

Hétfő
05.25Kedd
05.26Szerda
05.27Csütörtök
05.28Péntek
05.29

Tízórai

Citromos tea

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;

Sonkás szelet

EN: 28.5 kcal; ZS: 1.5 g; TZS: 0.6 g; SZH: 0.1 g; CK: 0.1 g; FH: 3.6 g; SÓ: 0.7 g;

margarin

EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;

lenmagos zsemle (1;)

EN: 161.0 kcal; ZS: 1.8 g; TZS: 0.1 g; SZH: 30.5 g; CK: 0.5 g; FH: 4.4 g; SÓ: 0.7 g;

Paprika

EN: 15.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 2.4 g; CK: 0.0 g; FH: 0.7 g; SÓ: 0.0 g; CA: 0.0 mg;

Tejeskávé (1;7;)

EN: 115.3 kcal; ZS: 2.7 g; TZS: 1.6 g; SZH: 16.4 g; CK: 15.8 g; FH: 5.5 g; SÓ: 0.2 g; CA: 216.0 mg;

Mákos rigó (1;)

EN: 167.0 kcal; ZS: 2.6 g; SZH: 30.5 g; CK: 0.9 g; FH: 4.4 g; SÓ: 1.9 g;

Gyümölcsös joghurt (7;)

EN: 82.5 kcal; ZS: 1.4 g; TZS: 1.0 g; SZH: 13.8 g; CK: 12.5 g; FH: 3.8 g; SÓ: 0.1 g; CA: 150.0 mg;

Kifli (1;7;)

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;

Tej (7;)

EN: 110.0 kcal; ZS: 5.6 g; TZS: 3.6 g; SZH: 9.2 g; CK: 9.2 g; FH: 5.8 g; SÓ: 0.3 g; CA: 240.0 mg;

Zala felvágott

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;

Gouda sajt (3;7;)

EN: 137.2 kcal; ZS: 10.4 g; TZS: 7.1 g; SZH: 0.8 g; CK: 0.8 g; FH: 11.2 g; SÓ: 0.8 g; CA: 320.0 mg;

margarin

EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;

Teljeskiőrlésű zsemle (1;6;)

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;

Kígyóborka

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;

Ebéd

Felesborsó gulyás (1;3;9;)

EN: 256.8 kcal; ZS: 10.9 g; TZS: 3.1 g; SZH: 23.3 g; CK: 2.5 g; FH: 15.3 g; SÓ: 1.7 g; CA: 0.0 mg;

Tejben dara (1;7;)

EN: 320.3 kcal; ZS: 14.2 g; TZS: 7.9 g; SZH: 39.0 g; CK: 23.5 g; FH: 9.2 g; SÓ: 0.3 g; CA: 300.0 mg;

Kakaó szórát

EN: 140.3 kcal; ZS: 1.1 g; TZS: 0.7 g; SZH: 30.1 g; CK: 29.5 g; FH: 1.1 g; SÓ: 0.1 g; CA: 0.0 mg;

fehér kenyér (1;6;)

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;

alma

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;

Vegyes zöldségleves (1;9;)

EN: 160.9 kcal; ZS: 9.0 g; TZS: 1.7 g; SZH: 10.9 g; CK: 0.5 g; FH: 6.7 g; SÓ: 1.2 g; CA: 0.0 mg;

Frankfurti sertéstokány (1;)

EN: 312.7 kcal; ZS: 21.3 g; TZS: 5.2 g; SZH: 5.9 g; CK: 0.0 g; FH: 23.0 g; SÓ: 5.2 g; CA: 0.0 mg;

Bulgur köret (1;)

EN: 263.0 kcal; ZS: 3.2 g; TZS: 0.2 g; SZH: 49.0 g; CK: 7.0 g; FH: 9.1 g; SÓ: 0.8 g; CA: 0.0 mg;

teljeskiőrlésű kenyér (1;)

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;

Kiwi gyümölcs

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;

Magyaros tarhonyaleves (1;3;9;)

EN: 232.1 kcal; ZS: 9.4 g; TZS: 1.5 g; SZH: 29.9 g; CK: 0.5 g; FH: 4.9 g; SÓ: 1.3 g; CA: 0.0 mg;

Főtt tojás (3;)

EN: 112.0 kcal; ZS: 8.0 g; TZS: 2.4 g; SZH: 0.0 g; CK: 0.0 g; FH: 9.6 g; SÓ: 0.2 g; CA: 0.0 mg;

Paraj mártás (1;7;)

EN: 243.5 kcal; ZS: 11.0 g; TZS: 2.0 g; SZH: 25.1 g; CK: 4.6 g; FH: 8.4 g; SÓ: 1.2 g; CA: 120.0 mg;

Főtt burgonya 1/2

EN: 131.6 kcal; ZS: 0.3 g; SZH: 25.8 g; FH: 3.5 g; SÓ: 0.3 g;

fehér kenyér (1;6;)

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;

Paradicsomleves (1;3;9;)

EN: 102.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 14.3 g; CK: 6.6 g; FH: 2.1 g; SÓ: 0.9 g; CA: 0.0 mg;

Rántott hal magvas bundában (1;3;4;)

EN: 328.8 kcal; ZS: 22.3 g; TZS: 3.3 g; SZH: 14.2 g; CK: 0.1 g; FH: 16.3 g; SÓ: 1.5 g; CA: 0.0 mg;

Rizs köret

EN: 215.9 kcal; ZS: 1.1 g; TZS: 0.2 g; SZH: 46.5 g; CK: 0.0 g; FH: 5.6 g; SÓ: 1.0 g; CA: 0.0 mg;

Tartármártás (3;7;10;)

EN: 117.4 kcal; ZS: 10.0 g; TZS: 3.8 g; SZH: 5.4 g; CK: 5.0 g; FH: 0.9 g; SÓ: 1.0 g; CA: 36.0 mg;

Uzsonna

Natúr vajkrém (7;)

EN: 42.2 kcal; ZS: 3.7 g; TZS: 2.4 g; SZH: 1.8 g; CK: 0.7 g; FH: 0.6 g; SÓ: 0.1 g; CA: 17.0 mg;

teljeskiőrlésű kenyér (1;)

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;

Rágórépa

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;

Edami sajt (7;)

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;

margarin

EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;

fehér kenyér (1;6;)

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;

Kápia paprika

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;

Mátrai csemege szalámi

EN: 96.0 kcal; ZS: 9.0 g; TZS: 3.8 g; SZH: 0.2 g; CK: 0.1 g; FH: 3.6 g; SÓ: 0.6 g;

margarin

EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;

teljeskiőrlésű kenyér (1;)

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;

Hónapos retek

EN: 7.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.1 g; CK: 0.0 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg;

Pizzás csiga (1;6;7;)

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;

alma

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;