÓ: 0.2 g;</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> |