

	Hétfő 03.30	Kedd 03.31	Szerda 04.01	Csütörtök 04.02	Péntek 04.03
Ebéd	<p>Paradicsomleves (9;) EN: 273.9 kcal; ZS: 5.7 g; TZS: 0.5 g; SZH: 49.5 g; CK: 22.5 g; FH: 5.9 g; SÓ: 1.0 g; CA: 0.0 mg;</p> <p>Brokkolis sertésragu EN: 244.3 kcal; ZS: 14.0 g; TZS: 2.8 g; SZH: 14.7 g; CK: 4.3 g; FH: 18.8 g; SÓ: 0.2 g; CA: 0.0 mg;</p> <p>Rizs köret EN: 318.3 kcal; ZS: 4.8 g; TZS: 0.6 g; SZH: 62.0 g; CK: 0.0 g; FH: 7.4 g; SÓ: 0.0 g; CA: 0.0 mg;</p> <p>Alma EN: 35.0 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 7.0 g; CK: 4.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;</p>	<p>Cukkíni krémleves (12;) EN: 94.7 kcal; ZS: 5.1 g; TZS: 0.5 g; SZH: 9.5 g; CK: 0.0 g; FH: 2.1 g; SÓ: 1.3 g; CA: 0.0 mg;</p> <p>Sertés pörkölt EN: 231.3 kcal; ZS: 12.9 g; TZS: 2.8 g; SZH: 3.7 g; CK: 0.0 g; FH: 23.3 g; SÓ: 1.7 g; CA: 0.0 mg;</p> <p>Tészta köret EN: 361.6 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 79.0 g; CK: 1.0 g; FH: 5.5 g; SÓ: 1.2 g; CA: 0.0 mg;</p> <p>Mandarin EN: 45.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.8 g; CK: 7.8 g; FH: 0.7 g; SÓ: 0.0 g; CA: 0.0 mg;</p>	<p>Karfiolleves (9;) EN: 94.6 kcal; ZS: 4.2 g; TZS: 0.5 g; SZH: 10.4 g; CK: 1.0 g; FH: 3.1 g; SÓ: 1.0 g; CA: 0.0 mg;</p> <p>Natúr csirkemell szelet EN: 148.6 kcal; ZS: 6.1 g; TZS: 1.3 g; SZH: 0.6 g; CK: 0.5 g; FH: 21.3 g; SÓ: 0.9 g; CA: 0.0 mg;</p> <p>Petrezselymes burgonya (12;) EN: 321.9 kcal; ZS: 3.5 g; TZS: 0.3 g; SZH: 58.0 g; CK: 0.0 g; FH: 7.9 g; SÓ: 1.5 g; CA: 0.0 mg;</p> <p>Cékla saláta * (10;) EN: 32.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 8.0 g; CK: 3.8 g; FH: 1.4 g; SÓ: 0.8 g; CA: 0.0 mg;</p>	<p>Tárkonyos zöldségleves (9;) EN: 159.5 kcal; ZS: 4.1 g; TZS: 0.4 g; SZH: 27.3 g; CK: 5.7 g; FH: 3.0 g; SÓ: 1.6 g; CA: 0.0 mg;</p> <p>Egyben sertésvagdalt (3;) EN: 231.1 kcal; ZS: 7.9 g; TZS: 5.9 g; SZH: 19.6 g; CK: 0.3 g; FH: 18.8 g; SÓ: 1.4 g; CA: 0.0 mg;</p> <p>Parajfőzelék EN: 171.2 kcal; ZS: 2.5 g; TZS: 0.5 g; SZH: 34.2 g; CK: 9.3 g; FH: 2.8 g; SÓ: 1.1 g; CA: 0.0 mg;</p>	