

	Hétfő 05.18	Kedd 05.19	Szerda 05.20	Csütörtök 05.21	Péntek 05.22
<b>Tízórai</b>	<b>Citromos tea</b> EN: 41.6 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>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>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>Kakaó (7;)</b> EN: 121.9 kcal; ZS: 3.2 g; TZS: 1.9 g; SZH: 16.3 g; CK: 16.2 g; FH: 6.2 g; SÓ: 0.2 g; CA: 240.0 mg; <b>Vajas méz (7;)</b> EN: 135.0 kcal; ZS: 8.2 g; TZS: 5.3 g; SZH: 16.5 g; CK: 16.5 g; FH: 0.1 g; SÓ: 0.0 g; CA: 2.5 mg; <b>Foszlós kalács (1;3;6;7;13;)</b> EN: 178.5 kcal; ZS: 4.5 g; TZS: 1.8 g; SZH: 31.2 g; CK: 5.1 g; FH: 5.0 g; SÓ: 0.4 g;	<b>Málna 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>Zala felvágott</b> EN: 72.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 3.9 g; SÓ: 0.7 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>Edami sajt (7;)</b> EN: 126.4 kcal; ZS: 9.4 g; TZS: 6.4 g; SZH: 0.8 g; CK: 0.8 g; FH: 10.4 g; SÓ: 0.3 g; CA: 320.0 mg; <b>Napraforgómagos zsemle (1;)</b> EN: 162.5 kcal; ZS: 1.9 g; TZS: 0.2 g; SZH: 31.0 g; CK: 0.6 g; FH: 4.4 g; SÓ: 0.6 g; <b>Kígyóborka</b> EN: 6.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Poharas tej (7;)</b> EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g; CA: 240.0 mg; <b>Csokis gabonagyöngy (1;6;7;)</b> EN: 188.5 kcal; ZS: 1.7 g; TZS: 0.8 g; SZH: 38.5 g; CK: 13.9 g; FH: 3.9 g; SÓ: 0.3 g;	<b>Actimel joghurt (7;)</b> EN: 76.0 kcal; ZS: 1.5 g; TZS: 1.0 g; SZH: 12.0 g; CK: 11.9 g; FH: 2.8 g; SÓ: 0.1 g; CA: 120.0 mg; <b>Teljeskiőrlésű kifli (1;7;)</b> EN: 153.5 kcal; ZS: 2.0 g; TZS: 0.9 g; SZH: 28.5 g; CK: 1.4 g; FH: 4.0 g; SÓ: 0.5 g;
<b>Ebéd</b>	<b>Fejtett bableves (1;3;9;)</b> EN: 140.0 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 24.6 g; CK: 2.5 g; FH: 6.8 g; SÓ: 1.3 g; CA: 0.0 mg; <b>Bolognai spagetti sertés (1;)</b> EN: 574.7 kcal; ZS: 22.1 g; TZS: 6.3 g; SZH: 68.2 g; CK: 8.2 g; FH: 25.7 g; SÓ: 1.4 g; CA: 0.0 mg; <b>Reszelt sajt (1;7;)</b> EN: 54.7 kcal; ZS: 3.3 g; TZS: 2.1 g; SZH: 2.4 g; CK: 0.0 g; FH: 4.0 g; SÓ: 0.3 g; CA: 97.5 mg; <b>fehér kenyér (1;6;)</b> EN: 72.3 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 14.4 g; CK: 0.5 g; FH: 2.6 g; SÓ: 0.4 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>Magyaros burgonyaleves (1;3;9;)</b> EN: 130.0 kcal; ZS: 4.1 g; TZS: 0.7 g; SZH: 18.2 g; CK: 0.7 g; FH: 3.1 g; SÓ: 1.2 g; CA: 0.0 mg; <b>Szárnyas vagdalt (1;3;6;)</b> EN: 246.3 kcal; ZS: 13.9 g; TZS: 2.2 g; SZH: 10.8 g; CK: 0.2 g; FH: 18.7 g; SÓ: 0.4 g; CA: 0.0 mg; <b>Zöldborsófőzelék (1;7;)</b> EN: 300.5 kcal; ZS: 11.2 g; TZS: 2.3 g; SZH: 33.1 g; CK: 7.9 g; FH: 12.8 g; SÓ: 1.3 g; CA: 48.0 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>Sajtkrémleves (1;7;)</b> EN: 286.4 kcal; ZS: 17.3 g; TZS: 10.8 g; SZH: 16.3 g; CK: 15.0 g; FH: 15.6 g; SÓ: 2.0 g; CA: 512.5 mg; <b>Tarhonyás hús sertés (1;)</b> EN: 429.0 kcal; ZS: 18.4 g; TZS: 5.5 g; SZH: 44.9 g; CK: 2.1 g; FH: 20.2 g; SÓ: 1.2 g; CA: 0.0 mg; <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>Fejes saláta</b> EN: 39.4 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 6.7 g; CK: 4.0 g; FH: 1.9 g;	<b>Húsleves (1;3;9;)</b> EN: 170.3 kcal; ZS: 8.1 g; TZS: 0.7 g; SZH: 15.8 g; CK: 1.5 g; FH: 6.5 g; SÓ: 0.8 g; CA: 0.0 mg; <b>főtt sertés hús</b> EN: 150.3 kcal; ZS: 6.0 g; TZS: 2.1 g; SZH: 0.1 g; CK: 0.0 g; FH: 22.6 g; SÓ: 1.7 g; CA: 0.0 mg; <b>Vegyes gyümölcsmártás (1;7;)</b> EN: 174.8 kcal; ZS: 2.7 g; TZS: 1.6 g; SZH: 35.5 g; CK: 24.4 g; FH: 1.6 g; SÓ: 0.7 g; CA: 24.0 mg; <b>Pirított dara (1;)</b> EN: 413.5 kcal; ZS: 5.2 g; TZS: 1.0 g; SZH: 80.3 g; CK: 0.0 g; FH: 10.3 g; SÓ: 0.4 g; CA: 0.0 mg;	<b>Tavaszi zöldségleves (1;3;9;)</b> EN: 115.4 kcal; ZS: 3.8 g; TZS: 0.5 g; SZH: 15.2 g; CK: 2.5 g; FH: 4.4 g; SÓ: 1.2 g; CA: 0.0 mg; <b>Chilis bab sertéshússal (1;)</b> EN: 408.5 kcal; ZS: 19.5 g; TZS: 5.5 g; SZH: 35.9 g; CK: 4.6 g; FH: 22.6 g; SÓ: 1.3 g; CA: 0.0 mg; <b>Rizs köret 1/2</b> EN: 240.8 kcal; ZS: 3.9 g; TZS: 0.5 g; SZH: 46.5 g; CK: 0.0 g; FH: 5.6 g; SÓ: 0.5 g; CA: 0.0 mg; <b>fehér kenyér (1;6;)</b> EN: 72.3 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 14.4 g; CK: 0.5 g; FH: 2.6 g; SÓ: 0.4 g; <b>körte</b> EN: 62.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 14.4 g; CK: 1.8 g; FH: 0.5 g; SÓ: 0.0 g;
<b>Uzsonna</b>	<b>Kenőmájas (sertés)</b> EN: 65.7 kcal; ZS: 5.5 g; TZS: 2.5 g; SZH: 1.3 g; CK: 0.4 g; FH: 2.7 g; SÓ: 0.7 g; <b>teljeskiőrlésű 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>Kígyóborka</b> EN: 6.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Natúr sajtkrém (7;)</b> EN: 24.5 kcal; ZS: 1.6 g; TZS: 1.1 g; SZH: 1.8 g; CK: 1.0 g; FH: 0.7 g; SÓ: 0.2 g; CA: 73.6 mg; <b>teljeskiőrlésű 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>Rágórépa</b> EN: 16.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.3 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g; CA: 0.0 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>Kiwi gyümölcs</b> EN: 104.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 22.6 g; CK: 12.0 g; FH: 2.0 g; SÓ: 0.0 g; CA: 0.0 mg;	<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: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g; <b>teljeskiőrlésű 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>Kápia paprika</b> EN: 15.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 2.4 g; CK: 1.2 g; FH: 0.7 g; SÓ: 0.0 g;	<b>Almás rétes (1;3;6;7;)</b> EN: 175.0 kcal; ZS: 8.6 g; TZS: 3.9 g; SZH: 32.5 g; CK: 13.7 g; FH: 3.3 g; SÓ: 0.1 g;