



|      | Hétfő<br>06.09                                                                                                                                                                                                                                                                                                                                                        | Kedd<br>06.10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Szerda<br>06.11                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Csütörtök<br>06.12                                                                                                                                                                                                                                                                                                                                                                                                                                    | Péntek<br>06.13                                                                                                                                                                                                                                                                                                                                                                                                                                           | Szombat<br>06.14                                                                                                                                                                                                                                                                                                                                                                                  | Vasárnap<br>06.15                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ebéd | <b>Kertészleves (1;)</b><br>EN:80.3kcal ZS:4.0g TZS:0.5g<br>SZH:8.7g CK:1.8g FH:2.3g SÓ:3.0g<br>CA:0.0mg<br><b>Rakott burgonya virslivel (3;6;7;12;)</b><br>EN:518.0kcal ZS:22.4g TZS:7.0g<br>SZH:54.6g CK:1.1g FH:18.1g<br>SÓ:3.1g CA:36.3mg<br><b>Félbarna kenyér (1;)</b><br><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g                | <b>Paradicsomleves (1;6;)</b><br>EN:230.7kcal ZS:5.1g TZS:0.6g<br>SZH:41.7g CK:23.5g FH:3.4g<br>SÓ:1.1g<br><b>Panírozott halrúd (1;4;)</b><br>EN:527.2kcal ZS:40.3g TZS:4.2g<br>SZH:25.1g CK:0.8g FH:14.5g<br>SÓ:0.8g<br><b>Rizs köret</b><br>EN:532.7kcal ZS:9.6g TZS:1.1g<br>SZH:100.8g FH:12.1g SÓ:0.8g<br><br><b>Savanyúság * (10;12;)</b><br>EN:14.4kcal ZS:0.1g SZH:1.9g<br>CK:0.8g FH:0.6g SÓ:1.6g<br><br><b>Gyümölcs</b><br>EN:63.0kcal SZH:14.0g CK:3.7g<br>FH:0.8g<br><br><b>Félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g | <b>Májgaluska leves (1;3;)</b><br>EN:110.2kcal ZS:2.0g TZS:0.6g<br>SZH:16.5g CK:2.8g FH:6.0g SÓ:3.0g<br>CA:0.0mg<br><b>Főtt tojás (3;)</b><br>EN:126.0kcal ZS:9.0g TZS:2.7g<br>FH:10.8g<br><br><b>Paraj mártás (1;7;)</b><br>EN:120.8kcal ZS:2.7g TZS:0.9g<br>SZH:19.5g CK:5.9g FH:4.5g SÓ:1.6g<br>CA:66.0mg<br><b>Főtt burgonya 1/2 (12;)</b><br>EN:159.8kcal ZS:0.3g SZH:31.3g<br>FH:4.3g SÓ:1.4g<br><br><b>Félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g        | <b>Vegyes gyümölcsleves (1;7;)</b><br>EN:206.7kcal ZS:0.6g TZS:0.4g<br>SZH:46.4g CK:37.8g FH:2.6g<br>SÓ:0.8g CA:36.0mg<br><b>Lecsós csirkeragu (1;)</b><br>EN:229.8kcal ZS:11.9g TZS:2.4g<br>SZH:10.4g CK:0.0g FH:19.3g<br>SÓ:1.7g CA:0.0mg<br><b>Főtt tészta (1;)</b><br>EN:347.1kcal ZS:8.3g TZS:1.1g<br>SZH:57.6g CK:2.8g FH:9.8g SÓ:1.0g<br><br><b>Félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g | <b>Karalábé leves (9;12;)</b><br>EN:49.7kcal ZS:2.6g TZS:0.3g<br>SZH:5.9g FH:1.3g SÓ:0.5g<br><br><b>Fasírt golyó (1;6;)</b><br>EN:400.8kcal ZS:33.4g TZS:4.6g<br>SZH:13.0g CK:1.0g FH:11.0g<br>SÓ:1.8g<br><b>Paradicsomos burgonyafőzelék (1;12;)</b><br>EN:322.2kcal ZS:5.8g TZS:0.6g<br>SZH:55.7g CK:10.5g FH:7.1g<br>SÓ:3.5g CA:0.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g             | <b>Csirke becsinált leves (1;7;9;)</b><br>EN:298.2kcal ZS:7.8g TZS:2.8g<br>SZH:33.4g CK:3.2g FH:20.0g<br>SÓ:1.3g CA:82.5mg<br><b>Darás metélt (1;)</b><br>EN:494.5kcal ZS:10.8g TZS:1.5g<br>SZH:84.4g CK:3.5g FH:13.8g<br>SÓ:1.6g<br><b>Barack jam</b><br>EN:72.9kcal SZH:17.4g CK:15.3g<br><br><b>Félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g | <b>Csontleves (9;12;)</b><br>EN:76.2kcal ZS:1.4g TZS:0.4g<br>SZH:9.7g CK:3.7g FH:5.8g SÓ:2.2g<br><br><b>Levesbetét tészta (1;)</b><br>EN:35.1kcal ZS:0.1g TZS:0.0g<br>SZH:7.2g CK:0.4g FH:1.3g SÓ:0.4g<br><br><b>Dubarry sertésszelet (1;7;)</b><br>EN:424.8kcal ZS:28.3g TZS:12.4g<br>SZH:9.6g CK:4.1g FH:31.3g SÓ:2.1g<br>CA:236.0mg<br><b>Rizs köret</b><br>EN:532.7kcal ZS:9.6g TZS:1.1g<br>SZH:100.8g FH:12.1g SÓ:0.8g<br><br><b>Félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g                                                                                                                    |
|      | <b>Ebéd B</b><br><b>Kertészleves (1;)</b><br>EN:80.3kcal ZS:4.0g TZS:0.5g<br>SZH:8.7g CK:1.8g FH:2.3g SÓ:3.0g<br>CA:0.0mg<br><b>Rakott burgonya hús nélkül (3;7;12;)</b><br>EN:389.7kcal ZS:11.9g TZS:3.5g<br>SZH:54.2g CK:1.0g FH:9.8g SÓ:1.7g<br>CA:36.3mg<br><b>Félbarna kenyér (1;)</b><br><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g | <b>Paradicsomleves (1;6;)</b><br>EN:230.7kcal ZS:5.1g TZS:0.6g<br>SZH:41.7g CK:23.5g FH:3.4g<br>SÓ:1.1g<br><b>Panírozott halrúd (1;4;)</b><br>EN:527.2kcal ZS:40.3g TZS:4.2g<br>SZH:25.1g CK:0.8g FH:14.5g<br>SÓ:0.8g<br><b>Rizs köret</b><br>EN:532.7kcal ZS:9.6g TZS:1.1g<br>SZH:100.8g FH:12.1g SÓ:0.8g<br><br><b>Savanyúság * (10;12;)</b><br>EN:14.4kcal ZS:0.1g SZH:1.9g<br>CK:0.8g FH:0.6g SÓ:1.6g<br><br><b>Gyümölcs</b><br>EN:63.0kcal SZH:14.0g CK:3.7g<br>FH:0.8g<br><br><b>Félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g | <b>Korpagaluska leves (1;3;9;12;)</b><br>EN:183.3kcal ZS:8.0g TZS:1.2g<br>SZH:22.2g CK:2.4g FH:5.1g SÓ:0.1g<br>CA:0.0mg<br><b>Főtt tojás (3;)</b><br>EN:126.0kcal ZS:9.0g TZS:2.7g<br>FH:10.8g<br><br><b>Paraj mártás (1;7;)</b><br>EN:120.8kcal ZS:2.7g TZS:0.9g<br>SZH:19.5g CK:5.9g FH:4.5g SÓ:1.6g<br>CA:66.0mg<br><b>Főtt burgonya 1/2 (12;)</b><br>EN:159.8kcal ZS:0.3g SZH:31.3g<br>FH:4.3g SÓ:1.4g<br><br><b>Félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g | <b>Vegyes gyümölcsleves (1;7;)</b><br>EN:206.7kcal ZS:0.6g TZS:0.4g<br>SZH:46.4g CK:37.8g FH:2.6g<br>SÓ:0.8g CA:36.0mg<br><b>Lecsós ragu</b><br>EN:21.5kcal ZS:0.1g TZS:0.0g<br>SZH:4.2g CK:0.0g FH:0.8g SÓ:2.0g<br>CA:0.0mg<br><b>Főtt tészta (1;)</b><br>EN:347.1kcal ZS:8.3g TZS:1.1g<br>SZH:57.6g CK:2.8g FH:9.8g SÓ:1.0g<br><br><b>Félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g                | <b>Karalábé leves (9;12;)</b><br>EN:49.7kcal ZS:2.6g TZS:0.3g<br>SZH:5.9g FH:1.3g SÓ:0.5g<br><br><b>Zöldség vagdalt (1;9;12;)</b><br>EN:67.3kcal ZS:0.2g TZS:0.0g<br>SZH:12.5g CK:0.1g FH:3.3g SÓ:1.2g<br>CA:0.0mg<br><b>Paradicsomos burgonyafőzelék (1;12;)</b><br>EN:322.2kcal ZS:5.8g TZS:0.6g<br>SZH:55.7g CK:10.5g FH:7.1g<br>SÓ:3.5g CA:0.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g | <b>Zöldség becsinált leves (1;7;9;)</b><br>EN:232.7kcal ZS:5.7g TZS:2.1g<br>SZH:33.4g CK:3.2g FH:9.3g SÓ:1.2g<br>CA:82.5mg<br><b>Darás metélt (1;)</b><br>EN:494.5kcal ZS:10.8g TZS:1.5g<br>SZH:84.4g CK:3.5g FH:13.8g<br>SÓ:1.6g<br><b>Barack jam</b><br>EN:72.9kcal SZH:17.4g CK:15.3g<br><br><b>Félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g | <b>Csontleves (9;12;)</b><br>EN:76.2kcal ZS:1.4g TZS:0.4g<br>SZH:9.7g CK:3.7g FH:5.8g SÓ:2.2g<br><br><b>Levesbetét tészta (1;)</b><br>EN:35.1kcal ZS:0.1g TZS:0.0g<br>SZH:7.2g CK:0.4g FH:1.3g SÓ:0.4g<br><br><b>Panírozott sajt (1;3;7;)</b><br>EN:929.5kcal ZS:77.2g TZS:20.1g<br>SZH:34.4g CK:2.3g FH:23.0g<br>SÓ:2.0g CA:1312.0mg<br><b>Rizs köret</b><br>EN:532.7kcal ZS:9.6g TZS:1.1g<br>SZH:100.8g FH:12.1g SÓ:0.8g<br><br><b>Tartármártás (3;7;10;)</b><br>EN:237.3kcal ZS:20.5g TZS:4.9g<br>SZH:9.6g CK:8.2g FH:1.6g SÓ:1.5g<br>CA:48.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:248.0kcal ZS:0.9g TZS:0.3g<br>SZH:51.9g CK:0.2g FH:6.8g SÓ:1.1g |