

|               | Hétfő<br>11.03                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Kedd<br>11.04                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Szerda<br>11.05                                                                                                                                                                                                                                                                                                                                                                                                                            | Csütörtök<br>11.06                                                                                                                                                                                                                                                                                                                                                                                                                                     | Péntek<br>11.07                                                                                                                                                                                                                                                                                                                             | Szombat<br>11.08                                                                                                                                                                                                                                                                                                                                                                                                                              | Vasárnap<br>11.09                                                                                                                                                                                                                                                                                                                               |
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| <b>Ebéd</b>   | <b>Gomba krémleves (1;7;)</b><br><br>EN:167.9kcal ZS:10.1g TZS:2.9g<br>SZH:10.5g CK:0.9g FH:8.2g SÓ:0.6g<br>CA:82.5mg<br><b>Levesgyöngy (1;3;7;)</b><br>EN:75.0kcal ZS:4.2g TZS:2.0g<br>SZH:7.9g CK:0.9g FH:1.2g SÓ:0.1g<br><b>Pusztapörkölt (12;)</b><br><br>EN:606.2kcal ZS:19.8g TZS:3.7g<br>SZH:71.3g CK:0.2g FH:26.1g SÓ:0.7g<br>CA:0.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:263.0kcal ZS:0.9g TZS:0.3g<br>SZH:53.7g CK:1.8g FH:10.0g SÓ:0.6g<br><b>Csemege uborka * (10;12;)</b><br>EN:8.8kcal ZS:0.1g SZH:1.4g CK:0.3g<br>FH:0.6g SÓ:1.4g                                                                              | <b>Daragaluska leves (1;3;)</b><br><br>EN:205.0kcal ZS:12.0g TZS:2.5g<br>SZH:15.6g CK:3.0g FH:8.0g SÓ:0.7g<br><b>Sült debreceni</b><br>EN:238.0kcal ZS:22.6g TZS:7.3g<br>SZH:0.1g CK:0.1g FH:9.4g SÓ:1.5g<br><b>Zöldborsófőzelék (1;7;)</b><br><br>EN:370.3kcal ZS:13.5g TZS:3.6g<br>SZH:43.2g CK:17.6g FH:16.2g<br>SÓ:0.8g CA:231.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:263.0kcal ZS:0.9g TZS:0.3g<br>SZH:53.7g CK:1.8g FH:10.0g SÓ:0.6g                   | <b>Zöldbableves (1;)</b><br><br>EN:182.3kcal ZS:9.7g TZS:1.1g<br>SZH:17.9g CK:2.6g FH:4.7g SÓ:0.6g<br>CA:0.0mg<br><b>Csirkepaprikás (1;7;)</b><br>EN:330.3kcal ZS:20.8g TZS:6.3g<br>SZH:8.9g CK:1.3g FH:25.4g SÓ:0.6g<br>CA:48.0mg<br><b>Rizs köret</b><br><br>EN:482.2kcal ZS:5.9g TZS:0.7g<br>SZH:96.9g FH:11.6g SÓ:0.6g<br><b>Körte</b><br>EN:52.0kcal SZH:12.0g CK:1.5g<br>FH:0.4g                                                     | <b>Tárkonyos csirkeragu leves (1;7;)</b><br><br>EN:274.9kcal ZS:13.1g TZS:3.8g<br>SZH:16.1g CK:2.2g FH:20.3g SÓ:0.4g<br>CA:36.0mg<br><b>Tejben dara (1;7;)</b><br>EN:501.6kcal ZS:6.1g TZS:3.9g<br>SZH:91.2g CK:25.5g FH:20.0g<br>SÓ:0.3g CA:420.0mg<br><b>Fahéj szórát</b><br><br>EN:118.0kcal ZS:0.0g TZS:0.0g<br>SZH:29.5g CK:28.6g FH:0.0g SÓ:0.0g<br>CA:0.0mg                                                                                     | <b>Haséleves (1;3;9;)</b><br><br>EN:205.6kcal ZS:9.4g TZS:1.9g<br>SZH:14.1g CK:3.2g FH:14.3g SÓ:0.9g<br>CA:0.0mg<br><b>Káposztás kocka (1;)</b><br>EN:547.4kcal ZS:9.5g TZS:1.1g<br>SZH:98.3g CK:12.0g FH:17.0g<br>SÓ:0.7g<br><b>Félbarna kenyér (1;)</b><br><br>EN:263.0kcal ZS:0.9g TZS:0.3g<br>SZH:53.7g CK:1.8g FH:10.0g SÓ:0.6g        | <b>Húsleves levesbetét tésztával (1;)</b><br><br>EN:176.0kcal ZS:8.1g TZS:1.2g<br>SZH:16.2g CK:2.8g FH:8.4g SÓ:0.6g<br><b>Rántott sertésszelet (1;3;)</b><br>EN:545.5kcal ZS:33.4g TZS:5.4g<br>SZH:30.9g CK:0.3g FH:28.5g SÓ:2.2g<br><b>Petrezselymes burgonya (12;)</b><br>EN:441.4kcal ZS:18.6g TZS:8.4g<br>SZH:55.2g CK:0.0g FH:7.5g SÓ:0.7g<br><b>Csemege uborka * (10;12;)</b><br>EN:8.8kcal ZS:0.1g SZH:1.4g CK:0.3g<br>FH:0.6g SÓ:1.4g | <b>Vegyes gyümölcsleves (1;7;)</b><br><br>EN:276.4kcal ZS:4.6g TZS:3.1g<br>SZH:49.2g CK:34.0g FH:7.4g SÓ:0.4g<br>CA:180.0mg<br><b>Zúza pörkölt</b><br>EN:180.2kcal ZS:9.6g TZS:1.3g<br>SZH:4.0g CK:0.0g FH:17.8g SÓ:0.8g<br>CA:0.0mg<br><b>Tarhonya (1;)</b><br><br>EN:415.3kcal ZS:8.9g TZS:1.1g<br>SZH:71.7g CK:3.5g FH:12.5g SÓ:1.3g         |
| <b>Ebéd B</b> | <b>Májgaluska leves (1;3;)</b><br><br>EN:205.4kcal ZS:9.7g TZS:1.7g<br>SZH:18.0g CK:3.2g FH:10.7g SÓ:0.6g<br>CA:0.0mg<br><b>Makaróni tésztá (1;)</b><br><br>EN:428.7kcal ZS:9.8g TZS:1.3g<br>SZH:72.0g CK:3.5g FH:12.2g SÓ:0.7g<br><b>Tejföl öntet (7;)</b><br><br>EN:69.0kcal ZS:6.0g TZS:3.9g<br>SZH:1.7g CK:1.7g FH:1.5g SÓ:0.1g<br>CA:60.0mg<br><b>Reszelt sajt (7;)</b><br>EN:69.4kcal ZS:5.4g TZS:3.4g<br>SZH:0.4g CK:0.4g FH:5.2g SÓ:0.3g<br>CA:160.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:263.0kcal ZS:0.9g TZS:0.3g<br>SZH:53.7g CK:1.8g FH:10.0g SÓ:0.6g<br><b>Alma</b><br>EN:52.5kcal ZS:0.6g SZH:10.5g<br>FH:0.6g | <b>Lebbencsleves (1;12;)</b><br><br>EN:145.4kcal ZS:1.7g TZS:0.3g<br>SZH:27.2g CK:1.0g FH:4.4g SÓ:0.6g<br>CA:0.0mg<br><b>Főtt sertésvirslí</b><br><br>EN:254.4kcal ZS:20.4g TZS:9.2g<br>SZH:3.4g FH:14.4g SÓ:2.5g<br><b>Petrezselymes zöldborsófőzelék (1;7;)</b><br>EN:370.3kcal ZS:13.5g TZS:3.6g<br>SZH:43.2g CK:17.6g FH:16.2g<br>SÓ:0.8g CA:231.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:263.0kcal ZS:0.9g TZS:0.3g<br>SZH:53.7g CK:1.8g FH:10.0g SÓ:0.6g | <b>Francia hagymaleves (7;)</b><br><br>EN:188.8kcal ZS:15.4g TZS:5.2g<br>SZH:9.6g CK:1.2g FH:2.4g SÓ:0.6g<br>CA:41.2mg<br><b>Napraforgómag</b><br><br>EN:58.4kcal ZS:5.2g TZS:0.4g<br>SZH:1.1g CK:0.3g FH:2.1g<br><b>Pincepörkölt (sertés) (12;)</b><br><br>EN:494.3kcal ZS:12.5g TZS:2.6g<br>SZH:58.7g CK:0.2g FH:28.4g SÓ:0.8g<br>CA:0.0mg<br><b>Csemege uborka * (10;12;)</b><br>EN:8.8kcal ZS:0.1g SZH:1.4g CK:0.3g<br>FH:0.6g SÓ:1.4g | <b>Olasz zöldségleves (1;9;)</b><br><br>EN:100.3kcal ZS:0.4g TZS:0.0g<br>SZH:17.6g CK:0.5g FH:4.8g SÓ:0.7g<br><b>Fasírt golyó (1;6;)</b><br><br>EN:334.5kcal ZS:26.0g TZS:3.8g<br>SZH:13.0g CK:1.0g FH:11.0g SÓ:1.8g<br><b>Szárazbab főzelék (1;7;)</b><br><br>EN:496.9kcal ZS:12.4g TZS:3.2g<br>SZH:63.8g CK:8.0g FH:23.6g SÓ:0.5g<br>CA:33.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:263.0kcal ZS:0.9g TZS:0.3g<br>SZH:53.7g CK:1.8g FH:10.0g SÓ:0.6g | <b>Zöldborsóleves (1;3;)</b><br><br>EN:225.3kcal ZS:8.9g TZS:1.3g<br>SZH:24.0g CK:0.0g FH:9.6g SÓ:0.7g<br>CA:0.0mg<br><b>Eszterházy csirkeragu (1;7;9;10;)</b><br>EN:286.3kcal ZS:15.2g TZS:5.5g<br>SZH:11.8g CK:3.7g FH:22.5g SÓ:1.1g<br>CA:60.0mg<br><b>Rizs köret</b><br><br>EN:482.2kcal ZS:5.9g TZS:0.7g<br>SZH:96.9g FH:11.6g SÓ:0.6g | <b>Vegyes gyümölcsleves (1;7;)</b><br><br>EN:276.4kcal ZS:4.6g TZS:3.1g<br>SZH:49.2g CK:34.0g FH:7.4g SÓ:0.4g<br>CA:180.0mg<br><b>Zúza pörkölt</b><br>EN:180.2kcal ZS:9.6g TZS:1.3g<br>SZH:4.0g CK:0.0g FH:17.8g SÓ:0.8g<br>CA:0.0mg<br><b>Tarhonya (1;)</b><br><br>EN:415.3kcal ZS:8.9g TZS:1.1g<br>SZH:71.7g CK:3.5g FH:12.5g SÓ:1.3g<br><b>Csemege uborka * (10;12;)</b><br>EN:8.8kcal ZS:0.1g SZH:1.4g CK:0.3g<br>FH:0.6g SÓ:1.4g         | <b>Húsleves levesbetét tésztával (1;)</b><br><br>EN:176.0kcal ZS:8.1g TZS:1.2g<br>SZH:16.2g CK:2.8g FH:8.4g SÓ:0.6g<br><b>Rántott sertésszelet (1;3;)</b><br>EN:545.5kcal ZS:33.4g TZS:5.4g<br>SZH:30.9g CK:0.3g FH:28.5g SÓ:2.2g<br><b>Petrezselymes burgonya (12;)</b><br>EN:441.4kcal ZS:18.6g TZS:8.4g<br>SZH:55.2g CK:0.0g FH:7.5g SÓ:0.7g |