

|                | Hétfő<br>06.16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Kedd<br>06.17                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Szerda<br>06.18                                                                                                                                                                                                                                                                                                                                                                                                                               | Csütörtök<br>06.19                                                                                                                                                                                                                                                                                                                                                                                             | Péntek<br>06.20                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <b>Tízórai</b> | <b>Margarin</b><br>EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;<br><br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 122.4 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 27.2 g; CK: 1.6 g; FH: 1.0 g; SÓ: 0.9 g;                                                                                                                                                                                                                                                                                         | <b>Tv paprika</b><br>EN: 9.0 kcal; ZS: 0.0 g; SZH: 1.4 g; FH: 0.4 g;<br><br><b>Liga Margarin</b><br>EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;<br><br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 122.4 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 27.2 g; CK: 1.6 g; FH: 1.0 g; SÓ: 0.9 g;                                                                                                                                                                                                                       | <b>Ligakrém kapos tm</b><br>EN: 176.4 kcal; ZS: 19.6 g; TZS: 8.7 g; SZH: 0.0 g; FH: 0.0 g; SÓ: 0.1 g;<br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 122.4 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 27.2 g; CK: 1.6 g; FH: 1.0 g; SÓ: 0.9 g;<br><b>Paradicsom</b><br>EN: 6.9 kcal; ZS: 0.1 g; SZH: 1.2 g; FH: 0.3 g;                                                                                                                         | <b>Brokkolis zöldségpástétom</b><br>EN: 2.5 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 0.1 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 122.4 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 27.2 g; CK: 1.6 g; FH: 1.0 g; SÓ: 0.9 g;                                                                                                                                                             | <b>Magyaros ligakrém</b><br>EN: 126.0 kcal; ZS: 14.0 g; TZS: 6.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Abonett</b><br>EN: 138.4 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 24.0 g; CK: 0.4 g; FH: 6.0 g; SÓ: 0.3 g;                                                                                                                                                                                                           |
| <b>Ebéd</b>    | <b>Gulyásleves zm (12;)</b><br>EN: 284.7 kcal; ZS: 18.7 g; TZS: 4.9 g; SZH: 14.7 g; CK: 0.0 g; FH: 12.7 g; SÓ: 1.8 g; CA: 0.0 mg;<br><b>Rizsitalos "Tejbenrizs" tm</b><br>EN: 430.2 kcal; ZS: 3.8 g; TZS: 0.8 g; SZH: 92.7 g; CK: 28.0 g; FH: 6.5 g; SÓ: 1.2 g;<br><b>Kakaósórat</b><br>EN: 120.2 kcal; ZS: 1.0 g; TZS: 0.6 g; SZH: 25.6 g; CK: 25.0 g; FH: 1.0 g; SÓ: 0.1 g;<br><b>Gluténmentes kenyér fél</b><br>EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; | <b>Csontleves tojm,gm (9;12;)</b><br>EN: 64.0 kcal; ZS: 1.4 g; TZS: 0.4 g; SZH: 10.1 g; CK: 0.1 g; FH: 2.5 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Zöldbabfőzelék tm,gm</b><br>EN: 118.0 kcal; ZS: 3.5 g; TZS: 0.4 g; SZH: 20.6 g; CK: 1.3 g; FH: 4.1 g; SÓ: 0.5 g; CA: 0.0 mg;<br><b>Vagdalt</b><br>EN: 81.0 kcal; ZS: 2.9 g; TZS: 1.0 g; SZH: 2.5 g; CK: 0.1 g; FH: 10.5 g; SÓ: 1.4 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér fél</b><br>EN: 139.2 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 25.8 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.8 g; | <b>Rizstejszínes burgonyaleves tm,gm (12;)</b><br>EN: 133.2 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 27.4 g; CK: 4.0 g; FH: 2.8 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Édes-savanyú csirkecomb (10;)</b><br>EN: 343.1 kcal; ZS: 18.4 g; TZS: 4.2 g; SZH: 29.6 g; CK: 22.4 g; FH: 13.1 g; SÓ: 2.0 g; CA: 0.0 mg;<br><b>Petrezselymes rizs</b><br>EN: 396.5 kcal; ZS: 8.4 g; TZS: 1.0 g; SZH: 72.3 g; FH: 8.7 g; SÓ: 1.7 g;<br><b>Maróni gesztenyerúd 20g</b> | <b>Karalábéleves (9;12;)</b><br>EN: 135.3 kcal; ZS: 4.8 g; TZS: 0.5 g; SZH: 21.0 g; CK: 0.2 g; FH: 2.4 g; SÓ: 1.8 g; CA: 0.0 mg;<br><b>Kapos halragu tm (4;)</b><br>EN: 105.0 kcal; ZS: 4.7 g; TZS: 1.0 g; SZH: 3.3 g; CK: 1.0 g; FH: 11.5 g; SÓ: 0.2 g;<br><b>Tésztaköret tojm,gm</b><br>EN: 333.6 kcal; ZS: 7.6 g; TZS: 0.9 g; SZH: 61.6 g; CK: 2.7 g; FH: 3.2 g; SÓ: 1.3 g;                                 | <b>Erdei gyümölcskrémleves gm,tm</b><br>EN: 250.3 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 57.7 g; CK: 46.5 g; FH: 1.6 g; SÓ: 0.5 g; CA: 0.0 mg;<br><b>Borsodi fokhagymás szelet (12;)</b><br>EN: 373.2 kcal; ZS: 24.7 g; TZS: 5.1 g; SZH: 14.2 g; CK: 1.8 g; FH: 22.4 g; SÓ: 1.5 g; CA: 0.0 mg;<br><b>Tört burgonya (12;)</b><br>EN: 235.0 kcal; ZS: 0.5 g; SZH: 46.0 g; FH: 6.3 g; SÓ: 2.6 g;<br><b>Alma</b><br>EN: 31.0 kcal; ZS: 0.4 g; SZH: 7.0 g; |
| <b>Uzsonna</b> | <b>Csemege turista szalámi</b><br>EN: 103.5 kcal; ZS: 9.3 g; TZS: 3.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 4.8 g; SÓ: 0.8 g;<br><b>Liga Margarin</b><br>EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;<br><br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 122.4 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 27.2 g; CK: 1.6 g; FH: 1.0 g; SÓ: 0.9 g;<br><b>Kígyóuborka</b><br>EN: 3.6 kcal; ZS: 0.0 g; SZH: 0.5 g; FH: 0.3 g;                                                                                  | <b>Szendvicsskrém felvágottból gm,tm</b><br>EN: 129.7 kcal; ZS: 12.0 g; TZS: 5.2 g; SZH: 0.3 g; CK: 0.0 g; FH: 1.7 g; SÓ: 0.4 g;<br><b>Abonett</b><br>EN: 138.4 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 24.0 g; CK: 0.4 g; FH: 6.0 g; SÓ: 0.3 g;                                                                                                                                                                                                                                                                             | <b>Liga Margarin</b><br>EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;<br><br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 122.4 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 27.2 g; CK: 1.6 g; FH: 1.0 g; SÓ: 0.9 g;                                                                                                                                                                                                                          | <b>Tavaszi felvágott</b><br>EN: 97.0 kcal; ZS: 8.4 g; TZS: 3.5 g; SZH: 1.2 g; CK: 0.2 g; FH: 4.2 g; SÓ: 0.8 g;<br><b>Liga Margarin</b><br>EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;<br><br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 122.4 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 27.2 g; CK: 1.6 g; FH: 1.0 g; SÓ: 0.9 g;<br><b>Tv paprika</b><br>EN: 9.0 kcal; ZS: 0.0 g; SZH: 1.4 g; FH: 0.4 g; | <b>Szendvicssonka</b><br>EN: 31.0 kcal; ZS: 1.4 g; TZS: 0.6 g; SZH: 1.0 g; CK: 0.5 g; FH: 3.8 g; SÓ: 0.7 g;<br><b>Liga Margarin</b><br>EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;<br><br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 122.4 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 27.2 g; CK: 1.6 g; FH: 1.0 g; SÓ: 0.9 g;<br><b>Jégcsapretek</b><br>EN: 4.5 kcal; ZS: 0.0 g; SZH: 0.7 g; FH: 0.4 g;                                    |