

	Hétfő 04.20	Kedd 04.21	Szerda 04.22	Csütörtök 04.23	Péntek 04.24
<b>Tízórai</b>	<b>Citromos tea</b> EN: 37.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g; CK: 9.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Házi kolbászkrem (7;)</b> EN: 184.0 kcal; ZS: 16.0 g; TZS: 6.9 g; SZH: 0.3 g; CK: 0.2 g; FH: 9.4 g; SÓ: 0.8 g; CA: 5.3 mg; <b>Teljeskiórlésű kenyér (1;)</b> EN: 199.8 kcal; ZS: 1.1 g; TZS: 0.2 g; SZH: 39.0 g; CK: 0.0 g; FH: 7.2 g; SÓ: 1.0 g; <b>Jégcsapretek</b> EN: 4.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Karamellás tej (7;)</b> EN: 170.0 kcal; ZS: 3.0 g; TZS: 1.8 g; SZH: 29.2 g; CK: 29.2 g; FH: 6.0 g; SÓ: 0.2 g; CA: 240.0 mg; <b>Füldői szelet</b> EN: 140.1 kcal; ZS: 1.2 g; TZS: 0.4 g; SZH: 1.5 g; CK: 0.2 g; FH: 4.2 g; SÓ: 0.8 g; <b>Margarin</b> EN: 36.0 kcal; ZS: 4.0 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Kukoricás kenyér (1;)</b> EN: 148.1 kcal; ZS: 0.5 g; SZH: 30.6 g; FH: 4.4 g; <b>Kígyóuborka</b> EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Tej (7;)</b> EN: 90.0 kcal; ZS: 3.0 g; TZS: 1.8 g; SZH: 9.2 g; CK: 9.2 g; FH: 6.0 g; SÓ: 0.2 g; CA: 240.0 mg; <b>Csokis gabonagyöngy (1;6;7;)</b> EN: 150.8 kcal; ZS: 1.3 g; TZS: 0.6 g; SZH: 30.8 g; CK: 11.1 g; FH: 3.1 g; SÓ: 0.2 g;	<b>Tej (7;)</b> EN: 90.0 kcal; ZS: 3.0 g; TZS: 1.8 g; SZH: 9.2 g; CK: 9.2 g; FH: 6.0 g; SÓ: 0.2 g; CA: 240.0 mg; <b>Méz</b> EN: 60.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 16.5 g; CK: 16.4 g; FH: 0.1 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Margarin</b> EN: 36.0 kcal; ZS: 4.0 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Fehér kenyér (1;6;)</b> EN: 144.6 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 28.8 g; CK: 1.0 g; FH: 5.2 g; SÓ: 0.9 g;	<b>Gyümölcs tea</b> EN: 37.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g; CK: 9.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Főtt virsli</b> EN: 116.6 kcal; ZS: 9.4 g; TZS: 4.2 g; SZH: 1.5 g; CK: 0.0 g; FH: 6.6 g; SÓ: 1.2 g; CA: 0.0 mg; <b>Ketchup</b> EN: 19.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.4 g; CK: 3.0 g; FH: 0.2 g; SÓ: 0.4 g; <b>Burgonyás kenyér (1;)</b> EN: 159.6 kcal; ZS: 1.9 g; TZS: 0.2 g; SZH: 24.5 g; CK: 0.3 g; FH: 7.5 g; SÓ: 0.7 g;
<b>Ébéd</b>	<b>Lencsegulyás leves (1;)</b> EN: 285.2 kcal; ZS: 7.8 g; TZS: 1.4 g; SZH: 28.5 g; CK: 0.9 g; FH: 20.6 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Piskóta kocka (1;3;)</b> EN: 286.6 kcal; ZS: 3.8 g; TZS: 0.1 g; SZH: 53.4 g; CK: 23.3 g; FH: 4.5 g; SÓ: 0.4 g; <b>Csokoládé öntet (7;)</b> EN: 181.3 kcal; ZS: 4.1 g; TZS: 2.5 g; SZH: 27.6 g; CK: 18.2 g; FH: 7.1 g; SÓ: 0.3 g; CA: 240.0 mg; <b>Teljeskiórlésű kenyér (1;)</b> EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; CA: 0.0 mg;	<b>Erőleves (1;)</b> EN: 131.2 kcal; ZS: 3.3 g; TZS: 1.0 g; SZH: 18.1 g; CK: 3.3 g; FH: 6.5 g; SÓ: 0.6 g; CA: 0.0 mg; <b>Csirkepörkölt</b> EN: 187.2 kcal; ZS: 10.3 g; TZS: 1.8 g; SZH: 3.4 g; CK: 0.0 g; FH: 19.3 g; SÓ: 1.3 g; CA: 0.0 mg; <b>Petrezselymes zöldborsófőzelék (1;7;)</b> EN: 276.2 kcal; ZS: 7.8 g; TZS: 1.2 g; SZH: 33.5 g; CK: 6.7 g; FH: 13.6 g; SÓ: 0.7 g; CA: 45.0 mg; <b>Félbarna kenyér (1;)</b> EN: 132.9 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 25.9 g; CK: 0.5 g; FH: 4.7 g; SÓ: 0.7 g; CA: 0.0 mg;	<b>Paradicsomleves betűtésztaival (1;9;)</b> EN: 171.9 kcal; ZS: 2.5 g; TZS: 0.3 g; SZH: 32.0 g; CK: 18.7 g; FH: 3.7 g; SÓ: 0.4 g; CA: 0.0 mg; <b>Kukoricás sertésragu (1;)</b> EN: 182.4 kcal; ZS: 8.6 g; TZS: 1.8 g; SZH: 9.2 g; CK: 2.5 g; FH: 15.7 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Tészta köret (1;)</b> EN: 314.0 kcal; ZS: 4.6 g; TZS: 0.7 g; SZH: 57.6 g; CK: 2.8 g; FH: 9.8 g; SÓ: 0.1 g; CA: 0.0 mg; <b>Körte</b> EN: 36.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.4 g; CK: 1.1 g; FH: 0.3 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Daragaluska leves (1;3;9;)</b> EN: 163.7 kcal; ZS: 7.6 g; TZS: 1.0 g; SZH: 19.5 g; CK: 1.5 g; FH: 3.9 g; SÓ: 0.4 g; CA: 0.0 mg; <b>Főtt tojás (3;)</b> EN: 146.7 kcal; ZS: 8.8 g; TZS: 2.7 g; SZH: 0.6 g; CK: 0.4 g; FH: 9.9 g; SÓ: 0.3 g; CA: 0.0 mg; <b>Sóskamártás (1;7;)</b> EN: 200.0 kcal; ZS: 8.6 g; TZS: 1.4 g; SZH: 25.2 g; CK: 13.1 g; FH: 3.5 g; SÓ: 0.2 g; CA: 30.0 mg; <b>Főtt burgonya 1/2 adag (12;)</b> EN: 141.0 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 27.6 g; CK: 0.0 g; FH: 3.8 g; SÓ: 0.1 g; CA: 0.0 mg;	<b>Ivólé</b> EN: 0.9 kcal; SZH: 0.2 g; CK: 0.2 g; <b>Bundázott hal (1;4;)</b> EN: 172.6 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 23.4 g; CK: 0.8 g; FH: 13.2 g; SÓ: 1.8 g; CA: 0.0 mg; <b>Párolt rizsköret</b> EN: 326.5 kcal; ZS: 5.8 g; TZS: 0.7 g; SZH: 62.0 g; CK: 0.0 g; FH: 7.4 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Csiki mártás * (3;7;10;12;)</b> EN: 84.7 kcal; ZS: 5.6 g; TZS: 1.9 g; SZH: 14.9 g; CK: 13.6 g; FH: 1.2 g; SÓ: 1.1 g; CA: 24.0 mg; <b>Túró rudi (6;7;)</b> EN: 105.6 kcal; ZS: 5.1 g; TZS: 4.2 g; SZH: 11.7 g; CK: 10.8 g; FH: 3.0 g; SÓ: 0.0 g;
<b>Uzsonna</b>	<b>Sertés párizsi</b> EN: 69.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 0.8 g; CK: 0.0 g; FH: 3.0 g; SÓ: 0.6 g; <b>Margarin</b> EN: 36.0 kcal; ZS: 4.0 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Rozskenyér (teljes kiórlésű) (1;)</b> EN: 158.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.6 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Lilahagyma</b> EN: 4.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.8 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Zöldfűszeres tojáskrém (3;7;)</b> EN: 77.7 kcal; ZS: 6.2 g; TZS: 2.9 g; SZH: 1.1 g; CK: 0.3 g; FH: 4.2 g; SÓ: 1.0 g; CA: 7.5 mg; <b>Teljes kiórlésű zsemle (1;6;)</b> EN: 153.7 kcal; ZS: 1.0 g; TZS: 0.1 g; SZH: 31.2 g; CK: 0.7 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg;	<b>Pizzás csiga (1;6;7;)</b> EN: 196.1 kcal; ZS: 9.0 g; TZS: 0.7 g; SZH: 24.3 g; CK: 1.8 g; FH: 3.6 g; SÓ: 0.2 g; CA: 0.0 mg;	<b>Szárnyashúskrém (7;)</b> EN: 109.2 kcal; ZS: 6.6 g; TZS: 3.9 g; SZH: 0.9 g; CK: 0.3 g; FH: 11.0 g; SÓ: 1.2 g; CA: 7.5 mg; <b>Teljes kiórlésű zsemle (1;6;)</b> EN: 153.7 kcal; ZS: 1.0 g; TZS: 0.1 g; SZH: 31.2 g; CK: 0.7 g; FH: 5.9 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Paprika</b> EN: 9.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.4 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Kockasajt (7;)</b> EN: 83.1 kcal; ZS: 7.4 g; TZS: 3.8 g; SZH: 1.2 g; CK: 1.4 g; FH: 3.0 g; SÓ: 0.5 g; CA: 126.0 mg; <b>Korpás kifli (1;7;)</b> EN: 148.5 kcal; ZS: 1.3 g; TZS: 0.6 g; SZH: 28.0 g; CK: 1.1 g; FH: 5.0 g; SÓ: 0.7 g;