

|      | Hétfő<br>06.30                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Kedd<br>07.01                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Szerda<br>07.02                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Csütörtök<br>07.03                                                                                                                                                                                                                                                                                                                                                                                                                            | Péntek<br>07.04                                                                                                                                                                                                                                                                                                                                                                                                                                     | Szombat<br>07.05                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Vasárnap<br>07.06                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| Ebéd | <b>Görög raguleves</b><br>EN:278.7kcal ZS:22.8g TZS:4.3g<br>SZH:5.0g CK:0.5g FH:12.2g SÓ:2.1g<br>CA:0.0mg<br><b>Morzás nudli (1;3;)</b><br><br>EN:561.1kcal ZS:5.9g TZS:0.5g<br>SZH:81.5g CK:0.9g FH:13.7g SÓ:2.2g<br><br><b>Fahéj szórát</b><br>EN:120.9kcal ZS:0.0g TZS:0.0g<br>SZH:29.5g CK:29.5g FH:0.0g SÓ:0.0g<br>CA:0.0mg<br><b>alma</b><br><br>EN:35.0kcal ZS:0.4g SZH:7.0g<br>FH:0.4g<br><br><b>félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g | <b>Tojásleves (1;3;)</b><br>EN:105.1kcal ZS:5.4g TZS:0.9g<br>SZH:10.7g CK:0.0g FH:3.2g SÓ:1.3g<br>CA:0.0mg<br><b>Sertés vagdalt (1;3;)</b><br><br>EN:662.3kcal ZS:46.1g TZS:9.2g<br>SZH:38.5g CK:0.7g FH:22.3g SÓ:1.8g<br>CA:0.0mg<br><b>Zöldbabfőzelék (1;7;)</b><br>EN:121.6kcal ZS:3.9g TZS:2.8g<br>SZH:14.5g CK:4.5g FH:5.6g SÓ:1.4g<br>CA:0.0mg<br><b>félbarna kenyér (1;)</b><br><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g | <b>Húsleves (9;)</b><br>EN:122.5kcal ZS:3.8g TZS:1.3g<br>SZH:6.3g CK:1.9g FH:14.2g SÓ:1.0g<br><br><b>Csirkepaprikás (1;7;)</b><br><br>EN:271.6kcal ZS:17.7g TZS:5.3g<br>SZH:8.6g CK:1.0g FH:18.6g SÓ:1.4g<br>CA:0.0mg<br><b>Galuska köret (1;3;)</b><br>EN:608.9kcal ZS:22.8g TZS:3.2g<br>SZH:79.1g CK:2.1g FH:17.4g SÓ:3.0g<br><br><b>félbarna kenyér (1;)</b><br><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g<br><br><b>Levesbetét tészta (1;)</b><br>EN:140.4kcal ZS:0.5g TZS:0.2g<br>SZH:28.8g CK:1.4g FH:5.0g SÓ:0.0g | <b>Karfiolleves (1;)</b><br>EN:146.2kcal ZS:9.5g TZS:1.0g<br>SZH:11.7g CK:0.4g FH:3.3g SÓ:0.0g<br>CA:0.0mg<br><b>Rakott burgonya (3;7;12;)</b><br><br>EN:377.7kcal ZS:14.1g TZS:4.4g<br>SZH:47.2g CK:1.1g FH:9.7g SÓ:0.2g<br>CA:36.3mg<br><b>Cékla saláta * (10;)</b><br>EN:32.0kcal ZS:0.2g SZH:8.0g<br>CK:3.8g FH:1.4g SÓ:0.8g<br><br><b>félbarna kenyér (1;)</b><br><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g | <b>Köménymag leves (1;)</b><br>EN:89.4kcal ZS:7.7g TZS:0.9g<br>SZH:4.2g CK:0.0g FH:0.6g SÓ:1.6g<br>CA:0.0mg<br><b>Levesgyöngy (1;3;7;)</b><br><br>EN:75.0kcal ZS:4.2g TZS:2.0g<br>SZH:7.9g CK:0.9g FH:1.2g SÓ:0.1g<br><br><b>félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g<br><br><b>Édes chilis bab<br/>sertésraguval</b><br>EN:373.9kcal ZS:17.0g TZS:6.1g<br>SZH:27.3g CK:6.0g FH:25.1g SÓ:1.8g | <b>Hideg görög gyümölcsleves</b><br>EN:125.4kcal ZS:0.1g TZS:0.0g<br>SZH:28.3g CK:18.5g FH:0.8g SÓ:0.0g<br>CA:0.0mg<br><b>Baconbe göngyölt sajttal<br/>töltött csirkemell (7;10;)</b><br>EN:273.0kcal ZS:17.4g TZS:6.3g<br>SZH:0.6g CK:0.4g FH:27.5g SÓ:2.1g<br>CA:160.0mg<br><b>Petrezselymes rizs</b><br>EN:480.9kcal ZS:10.5g TZS:1.2g<br>SZH:87.3g FH:10.5g SÓ:1.0g<br><br><b>félbarna kenyér (1;)</b><br><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g | <b>Kertész leves (1;3;9;)</b><br>EN:123.1kcal ZS:4.5g TZS:0.6g<br>SZH:15.4g CK:2.8g FH:4.5g SÓ:0.0g<br><br><b>Carbonara spagetti (1;7;)</b><br><br>EN:759.1kcal ZS:28.0g TZS:8.9g<br>SZH:92.8g CK:6.3g FH:32.4g SÓ:2.6g<br>CA:37.7mg<br><b>Reszelt sajt (1;7;)</b><br>EN:154.3kcal ZS:11.2g TZS:7.2g<br>SZH:3.6g CK:0.8g FH:10.4g SÓ:0.5g<br>CA:320.0mg<br><br><b>félbarna kenyér (1;)</b><br><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g |