

|         | Hétfő<br>10.26                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Kedd<br>10.27                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Szerda<br>10.28                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Csütörtök<br>10.29                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Péntek<br>10.30                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| Tízórai | <b>Natúr joghurt (7;)</b><br>EN:91.5kcal ZS:5.3g TZS:3.4g SZH:5.7g CK:5.7g FH:4.9g SÓ:0.1g<br><b>Teljeskiőrlésű kifli (1;7;)</b><br>EN:153.5kcal ZS:2.0g TZS:0.9g SZH:28.5g CK:1.4g FH:4.0g SÓ:0.5g                                                                                                                                                                                                                                                                                          | <b>Vaníliás tej (7;)</b><br>EN:111.1kcal ZS:3.0g TZS:1.8g SZH:14.5g CK:12.9g FH:6.0g SÓ:0.2g<br><b>margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>Panini (1;7;)</b><br>EN:138.5kcal ZS:1.1g TZS:0.5g SZH:27.0g CK:0.9g FH:4.8g SÓ:0.5g                                                                                                                                                                                                                                                | <b>Tej (7;)</b><br>EN:110.0kcal ZS:5.6g TZS:3.6g SZH:9.2g CK:9.2g FH:5.8g SÓ:0.3g<br><b>Csokis gabonagolyó (1;6;7;)</b><br>EN:113.1kcal ZS:1.0g TZS:0.5g SZH:23.1g CK:8.3g FH:2.3g SÓ:0.2g                                                                                                                                                                                                                                                                                                                         | <b>Karamellás tej (7;)</b><br>EN:102.0kcal ZS:3.0g TZS:1.8g SZH:12.2g CK:12.2g FH:6.0g SÓ:0.2g<br><b>Briós (1;3;6;7;)</b><br>EN:163.8kcal ZS:4.3g TZS:1.5g SZH:28.4g CK:4.7g FH:4.4g SÓ:0.3g                                                                                                                                                                                                                                                                                                                               | <b>Citromos tea</b><br>EN:28.6kcal ZS:0.0g TZS:0.0g SZH:7.1g CK:7.1g FH:0.0g SÓ:0.0g<br><b>Trappista sajt (7;)</b><br>EN:89.1kcal ZS:6.5g TZS:4.2g SZH:0.5g CK:0.0g FH:7.5g SÓ:0.6g<br><b>margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>vizes zsemle (1;)</b><br>EN:138.5kcal ZS:0.5g TZS:0.2g SZH:26.4g FH:5.1g SÓ:0.6g                                                                                                                                               |
| Ebéd    | <b>Palóclevés (sertés) (1;7;)</b><br>EN:213.8kcal ZS:11.9g TZS:4.1g SZH:16.6g CK:1.0g FH:8.6g SÓ:0.6g<br><b>Szilvás gombóc (1;3;12;)</b><br><br>EN:195.3kcal ZS:2.0g TZS:0.1g SZH:37.2g CK:8.8g FH:5.2g SÓ:0.7g<br><b>Porcukor szórát</b><br>EN:41.0kcal ZS:0.0g TZS:0.0g SZH:10.0g CK:10.0g FH:0.0g SÓ:0.0g<br><b>fehér kenyér (1;6;)</b><br>EN:48.2kcal ZS:0.2g TZS:0.0g SZH:9.6g CK:0.3g FH:1.7g SÓ:0.3g<br><b>alma</b><br>EN:52.5kcal ZS:0.6g TZS:0.0g SZH:10.5g CK:6.0g FH:0.6g SÓ:0.0g | <b>Zöldséges lencseleves (1;9;10;)</b><br>EN:109.4kcal ZS:2.5g TZS:0.3g SZH:14.9g CK:2.3g FH:5.0g SÓ:0.8g<br><b>Sajtos csirkecomb alsó (1;7;)</b><br><br>EN:123.9kcal ZS:7.8g TZS:1.4g SZH:2.5g CK:0.0g FH:10.7g SÓ:1.0g<br><b>Burgonyapüré (7;)</b><br>EN:223.3kcal ZS:4.2g TZS:2.1g SZH:35.0g CK:5.6g FH:7.6g SÓ:1.0g<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:66.6kcal ZS:0.4g TZS:0.1g SZH:13.0g CK:0.0g FH:2.4g SÓ:0.3g<br><b>Alma befőtt</b><br>EN:49.2kcal ZS:0.2g SZH:10.2g CK:9.0g FH:0.1g | <b>Paradicsomleves (1;3;9;)</b><br>EN:60.8kcal ZS:0.5g TZS:0.0g SZH:11.9g CK:4.3g FH:1.9g SÓ:0.7g<br><b>Panírozott dino szelet (sütőben sütvé) (1;)</b><br>EN:125.8kcal ZS:6.4g TZS:1.3g SZH:11.5g CK:0.4g FH:4.8g SÓ:0.6g<br><b>Tavaszi rizs</b><br>EN:253.9kcal ZS:3.0g TZS:0.4g SZH:50.0g CK:1.1g FH:6.7g SÓ:0.7g<br><b>fehér kenyér (1;6;)</b><br>EN:48.2kcal ZS:0.2g TZS:0.0g SZH:9.6g CK:0.3g FH:1.7g SÓ:0.3g<br><b>Házi káposztasaláta</b><br>EN:16.6kcal ZS:0.1g TZS:0.0g SZH:6.9g CK:4.0g FH:0.8g SÓ:0.7g | <b>Erőleves (1;9;)</b><br>EN:82.0kcal ZS:0.6g TZS:0.0g SZH:15.3g CK:2.8g FH:3.5g SÓ:1.3g<br><b>Párolt csirkecsíkok</b><br><br>EN:92.4kcal ZS:3.4g TZS:0.8g SZH:1.4g CK:1.2g FH:13.0g SÓ:0.9g<br><b>Vegyes gyümölcsmártás (1;7;12;)</b><br>EN:128.0kcal ZS:2.0g TZS:1.2g SZH:26.3g CK:18.5g FH:1.1g SÓ:0.5g<br><b>Pirított dara köret 1/2 (1;)</b><br>EN:87.2kcal ZS:3.4g TZS:0.4g SZH:12.4g CK:0.0g FH:1.6g SÓ:0.3g<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:66.6kcal ZS:0.4g TZS:0.1g SZH:13.0g CK:0.0g FH:2.4g SÓ:0.3g | <b>Hamis gulyásleves (1;3;9;)</b><br>EN:113.7kcal ZS:5.7g TZS:0.6g SZH:12.3g CK:0.8g FH:1.9g SÓ:0.5g<br><b>Főtt tojás (3;)</b><br><br>EN:73.3kcal ZS:4.4g TZS:1.4g SZH:0.3g CK:0.2g FH:5.0g SÓ:0.4g<br><b>Parajfőzelék (1;7;)</b><br>EN:94.2kcal ZS:1.8g TZS:0.7g SZH:12.9g CK:2.8g FH:4.9g SÓ:0.7g<br><b>Főtt burgonya 1/2</b><br>EN:75.2kcal ZS:0.2g SZH:14.7g FH:2.0g SÓ:0.2g<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:66.6kcal ZS:0.4g TZS:0.1g SZH:13.0g CK:0.0g FH:2.4g SÓ:0.3g |
| Uzsonna | <b>Marha párizsi</b><br>EN:48.0kcal ZS:4.2g TZS:1.7g SZH:0.4g CK:0.1g FH:2.2g SÓ:0.4g<br><b>margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:133.2kcal ZS:0.7g TZS:0.2g SZH:26.0g CK:0.0g FH:4.8g SÓ:0.7g<br><b>Paprika</b><br>EN:9.0kcal ZS:0.0g TZS:0.0g SZH:1.4g CK:0.0g FH:0.4g SÓ:0.0g                                                                                                                                               | <b>Barackos túrókrém (7;)</b><br>EN:58.2kcal ZS:3.5g TZS:2.4g SZH:3.9g CK:3.0g FH:2.6g SÓ:0.2g<br><b>Foszlós kalács (1;3;)</b><br>EN:123.9kcal ZS:2.6g TZS:0.6g SZH:21.7g CK:2.8g FH:3.0g SÓ:0.3g<br><b>Mandarin</b><br>EN:45.0kcal ZS:0.0g TZS:0.0g SZH:9.8g CK:0.0g FH:0.7g SÓ:0.0g                                                                                                                                                                                                                 | <b>Diákcsemege (1;6;7;)</b><br>EN:72.5kcal ZS:6.5g TZS:2.5g SZH:0.2g CK:0.2g FH:3.3g SÓ:0.5g<br><b>margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:133.2kcal ZS:0.7g TZS:0.2g SZH:26.0g CK:0.0g FH:4.8g SÓ:0.7g<br><b>Rágórépa</b><br>EN:12.0kcal ZS:0.0g TZS:0.0g SZH:2.5g CK:0.0g FH:0.4g SÓ:0.0g                                                                                                                                                            | <b>Magos vajkrém (7;)</b><br>EN:139.2kcal ZS:13.2g TZS:7.2g SZH:2.6g CK:0.7g FH:2.1g SÓ:0.3g<br><b>fehér kenyér (1;6;)</b><br>EN:96.4kcal ZS:0.4g TZS:0.1g SZH:19.2g CK:0.6g FH:3.4g SÓ:0.6g<br><b>Paradicsom</b><br>EN:13.8kcal ZS:0.1g TZS:0.0g SZH:2.4g CK:0.0g FH:0.6g SÓ:0.0g                                                                                                                                                                                                                                         | <b>Túrós batyu (1;6;7;)</b><br>EN:175.0kcal ZS:7.5g TZS:3.8g SZH:25.0g CK:8.0g FH:2.9g SÓ:0.1g<br><b>alma</b><br>EN:52.5kcal ZS:0.6g TZS:0.0g SZH:10.5g CK:6.0g FH:0.6g SÓ:0.0g                                                                                                                                                                                                                                                                                                         |

|         | Hétfő<br>10.26                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Kedd<br>10.27                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Szerda<br>10.28                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Csütörtök<br>10.29                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Péntek<br>10.30                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| Tízórai | <b>Natúr joghurt (7;)</b><br>EN:91.5kcal ZS:5.3g TZS:3.4g SZH:5.7g CK:5.7g FH:4.9g SÓ:0.1g<br><b>Teljeskiőrlésű kifli (1;7;)</b><br>EN:153.5kcal ZS:2.0g TZS:0.9g SZH:28.5g CK:1.4g FH:4.0g SÓ:0.5g                                                                                                                                                                                                                                                                                              | <b>Vaníliás tej (7;)</b><br>EN:138.0kcal ZS:3.8g TZS:2.3g SZH:17.9g CK:16.3g FH:7.5g SÓ:0.3g<br><b>margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>Panini (1;7;)</b><br>EN:138.5kcal ZS:1.1g TZS:0.5g SZH:27.0g CK:0.9g FH:4.8g SÓ:0.5g                                                                                                                                                                                                                                                   | <b>Tej (7;)</b><br>EN:137.5kcal ZS:7.0g TZS:4.5g SZH:11.5g CK:11.5g FH:7.3g SÓ:0.3g<br><b>Csokis gabonagolyó (1;6;7;)</b><br>EN:188.5kcal ZS:1.7g TZS:0.8g SZH:38.5g CK:13.9g FH:3.9g SÓ:0.3g                                                                                                                                                                                                                                                                                                                         | <b>Karamellás tej (7;)</b><br>EN:128.5kcal ZS:3.8g TZS:2.3g SZH:15.5g CK:15.5g FH:7.5g SÓ:0.3g<br><b>Briós (1;3;6;7;)</b><br>EN:163.8kcal ZS:4.3g TZS:1.5g SZH:28.4g CK:4.7g FH:4.4g SÓ:0.3g                                                                                                                                                                                                                                                                                                                                  | <b>Citromos tea</b><br>EN:40.6kcal ZS:0.0g TZS:0.0g SZH:10.0g CK:10.0g FH:0.0g SÓ:0.0g<br><b>Trappista sajt (7;)</b><br>EN:118.8kcal ZS:8.6g TZS:5.6g SZH:0.6g CK:0.0g FH:10.0g SÓ:0.8g<br><b>margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>vizes zsemle (1;)</b><br>EN:138.5kcal ZS:0.5g TZS:0.2g SZH:26.4g FH:5.1g SÓ:0.6g                                                                                                                                               |
| Ebéd    | <b>Palóclevés (sertés) (1;7;)</b><br>EN:291.1kcal ZS:15.7g TZS:5.3g SZH:24.0g CK:1.1g FH:11.4g SÓ:0.7g<br><b>Szilvás gombóc (1;3;12;)</b><br><br>EN:352.6kcal ZS:10.7g TZS:1.0g SZH:53.6g CK:13.2g FH:7.4g SÓ:1.0g<br><b>Porcukor szórat</b><br>EN:61.5kcal ZS:0.0g TZS:0.0g SZH:15.0g CK:15.0g FH:0.0g SÓ:0.0g<br><b>fehér kenyér (1;6;)</b><br>EN:72.3kcal ZS:0.3g TZS:0.1g SZH:14.4g CK:0.5g FH:2.6g SÓ:0.4g<br><b>alma</b><br>EN:52.5kcal ZS:0.6g TZS:0.0g SZH:10.5g CK:6.0g FH:0.6g SÓ:0.0g | <b>Zöldséges lencseleves (1;9;10;)</b><br>EN:140.5kcal ZS:3.3g TZS:0.3g SZH:19.1g CK:3.0g FH:6.3g SÓ:1.0g<br><b>Sajtos csirkecomb felső (1;7;)</b><br><br>EN:208.8kcal ZS:15.8g TZS:6.1g SZH:2.9g CK:0.0g FH:13.1g SÓ:1.5g<br><b>Burgonyapüré (7;)</b><br>EN:266.5kcal ZS:5.6g TZS:2.8g SZH:40.5g CK:7.4g FH:9.3g SÓ:1.0g<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:99.9kcal ZS:0.5g TZS:0.1g SZH:19.5g CK:0.0g FH:3.6g SÓ:0.5g<br><b>Alma befőtt</b><br>EN:57.4kcal ZS:0.2g SZH:11.9g CK:10.5g FH:0.1g | <b>Paradicsomleves (1;3;9;)</b><br>EN:102.2kcal ZS:0.7g TZS:0.1g SZH:14.3g CK:6.6g FH:2.1g SÓ:0.9g<br><b>Panírozott dino szelet (sütőben sütvé) (1;)</b><br>EN:181.1kcal ZS:9.5g TZS:1.9g SZH:16.1g CK:0.6g FH:6.7g SÓ:0.9g<br><b>Tavaszi rizs</b><br>EN:391.4kcal ZS:8.6g TZS:1.0g SZH:68.7g CK:1.9g FH:9.7g SÓ:0.9g<br><b>fehér kenyér (1;6;)</b><br>EN:72.3kcal ZS:0.3g TZS:0.1g SZH:14.4g CK:0.5g FH:2.6g SÓ:0.4g<br><b>Házi káposztasaláta</b><br>EN:56.9kcal ZS:0.2g TZS:0.0g SZH:11.7g CK:6.0g FH:1.6g SÓ:1.0g | <b>Erőleves (1;9;)</b><br>EN:102.9kcal ZS:0.7g TZS:0.0g SZH:19.3g CK:3.6g FH:4.2g SÓ:2.3g<br><b>Párolt csirkecsíkok</b><br><br>EN:145.6kcal ZS:6.1g TZS:1.2g SZH:1.9g CK:1.6g FH:19.5g SÓ:1.1g<br><b>Vegyes gyümölcsmártás (1;7;12;)</b><br>EN:206.5kcal ZS:2.7g TZS:1.6g SZH:42.9g CK:26.9g FH:2.3g SÓ:0.7g<br><b>Pirított dara köret 1/2 (1;)</b><br>EN:122.8kcal ZS:4.4g TZS:0.6g SZH:18.3g CK:0.0g FH:2.4g SÓ:0.4g<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:99.9kcal ZS:0.5g TZS:0.1g SZH:19.5g CK:0.0g FH:3.6g SÓ:0.5g | <b>Hamis gulyásleves (1;3;9;)</b><br>EN:249.4kcal ZS:14.2g TZS:1.5g SZH:24.1g CK:1.5g FH:3.9g SÓ:0.6g<br><b>Főtt tojás (3;)</b><br><br>EN:73.3kcal ZS:4.4g TZS:1.4g SZH:0.3g CK:0.2g FH:5.0g SÓ:0.4g<br><b>Parajfőzelék (1;7;)</b><br>EN:255.8kcal ZS:11.0g TZS:2.1g SZH:28.1g CK:4.6g FH:8.5g SÓ:1.1g<br><b>Főtt burgonya 1/2</b><br>EN:122.2kcal ZS:0.3g SZH:23.9g FH:3.3g SÓ:0.3g<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:99.9kcal ZS:0.5g TZS:0.1g SZH:19.5g CK:0.0g FH:3.6g SÓ:0.5g |
| Uzsonna | <b>Marha párizsi</b><br>EN:72.0kcal ZS:6.3g TZS:2.5g SZH:0.5g CK:0.1g FH:3.3g SÓ:0.5g<br><b>margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:199.8kcal ZS:1.1g TZS:0.2g SZH:39.0g CK:0.0g FH:7.2g SÓ:1.0g<br><b>Paprika</b><br>EN:15.0kcal ZS:0.1g TZS:0.0g SZH:2.4g CK:0.0g FH:0.7g SÓ:0.0g                                                                                                                                                  | <b>Barackos túrókrém (7;)</b><br>EN:77.1kcal ZS:4.4g TZS:3.1g SZH:5.2g CK:4.0g FH:3.9g SÓ:0.2g<br><b>Foszlós kalács (1;3;)</b><br>EN:185.8kcal ZS:3.9g TZS:0.9g SZH:32.5g CK:4.1g FH:4.4g SÓ:0.4g<br><b>Mandarin</b><br>EN:45.0kcal ZS:0.0g TZS:0.0g SZH:9.8g CK:0.0g FH:0.7g SÓ:0.0g                                                                                                                                                                                                                    | <b>Diákcsemege (1;6;7;)</b><br>EN:96.6kcal ZS:8.6g TZS:3.4g SZH:0.3g CK:0.2g FH:4.4g SÓ:0.7g<br><b>margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:199.8kcal ZS:1.1g TZS:0.2g SZH:39.0g CK:0.0g FH:7.2g SÓ:1.0g<br><b>Rágórépa</b><br>EN:16.0kcal ZS:0.0g TZS:0.0g SZH:3.3g CK:0.0g FH:0.5g SÓ:0.0g                                                                                                                                                               | <b>Magos vajkrém (7;)</b><br>EN:185.0kcal ZS:17.5g TZS:9.6g SZH:3.4g CK:0.9g FH:2.7g SÓ:0.4g<br><b>fehér kenyér (1;6;)</b><br>EN:144.6kcal ZS:0.6g TZS:0.1g SZH:28.8g CK:1.0g FH:5.2g SÓ:0.9g<br><b>Paradicsom</b><br>EN:16.1kcal ZS:0.1g TZS:0.0g SZH:2.8g CK:0.0g FH:0.7g SÓ:0.0g                                                                                                                                                                                                                                           | <b>Túrós batyu (1;6;7;)</b><br>EN:175.0kcal ZS:7.5g TZS:3.8g SZH:25.0g CK:8.0g FH:2.9g SÓ:0.1g<br><b>alma</b><br>EN:52.5kcal ZS:0.6g TZS:0.0g SZH:10.5g CK:6.0g FH:0.6g SÓ:0.0g                                                                                                                                                                                                                                                                                                             |

|      | Hétfő<br>10.26                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Kedd<br>10.27                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Szerda<br>10.28                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Csütörtök<br>10.29                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Péntek<br>10.30                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| Ebéd | <b>Palócleves (sertés) (1;7;)</b><br>EN:361.9kcal ZS:19.3g TZS:6.8g SZH:30.1g CK:1.4g<br>FH:14.4g SÓ:0.8g<br><b>Szilvás gombóc (1;3;12;)</b><br><br>EN:301.3kcal ZS:2.6g TZS:0.1g SZH:58.3g CK:14.1g<br>FH:8.1g SÓ:1.1g<br><b>Porcukor szórat</b><br>EN:61.5kcal ZS:0.0g TZS:0.0g SZH:15.0g CK:15.0g<br>FH:0.0g SÓ:0.0g<br><b>fehér kenyér (1;6;)</b><br>EN:96.4kcal ZS:0.4g TZS:0.1g SZH:19.2g CK:0.6g<br>FH:3.4g SÓ:0.6g<br><b>alma</b><br>EN:52.5kcal ZS:0.6g TZS:0.0g SZH:10.5g CK:6.0g<br>FH:0.6g SÓ:0.0g | <b>Zöldséges lencseleves (1;9;10;)</b><br>EN:152.3kcal ZS:3.7g TZS:0.4g SZH:20.7g CK:3.3g<br>FH:6.7g SÓ:1.1g<br><b>Sajtos csirkecomb felső (1;7;)</b><br><br>EN:234.9kcal ZS:17.8g TZS:6.8g SZH:3.2g CK:0.0g<br>FH:14.7g SÓ:1.7g<br><b>Burgonyapüré (7;)</b><br>EN:292.9kcal ZS:6.1g TZS:3.0g SZH:44.7g CK:7.9g<br>FH:10.1g SÓ:1.5g<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:133.2kcal ZS:0.7g TZS:0.2g SZH:26.0g CK:0.0g<br>FH:4.8g SÓ:0.7g<br><b>Alma befőtt</b><br>EN:65.6kcal ZS:0.2g SZH:13.6g CK:12.0g FH:0.2g | <b>Paradicsomleves (1;3;9;)</b><br>EN:153.8kcal ZS:5.3g TZS:0.5g SZH:22.1g CK:8.1g<br>FH:3.7g SÓ:0.9g<br><b>Panírozott dino szelet (sütőben sütve) (1;)</b><br>EN:208.7kcal ZS:11.1g TZS:2.2g SZH:18.4g CK:0.6g<br>FH:7.6g SÓ:1.0g<br><b>Tavaszi rizs</b><br>EN:398.4kcal ZS:7.9g TZS:0.9g SZH:71.2g CK:2.7g<br>FH:10.4g SÓ:1.0g<br><b>fehér kenyér (1;6;)</b><br>EN:96.4kcal ZS:0.4g TZS:0.1g SZH:19.2g CK:0.6g<br>FH:3.4g SÓ:0.6g<br><b>Házi káposztasaláta</b><br>EN:63.2kcal ZS:0.2g TZS:0.0g SZH:13.2g CK:7.5g<br>FH:1.6g SÓ:1.3g | <b>Erőleves (1;9;)</b><br>EN:121.1kcal ZS:0.8g TZS:0.0g SZH:22.2g CK:4.4g<br>FH:5.3g SÓ:2.4g<br><b>Párolt csirkecsíkok</b><br><br>EN:158.2kcal ZS:6.3g TZS:1.3g SZH:2.1g CK:1.8g<br>FH:21.6g SÓ:1.1g<br><b>Vegyes gyümölcs mártás (1;7;12;)</b><br>EN:193.8kcal ZS:3.0g TZS:1.8g SZH:39.8g CK:27.4g<br>FH:1.8g SÓ:0.8g<br><b>Pirított dara köret 1/2 (1;)</b><br>EN:133.8kcal ZS:4.9g TZS:0.6g SZH:19.7g CK:0.0g<br>FH:2.5g SÓ:0.4g<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:133.2kcal ZS:0.7g TZS:0.2g SZH:26.0g CK:0.0g<br>FH:4.8g SÓ:0.7g | <b>Hamis gulyásleves (1;3;9;)</b><br>EN:265.7kcal ZS:14.3g TZS:1.5g SZH:27.3g CK:1.5g<br>FH:4.4g SÓ:0.8g<br><b>Főtt tojás (3;)</b><br><br>EN:73.3kcal ZS:4.4g TZS:1.4g SZH:0.3g CK:0.2g<br>FH:5.0g SÓ:0.4g<br><b>Parajfőzelék (1;7;)</b><br>EN:150.3kcal ZS:2.5g TZS:1.1g SZH:21.2g CK:4.6g<br>FH:7.9g SÓ:1.2g<br><b>Főtt burgonya 1/2</b><br>EN:141.0kcal ZS:0.3g SZH:27.6g FH:3.8g SÓ:2.9g<br><br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:133.2kcal ZS:0.7g TZS:0.2g SZH:26.0g CK:0.0g<br>FH:4.8g SÓ:0.7g |