

	Hétfő 05.18	Kedd 05.19	Szerda 05.20	Csütörtök 05.21	Péntek 05.22
<b>Tízórai</b>	<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>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: 113.8 kcal; ZS: 2.9 g; TZS: 1.8 g; SZH: 15.5 g; CK: 15.4 g; FH: 5.7 g; SÓ: 0.2 g; CA: 218.4 mg; <b>Vajas méz (7;)</b> EN: 119.8 kcal; ZS: 8.2 g; TZS: 5.3 g; SZH: 12.4 g; CK: 12.4 g; FH: 0.1 g; SÓ: 0.0 g; CA: 2.5 mg; <b>Foszlós kalács (1;3;6;7;13;)</b> EN: 119.0 kcal; ZS: 3.0 g; TZS: 1.2 g; SZH: 20.8 g; CK: 3.4 g; FH: 3.3 g; SÓ: 0.2 g;	<b>Málna tea</b> EN: 30.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.5 g; CK: 7.5 g; FH: 0.0 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>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>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: 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: 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>Csokis gabonagyöngy (1;6;7;)</b> EN: 113.1 kcal; ZS: 1.0 g; TZS: 0.5 g; SZH: 23.1 g; CK: 8.3 g; FH: 2.3 g; SÓ: 0.2 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: 105.0 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 18.5 g; CK: 1.9 g; FH: 5.1 g; SÓ: 0.9 g; CA: 0.0 mg; <b>Bolognai spagetti sertés (1;)</b> EN: 425.6 kcal; ZS: 15.8 g; TZS: 4.2 g; SZH: 53.1 g; CK: 7.4 g; FH: 17.7 g; SÓ: 1.0 g; CA: 0.0 mg; <b>Reszelt sajt (1;7;)</b> EN: 51.3 kcal; ZS: 3.2 g; TZS: 2.1 g; SZH: 1.7 g; CK: 0.0 g; FH: 3.9 g; SÓ: 0.3 g; CA: 97.5 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>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: 76.2 kcal; ZS: 1.1 g; TZS: 0.2 g; SZH: 13.4 g; CK: 0.6 g; FH: 2.2 g; SÓ: 1.0 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>Zöldborsófézelék (1;7;)</b> EN: 178.5 kcal; ZS: 5.7 g; TZS: 1.4 g; SZH: 21.3 g; CK: 5.9 g; FH: 8.0 g; SÓ: 1.0 g; CA: 36.0 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>Sajtkrémleves (1;7;)</b> EN: 221.1 kcal; ZS: 13.6 g; TZS: 8.5 g; SZH: 11.8 g; CK: 11.2 g; FH: 12.3 g; SÓ: 1.6 g; CA: 464.4 mg; <b>Tarhonyás hús sertés (1;)</b> EN: 229.3 kcal; ZS: 9.9 g; TZS: 3.3 g; SZH: 22.9 g; CK: 1.1 g; FH: 12.0 g; SÓ: 0.9 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: 24.6 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 3.3 g; CK: 0.8 g; FH: 1.8 g;	<b>Húsleves (1;3;9;)</b> EN: 128.8 kcal; ZS: 7.0 g; TZS: 1.2 g; SZH: 9.8 g; CK: 1.2 g; FH: 5.1 g; SÓ: 0.6 g; CA: 0.0 mg; <b>főtt sertés hús</b> EN: 109.4 kcal; ZS: 4.3 g; TZS: 1.5 g; SZH: 0.1 g; CK: 0.0 g; FH: 16.4 g; SÓ: 1.3 g; CA: 0.0 mg; <b>Vegyes gyümölcsmártás (1;7;)</b> EN: 129.6 kcal; ZS: 2.0 g; TZS: 1.2 g; SZH: 26.3 g; CK: 18.5 g; FH: 1.1 g; SÓ: 0.5 g; CA: 18.0 mg; <b>Pirított dara (1;)</b> EN: 328.5 kcal; ZS: 3.2 g; TZS: 0.7 g; SZH: 65.7 g; CK: 0.0 g; FH: 8.5 g; SÓ: 0.3 g; CA: 0.0 mg;	<b>Tavaszi zöldségleves (1;3;9;)</b> EN: 89.6 kcal; ZS: 2.5 g; TZS: 0.3 g; SZH: 12.1 g; CK: 2.1 g; FH: 3.8 g; SÓ: 0.9 g; CA: 0.0 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>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>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>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>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;	<b>Natúr sajtkrém (7;)</b> EN: 20.4 kcal; ZS: 1.3 g; TZS: 0.9 g; SZH: 1.5 g; CK: 0.8 g; FH: 0.6 g; SÓ: 0.2 g; CA: 60.1 mg; <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>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: 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>Sertés párizsi</b> EN: 46.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.5 g; CK: 0.0 g; FH: 2.0 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>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>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>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;