

|               | Hétfő<br>12.08                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Kedd<br>12.09                                                                                                                                                                                                                                                                                                                                                                                                            | Szerda<br>12.10                                                                                                                                                                                                                                                                                                                                             | Csütörtök<br>12.11                                                                                                                                                                                                                                                                                                                                                                                                                                   | Péntek<br>12.12                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Szombat<br>12.13                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Vasárnap<br>12.14 |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| <b>Ebéd A</b> | <b>Frankfurtileves (1;7;12;)</b><br>EN:341.9kcal ZS:24.1g TZS:6.8g<br>SZH:20.6g CK:0.4g FH:9.1g SÓ:2.4g<br>CA:19.2mg<br><b>Piskóta kocka 70 gr (1;3;)</b><br>EN:143.0kcal ZS:1.9g TZS:0.0g<br>SZH:26.7g CK:11.7g FH:2.3g SÓ:0.2g<br>CA:0.0mg<br><b>Csokoládé öntet (7;)</b><br>EN:102.9kcal ZS:3.0g TZS:2.1g<br>SZH:15.1g CK:15.0g FH:3.5g SÓ:0.1g<br>CA:120.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:99.2kcal ZS:0.4g TZS:0.1g<br>SZH:20.8g CK:0.1g FH:2.7g SÓ:0.4g<br><b>Mandarin</b><br>EN:45.0kcal SZH:9.8g FH:0.7g | <b>Bagolyborsóleves (1;9;)</b><br>EN:245.0kcal ZS:2.9g TZS:0.5g<br>SZH:38.8g CK:3.1g FH:11.8g SÓ:1.4g<br><b>Pincepörkölt (12;)</b><br>EN:415.0kcal ZS:11.3g TZS:2.2g<br>SZH:48.6g CK:0.0g FH:23.1g SÓ:1.3g<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<br><b>Félbarna kenyér (1;)</b><br>EN:99.2kcal ZS:0.4g TZS:0.1g<br>SZH:20.8g CK:0.1g FH:2.7g SÓ:0.4g | <b>Zöldborsóleves (1;3;7;)</b><br>EN:189.7kcal ZS:12.2g TZS:3.9g<br>SZH:14.6g CK:0.0g FH:5.1g SÓ:3.5g<br>CA:0.0mg<br><b>Csirkepaprikás (1;7;)</b><br>EN:255.4kcal ZS:15.8g TZS:4.8g<br>SZH:7.1g CK:0.8g FH:20.4g SÓ:1.1g<br>CA:0.0mg<br><b>Párolt bulgur (1;)</b><br>EN:368.6kcal ZS:3.9g TZS:0.2g<br>SZH:70.0g CK:10.0g FH:13.0g<br>SÓ:0.9g CA:0.0mg       | <b>Májgaluska leves (1;3;)</b><br>EN:110.2kcal ZS:2.0g TZS:0.6g<br>SZH:16.5g CK:2.8g FH:6.0g SÓ:3.0g<br>CA:0.0mg<br><b>Főtt virsli</b><br>EN:137.0kcal ZS:12.5g TZS:3.9g<br>FH:6.5g SÓ:1.1g<br><b>Tökfőzelék (1;7;)</b><br>EN:232.5kcal ZS:12.0g TZS:3.8g<br>SZH:26.0g CK:1.2g FH:4.7g SÓ:1.3g<br>CA:0.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:99.2kcal ZS:0.4g TZS:0.1g<br>SZH:20.8g CK:0.1g FH:2.7g SÓ:0.4g                                       | <b>Erdei gyümölcsleves (1;7;)</b><br>EN:200.2kcal ZS:0.7g TZS:0.4g<br>SZH:44.4g CK:35.9g FH:2.6g SÓ:0.8g<br>CA:36.0mg<br><b>Sertéshúsos rizottó</b><br>EN:649.6kcal ZS:19.6g TZS:3.5g<br>SZH:86.4g CK:0.5g FH:31.3g SÓ:3.8g<br>CA:0.0mg<br><b>Vegyes vágott savanyúság<br/>* (10;12;)</b><br>EN:14.4kcal ZS:0.1g SZH:1.9g<br>CK:0.8g FH:0.6g SÓ:1.6g                                                                                                            | <b>Brokkoli krémleves (1;7;)</b><br>EN:99.6kcal ZS:5.1g TZS:3.0g<br>SZH:8.9g CK:0.6g FH:4.0g SÓ:3.0g<br>CA:26.4mg<br><b>Levesgyöngy (1;3;7;)</b><br>EN:50.0kcal ZS:2.8g TZS:1.3g<br>SZH:5.3g CK:0.6g FH:0.8g SÓ:0.1g<br><b>Sült csirkecomb felső</b><br>EN:500.2kcal ZS:38.9g TZS:12.4g<br>SZH:1.7g CK:0.6g FH:33.6g SÓ:3.1g<br><b>Petrezselymes burgonya<br/>(12;)</b><br>EN:312.9kcal ZS:4.9g TZS:1.0g<br>SZH:53.6g CK:0.0g FH:7.4g SÓ:1.5g<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>Ebéd B</b> | <b>Frankfurtileves (1;7;12;)</b><br>EN:341.9kcal ZS:24.1g TZS:6.8g<br>SZH:20.6g CK:0.4g FH:9.1g SÓ:2.4g<br>CA:19.2mg<br><b>Gombapaprikás (7;)</b><br>EN:105.9kcal ZS:5.8g TZS:1.3g<br>SZH:6.9g CK:0.4g FH:6.2g SÓ:1.7g<br>CA:54.0mg<br><b>Rizs köret</b><br>EN:398.5kcal ZS:7.6g TZS:0.9g<br>SZH:74.4g FH:8.9g SÓ:0.3g<br><b>Félbarna kenyér (1;)</b><br>EN:99.2kcal ZS:0.4g TZS:0.1g<br>SZH:20.8g CK:0.1g FH:2.7g SÓ:0.4g<br><b>Mandarin</b><br>EN:45.0kcal SZH:9.8g FH:0.7g                                           | <b>Bagolyborsóleves (1;9;)</b><br>EN:245.0kcal ZS:2.9g TZS:0.5g<br>SZH:38.8g CK:3.1g FH:11.8g SÓ:1.4g<br><b>Főtt tojás (3;)</b><br>EN:63.0kcal ZS:4.5g TZS:1.4g<br>FH:5.4g<br><b>Parajfőzelék (1;7;)</b><br>EN:109.6kcal ZS:2.4g TZS:1.0g<br>SZH:17.5g CK:6.0g FH:4.5g SÓ:1.1g<br>CA:84.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:99.2kcal ZS:0.4g TZS:0.1g<br>SZH:20.8g CK:0.1g FH:2.7g SÓ:0.4g                          | <b>Zöldborsóleves (1;3;7;)</b><br>EN:189.7kcal ZS:12.2g TZS:3.9g<br>SZH:14.6g CK:0.0g FH:5.1g SÓ:3.5g<br>CA:0.0mg<br><b>Vadas sertés ragu<br/>(1;7;9;10;)</b><br>EN:259.7kcal ZS:12.6g TZS:3.8g<br>SZH:16.7g CK:8.5g FH:18.1g SÓ:1.7g<br>CA:14.4mg<br><b>Szarvacska tészta (1;)</b><br>EN:504.1kcal ZS:10.6g TZS:1.5g<br>SZH:86.4g CK:4.2g FH:14.6g SÓ:1.0g | <b>Májgaluska leves (1;3;)</b><br>EN:110.2kcal ZS:2.0g TZS:0.6g<br>SZH:16.5g CK:2.8g FH:6.0g SÓ:3.0g<br>CA:0.0mg<br><b>Húsgombóc (3;)</b><br>EN:196.9kcal ZS:7.2g TZS:4.9g<br>SZH:15.9g CK:0.0g FH:16.6g SÓ:1.6g<br>CA:0.0mg<br><b>Karalábefőzelék (1;7;)</b><br>EN:162.1kcal ZS:5.5g TZS:1.7g<br>SZH:20.9g CK:7.6g FH:4.4g SÓ:1.2g<br>CA:66.6mg<br><b>Félbarna kenyér (1;)</b><br>EN:99.2kcal ZS:0.4g TZS:0.1g<br>SZH:20.8g CK:0.1g FH:2.7g SÓ:0.4g | <b>Erdei gyümölcsleves (1;7;)</b><br>EN:200.2kcal ZS:0.7g TZS:0.4g<br>SZH:44.4g CK:35.9g FH:2.6g SÓ:0.8g<br>CA:36.0mg<br><b>Panírozott csirkemell (1;)</b><br>EN:282.3kcal ZS:11.9g TZS:1.4g<br>SZH:26.4g CK:1.1g FH:17.2g SÓ:2.1g<br><b>Bulgur köret (1;)</b><br>EN:368.6kcal ZS:3.8g TZS:0.2g<br>SZH:70.0g CK:10.0g FH:13.0g<br>SÓ:0.9g CA:0.0mg<br><b>Vegyes vágott savanyúság<br/>* (10;12;)</b><br>EN:14.4kcal ZS:0.1g SZH:1.9g<br>CK:0.8g FH:0.6g SÓ:1.6g |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                   |