

	Hétfő 04.27	Kedd 04.28	Szerda 04.29	Csütörtök 04.30	Péntek 05.01	Szombat 05.02	Vasárnap 05.03
Ebéd	<p>Sertés raguleves (1;9;)</p> <p>EN: 174.6 kcal; ZS: 7.2 g; TZS: 1.6 g; SZH: 10.6 g; CK: 2.3 g; FH: 14.7 g; SÓ: 2.0 g; CA: 0.0 mg;</p> <p>Gránátos kocka (1;12;)</p> <p>EN: 532.0 kcal; ZS: 5.3 g; TZS: 0.8 g; SZH: 100.8 g; CK: 3.5 g; FH: 16.1 g; SÓ: 1.4 g; CA: 0.0 mg;</p> <p>Cékla saláta * (10;)</p> <p>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>Alma</p> <p>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>Húsleves levestésztával (1;9;)</p> <p>EN: 119.8 kcal; ZS: 1.7 g; TZS: 0.5 g; SZH: 16.3 g; CK: 3.2 g; FH: 8.5 g; SÓ: 1.0 g; CA: 0.0 mg;</p> <p>Fasírt golyó (1;)</p> <p>EN: 307.8 kcal; ZS: 16.8 g; TZS: 5.8 g; SZH: 21.4 g; CK: 0.2 g; FH: 17.4 g; SÓ: 0.9 g; CA: 0.0 mg;</p> <p>Cukkini főzelék</p> <p>EN: 83.5 kcal; ZS: 0.8 g; TZS: 0.1 g; SZH: 16.2 g; CK: 1.1 g; FH: 2.5 g; SÓ: 1.1 g; CA: 0.0 mg;</p> <p>Kókuszgolyó (1;12;)</p> <p>EN: 200.5 kcal; ZS: 6.8 g; TZS: 4.4 g; SZH: 29.4 g; CK: 16.3 g; FH: 3.2 g; SÓ: 0.2 g; CA: 0.0 mg;</p>	<p>Meggyleves (1;)</p> <p>EN: 277.5 kcal; ZS: 1.1 g; TZS: 0.2 g; SZH: 62.4 g; CK: 47.7 g; FH: 2.9 g; SÓ: 0.7 g; CA: 0.0 mg;</p> <p>Sült csirkemell</p> <p>EN: 138.9 kcal; ZS: 5.4 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 21.2 g; SÓ: 1.1 g; CA: 0.0 mg;</p> <p>Rizs köret</p> <p>EN: 322.4 kcal; ZS: 5.3 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>Cékla saláta * (10;)</p> <p>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>körte</p> <p>EN: 52.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 12.0 g; CK: 1.5 g; FH: 0.4 g; SÓ: 0.0 g;</p>	<p>Köménymag leves (1;)</p> <p>EN: 89.4 kcal; ZS: 7.7 g; TZS: 0.9 g; SZH: 4.2 g; CK: 0.0 g; FH: 0.6 g; SÓ: 1.6 g; CA: 0.0 mg;</p> <p>Rozmaringos sertésragu (1;)</p> <p>EN: 233.9 kcal; ZS: 14.5 g; TZS: 3.9 g; SZH: 3.3 g; CK: 0.0 g; FH: 21.4 g; SÓ: 0.5 g; CA: 0.0 mg;</p> <p>Párolt köles</p> <p>EN: 234.6 kcal; ZS: 7.2 g; TZS: 1.1 g; SZH: 36.0 g; CK: 3.0 g; FH: 5.5 g; SÓ: 0.5 g; CA: 0.0 mg;</p> <p>Párolt sárgarépa 1/2</p> <p>EN: 116.4 kcal; ZS: 2.9 g; TZS: 0.3 g; SZH: 18.7 g; CK: 6.8 g; FH: 3.1 g; SÓ: 0.8 g; CA: 0.0 mg;</p> <p>Csokipuding rizsitalból</p> <p>EN: 301.1 kcal; ZS: 3.3 g; TZS: 0.8 g; SZH: 65.4 g; CK: 34.6 g; FH: 1.5 g; SÓ: 0.2 g; CA: 0.0 mg;</p> <p>Pírtott kenyérokca (1;)</p> <p>EN: 39.3 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 7.7 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.3 g;</p>	<p>Burgonyaleves virsivel (1;12;)</p> <p>EN: 237.5 kcal; ZS: 14.8 g; TZS: 3.4 g; SZH: 19.1 g; CK: 1.2 g; FH: 5.8 g; SÓ: 1.9 g; CA: 0.0 mg;</p> <p>Tejben dara TM (1;)</p> <p>EN: 496.1 kcal; ZS: 5.6 g; TZS: 0.9 g; SZH: 107.2 g; CK: 58.3 g; FH: 3.6 g; SÓ: 0.5 g; CA: 0.0 mg;</p> <p>Fahéj szórat</p> <p>EN: 120.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 29.5 g; CK: 29.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;</p>	<p>Zöldséges lebbencsleves (1;9;12;)</p> <p>EN: 174.6 kcal; ZS: 8.9 g; TZS: 1.0 g; SZH: 19.3 g; CK: 0.2 g; FH: 3.1 g; SÓ: 0.8 g; CA: 0.0 mg;</p> <p>Sertéshúsos rakott burgonya (12;)</p> <p>EN: 381.6 kcal; ZS: 10.9 g; TZS: 2.0 g; SZH: 45.4 g; CK: 1.5 g; FH: 19.9 g; SÓ: 0.7 g; CA: 0.0 mg;</p>	<p>Görög raguleves</p> <p>EN: 279.0 kcal; ZS: 22.8 g; TZS: 4.3 g; SZH: 5.0 g; CK: 0.5 g; FH: 12.2 g; SÓ: 2.1 g; CA: 0.0 mg;</p> <p>Sertéssült</p> <p>EN: 148.4 kcal; ZS: 6.8 g; TZS: 2.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 20.5 g; SÓ: 1.2 g; CA: 0.0 mg;</p> <p>Burgonyapüré (12;)</p> <p>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;</p> <p>Alma kompót</p> <p>EN: 48.4 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 11.3 g; CK: 8.6 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;</p>