

	Hétfő 06.16	Kedd 06.17	Szerda 06.18	Csütörtök 06.19	Péntek 06.20
<b>Tízórai</b>	<b>Citromos tea</b> 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; <b>Natúr sajtkrém (7;)</b> EN: 57.2 kcal; ZS: 4.8 g; TZS: 3.1 g; SZH: 2.0 g; CK: 2.0 g; FH: 1.5 g; SÓ: 0.6 g; CA: 206.8 mg; <b>Gluténmentes kenyér</b> EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; <b>Paprika</b> EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.1 g; FH: 0.8 g;	<b>Málna tea</b> EN: 51.3 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 12.5 g; CK: 12.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Brokkolikrém</b> EN: 115.1 kcal; ZS: 12.1 g; TZS: 5.6 g; SZH: 0.9 g; CK: 0.4 g; FH: 1.0 g; SÓ: 0.4 g; <b>Gluténmentes kenyér</b> EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;	<b>Tej 2dl (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; <b>lekvár</b> EN: 66.0 kcal; ZS: 0.1 g; SZH: 16.0 g; CK: 15.8 g; FH: 0.1 g; SÓ: 0.0 g; <b>margarin</b> EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; <b>Gluténmentes kenyér</b> EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;	<b>Erdei gyümölcs tea</b> 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; <b>Tonhalkrém (4;10;)</b> EN: 195.1 kcal; ZS: 19.2 g; TZS: 6.0 g; SZH: 0.3 g; CK: 0.1 g; FH: 5.3 g; SÓ: 0.3 g; <b>Gluténmentes kenyér</b> EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;	<b>Limonádé</b> EN: 27.3 kcal; SZH: 6.1 g; CK: 5.2 g; FH: 0.1 g; <b>Gépsonka</b> EN: 46.8 kcal; ZS: 1.8 g; TZS: 0.7 g; SZH: 1.3 g; CK: 0.1 g; FH: 6.4 g; SÓ: 1.0 g; <b>margarin</b> EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; <b>Gluténmentes kenyér</b> EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; <b>Kígyóuborka</b> EN: 12.0 kcal; ZS: 0.1 g; SZH: 1.7 g; FH: 1.0 g;
<b>Ebéd</b>	<b>Csirkehúsos zöldborsóleves (12;)</b> EN: 339.1 kcal; ZS: 10.9 g; TZS: 2.1 g; SZH: 30.4 g; CK: 0.3 g; FH: 25.2 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Gyümölcsrizs (7;)</b> EN: 422.4 kcal; ZS: 5.4 g; TZS: 3.2 g; SZH: 79.3 g; CK: 23.6 g; FH: 14.9 g; SÓ: 1.0 g; CA: 300.0 mg;	<b>Csontleves tésztával (9;)</b> EN: 108.1 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 21.6 g; CK: 3.7 g; FH: 3.1 g; SÓ: 3.1 g; CA: 0.0 mg; <b>Egyben sertésvagdalt (3;)</b> EN: 142.7 kcal; ZS: 4.8 g; TZS: 3.7 g; SZH: 12.2 g; CK: 0.1 g; FH: 12.2 g; SÓ: 1.1 g; CA: 0.0 mg; <b>Paradicsomos káposzta</b> EN: 280.8 kcal; ZS: 6.1 g; TZS: 0.6 g; SZH: 50.0 g; CK: 22.6 g; FH: 5.5 g; SÓ: 1.1 g; <b>alma</b> EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g; FH: 0.4 g;	<b>Zöldséges fejtettbaleves (12;)</b> EN: 159.4 kcal; ZS: 3.3 g; TZS: 0.3 g; SZH: 23.0 g; CK: 4.6 g; FH: 6.4 g; SÓ: 1.1 g; CA: 0.0 mg; <b>Fokhagymás csirkeragu</b> EN: 237.2 kcal; ZS: 16.4 g; TZS: 4.9 g; SZH: 2.8 g; CK: 0.0 g; FH: 18.0 g; SÓ: 0.9 g; <b>Sárgarépas rizs</b> EN: 452.3 kcal; ZS: 10.6 g; TZS: 1.2 g; SZH: 80.5 g; FH: 9.7 g; SÓ: 1.1 g;	<b>Magyaros burgonyaleves (12;)</b> EN: 148.1 kcal; ZS: 1.6 g; TZS: 0.1 g; SZH: 28.4 g; CK: 1.6 g; FH: 3.4 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Főtt virsli</b> EN: 238.5 kcal; ZS: 20.6 g; TZS: 6.3 g; SZH: 2.4 g; CK: 0.3 g; FH: 10.7 g; SÓ: 2.0 g; <b>Parajfőzelék</b> EN: 171.2 kcal; ZS: 2.5 g; TZS: 0.5 g; SZH: 34.2 g; CK: 9.3 g; FH: 2.8 g; SÓ: 1.1 g;	<b>Hagymakrémleves (7;)</b> EN: 127.2 kcal; ZS: 9.1 g; TZS: 2.0 g; SZH: 8.8 g; CK: 1.4 g; FH: 2.3 g; SÓ: 1.0 g; CA: 42.2 mg; <b>Bolognai spagetti (sertés)</b> EN: 520.3 kcal; ZS: 8.1 g; TZS: 6.1 g; SZH: 85.4 g; CK: 3.4 g; FH: 25.2 g; SÓ: 1.2 g; CA: 0.0 mg;
<b>Uzsonna</b>	<b>Csirkemell sonka</b> EN: 36.0 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 2.0 g; CK: 0.2 g; FH: 6.4 g; SÓ: 1.1 g; <b>margarin</b> EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; <b>Abonett</b> EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;	<b>Kockasajt, natúr (7;)</b> EN: 141.0 kcal; ZS: 11.1 g; TZS: 7.5 g; SZH: 3.6 g; CK: 2.8 g; FH: 6.6 g; SÓ: 1.0 g; CA: 345.0 mg; <b>Gluténmentes kenyér</b> EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;	<b>Zala felvágott</b> EN: 96.0 kcal; ZS: 8.0 g; TZS: 3.2 g; SZH: 0.8 g; CK: 0.2 g; FH: 5.2 g; SÓ: 0.9 g; <b>margarin</b> EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; <b>Abonett</b> EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g; <b>Paprika</b> EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.1 g; FH: 0.8 g;	<b>Körözött (7;)</b> EN: 67.5 kcal; ZS: 4.5 g; TZS: 2.8 g; SZH: 1.1 g; CK: 0.9 g; FH: 5.0 g; SÓ: 0.1 g; CA: 40.0 mg; <b>Gluténmentes kenyér</b> EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; <b>Jégcsapretek</b> EN: 7.5 kcal; ZS: 0.1 g; SZH: 1.1 g; FH: 0.6 g;	<b>sült paprikakrém</b> EN: 168.0 kcal; ZS: 18.0 g; TZS: 5.7 g; SZH: 0.9 g; CK: 0.1 g; FH: 0.3 g; SÓ: 0.1 g; <b>Puffasztott rizs (ripsz-ropsz)</b> EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g; CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g;