

	Hétfő 04.27	Kedd 04.28	Szerda 04.29	Csütörtök 04.30	Péntek 05.01
<b>Tízórai</b>	<b>Tej (7;)</b> EN: 82.5 kcal; ZS: 4.2 g; TZS: 2.7 g; SZH: 6.9 g; CK: 6.9 g; FH: 4.3 g; SÓ: 0.2 g; CA: 180.0 mg; <b>Sajtos kifli (1;7;)</b> EN: 160.5 kcal; ZS: 3.6 g; SZH: 23.8 g; FH: 6.7 g; SÓ: 0.5 g;	<b>Karamellás tej (7;)</b> EN: 79.8 kcal; ZS: 2.3 g; TZS: 1.4 g; SZH: 9.9 g; CK: 9.9 g; FH: 4.5 g; SÓ: 0.1 g; CA: 180.0 mg; <b>Vajas croissant (1;3;6;7;)</b> EN: 192.0 kcal; ZS: 10.0 g; TZS: 5.5 g; SZH: 21.5 g; CK: 0.8 g; FH: 3.0 g; SÓ: 0.9 g;	<b>Csipkebogyó tea</b> EN: 41.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Főtt tojás (3;)</b> EN: 73.3 kcal; ZS: 4.4 g; TZS: 1.4 g; SZH: 0.3 g; CK: 0.2 g; FH: 5.0 g; SÓ: 0.2 g; CA: 0.0 mg; <b>margarin</b> EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g; <b>Kifli (1;7;)</b> EN: 109.6 kcal; ZS: 1.5 g; TZS: 0.6 g; SZH: 20.4 g; CK: 1.1 g; FH: 2.9 g; SÓ: 0.4 g;	<b>Tej (7;)</b> EN: 82.5 kcal; ZS: 4.2 g; TZS: 2.7 g; SZH: 6.9 g; CK: 6.9 g; FH: 4.3 g; SÓ: 0.2 g; CA: 180.0 mg; <b>Kockasajt, natúr (7;)</b> EN: 70.5 kcal; ZS: 5.5 g; TZS: 3.8 g; SZH: 1.8 g; CK: 1.4 g; FH: 3.3 g; SÓ: 0.5 g; CA: 172.5 mg; <b>Panini (1;7;)</b> EN: 138.5 kcal; ZS: 1.1 g; TZS: 0.5 g; SZH: 27.0 g; CK: 0.9 g; FH: 4.8 g; SÓ: 0.5 g; <b>Kápia paprika</b> EN: 9.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.4 g; CK: 0.7 g; FH: 0.4 g; SÓ: 0.0 g;	
<b>Ebéd</b>	<b>Magyaros tarhonyaleves (1;3;9;)</b> EN: 130.6 kcal; ZS: 4.9 g; TZS: 0.6 g; SZH: 17.3 g; CK: 0.3 g; FH: 2.8 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Szárnyas vagdalt (1;3;6;)</b> EN: 150.2 kcal; ZS: 7.6 g; TZS: 1.3 g; SZH: 7.9 g; CK: 0.2 g; FH: 11.9 g; SÓ: 0.3 g; CA: 0.0 mg; <b>Zöldbabfőzelék (1;7;)</b> EN: 153.5 kcal; ZS: 7.6 g; TZS: 2.1 g; SZH: 14.3 g; CK: 4.0 g; FH: 5.4 g; SÓ: 0.8 g; CA: 24.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 66.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 13.0 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g; <b>Kiwi gyümölcs</b> EN: 52.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 11.3 g; CK: 6.0 g; FH: 1.0 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Daragaluska leves (1;3;9;)</b> EN: 104.4 kcal; ZS: 4.7 g; TZS: 0.8 g; SZH: 11.1 g; CK: 0.3 g; FH: 4.5 g; SÓ: 1.5 g; CA: 0.0 mg; <b>Panírozott halrúd (1;4;)</b> EN: 134.9 kcal; ZS: 6.7 g; TZS: 0.6 g; SZH: 11.4 g; CK: 0.4 g; FH: 6.6 g; SÓ: 0.3 g; CA: 0.0 mg; <b>Sárgarépas rizs</b> EN: 278.5 kcal; ZS: 6.4 g; TZS: 0.7 g; SZH: 49.6 g; CK: 1.1 g; FH: 6.1 g; SÓ: 0.7 g; CA: 0.0 mg; <b>Alma befőtt</b> EN: 49.2 kcal; ZS: 0.2 g; SZH: 10.2 g; CK: 9.0 g; FH: 0.1 g;	<b>Alföldi gulyás leves (1;3;9;)</b> EN: 177.8 kcal; ZS: 11.0 g; TZS: 2.7 g; SZH: 11.7 g; CK: 0.2 g; FH: 7.2 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Sajtos-tejfölös tészta (1;3;7;)</b> EN: 291.8 kcal; ZS: 10.4 g; TZS: 5.2 g; SZH: 38.1 g; CK: 1.9 g; FH: 11.1 g; SÓ: 0.9 g; CA: 156.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 66.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 13.0 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g; <b>alma</b> EN: 52.5 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 10.5 g; CK: 6.0 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Szilvaleves (1;7;)</b> EN: 115.3 kcal; ZS: 4.6 g; TZS: 2.5 g; SZH: 16.3 g; CK: 13.5 g; FH: 1.4 g; SÓ: 0.5 g; CA: 27.0 mg; <b>Chilis bab sertéshússal (1;)</b> EN: 240.7 kcal; ZS: 12.4 g; TZS: 3.8 g; SZH: 18.9 g; CK: 3.2 g; FH: 13.7 g; SÓ: 1.0 g; CA: 0.0 mg; <b>Rizs köret 1/2</b> EN: 112.1 kcal; ZS: 1.0 g; TZS: 0.1 g; SZH: 23.2 g; CK: 0.0 g; FH: 2.8 g; SÓ: 0.4 g; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 66.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 13.0 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g;	
<b>Uzsonna</b>	<b>Natúr vajkrém (7;)</b> EN: 32.8 kcal; ZS: 2.7 g; TZS: 1.8 g; SZH: 1.6 g; CK: 0.5 g; FH: 0.4 g; SÓ: 0.1 g; CA: 12.8 mg; <b>Gouda sajt (3;7;)</b> EN: 102.9 kcal; ZS: 7.8 g; TZS: 5.3 g; SZH: 0.6 g; CK: 0.6 g; FH: 8.4 g; SÓ: 0.6 g; CA: 240.0 mg; <b>fehér kenyér (1;6;)</b> EN: 96.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 19.2 g; CK: 0.6 g; FH: 3.4 g; SÓ: 0.6 g; <b>Kígyóborka</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>Sonkás szelet</b> EN: 19.0 kcal; ZS: 1.0 g; TZS: 0.4 g; SZH: 0.1 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.5 g; <b>margarin</b> EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g; <b>teljeskiőrlésű kenyér (1;)</b> EN: 133.2 kcal; ZS: 0.7 g; TZS: 0.2 g; SZH: 26.0 g; CK: 0.0 g; FH: 4.8 g; SÓ: 0.7 g; <b>Rágórépa</b> EN: 12.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.5 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Diákcsemege (1;6;7;)</b> EN: 72.5 kcal; ZS: 6.5 g; TZS: 2.5 g; SZH: 0.2 g; CK: 0.2 g; FH: 3.3 g; SÓ: 0.5 g; <b>Natúr vajkrém (7;)</b> EN: 32.8 kcal; ZS: 2.7 g; TZS: 1.8 g; SZH: 1.6 g; CK: 0.5 g; FH: 0.4 g; SÓ: 0.1 g; CA: 12.8 mg; <b>fehér kenyér (1;6;)</b> EN: 96.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 19.2 g; CK: 0.6 g; FH: 3.4 g; SÓ: 0.6 g; <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>Mákos búrkifli (1;7;)</b> EN: 232.0 kcal; ZS: 10.1 g; TZS: 4.3 g; SZH: 24.1 g; CK: 11.3 g; FH: 4.0 g; SÓ: 0.2 g; CA: 0.0 mg;	