

Hétfő
05.25Kedd
05.26Szerda
05.27Csütörtök
05.28Péntek
05.29

Tízórai

Citromos tea
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;

Sonkás szelet
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;

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: 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;

Tejeskávé (1;7;)
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;

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: 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;

Zala felvágott
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;

Gouda sajt (3;7;)
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;

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: 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;

Ebéd

Felesborsó gulyás (1;3;9;)
EN: 236.5 kcal; ZS: 10.7 g; TZS: 3.1 g; SZH: 20.0 g; CK: 1.9 g; FH: 14.1 g; SÓ: 1.3 g; CA: 0.0 mg;

Tejben dara (1;7;)
EN: 196.8 kcal; ZS: 7.9 g; TZS: 4.4 g; SZH: 25.7 g; CK: 13.9 g; FH: 5.8 g; SÓ: 0.2 g; CA: 180.0 mg;

Kakaó szórat
EN: 91.7 kcal; ZS: 0.5 g; TZS: 0.3 g; SZH: 20.3 g; CK: 20.0 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg;

fehér kenyér (1;6;)
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;

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: 96.7 kcal; ZS: 4.4 g; TZS: 0.8 g; SZH: 8.5 g; CK: 0.4 g; FH: 4.0 g; SÓ: 0.9 g; CA: 0.0 mg;

Frankfurti sertéstokány (1;)
EN: 226.6 kcal; ZS: 15.1 g; TZS: 3.6 g; SZH: 4.8 g; CK: 0.0 g; FH: 16.8 g; SÓ: 3.8 g; CA: 0.0 mg;

Bulgur köret (1;)
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;

teljeskiőrlésű kenyér (1;)
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;

Kiwi gyümölcs
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;

Magyaros tarhonyaleves (1;3;9;)
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;

Főtt tojás (3;)
EN: 56.0 kcal; ZS: 4.0 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 4.8 g; SÓ: 0.2 g; CA: 0.0 mg;

Paraj mártás (1;7;)
EN: 166.3 kcal; ZS: 8.4 g; TZS: 1.4 g; SZH: 15.3 g; CK: 2.8 g; FH: 5.4 g; SÓ: 0.7 g; CA: 72.0 mg;

Főtt burgonya 1/2
EN: 94.0 kcal; ZS: 0.2 g; SZH: 18.4 g; FH: 2.5 g; SÓ: 0.2 g;

fehér kenyér (1;6;)
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;

Paradicsomleves (1;3;9;)
EN: 61.1 kcal; ZS: 0.5 g; TZS: 0.0 g; SZH: 11.9 g; CK: 4.3 g; FH: 1.9 g; SÓ: 0.7 g; CA: 0.0 mg;

Panírozott halrúd (1;4;)
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;

Rizs köret
EN: 142.5 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 31.0 g; CK: 0.0 g; FH: 3.7 g; SÓ: 0.9 g; CA: 0.0 mg;

Tartármártás (3;7;10;)
EN: 95.1 kcal; ZS: 8.0 g; TZS: 2.7 g; SZH: 4.6 g; CK: 4.3 g; FH: 0.6 g; SÓ: 1.0 g; CA: 24.0 mg;

Uzsonna

Natúr vajkrém (7;)
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;

teljeskiőrlésű kenyér (1;)
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;

Rágórépa
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;

Edami sajt (7;)
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;

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

fehér kenyér (1;6;)
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;

Kápia paprika
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;

Mátrai csemege szalámi
EN: 72.0 kcal; ZS: 6.7 g; TZS: 2.8 g; SZH: 0.1 g; CK: 0.1 g; FH: 2.7 g; SÓ: 0.4 g;

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

teljeskiőrlésű kenyér (1;)
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;

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;