

Szakácstündér	Hétfő 10.05	Kedd 10.06	Szerda 10.07	Csütörtök 10.08	Péntek 10.09
Tízórai	Barackos tea (12;) EN: 36.1 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g; CK: 9.0 g; FH: 0.0 g; SÓ: 0.0 g; Füstölt csirkemellsonka EN: 27.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.5 g; CK: 0.2 g; FH: 4.8 g; SÓ: 0.8 g; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; Teljeskiőrlésű kenyér (1;) EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 g;	Gyümölcs tea EN: 36.1 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g; CK: 9.0 g; FH: 0.0 g; SÓ: 0.0 g; Magvas szárnyas májkrém EN: 211.4 kcal; ZS: 19.0 g; TZS: 5.8 g; SZH: 4.0 g; CK: 0.0 g; FH: 5.5 g; SÓ: 0.1 g; Teljeskiőrlésű kenyér (1;) EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 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;	Meggyes tea (12;) EN: 36.1 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g; CK: 9.0 g; FH: 0.0 g; SÓ: 0.0 g; Padlizsános krém EN: 38.0 kcal; ZS: 3.8 g; TZS: 1.1 g; SZH: 0.6 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.7 g; Teljeskiőrlésű kenyér (1;) EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 g;	Kakaós rizsital EN: 185.0 kcal; ZS: 3.1 g; TZS: 0.7 g; SZH: 36.6 g; CK: 19.6 g; FH: 2.0 g; SÓ: 0.3 g; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; Teljeskiőrlésű kenyér (1;) EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 g;	Citromos tea (12;) EN: 36.1 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g; CK: 9.0 g; FH: 0.0 g; SÓ: 0.0 g; Provance margarinkrém EN: 90.2 kcal; ZS: 10.0 g; TZS: 2.8 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.2 g; Teljeskiőrlésű kenyér (1;) EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 g; Sárgarépa csíkok EN: 16.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 3.2 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g;
Ebéd	Babgulyás (1;9;) EN: 204.7 kcal; ZS: 10.3 g; TZS: 1.8 g; SZH: 12.8 g; CK: 0.5 g; FH: 13.9 g; SÓ: 0.8 g; Tejbendara kókuszreszelékkel (1;) EN: 469.5 kcal; ZS: 17.3 g; TZS: 11.2 g; SZH: 71.2 g; CK: 30.6 g; FH: 5.0 g; SÓ: 0.2 g; Kakaó szórat EN: 104.8 kcal; ZS: 1.6 g; TZS: 1.0 g; SZH: 16.9 g; CK: 15.1 g; FH: 3.5 g; SÓ: 0.3 g; Alma db 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;	Almás-paszternák krémleves (1;) EN: 167.5 kcal; ZS: 10.6 g; TZS: 3.6 g; SZH: 15.2 g; CK: 4.3 g; FH: 2.5 g; SÓ: 1.1 g; Erdei gombás pulykaragu EN: 187.4 kcal; ZS: 11.3 g; TZS: 1.9 g; SZH: 5.4 g; CK: 0.8 g; FH: 15.9 g; SÓ: 1.7 g; Bulgur köret (1;) EN: 292.6 kcal; ZS: 3.0 g; TZS: 0.4 g; SZH: 53.8 g; CK: 1.7 g; FH: 9.7 g; SÓ: 0.9 g;	Zöldségleves (1;) EN: 130.2 kcal; ZS: 5.0 g; TZS: 0.6 g; SZH: 18.1 g; CK: 2.4 g; FH: 3.3 g; SÓ: 0.1 g; Csirkepörkölt EN: 187.2 kcal; ZS: 10.3 g; TZS: 1.8 g; SZH: 3.4 g; CK: 0.0 g; FH: 19.3 g; SÓ: 1.3 g; Tökfőzelék (1;) EN: 251.5 kcal; ZS: 7.7 g; TZS: 0.9 g; SZH: 39.7 g; CK: 4.3 g; FH: 5.1 g; SÓ: 1.1 g; Gesztenye Marci EN: 62.6 kcal; ZS: 2.9 g; TZS: 2.6 g; SZH: 7.6 g; CK: 6.1 g; FH: 0.7 g; SÓ: 0.0 g;	Magyaros karalábéleves (1;) EN: 129.6 kcal; ZS: 7.8 g; TZS: 0.8 g; SZH: 12.1 g; CK: 1.2 g; FH: 2.4 g; SÓ: 0.1 g; Natúr csirkemell (1;) EN: 174.4 kcal; ZS: 7.0 g; TZS: 1.4 g; SZH: 6.4 g; CK: 0.0 g; FH: 20.0 g; SÓ: 1.1 g; Burgonyapüré 1/2 (12;) EN: 240.7 kcal; ZS: 7.4 g; TZS: 4.8 g; SZH: 34.6 g; CK: 0.2 g; FH: 5.1 g; SÓ: 1.2 g; Párolt ceruzabab 1/2 EN: 135.4 kcal; ZS: 12.0 g; TZS: 1.7 g; SZH: 6.8 g; CK: 0.0 g; FH: 2.5 g; SÓ: 0.2 g;	Meggyleves EN: 162.8 kcal; ZS: 0.8 g; TZS: 0.1 g; SZH: 37.1 g; CK: 24.2 g; FH: 1.3 g; SÓ: 0.6 g; Halas bolognai spagetti (1;4;) EN: 492.5 kcal; ZS: 11.2 g; TZS: 2.3 g; SZH: 79.3 g; CK: 18.3 g; FH: 21.7 g; SÓ: 1.5 g; Körte EN: 36.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.4 g; CK: 1.1 g; FH: 0.3 g; SÓ: 0.0 g;
Uzsonna	Mozzarella krém (növényi) EN: 99.0 kcal; ZS: 9.2 g; TZS: 5.2 g; SZH: 4.2 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.5 g; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g; Kígyóuborka 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;	Baromfi párizsi EN: 47.4 kcal; ZS: 3.5 g; TZS: 1.1 g; SZH: 0.8 g; CK: 0.1 g; FH: 3.1 g; SÓ: 0.6 g; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;	Csirkemell sonka EN: 32.7 kcal; ZS: 1.4 g; TZS: 0.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 4.5 g; SÓ: 0.7 g; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g; Jégcsapretek EN: 4.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;	Gouda növényi sajt EN: 114.0 kcal; ZS: 9.2 g; TZS: 8.4 g; SZH: 8.4 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.9 g; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g; Lilahagyma EN: 4.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.8 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g;	Jam EN: 105.6 kcal; ZS: 0.2 g; SZH: 25.6 g; CK: 25.2 g; FH: 0.2 g; SÓ: 0.0 g; Margarin EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;