

	Hétfő 03.30	Kedd 03.31	Szerda 04.01	Csütörtök 04.02	Péntek 04.03	Szombat 04.04	Vasárnap 04.05
<b>Ebéd</b>	<b>Paradicsomleves (1;9;)</b> EN: 264.1 kcal; ZS: 5.7 g; TZS: 0.7 g; SZH: 47.1 g; CK: 24.0 g; FH: 4.6 g; SÓ: 1.6 g; CA: 0.0 mg; <b>Brokkolis sertésragu</b> EN: 253.3 kcal; ZS: 14.8 g; TZS: 2.9 g; SZH: 15.2 g; CK: 4.4 g; FH: 18.8 g; SÓ: 0.2 g; CA: 0.0 mg; <b>Bulgur köret (1;)</b> EN: 219.5 kcal; ZS: 2.1 g; TZS: 0.1 g; SZH: 42.0 g; CK: 6.0 g; FH: 7.8 g; SÓ: 0.5 g; CA: 0.0 mg; <b>Alma</b> 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;	<b>Cukkini krémleves (1;12;)</b> EN: 192.6 kcal; ZS: 11.1 g; TZS: 5.6 g; SZH: 18.5 g; CK: 0.3 g; FH: 3.8 g; SÓ: 1.5 g; CA: 0.0 mg; <b>Sertés pörkölt</b> EN: 239.4 kcal; ZS: 13.6 g; TZS: 2.9 g; SZH: 4.1 g; CK: 0.0 g; FH: 23.3 g; SÓ: 1.8 g; CA: 0.0 mg; <b>Főtt tészta (1;)</b> EN: 415.4 kcal; ZS: 12.1 g; TZS: 1.6 g; SZH: 64.8 g; CK: 3.1 g; FH: 11.0 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Mandarin</b> 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;	<b>Karfiolleves (1;)</b> EN: 146.2 kcal; ZS: 9.5 g; TZS: 1.0 g; SZH: 11.7 g; CK: 0.4 g; FH: 3.3 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Natúr csirkemell szelet</b> EN: 151.7 kcal; ZS: 6.4 g; TZS: 1.3 g; SZH: 0.6 g; CK: 0.5 g; FH: 21.3 g; SÓ: 1.0 g; CA: 0.0 mg; <b>Petrezselymes burgonya 18 dkg (12;)</b> EN: 202.7 kcal; ZS: 4.0 g; TZS: 1.0 g; SZH: 33.3 g; CK: 0.0 g; FH: 4.6 g; SÓ: 1.7 g; CA: 0.0 mg; <b>Csiki saláta * (10;12;)</b> EN: 95.3 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 22.0 g; CK: 18.4 g; FH: 0.8 g; SÓ: 0.4 g; CA: 0.0 mg;	<b>Tárkonyos zöldségleves (1;9;)</b> EN: 99.0 kcal; ZS: 4.1 g; TZS: 0.5 g; SZH: 13.3 g; CK: 2.8 g; FH: 2.6 g; SÓ: 0.5 g; CA: 0.0 mg; <b>Főtt tojás (3;)</b> EN: 146.7 kcal; ZS: 8.8 g; TZS: 2.7 g; SZH: 0.6 g; CK: 0.4 g; FH: 9.9 g; SÓ: 0.3 g; CA: 0.0 mg; <b>Parajfőzelék (1;)</b> EN: 163.2 kcal; ZS: 2.6 g; TZS: 0.5 g; SZH: 31.1 g; CK: 8.7 g; FH: 3.5 g; SÓ: 1.2 g; CA: 0.0 mg;	<b>Kertész leves D (1;3;9;)</b> EN: 121.8 kcal; ZS: 4.6 g; TZS: 0.6 g; SZH: 16.4 g; CK: 3.3 g; FH: 3.3 g; SÓ: 0.5 g; CA: 0.0 mg; <b>Halpaprikás (4;)</b> EN: 162.6 kcal; ZS: 6.5 g; TZS: 1.4 g; SZH: 4.5 g; CK: 0.0 g; FH: 10.3 g; SÓ: 1.7 g; CA: 0.0 mg; <b>Főtt tészta (1;)</b> EN: 415.4 kcal; ZS: 12.1 g; TZS: 1.6 g; SZH: 64.8 g; CK: 3.1 g; FH: 11.0 g; SÓ: 0.0 g; CA: 0.0 mg;	<b>Sütőtök krémleves (1;12;)</b> EN: 216.7 kcal; ZS: 11.6 g; TZS: 0.8 g; SZH: 32.9 g; CK: 12.6 g; FH: 3.0 g; SÓ: 1.4 g; CA: 0.0 mg; <b>Pirított tökmag</b> EN: 189.4 kcal; ZS: 16.0 g; TZS: 3.0 g; SZH: 6.2 g; CK: 0.4 g; FH: 8.6 g; SÓ: 0.0 g; <b>Cigánypecsenye</b> EN: 412.5 kcal; ZS: 33.5 g; TZS: 11.4 g; SZH: 3.0 g; CK: 0.0 g; FH: 24.9 g; SÓ: 2.3 g; CA: 0.0 mg; <b>Rizi-bizi</b> EN: 223.2 kcal; ZS: 7.8 g; TZS: 0.9 g; SZH: 33.3 g; CK: 0.0 g; FH: 5.0 g; SÓ: 1.6 g; CA: 0.0 mg;	<b>Húsleves (9;)</b> EN: 122.8 kcal; ZS: 3.8 g; TZS: 1.3 g; SZH: 6.3 g; CK: 1.9 g; FH: 14.2 g; SÓ: 1.0 g; CA: 0.0 mg; <b>Levesbetét tészta (1;)</b> EN: 105.3 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 21.6 g; CK: 1.1 g; FH: 3.8 g; SÓ: 0.0 g; CA: 0.0 mg; <b>Dubarry sertésszelet (1;)</b> EN: 371.2 kcal; ZS: 24.1 g; TZS: 11.1 g; SZH: 12.5 g; CK: 2.8 g; FH: 24.0 g; SÓ: 1.9 g; CA: 0.0 mg; <b>Burgonyapüré (12;)</b> EN: 307.5 kcal; ZS: 3.5 g; TZS: 0.7 g; SZH: 57.2 g; CK: 4.1 g; FH: 6.6 g; SÓ: 1.7 g; CA: 0.0 mg;