

|         | Hétfő<br>06.16                                                                                                                                                                                                                                                                                                                                                                                                                                      | Kedd<br>06.17                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Szerda<br>06.18                                                                                                                                                                                                                                                                                                                                                                             | Csütörtök<br>06.19                                                                                                                                                                                                                                                                                                                                                 | Péntek<br>06.20                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| Tízórai | <b>Erdei gyümölcs tea (12;)</b><br>EN: 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;<br><b>Bazsalikomos margarin</b><br>EN: 55.3 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g;<br><b>Gluténmentes kenyér</b><br>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;<br><b>Paprika</b><br>EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.1 g; FH: 0.8 g; | <b>Málna tea</b><br>EN: 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;<br><b>Brokkolikrém</b><br>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;<br><b>Gluténmentes kenyér</b><br>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>Rizs ital</b><br>EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g;<br><b>Iekvár</b><br>EN: 66.0 kcal; ZS: 0.1 g; SZH: 16.0 g; CK: 15.8 g; FH: 0.1 g; SÓ: 0.0 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Gluténmentes kenyér</b><br>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 (12;)</b><br>EN: 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;<br><b>Sonkakrém</b><br>EN: 78.8 kcal; ZS: 7.1 g; TZS: 2.4 g; SZH: 0.8 g; CK: 0.4 g; FH: 3.0 g; SÓ: 0.6 g;<br><b>Gluténmentes kenyér</b><br>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>Málna tea</b><br>EN: 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;<br><b>Gépsonka</b><br>EN: 23.4 kcal; ZS: 0.9 g; TZS: 0.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 3.2 g; SÓ: 0.5 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Gluténmentes kenyér</b><br>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;<br><b>Kígyóuborka</b><br>EN: 12.0 kcal; ZS: 0.1 g; SZH: 1.7 g; FH: 1.0 g; |
| Ebéd    | <b>Csirkehúsos zöldborsóleves (12;)</b><br>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;<br><b>Gyümölcsrizs</b><br>EN: 321.2 kcal; ZS: 4.1 g; TZS: 1.1 g; SZH: 66.6 g; CK: 18.3 g; FH: 4.6 g; SÓ: 0.7 g;                                                                                                                                                                                        | <b>Csontleves tésztával (9;)</b><br>EN: 86.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 17.8 g; CK: 2.4 g; FH: 2.2 g; SÓ: 2.0 g; CA: 0.0 mg;<br><b>Egyben sertésvagdalt</b><br>EN: 179.3 kcal; ZS: 3.7 g; TZS: 2.9 g; SZH: 26.0 g; CK: 0.2 g; FH: 10.1 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Paradicsomos káposzta</b><br>EN: 176.6 kcal; ZS: 3.6 g; TZS: 0.4 g; SZH: 31.8 g; CK: 12.6 g; FH: 3.5 g; SÓ: 0.4 g;<br><b>alma</b><br>EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g; FH: 0.4 g; | <b>Zöldséges fejtettbaleves (12;)</b><br>EN: 122.2 kcal; ZS: 2.0 g; TZS: 0.2 g; SZH: 20.4 g; CK: 2.8 g; FH: 4.0 g; SÓ: 0.6 g; CA: 0.0 mg;<br><b>Fokhagymás csirkeragu</b><br>EN: 142.3 kcal; ZS: 9.8 g; TZS: 2.9 g; SZH: 1.7 g; CK: 0.0 g; FH: 10.8 g; SÓ: 0.5 g;<br><b>Sárgarépas rizs</b><br>EN: 236.7 kcal; ZS: 6.3 g; TZS: 0.7 g; SZH: 40.5 g; FH: 4.9 g; SÓ: 0.7 g;                    | <b>Magyaros burgonyaleves (12;)</b><br>EN: 79.0 kcal; ZS: 0.9 g; TZS: 0.1 g; SZH: 14.8 g; CK: 0.8 g; FH: 1.9 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Főtt virsli</b><br>EN: 106.0 kcal; ZS: 9.2 g; TZS: 2.8 g; SZH: 1.1 g; CK: 0.1 g; FH: 4.8 g; SÓ: 0.9 g;<br><b>Parajfőzelék</b><br>EN: 115.8 kcal; ZS: 1.6 g; TZS: 0.3 g; SZH: 23.4 g; CK: 5.8 g; FH: 1.8 g; SÓ: 0.7 g; | <b>Hagymakrémleves</b><br>EN: 49.2 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 4.8 g; CK: 0.1 g; FH: 0.7 g; SÓ: 0.6 g; CA: 0.0 mg;<br><b>Bolognai spagetti (sertés)</b><br>EN: 312.0 kcal; ZS: 4.9 g; TZS: 3.7 g; SZH: 51.2 g; CK: 2.1 g; FH: 15.1 g; SÓ: 0.7 g; CA: 0.0 mg;                                                                                                                                                                                                                          |
| Uzsonna | <b>Csirkemell sonka</b><br>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;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Abonett</b><br>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>Sárgarépas margarin</b><br>EN: 87.0 kcal; ZS: 9.0 g; TZS: 2.8 g; SZH: 1.2 g; CK: 0.2 g; SÓ: 0.0 g;<br><b>Gluténmentes kenyér</b><br>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><br>EN: 48.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.4 g; CK: 0.1 g; FH: 2.6 g; SÓ: 0.4 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Abonett</b><br>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;<br><b>Paprika</b><br>EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.1 g; FH: 0.8 g;                                   | <b>magyaros margarinkrém</b><br>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;<br><b>Gluténmentes kenyér</b><br>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;<br><b>Jégcsapretek</b><br>EN: 4.5 kcal; ZS: 0.0 g; SZH: 0.7 g; FH: 0.4 g;                                   | <b>sült paprikakrém</b><br>EN: 112.5 kcal; ZS: 12.0 g; TZS: 3.8 g; SZH: 0.7 g; CK: 0.1 g; FH: 0.2 g; SÓ: 0.1 g;<br><b>Puffasztott rizs (ripsz-ropsz)</b><br>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;                                                                                                                                                                                                                                             |