

	Hétfő 04.27	Kedd 04.28	Szerda 04.29	Csütörtök 04.30	Péntek 05.01
<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>Petrezselymes margarin</b> 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><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>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>Álomsonka</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>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>Jégcsapretek</b> 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><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>Házi babkrém</b> 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><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>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 sertés húskrém</b> 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><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 retek</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>Ébéd</b>	<p><b>Sertés raguleves (1;9;)</b> 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><b>Gránátos kocka (1;12;)</b> 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><b>Cékla saláta * (10;)</b> 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><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>Húsleves levestésztával (1;9;)</b> 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><b>Fasírt golyó (1;)</b> 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><b>Paradicsomos káposzta (1;)</b> 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><b>Kókuszgolyó (1;12;)</b> 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><b>Meggye leves (1;)</b> 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><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>Rizs köret</b> 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><b>Csemege uborka * (10;12;)</b> 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><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>	<p><b>Köménymag leves (1;)</b> 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><b>Rozmaringos sertésragu (1;)</b> 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><b>Párolt köles</b> 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><b>Mexikói párolt zöldség 1/2</b> 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><b>Fahéjas 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; CA: 0.0 mg;</p> <p><b>Pirított kenyérkocka (1;)</b> 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>	
<b>Uzsonna</b>	<p><b>Baromfi párizsi</b> 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><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>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>Pritaminos margarinkrém</b> 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><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>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>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>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>	