

Hétfő
04.14Kedd
04.15Szerda
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Tízórai

Málna teaEN: 30.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.5 g;
CK: 7.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;**Kapros margarin**EN: 54.0 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;**Teljes kiőrlésű kenyér (1;)**EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g;
CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g;**Kakaós rizsital**EN: 144.5 kcal; ZS: 2.6 g; TZS: 0.5 g; SZH: 29.3 g;
CK: 13.6 g; FH: 0.9 g; SÓ: 0.2 g;**margarin**

EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;

Teljes kiőrlésű kenyér (1;)EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g;
CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g;**Erdei gyümölcs tea**EN: 28.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.0 g;
CK: 7.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;**magyaros margarinkrém**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;**Teljes kiőrlésű kenyér (1;)**EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g;
CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g;**Kigyóuborka**

EN: 2.4 kcal; ZS: 0.0 g; SZH: 0.3 g; FH: 0.2 g;

Citromos teaEN: 28.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.0 g;
CK: 7.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;**Brokkollikrém**EN: 57.4 kcal; ZS: 6.1 g; TZS: 2.8 g; SZH: 0.4 g;
CK: 0.2 g; FH: 0.5 g; SÓ: 0.2 g;**Teljes kiőrlésű kenyér (1;)**EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g;
CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g;

Ebéd

Csirkehúsos zöldborsóleves (12;)EN: 215.2 kcal; ZS: 7.0 g; TZS: 1.3 g; SZH: 19.3 g;
CK: 0.2 g; FH: 16.0 g; SÓ: 0.5 g; CA: 0.0 mg;**Tejben dara TM (1;)**EN: 275.8 kcal; ZS: 3.0 g; TZS: 0.5 g; SZH: 59.8 g;
CK: 31.8 g; FH: 2.0 g; SÓ: 0.2 g;**Fahéj szórát**EN: 120.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 29.5 g;
CK: 29.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;**alma**

EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g; FH: 0.4 g;

Citromos almaleves (1;)EN: 106.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 23.7 g;
CK: 9.4 g; FH: 1.0 g; SÓ: 0.0 g; CA: 0.0 mg;**Bácskai rizseshús (szárnyas)**EN: 396.4 kcal; ZS: 15.3 g; TZS: 3.6 g; SZH: 48.1 g;
CK: 0.0 g; FH: 16.2 g; SÓ: 1.2 g; CA: 0.0 mg;**Csalamádé (10;12;)**

EN: 9.0 kcal; ZS: 0.1 g; SZH: 1.2 g; CK: 1.0 g; FH: 0.4 g;

Zellerkrémleves (1;9;12;)EN: 47.9 kcal; ZS: 1.6 g; TZS: 0.2 g; SZH: 7.3 g;
CK: 0.6 g; FH: 1.0 g; SÓ: 0.9 g;**Parajos-csirkés tészta (1;)**EN: 328.0 kcal; ZS: 5.3 g; TZS: 1.3 g; SZH: 52.4 g;
CK: 3.9 g; FH: 16.9 g; SÓ: 0.8 g;**Zöldségleves (9;12;)**EN: 32.2 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 2.8 g;
CK: 0.0 g; FH: 0.3 g; SÓ: 0.9 g;**Szárnyas vagdalt**EN: 126.6 kcal; ZS: 2.4 g; TZS: 0.8 g; SZH: 16.6 g;
CK: 0.1 g; FH: 9.3 g; SÓ: 0.8 g; CA: 0.0 mg;**Fejtett babfőzelék (1;)**EN: 188.5 kcal; ZS: 5.1 g; TZS: 0.6 g; SZH: 24.9 g;
CK: 2.7 g; FH: 7.5 g; SÓ: 0.8 g; CA: 0.0 mg;

Uzsonna

Padlizsánkrém (10;)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;**vizes kifli (1;)**EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g;
CK: 0.9 g; FH: 4.4 g;**Paprika**

EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.1 g; FH: 0.8 g;

Pritaminos margarinkrémEN: 29.4 kcal; ZS: 2.2 g; TZS: 0.6 g; SZH: 1.7 g;
FH: 0.7 g; SÓ: 0.1 g;**vizes zsemle (1;)**EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g;
CK: 0.9 g; FH: 4.4 g;**Jégcsapretek**

EN: 4.5 kcal; ZS: 0.0 g; SZH: 0.7 g; FH: 0.4 g;

Prágai pulyka sonkaEN: 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;**margarin**

EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;

vizes kifli (1;)EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g;
CK: 0.9 g; FH: 4.4 g;**Tonhalkrém (4;10;)**EN: 105.3 kcal; ZS: 9.9 g; TZS: 3.1 g; SZH: 0.2 g;
CK: 0.0 g; FH: 3.9 g; SÓ: 0.2 g;**vizes zsemle (1;)**EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g;
CK: 0.9 g; FH: 4.4 g;**Jégcsapretek**

EN: 4.5 kcal; ZS: 0.0 g; SZH: 0.7 g; FH: 0.4 g;