

	Hétfő 05.04	Kedd 05.05	Szerda 05.06	Csütörtök 05.07	Péntek 05.08
<b>Tízórai</b>	<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>Mákos rigó (1;)</b> EN: 167.0 kcal; ZS: 2.6 g; SZH: 30.5 g; CK: 0.9 g; FH: 4.4 g; SÓ: 1.9 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>Kenőmájás (sertés)</b> EN: 43.8 kcal; ZS: 3.7 g; TZS: 1.7 g; SZH: 0.9 g; CK: 0.3 g; FH: 1.8 g; SÓ: 0.4 g; <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>Zöldhagyma</b> EN: 7.6 kcal; ZS: 0.1 g; SZH: 0.2 g; FH: 0.4 g;	<b>Citromos tea</b> EN: 29.3 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.1 g; CK: 7.1 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Natúr vajkrém (7;)</b> EN: 30.7 kcal; ZS: 2.6 g; TZS: 1.7 g; SZH: 1.5 g; CK: 0.5 g; FH: 0.4 g; SÓ: 0.1 g; CA: 12.5 mg; <b>vizes zsemle (1;)</b> EN: 138.5 kcal; ZS: 0.5 g; TZS: 0.2 g; SZH: 26.4 g; FH: 5.1 g; SÓ: 0.6 g; <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>Tejeskávé (1;7;)</b> EN: 78.0 kcal; ZS: 1.8 g; TZS: 1.1 g; SZH: 11.2 g; CK: 10.5 g; FH: 3.7 g; SÓ: 0.1 g; CA: 144.0 mg; <b>Marha párizsi</b> EN: 47.8 kcal; ZS: 4.2 g; TZS: 1.7 g; SZH: 0.3 g; CK: 0.1 g; FH: 2.2 g; SÓ: 0.4 g; <b>margarin</b> EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g; <b>Császár zsemle (1;6;)</b> EN: 152.7 kcal; ZS: 1.7 g; TZS: 0.0 g; SZH: 29.4 g; CK: 0.5 g; FH: 4.7 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>Kefír (7;)</b> EN: 91.5 kcal; ZS: 5.3 g; TZS: 3.4 g; SZH: 5.7 g; CK: 5.7 g; FH: 4.9 g; SÓ: 0.1 g; CA: 180.0 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>Edami sajt (7;)</b> EN: 94.8 kcal; ZS: 7.0 g; TZS: 4.8 g; SZH: 0.6 g; CK: 0.6 g; FH: 7.8 g; SÓ: 0.2 g; CA: 240.0 mg;
<b>Ebéd</b>	<b>Tejfölös tojásleves (1;3;7;)</b> EN: 138.8 kcal; ZS: 11.3 g; TZS: 3.6 g; SZH: 6.4 g; CK: 0.5 g; FH: 2.3 g; SÓ: 0.7 g; CA: 24.0 mg; <b>Zöldséges szárnyas rizottó</b> EN: 293.2 kcal; ZS: 8.1 g; TZS: 1.4 g; SZH: 37.5 g; CK: 1.8 g; FH: 17.7 g; SÓ: 0.4 g; CA: 0.0 mg; <b>teljeskiőrlésű kenyér (1;)</b> EN: 99.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 19.5 g; CK: 0.0 g; FH: 3.6 g; SÓ: 0.5 g; <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>Zöldborsóleves (1;3;9;)</b> EN: 137.2 kcal; ZS: 2.6 g; TZS: 0.6 g; SZH: 18.2 g; CK: 3.4 g; FH: 8.2 g; SÓ: 1.9 g; CA: 0.0 mg; <b>Sült csirkecomb alsó</b> EN: 121.5 kcal; ZS: 8.3 g; TZS: 0.3 g; SZH: 0.6 g; CK: 0.0 g; FH: 10.8 g; SÓ: 0.6 g; CA: 0.0 mg; <b>Burgonyapüré (7;)</b> EN: 223.3 kcal; ZS: 4.2 g; TZS: 2.1 g; SZH: 35.0 g; CK: 5.6 g; FH: 7.6 g; SÓ: 1.0 g; CA: 144.0 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>Cékla saláta (10;)</b> EN: 10.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 2.7 g; CK: 2.4 g; FH: 0.9 g; SÓ: 0.5 g;	<b>Babgulyás (sertés) (1;3;9;)</b> EN: 141.3 kcal; ZS: 6.6 g; TZS: 2.2 g; SZH: 10.9 g; CK: 0.5 g; FH: 9.0 g; SÓ: 1.0 g; CA: 0.0 mg; <b>Túrós csusza (1;7;)</b> EN: 319.1 kcal; ZS: 11.0 g; TZS: 6.8 g; SZH: 38.6 g; CK: 4.3 g; FH: 14.9 g; SÓ: 0.8 g; CA: 76.0 mg; <b>Tejföl (7;)</b> EN: 41.4 kcal; ZS: 3.6 g; TZS: 2.3 g; SZH: 1.0 g; CK: 1.0 g; FH: 0.9 g; SÓ: 0.0 g; CA: 36.0 mg; <b>fehér kenyér (1;6;)</b> EN: 36.1 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.2 g; CK: 0.2 g; FH: 1.3 g; SÓ: 0.2 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>Csontleves tésztával (1;3;9;)</b> EN: 78.6 kcal; ZS: 2.2 g; TZS: 0.6 g; SZH: 9.1 g; CK: 0.8 g; FH: 3.9 g; SÓ: 0.1 g; CA: 0.0 mg; <b>Húsgombóc (sertés) (3;)</b> EN: 163.1 kcal; ZS: 10.7 g; TZS: 3.7 g; SZH: 6.2 g; CK: 0.0 g; FH: 10.5 g; SÓ: 0.8 g; CA: 0.0 mg; <b>Paradicsom mártás (1;9;)</b> EN: 108.5 kcal; ZS: 4.0 g; TZS: 0.4 g; SZH: 16.0 g; CK: 9.8 g; FH: 1.8 g; SÓ: 0.6 g; CA: 0.0 mg; <b>Főtt burgonya 1/2</b> EN: 75.2 kcal; ZS: 0.2 g; SZH: 14.7 g; FH: 2.0 g; SÓ: 0.2 g; <b>teljeskiőrlésű kenyér (1;)</b> EN: 50.0 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 9.8 g; CK: 0.0 g; FH: 1.8 g; SÓ: 0.3 g;	<b>Karfiolkrémleves galuskával (1;3;7;)</b> EN: 137.5 kcal; ZS: 7.8 g; TZS: 3.3 g; SZH: 8.8 g; CK: 2.6 g; FH: 7.0 g; SÓ: 1.1 g; CA: 24.6 mg; <b>Sertés pörkölt (1;)</b> EN: 185.9 kcal; ZS: 14.7 g; TZS: 4.1 g; SZH: 3.4 g; CK: 0.0 g; FH: 9.9 g; SÓ: 1.0 g; CA: 0.0 mg; <b>Bulgur köret (1;)</b> EN: 188.4 kcal; ZS: 2.4 g; TZS: 0.1 g; SZH: 35.0 g; CK: 5.0 g; FH: 6.5 g; SÓ: 0.6 g; CA: 0.0 mg; <b>fehér kenyér (1;6;)</b> EN: 48.2 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 9.6 g; CK: 0.3 g; FH: 1.7 g; SÓ: 0.3 g; <b>Házi káposztasaláta</b> EN: 32.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 6.9 g; CK: 4.0 g; FH: 0.8 g; SÓ: 0.7 g; CA: 0.0 mg;
<b>Uzsonna</b>	<b>Kockasajt, sonkás (7;)</b> EN: 34.0 kcal; ZS: 2.6 g; TZS: 1.7 g; SZH: 0.8 g; CK: 0.7 g; FH: 1.8 g; SÓ: 0.2 g; CA: 100.6 mg; <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>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>Barackos túrókrém (7;)</b> EN: 54.0 kcal; ZS: 3.5 g; TZS: 2.1 g; SZH: 3.0 g; CK: 2.5 g; FH: 2.6 g; SÓ: 0.2 g; CA: 37.6 mg; <b>vizes zsemle (1;)</b> EN: 138.5 kcal; ZS: 0.5 g; TZS: 0.2 g; SZH: 26.4 g; FH: 5.1 g; SÓ: 0.6 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>Zala felvágott</b> EN: 48.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.4 g; CK: 0.1 g; FH: 2.6 g; SÓ: 0.4 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>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>Fatörzs kifli (1;3;7;)</b> EN: 244.1 kcal; ZS: 4.8 g; TZS: 4.1 g; SZH: 44.9 g; CK: 11.5 g; FH: 6.4 g; SÓ: 0.4 g; <b>Kivi gyümölcs</b> EN: 26.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.7 g; CK: 3.0 g; FH: 0.5 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>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;