

|               | Hétfő<br>04.20                                                                                                                                                                                                                                                                                                                                                                                             | Kedd<br>04.21                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Szerda<br>04.22                                                                                                                                                                                                                                                                                                                                                                                   | Csütörtök<br>04.23                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Péntek<br>04.24                                                                                                                                                                                                                                                                                                                                                                           |
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| <b>Ebéd</b>   | <b>Lenegulyás (1;9;10;)</b><br>EN:216.5kcal ZS:6.9g TZS:1.1g SZH:23.5g CK:1.2g FH:12.5g SÓ:2.7g<br><b>Piskóta kocka 50 gr (1;3;)</b><br>EN:146.0kcal ZS:2.5g TZS:0.5g SZH:9.8g CK:11.7g FH:4.3g<br><b>Csokoládé öntet (7;)</b><br>EN:228.7kcal ZS:4.0g TZS:2.5g SZH:38.5g CK:29.3g FH:7.4g SÓ:0.3g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:99.9kcal ZS:0.5g TZS:0.1g SZH:19.5g CK:0.0g FH:3.6g SÓ:0.5g | <b>Erőleves (9;)</b><br>EN:77.8kcal ZS:2.2g TZS:0.6g SZH:8.8g CK:3.9g FH:4.7g SÓ:2.4g<br><b>Levesbetét tészta (1;)</b><br>EN:153.1kcal ZS:9.4g TZS:1.1g SZH:14.4g CK:0.7g FH:2.5g SÓ:0.3g<br><b>Csirkepörkölt</b><br>EN:181.1kcal ZS:10.4g TZS:1.8g SZH:3.6g CK:0.0g FH:17.2g SÓ:1.4g<br><b>Zöldborsófőzelék (1;7;)</b><br>EN:346.9kcal ZS:8.8g TZS:1.8g SZH:46.9g CK:18.6g FH:15.4g SÓ:1.7g<br><b>Félbarna kenyér (1;)</b><br>EN:74.4kcal ZS:0.3g TZS:0.1g SZH:15.6g CK:0.0g FH:2.0g SÓ:0.3g         | <b>Paradicsomleves (1;6;)</b><br>EN:191.7kcal ZS:4.9g TZS:0.6g SZH:33.5g CK:16.9g FH:2.6g SÓ:1.1g<br><b>Kukoricás sertésragu (1;7;)</b><br>EN:239.0kcal ZS:11.7g TZS:2.6g SZH:13.1g CK:4.3g FH:18.5g SÓ:1.0g<br><b>Főtt tészta (1;)</b><br>EN:345.5kcal ZS:8.6g TZS:1.0g SZH:57.4g CK:2.8g FH:10.0g SÓ:1.4g<br><b>Körte</b><br>EN:78.0kcal ZS:0.0g TZS:0.0g SZH:18.0g CK:2.3g FH:0.6g SÓ:0.0g     | <b>Daragaluska leves (1;3;)</b><br>EN:178.4kcal ZS:11.0g TZS:0.9g SZH:15.9g CK:3.2g FH:3.0g SÓ:1.1g<br><b>Főtt tojás (3;)</b><br>EN:146.7kcal ZS:8.8g TZS:2.7g SZH:0.6g CK:0.4g FH:9.9g SÓ:0.3g<br><b>Sóska mártás (1;7;)</b><br>EN:187.0kcal ZS:3.3g TZS:3.5g SZH:27.6g CK:6.3g FH:4.6g SÓ:1.3g<br><b>Főtt burgonya 1/2 (12;)</b><br>EN:210.6kcal ZS:5.0g TZS:0.5g SZH:33.1g CK:0.0g FH:4.5g SÓ:1.1g<br><b>Túró rudi (6;7;)</b><br>EN:105.6kcal ZS:5.1g TZS:4.2g SZH:11.7g CK:10.8g FH:3.0g SÓ:0.0g         | <b>Gyümölcsle</b><br>EN:92.0kcal ZS:0.6g TZS:0.0g SZH:19.6g CK:17.8g FH:0.8g SÓ:0.0g<br><b>Panírozott halpárna (1;3;)</b><br>EN:210.1kcal ZS:8.5g TZS:0.8g SZH:19.8g CK:0.2g FH:13.2g SÓ:1.2g<br><b>Rizs köret</b><br>EN:398.5kcal ZS:7.6g TZS:0.9g SZH:74.4g CK:0.0g FH:8.9g SÓ:0.3g<br><b>Csemege uborka * (10;12;)</b><br>EN:8.8kcal ZS:0.1g TZS:0.0g SZH:1.4g CK:0.3g FH:0.6g SÓ:1.4g |
| <b>Ebéd B</b> | <b>Lenegulyás (1;9;10;)</b><br>EN:216.5kcal ZS:6.9g TZS:1.1g SZH:23.5g CK:1.2g FH:12.5g SÓ:2.7g<br><b>Nudli (1;3;)</b><br>EN:463.3kcal ZS:2.7g TZS:0.1g SZH:67.5g CK:0.0g FH:11.0g SÓ:2.7g<br><b>Dejó szórat (1;)</b><br>EN:214.5kcal ZS:6.3g TZS:0.5g SZH:32.8g CK:25.4g FH:5.5g SÓ:0.0g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:99.9kcal ZS:0.5g TZS:0.1g SZH:19.5g CK:0.0g FH:3.6g SÓ:0.5g          | <b>Erőleves (9;)</b><br>EN:77.8kcal ZS:2.2g TZS:0.6g SZH:8.8g CK:3.9g FH:4.7g SÓ:2.4g<br><b>Levesbetét tészta (1;)</b><br>EN:153.1kcal ZS:9.4g TZS:1.1g SZH:14.4g CK:0.7g FH:2.5g SÓ:0.3g<br><b>Natúr sertésszelet (1;)</b><br>EN:249.1kcal ZS:14.4g TZS:4.3g SZH:3.0g CK:0.0g FH:25.6g SÓ:0.6g<br><b>Meggymártás (1;7;)</b><br>EN:219.7kcal ZS:5.5g TZS:3.5g SZH:38.4g CK:34.4g FH:2.6g SÓ:0.8g<br><b>Főtt burgonya 1/2 (12;)</b><br>EN:210.6kcal ZS:5.0g TZS:0.5g SZH:33.1g CK:0.0g FH:4.5g SÓ:1.1g | <b>Paradicsomleves (1;6;)</b><br>EN:191.7kcal ZS:4.9g TZS:0.6g SZH:33.5g CK:16.9g FH:2.6g SÓ:1.1g<br><b>Csirkés házi pestos tészta (1;7;)</b><br>EN:449.0kcal ZS:22.8g TZS:3.9g SZH:36.1g CK:1.9g FH:23.6g SÓ:0.4g<br><b>Reszelt sajt (7;)</b><br>EN:69.4kcal ZS:5.4g TZS:3.4g SZH:0.4g CK:0.4g FH:5.2g SÓ:0.3g<br><b>Körte</b><br>EN:78.0kcal ZS:0.0g TZS:0.0g SZH:18.0g CK:2.3g FH:0.6g SÓ:0.0g | <b>Daragaluska leves (1;3;)</b><br>EN:178.4kcal ZS:11.0g TZS:0.9g SZH:15.9g CK:3.2g FH:3.0g SÓ:1.1g<br><b>Házi sertés vagdalt (1;3;)</b><br>EN:250.3kcal ZS:17.7g TZS:3.9g SZH:13.3g CK:0.2g FH:9.3g SÓ:1.8g<br><b>Tökfőzelék (1;7;)</b><br>EN:271.0kcal ZS:12.3g TZS:3.4g SZH:33.6g CK:8.8g FH:5.4g SÓ:1.4g<br><b>Félbarna kenyér (1;)</b><br>EN:74.4kcal ZS:0.3g TZS:0.1g SZH:15.6g CK:0.0g FH:2.0g SÓ:0.3g<br><b>Túró rudi (6;7;)</b><br>EN:105.6kcal ZS:5.1g TZS:4.2g SZH:11.7g CK:10.8g FH:3.0g SÓ:0.0g | <b>Gyümölcsle</b><br>EN:92.0kcal ZS:0.6g TZS:0.0g SZH:19.6g CK:17.8g FH:0.8g SÓ:0.0g<br><b>Rakott karfiol (7;)</b><br>EN:613.3kcal ZS:37.8g TZS:14.5g SZH:35.4g CK:2.2g FH:33.0g SÓ:0.7g                                                                                                                                                                                                  |