

## Tízórai

**Málna tea**EN: 41.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 10.0 g;  
CK: 10.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;**Kapros margarin**EN: 108.0 kcal; ZS: 12.0 g; TZS: 3.8 g; SZH: 0.0 g;  
CK: 0.0 g; FH: 0.0 g; SÓ: 0.1 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: 185.8 kcal; ZS: 3.3 g; TZS: 0.6 g; SZH: 37.7 g;  
CK: 17.5 g; FH: 1.1 g; SÓ: 0.2 g;**margarin**

EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 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: 36.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g;  
CK: 9.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;**magyaros margarinkrém**EN: 216.0 kcal; ZS: 24.0 g; TZS: 7.6 g; SZH: 0.0 g;  
CK: 0.0 g; FH: 0.0 g; SÓ: 0.4 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: 3.6 kcal; ZS: 0.0 g; SZH: 0.5 g; FH: 0.3 g;

**Citromos tea**EN: 41.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 10.0 g;  
CK: 10.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;**Tavaszi felvágott**EN: 83.1 kcal; ZS: 7.2 g; TZS: 3.0 g; SZH: 1.0 g;  
CK: 0.2 g; FH: 3.6 g; SÓ: 0.7 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;**margarin**

EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g;

## Ebéd

**Sertéshúsos zöldborsóleves (1;12;)**EN: 185.4 kcal; ZS: 8.5 g; TZS: 1.6 g; SZH: 11.9 g;  
CK: 0.3 g; FH: 13.6 g; SÓ: 0.6 g; CA: 0.0 mg;**Tejben dara TM (1;)**EN: 367.7 kcal; ZS: 4.1 g; TZS: 0.7 g; SZH: 79.7 g;  
CK: 42.4 g; FH: 2.6 g; SÓ: 0.3 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: 142.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 31.7 g;  
CK: 12.5 g; FH: 1.3 g; SÓ: 0.0 g; CA: 0.0 mg;**Bácskai rizseshús**EN: 613.7 kcal; ZS: 29.3 g; TZS: 7.6 g; SZH: 64.1 g;  
CK: 0.0 g; FH: 24.0 g; SÓ: 1.3 g; CA: 0.0 mg;**Csalamádé (10;12;)**EN: 12.6 kcal; ZS: 0.1 g; SZH: 1.7 g; CK: 1.4 g; FH:  
0.6 g;**Zellerkrémleves (1;9;12;)**EN: 80.8 kcal; ZS: 2.4 g; TZS: 0.3 g; SZH: 13.1 g;  
CK: 1.4 g; FH: 1.7 g; SÓ: 1.3 g;**Parajos-csirkés tészta (1;)**EN: 432.9 kcal; ZS: 6.9 g; TZS: 1.7 g; SZH: 69.9 g;  
CK: 5.2 g; FH: 21.8 g; SÓ: 1.0 g;**Zöldségleves tésztával (1;9;)**EN: 89.6 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 13.2 g;  
CK: 2.8 g; FH: 2.6 g; SÓ: 1.2 g; CA: 0.0 mg;**Egyben sertésvagdalt**EN: 202.9 kcal; ZS: 4.5 g; TZS: 3.6 g; SZH: 27.8 g;  
CK: 0.2 g; FH: 12.3 g; SÓ: 1.1 g; CA: 0.0 mg;**Fejtett babfőzelék (1;)**EN: 248.1 kcal; ZS: 6.7 g; TZS: 0.8 g; SZH: 32.6 g;  
CK: 1.7 g; FH: 9.9 g; SÓ: 0.9 g; CA: 0.0 mg;

## Uzsonna

**Padlizsánkrém (10;)**EN: 66.6 kcal; ZS: 6.2 g; TZS: 1.9 g; SZH: 2.0 g;  
CK: 0.1 g; FH: 0.6 g; SÓ: 0.9 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;

**Sonkakrém**EN: 99.5 kcal; ZS: 8.7 g; TZS: 3.0 g; SZH: 1.1 g;  
CK: 0.6 g; FH: 4.2 g; SÓ: 0.8 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: 6.0 kcal; ZS: 0.0 g; SZH: 0.9 g; FH: 0.5 g;

**Olasz felvágott**EN: 70.8 kcal; ZS: 6.0 g; TZS: 2.3 g; SZH: 0.6 g;  
CK: 0.0 g; FH: 3.6 g; SÓ: 0.7 g;**margarin**

EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 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: 138.0 kcal; ZS: 13.1 g; TZS: 4.1 g; SZH: 0.3 g;  
CK: 0.1 g; FH: 4.7 g; SÓ: 0.3 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: 6.0 kcal; ZS: 0.0 g; SZH: 0.9 g; FH: 0.5 g;