

|         | Hétfő<br>06.16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Kedd<br>06.17                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Szerda<br>06.18                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Csütörtök<br>06.19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Péntek<br>06.20                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Szombat<br>06.21                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Vasárnap<br>06.22                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| Reggeli | <b>Erdei gyümölcs tea * (12;)</b><br>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g;<br>SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ:<br>0.0 g; CA: 0.0 mg;<br><b>Prágai pulyka sonka</b><br><br>EN: 41.7 kcal; ZS: 0.6 g; TZS: 0.2 g;<br>SZH: 1.7 g; CK: 0.3 g; FH: 7.5 g; SÓ:<br>1.3 g;<br><b>margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g;<br><br><b>Félbarna kenyér 7dkg (1;)</b><br>EN: 186.0 kcal; ZS: 1.0 g; TZS: 0.1 g;<br>SZH: 36.2 g; CK: 0.7 g; FH: 6.6 g; SÓ:<br>0.0 g;<br><b>Paprika</b><br>EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.1 g;<br>FH: 0.8 g;                 | <b>Kakaó *</b><br>EN: 68.5 kcal; ZS: 1.5 g; TZS: 0.3 g;<br>SZH: 13.1 g; CK: 4.8 g; FH: 0.6 g; SÓ:<br>0.1 g;<br><b>Zöldfűszeres tofukrém (6;)</b><br><br>EN: 69.4 kcal; ZS: 4.0 g; TZS: 0.7 g;<br>SZH: 0.4 g; CK: 0.2 g; FH: 7.5 g; SÓ:<br>1.2 g; CA: 0.0 mg;<br><b>Korpás zsemle (1;)</b><br>EN: 155.1 kcal; ZS: 0.9 g; TZS: 0.0 g;<br>SZH: 29.6 g; CK: 1.1 g; FH: 5.2 g; SÓ:<br>0.6 g;<br><b>Hónapos retek</b><br>EN: 1.5 kcal; ZS: 0.0 g; SZH: 0.2 g;<br>FH: 0.1 g; | <b>Limonádé diab. *</b><br>EN: 3.2 kcal; SZH: 0.3 g; CK: 0.2 g;<br>FH: 0.0 g; SÓ: 0.0 g;<br><b>Sárgarépás tojásfehérjekrém (3;)</b><br><br>EN: 168.1 kcal; ZS: 17.3 g; TZS: 5.4 g;<br>SZH: 0.3 g; CK: 0.1 g; FH: 2.8 g;<br>SÓ: 0.1 g;<br><b>Félbarna kenyér 7dkg (1;)</b><br>EN: 186.0 kcal; ZS: 1.0 g; TZS: 0.1 g;<br>SZH: 36.2 g; CK: 0.7 g; FH: 6.6 g; SÓ:<br>0.0 g;<br><b>Paprika</b><br>EN: 12.0 kcal; ZS: 0.0 g; SZH: 1.9 g;<br>FH: 0.6 g;                                                 | <b>Rizs ital</b><br>EN: 65.0 kcal; ZS: 1.3 g; TZS: 0.2 g;<br>SZH: 13.0 g; CK: 4.8 g; FH: 0.4 g; SÓ:<br>0.1 g;<br><b>Szardíniakrém (4;7;)</b><br><br>EN: 77.5 kcal; ZS: 7.3 g; TZS: 4.7 g;<br>SZH: 1.3 g; CK: 0.5 g; FH: 1.7 g; SÓ:<br>0.2 g; CA: 10.0 mg;<br><b>Teljeskiőrlésű zsemle (1;6;)</b><br>EN: 139.7 kcal; ZS: 0.9 g; TZS: 0.1 g;<br>SZH: 28.4 g; CK: 0.6 g; FH: 5.4 g; SÓ:<br>0.7 g;<br><b>Kígyóborka</b><br>EN: 4.8 kcal; ZS: 0.0 g; SZH: 0.7 g;<br>FH: 0.4 g;                           | <b>Csipkebogyó tea *</b><br>EN: 0.4 kcal; ZS: 0.0 g; TZS: 0.0 g;<br>SZH: 0.0 g; CK: 0.5 g; FH: 0.0 g; SÓ:<br>0.5 g; CA: 0.0 mg;<br><b>Májusi csemege (6;)</b><br><br>EN: 115.0 kcal; ZS: 10.0 g; TZS: 5.0 g;<br>SZH: 0.8 g; CK: 0.3 g; FH: 5.5 g;<br>SÓ: 1.2 g;<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN: 185.0 kcal; ZS: 0.8 g; TZS: 0.1 g;<br>SZH: 36.2 g; CK: 0.6 g; FH: 6.8 g; SÓ:<br>0.0 g;<br><b>Paradicsom</b><br>EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.0 g;<br>FH: 1.0 g;<br><br><b>margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; | <b>Citromos tea *</b><br>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g;<br>SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ:<br>0.0 g; CA: 0.0 mg;<br><b>Főtt virsli</b><br><br>EN: 238.5 kcal; ZS: 20.6 g; TZS: 6.3 g;<br>SZH: 2.4 g; CK: 0.3 g; FH: 10.7 g;<br>SÓ: 2.0 g;<br><b>Félbarna kenyér 7dkg (1;)</b><br>EN: 186.0 kcal; ZS: 1.0 g; TZS: 0.1 g;<br>SZH: 36.2 g; CK: 0.7 g; FH: 6.6 g; SÓ:<br>0.0 g;<br><b>Hamis majonéz * (7;)</b><br>EN: 27.9 kcal; ZS: 2.4 g; TZS: 1.6 g;<br>SZH: 0.7 g; CK: 0.7 g; FH: 0.6 g; SÓ:<br>0.8 g; CA: 24.0 mg; | <b>Mandula ital (8;)</b><br>EN: 26.0 kcal; ZS: 2.2 g; TZS: 0.2 g;<br>SZH: 0.2 g; FH: 0.8 g; SÓ: 0.3 g;<br><br><b>Zala felvágott</b><br><br>EN: 120.0 kcal; ZS: 10.0 g; TZS: 4.0 g;<br>SZH: 1.1 g; CK: 0.3 g; FH: 6.5 g;<br>SÓ: 1.1 g;<br><b>margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g;<br><br><b>teljeskiőrlésű kenyér (1;)</b><br>EN: 211.4 kcal; ZS: 0.9 g; TZS: 0.1 g;<br>SZH: 41.4 g; CK: 0.7 g; FH: 7.8 g; SÓ:<br>0.0 g; |
| Tízórai | <b>Nektarin</b><br><br>EN: 49.0 kcal; SZH: 11.4 g; FH: 0.4 g;<br><br><b>Korpovit 3 db (1;12;)</b><br><br>EN: 64.8 kcal; ZS: 1.9 g; TZS: 0.8 g;<br>SZH: 10.0 g; CK: 0.6 g; FH: 1.5 g; SÓ:<br>0.2 g;                                                                                                                                                                                                                                                                                                                                                                | <b>Házi zöldségkrém</b><br><br>EN: 35.2 kcal; ZS: 1.6 g; TZS: 0.5 g;<br>SZH: 3.4 g; CK: 1.1 g; FH: 0.8 g; SÓ:<br>0.4 g;<br><b>teljeskiőrlésű kenyér (1;)</b><br><br>EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g;<br>SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ:<br>0.0 g;                                                                                                                                                                                                         | <b>Őszibarack</b><br><br>EN: 41.0 kcal; ZS: 0.1 g; SZH: 9.0 g;<br>CK: 9.0 g; FH: 0.7 g;<br><br><b>Detki cukorstop keksz (1;6;12;)</b><br>EN: 70.0 kcal; ZS: 1.7 g; TZS: 0.7 g;<br>SZH: 11.1 g; CK: 0.3 g; FH: 2.0 g; SÓ:<br>0.1 g;                                                                                                                                                                                                                                                               | <b>Gyümölcs saláta</b><br><br>EN: 86.6 kcal; ZS: 0.2 g; SZH: 19.7 g;<br>CK: 4.2 g; FH: 0.8 g;<br><br><b>Detki cukorstop keksz (1;6;12;)</b><br>EN: 70.0 kcal; ZS: 1.7 g; TZS: 0.7 g;<br>SZH: 11.1 g; CK: 0.3 g; FH: 2.0 g; SÓ:<br>0.1 g;                                                                                                                                                                                                                                                            | <b>alma</b><br><br>EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g;<br>FH: 0.4 g;<br><br><b>Detki cukorstop keksz (1;6;12;)</b><br>EN: 70.0 kcal; ZS: 1.7 g; TZS: 0.7 g;<br>SZH: 11.1 g; CK: 0.3 g; FH: 2.0 g; SÓ:<br>0.1 g;                                                                                                                                                                                                                                                                                                                              | <b>meggy</b><br><br>EN: 41.6 kcal; ZS: 1.1 g; SZH: 8.8 g;<br>FH: 0.6 g; SÓ: 0.0 g; CA: 24.8 mg;<br><br><b>Korpovit 3 db (1;12;)</b><br><br>EN: 64.8 kcal; ZS: 1.9 g; TZS: 0.8 g;<br>SZH: 10.0 g; CK: 0.6 g; FH: 1.5 g; SÓ:<br>0.2 g;                                                                                                                                                                                                                                                                                            | <b>Házi barackjoghurt zabkorpával (1;7;)</b><br>EN: 146.9 kcal; ZS: 5.2 g; TZS: 2.9 g;<br>SZH: 18.7 g; CK: 10.1 g; FH: 6.1 g;<br>SÓ: 0.1 g; CA: 144.0 mg;                                                                                                                                                                                                                                                                                |
| Ebéd    | <b>Zöldbabpüréleves (1;)</b><br><br>EN: 133.0 kcal; ZS: 8.0 g; TZS: 0.9 g;<br>SZH: 13.7 g; CK: 2.9 g; FH: 3.4 g; SÓ:<br>1.7 g;<br><b>Húsgombóc (3;)</b><br><br>EN: 244.0 kcal; ZS: 7.8 g; TZS: 6.1 g;<br>SZH: 21.7 g; CK: 0.0 g; FH: 21.1 g;<br>SÓ: 1.5 g;<br><b>Zeller mártás * (1;9;)</b><br>EN: 77.8 kcal; ZS: 0.6 g; TZS: 0.1 g;<br>SZH: 14.1 g; CK: 2.0 g; FH: 2.4 g; SÓ:<br>2.1 g;<br><b>Főtt burgonya (12;)</b><br>EN: 56.4 kcal; ZS: 0.1 g; SZH: 11.0 g;<br>FH: 1.5 g; SÓ: 0.1 g;<br><b>körte</b><br>EN: 52.0 kcal; SZH: 12.0 g; CK: 1.5 g;<br>FH: 0.4 g; | <b>Tárkonyos csirkeragu leves (7;)</b><br><br>EN: 198.5 kcal; ZS: 6.8 g; TZS: 3.3 g;<br>SZH: 10.6 g; CK: 1.1 g; FH: 20.4 g;<br>SÓ: 0.7 g; CA: 36.0 mg;<br><b>Gyümölcsös-zabos tejberizs kókusz itallal * (1;)</b><br>EN: 322.9 kcal; ZS: 7.1 g; TZS: 4.5 g;<br>SZH: 55.9 g; CK: 2.4 g; FH: 8.0 g; SÓ:<br>0.6 g;                                                                                                                                                       | <b>Sütdők krémleves (1;12;)</b><br><br>EN: 159.5 kcal; ZS: 10.1 g; TZS: 0.8 g;<br>SZH: 21.1 g; CK: 7.4 g; FH: 2.0 g;<br>SÓ: 0.5 g; CA: 0.0 mg;<br><b>Sült csirkecomb filé</b><br><br>EN: 165.4 kcal; ZS: 8.1 g; TZS: 1.9 g;<br>SZH: 0.1 g; CK: 0.0 g; FH: 21.5 g; SÓ:<br>1.5 g; CA: 0.0 mg;<br><b>Petrezselymes burgonya (12;)</b><br>EN: 258.5 kcal; ZS: 3.1 g; TZS: 0.3 g;<br>SZH: 46.0 g; FH: 6.3 g; SÓ: 0.7 g;<br><br><b>Jégsaláta</b><br>EN: 6.8 kcal; ZS: 0.1 g; SZH: 0.8 g;<br>FH: 0.6 g; | <b>Pirított tészta leves (1;9;12;)</b><br><br>EN: 172.3 kcal; ZS: 7.9 g; TZS: 0.9 g;<br>SZH: 21.1 g; CK: 0.7 g; FH: 3.4 g; SÓ:<br>1.7 g; CA: 0.0 mg;<br><b>Zöldfűszeres csirkefalatok (9;)</b><br><br>EN: 176.3 kcal; ZS: 5.4 g; TZS: 1.9 g;<br>SZH: 2.6 g; CK: 0.0 g; FH: 27.2 g; SÓ:<br>1.9 g; CA: 0.0 mg;<br><b>Parajfőzelék (1;)</b><br>EN: 163.2 kcal; ZS: 2.6 g; TZS: 0.5 g;<br>SZH: 31.1 g; CK: 8.7 g; FH: 3.5 g; SÓ:<br>1.2 g;<br><b>Nektarin</b><br>EN: 49.0 kcal; SZH: 11.4 g; FH: 0.4 g; | <b>Zöldségkrémleves (1;7;12;)</b><br><br>EN: 82.6 kcal; ZS: 2.8 g; TZS: 2.0 g;<br>SZH: 11.3 g; CK: 0.7 g; FH: 2.8 g; SÓ:<br>2.7 g; CA: 0.0 mg;<br><b>Carbonara ragu</b><br><br>EN: 258.0 kcal; ZS: 15.9 g; TZS: 2.4 g;<br>SZH: 21.2 g; CK: 1.4 g; FH: 7.0 g;<br>SÓ: 1.9 g;<br><b>Tészta köret (1;)</b><br>EN: 200.4 kcal; ZS: 3.4 g; TZS: 0.5 g;<br>SZH: 36.0 g; CK: 1.8 g; FH: 6.1 g; SÓ:<br>1.4 g;                                                                                                                                           | <b>Citromos almaleves * (1;7;)</b><br><br>EN: 147.4 kcal; ZS: 5.1 g; TZS: 3.2 g;<br>SZH: 21.0 g; CK: 1.6 g; FH: 2.3 g; SÓ:<br>0.2 g; CA: 49.5 mg;<br><b>Zöldséges rizseshús diab</b><br><br>EN: 438.5 kcal; ZS: 18.3 g; TZS: 3.3 g;<br>SZH: 42.2 g; CK: 1.2 g; FH: 25.1 g;<br>SÓ: 2.3 g; CA: 0.0 mg;<br><b>Cékla saláta * (10;)</b><br>EN: 32.0 kcal; ZS: 0.2 g; SZH: 8.0 g;<br>FH: 1.4 g; SÓ: 0.8 g;                                                                                                                           | <b>Vajgaluska leves (1;3;9;12;)</b><br>EN: 292.9 kcal; ZS: 15.1 g; TZS: 4.9 g;<br>SZH: 20.7 g; CK: 0.0 g; FH: 17.3 g;<br>SÓ: 2.3 g; CA: 0.0 mg;<br><b>Rakott paszternák</b><br><br>EN: 356.5 kcal; ZS: 15.3 g; TZS: 5.2 g;<br>SZH: 36.4 g; CK: 2.3 g; FH: 20.5 g;<br>SÓ: 0.5 g; CA: 0.0 mg;<br><b>Cseresznye</b><br>EN: 61.0 kcal; SZH: 14.0 g; CK: 14.0 g;<br>FH: 0.8 g; SÓ: 0.0 g;                                                     |

| GasztViTál | Hétfő<br>06.16                                                                                                                                                                                                                                                                                                                                                                                                    | Kedd<br>06.17                                                                                                                                                                                                                                                             | Szerda<br>06.18                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Csütörtök<br>06.19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Péntek<br>06.20                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Szombat<br>06.21                                                                                                                                                                                                                                                                                                                                                                                                | Vasárnap<br>06.22                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| Uzsonna    | Natúr joghurt (7;)<br><br>EN: 91.5 kcal; ZS: 5.3 g; TZS: 3.4 g;<br>SZH: 5.7 g; CK: 5.7 g; FH: 4.9 g; SÓ:<br>0.1 g; CA: 180.0 mg;<br><br>teljeskiőrlésű kenyér (1;)<br><br>EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g;<br>SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ:<br>0.0 g;                                                                                                                                               | alma<br><br>EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g;<br>FH: 0.4 g;<br><br>Detki cukorstop keksz kakaós<br>(1;6;12;)<br><br>EN: 82.4 kcal; ZS: 2.0 g; TZS: 0.8 g;<br>SZH: 13.0 g; CK: 0.3 g; FH: 2.4 g; SÓ:<br>0.2 g;                                                         | Meggyes zabkása joghurttal *<br>(1;7;)<br><br>EN: 143.6 kcal; ZS: 3.1 g; TZS: 1.0 g;<br>SZH: 22.5 g; CK: 4.7 g; FH: 5.1 g; SÓ:<br>0.8 g; CA: 34.0 mg;                                                                                                                                                                                                                                                                                                                                                                                               | Padlizsánkrém fűszerszegény<br>(1;7;)<br><br>EN: 60.4 kcal; ZS: 6.1 g; TZS: 1.9 g;<br>SZH: 0.9 g; FH: 0.4 g; SÓ: 0.9 g;<br><br>teljeskiőrlésű kenyér (1;)<br><br>EN: 105.7 kcal; ZS: 0.5 g; TZS: 0.0 g;<br>SZH: 20.7 g; CK: 0.4 g; FH: 3.9 g; SÓ:<br>0.0 g;                                                                                                                                                                                                                                                                                  | Kefír (7;)<br><br>EN: 91.5 kcal; ZS: 5.3 g; TZS: 3.4 g;<br>SZH: 5.7 g; CK: 5.7 g; FH: 4.9 g; SÓ:<br>0.1 g; CA: 180.0 mg;<br><br>teljeskiőrlésű kenyér (1;)<br><br>EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g;<br>SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ:<br>0.0 g;                                                                                                                                                                                                                                      | Vaníliapuding *<br><br>EN: 107.8 kcal; ZS: 2.0 g; TZS: 0.3 g;<br>SZH: 22.1 g; CK: 7.2 g; FH: 0.6 g; SÓ:<br>0.1 g;                                                                                                                                                                                                                                                                                               | alma<br><br>EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g;<br>FH: 0.4 g;<br><br>Detki cukorstop keksz<br>(1;6;12;)<br><br>EN: 70.0 kcal; ZS: 1.7 g; TZS: 0.7 g;<br>SZH: 11.1 g; CK: 0.3 g; FH: 2.0 g; SÓ:<br>0.1 g;                                                                                                                                                                                                                                                                                                    |
| Vacsora    | Bazsalikomós túrókrém (7;)<br><br>EN: 78.3 kcal; ZS: 4.6 g; TZS: 3.0 g;<br>SZH: 2.0 g; CK: 1.9 g; FH: 6.9 g; SÓ:<br>1.3 g; CA: 50.0 mg;<br><br>Teljeskiőrlésű kifli (1;)<br><br>EN: 253.0 kcal; ZS: 1.7 g; TZS: 0.5 g;<br>SZH: 47.7 g; CK: 0.2 g; FH: 8.3 g; SÓ:<br>1.1 g;<br><br>Hideg citromos tea *<br><br>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g;<br>SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ:<br>0.0 g; CA: 0.0 mg; | Töltött tök (3;)<br><br>EN: 334.0 kcal; ZS: 7.5 g; TZS: 1.6 g;<br>SZH: 47.1 g; CK: 0.0 g; FH: 19.0 g;<br>SÓ: 1.1 g; CA: 0.0 mg;<br><br>Hideg málna tea * (12;)<br><br>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g;<br>SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ:<br>0.0 g; CA: 0.0 mg; | Marha párizsi<br><br>EN: 119.5 kcal; ZS: 10.5 g; TZS: 4.2<br>g; SZH: 0.7 g; CK: 0.3 g; FH: 5.5 g;<br>SÓ: 1.0 g;<br><br>margarin<br><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g;<br><br>teljeskiőrlésű kenyér (1;)<br><br>EN: 237.9 kcal; ZS: 1.0 g; TZS: 0.1 g;<br>SZH: 46.5 g; CK: 0.8 g; FH: 8.8 g; SÓ:<br>0.0 g;<br><br>Paradicsom<br><br>EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.0 g;<br>FH: 1.0 g;<br><br>Hideg erdei gyümölcs tea *<br>(12;)<br><br>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g;<br>SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ:<br>0.0 g; CA: 0.0 mg; | Reszelt csirkemáj D (1;)<br><br>EN: 241.2 kcal; ZS: 8.1 g; TZS: 2.6 g;<br>SZH: 12.1 g; CK: 0.0 g; FH: 29.3 g;<br>SÓ: 1.2 g; CA: 0.0 mg;<br><br>Félbarna kenyér 7dkg (1;)<br><br>EN: 186.0 kcal; ZS: 1.0 g; TZS: 0.1 g;<br>SZH: 36.2 g; CK: 0.7 g; FH: 6.6 g; SÓ:<br>0.0 g;<br><br>Almás sárgarépasaláta *<br><br>EN: 23.1 kcal; ZS: 0.1 g; TZS: 0.1 g;<br>SZH: 4.8 g; CK: 1.9 g; FH: 0.5 g; SÓ:<br>0.0 g;<br><br>Zöld tea * (12;)<br><br>EN: 0.3 kcal; ZS: 0.0 g; TZS: 0.0 g;<br>SZH: 0.0 g; CK: 0.4 g; FH: 0.0 g; SÓ:<br>0.4 g; CA: 0.0 mg; | Rozmaringos tofukrém (6;)<br><br>EN: 73.2 kcal; ZS: 3.9 g; TZS: 0.6 g;<br>SZH: 3.8 g; CK: 0.7 g; FH: 5.5 g; SÓ:<br>0.0 g; CA: 0.0 mg;<br><br>teljeskiőrlésű kenyér (1;)<br><br>EN: 237.9 kcal; ZS: 1.0 g; TZS: 0.1 g;<br>SZH: 46.5 g; CK: 0.8 g; FH: 8.8 g; SÓ:<br>0.0 g;<br><br>Hideg málna tea * (12;)<br><br>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g;<br>SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ:<br>0.0 g; CA: 0.0 mg;<br><br>Kígyóborka<br><br>EN: 12.0 kcal; ZS: 0.1 g; SZH: 1.7 g;<br>FH: 1.0 g; | Sertés vagdalt (1;3;6;)<br><br>EN: 244.0 kcal; ZS: 9.9 g; TZS: 6.4 g;<br>SZH: 15.7 g; CK: 0.9 g; FH: 21.6 g;<br>SÓ: 1.7 g; CA: 0.0 mg;<br><br>Sárgarépa főzelék<br><br>EN: 332.0 kcal; ZS: 19.4 g; TZS: 2.2<br>g; SZH: 35.5 g; CK: 3.1 g; FH: 3.2 g;<br>SÓ: 1.4 g; CA: 0.0 mg;<br><br>Citromos tea *<br><br>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g;<br>SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ:<br>0.0 g; CA: 0.0 mg; | Zöldséges sonkakrém (7;)<br><br>EN: 139.6 kcal; ZS: 11.2 g; TZS: 6.7<br>g; SZH: 2.9 g; CK: 1.9 g; FH: 6.8 g;<br>SÓ: 1.3 g; CA: 22.5 mg;<br><br>teljeskiőrlésű kenyér (1;)<br><br>EN: 237.9 kcal; ZS: 1.0 g; TZS: 0.1 g;<br>SZH: 46.5 g; CK: 0.8 g; FH: 8.8 g; SÓ:<br>0.0 g;<br><br>Kápia paprika<br><br>EN: 12.0 kcal; ZS: 0.0 g; SZH: 1.9 g;<br>CK: 1.0 g; FH: 0.6 g;<br><br>Hideg citromos tea *<br><br>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g;<br>SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ:<br>0.0 g; CA: 0.0 mg; |

Az étlap változtatásának jogát fenntartjuk. Módosítást kizárólag a minőség legmagasabb biztosítása érdekében eszközölünk. Tápanyagtartalom jelölés magyarázata: EN(energia: kcal/adag); ZS(zsír: g/adag); TZS(telített zsírsav: g/adag); SZH(szénhidrát: g/adag); CK(cukor: g/adag); FH(fehérje: g/adag); SÓ(só: g/adag); CA(kalcium: mg/adag). Allergének: 1-Glutén; 2-Rákfélék; 3-Tojás; 4-Halak; 5-Földimogyoró; 6-Szójabab; 7-Tej, laktóz; 8-Diófélék (mandula, mogyoró, diófélék, pisztácia); 9-Zeller; 10-Mustár; 11-Szezám; 12-Kén-dioxid, szulfitok; 13-Csillagfűrt; 14-Puhatestűek. \* - édesítőszer tartalmaz.