

|      | Hétfő<br>08.04                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Kedd<br>08.05                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Szerda<br>08.06                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Csütörtök<br>08.07                                                                                                                                                                                                                                                                                                                                                                                                                                               | Péntek<br>08.08                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Szombat<br>08.09                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Vasárnap<br>08.10                                                                                                                                                                                                                                                                                                                                                                                                |
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| Ebéd | <b>Tojásleves (1;3;)</b><br><br>EN:55.9kcal ZS:4.0g TZS:0.7g<br>SZH:2.9g CK:0.0g FH:1.8g SÓ:1.5g<br>CA:0.0mg<br><b>Házi vagdalt (1;3;)</b><br><br>EN:534.3kcal ZS:44.3g TZS:8.7g<br>SZH:16.8g CK:0.2g FH:17.0g<br>SÓ:20.1g CA:0.0mg<br><b>Tökfőzelék (1;7;)</b><br><br>EN:272.8kcal ZS:14.7g TZS:4.6g<br>SZH:29.3g CK:1.5g FH:5.4g SÓ:1.6g<br>CA:0.0mg<br><b>Teljes kiőrlésű kenyér (1;)</b><br><br>EN:66.6kcal ZS:0.4g TZS:0.1g<br>SZH:13.0g CK:0.0g FH:2.4g SÓ:0.3g<br><b>Meggyes rétes (1;)</b><br><br>EN:119.1kcal ZS:0.9g TZS:0.1g<br>SZH:24.7g CK:9.8g FH:2.8g SÓ:0.3g<br>CA:0.0mg | <b>Csirke becsínált leves (1;7;9;)</b><br><br>EN:298.2kcal ZS:7.8g TZS:2.8g<br>SZH:33.4g CK:3.2g FH:20.0g SÓ:1.3g<br>CA:82.5mg<br><b>Dejő szórat (1;)</b><br><br>EN:214.5kcal ZS:6.3g TZS:0.5g<br>SZH:32.8g CK:25.4g FH:5.5g<br><br><b>Főtt tészta (1;)</b><br><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>Alma</b><br><br>EN:52.7kcal SZH:11.9g CK:4.1g<br>FH:0.7g<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>Lebbencs leves (1;9;12;)</b><br><br>EN:220.2kcal ZS:9.9g TZS:1.8g<br>SZH:26.4g CK:0.8g FH:4.8g SÓ:1.7g<br>CA:0.0mg<br><b>Sertéspörkölt</b><br><br>EN:189.3kcal ZS:11.1g TZS:2.3g<br>SZH:3.2g CK:0.2g FH:17.9g SÓ:1.7g<br>CA:0.0mg<br><b>Finomfőzelék (1;7;)</b><br><br>EN:280.3kcal ZS:6.4g TZS:1.4g<br>SZH:46.7g CK:21.0g FH:8.0g SÓ:1.7g<br>CA:96.0mg<br><b>Teljes kiőrlésű kenyér (1;)</b><br><br>EN:66.6kcal ZS:0.4g TZS:0.1g<br>SZH:13.0g CK:0.0g FH:2.4g SÓ:0.3g<br><b>Túró rudi (6;7;)</b><br><br>EN:105.6kcal ZS:5.1g TZS:4.2g<br>SZH:11.7g CK:10.8g FH:3.0g SÓ:0.0g | <b>Vajgaluska leves (1;3;9;12;)</b><br><br>EN:72.6kcal ZS:1.4g TZS:0.4g<br>SZH:10.5g CK:2.8g FH:3.9g SÓ:3.5g<br>CA:0.0mg<br><b>Csirkemáj rizottó (9;12;)</b><br><br>EN:578.0kcal ZS:14.4g TZS:2.7g<br>SZH:83.6g CK:0.5g FH:27.7g SÓ:3.2g<br>CA:0.0mg<br><b>Savanyúság * (10;12;)</b><br><br>EN:14.4kcal ZS:0.1g SZH:1.9g<br>CK:0.8g FH:0.6g SÓ:1.6g<br><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>Kókuszos ribizli krémleves (1;7;)</b><br><br>EN:327.4kcal ZS:12.3g TZS:8.7g<br>SZH:45.4g CK:34.7g FH:4.6g SÓ:1.7g<br>CA:54.7mg<br><b>Sült csirkecomb felső</b><br><br>EN:611.3kcal ZS:47.5g TZS:15.1g<br>SZH:2.0g CK:0.7g FH:41.1g SÓ:3.8g<br><br><b>Burgonyapüré (7;12;)</b><br><br>EN:271.9kcal ZS:6.2g TZS:3.0g<br>SZH:41.9g CK:5.0g FH:8.3g SÓ:1.6g<br>CA:120.0mg<br><b>Cékla * (10;)</b><br><br>EN:32.0kcal ZS:0.2g SZH:8.0g<br>CK:3.8g FH:1.4g SÓ:0.8g<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>Húsleves (9;)</b><br><br>EN:76.0kcal ZS:1.6g TZS:0.5g<br>SZH:8.0g CK:2.8g FH:6.7g SÓ:1.0g<br><br><b>Levesbetét tészta (1;)</b><br><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>Bácskai bulgur (1;)</b><br><br>EN:685.5kcal ZS:20.2g TZS:3.7g<br>SZH:86.9g CK:12.2g FH:36.6g<br>SÓ:1.5g CA:0.0mg<br><b>Házi káposztasaláta (10;)</b><br><br>EN:22.4kcal ZS:0.2g TZS:0.0g<br>SZH:2.7g CK:1.6g FH:2.0g SÓ:0.8g<br><b>Menüsüti (7;)</b><br><br>EN:105.8kcal ZS:3.7g SZH:16.9g<br>FH:1.3g<br><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>Karalábé leves (9;12;)</b><br><br>EN:49.7kcal ZS:2.6g TZS:0.3g<br>SZH:5.9g FH:1.3g SÓ:0.5g<br><br><b>Hortobágyi húsos palacsinta (1;3;7;)</b><br><br>EN:689.3kcal ZS:47.3g TZS:18.0g<br>SZH:33.0g CK:4.3g FH:31.4g SÓ:1.8g<br>CA:132.0mg<br><b>Nektarin</b><br><br>EN:49.0kcal SZH:11.4g FH:0.4g<br><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 |

|        | Hétfő<br>08.04                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Kedd<br>08.05                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Szerda<br>08.06                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Csütörtök<br>08.07                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Péntek<br>08.08                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Szombat<br>08.09                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Vasárnap<br>08.10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| Ebéd B | <b>Tojásleves (1;3;)</b><br><br>EN:55.9kcal ZS:4.0g TZS:0.7g<br>SZH:2.9g CK:0.0g FH:1.8g SÓ:1.5g<br>CA:0.0mg<br><b>Zöldség vagdalt (1;9;12;)</b><br><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>Tököfőzelék (1;7;)</b><br><br>EN:272.8kcal ZS:14.7g TZS:4.6g<br>SZH:29.3g CK:1.5g FH:5.4g SÓ:1.6g<br>CA:0.0mg<br><b>Teljes kiőrlésű kenyér (1;)</b><br><br>EN:66.6kcal ZS:0.4g TZS:0.1g<br>SZH:13.0g CK:0.0g FH:2.4g SÓ:0.3g<br><b>Meggyes rétes (1;)</b><br><br>EN:119.1kcal ZS:0.9g TZS:0.1g<br>SZH:24.7g CK:9.8g FH:2.8g SÓ:0.3g<br>CA:0.0mg | <b>Zöldség becsinált leves (1;7;9;)</b><br><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>Dejő szórat (1;)</b><br><br>EN:214.5kcal ZS:6.3g TZS:0.5g<br>SZH:32.8g CK:25.4g FH:5.5g<br><b>Főtt tészta (1;)</b><br><br>EN:347.1kcal ZS:8.3g TZS:1.1g<br>SZH:57.6g CK:2.8g FH:9.8g SÓ:1.0g<br><b>Alma</b><br><br>EN:52.7kcal SZH:11.9g CK:4.1g<br>FH:0.7g<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>Lebbencs leves (1;9;12;)</b><br><br>EN:220.2kcal ZS:9.9g TZS:1.8g<br>SZH:26.4g CK:0.8g FH:4.8g SÓ:1.7g<br>CA:0.0mg<br><b>Tofu rostos sült (6;)</b><br><br>EN:163.5kcal ZS:10.8g TZS:1.7g<br>SZH:0.8g CK:0.5g FH:15.0g SÓ:0.6g<br>CA:0.0mg<br><b>Finomfőzelék (1;7;)</b><br><br>EN:280.3kcal ZS:6.4g TZS:1.4g<br>SZH:46.7g CK:21.0g FH:8.0g SÓ:1.7g<br>CA:96.0mg<br><b>Teljes kiőrlésű kenyér (1;)</b><br><br>EN:66.6kcal ZS:0.4g TZS:0.1g<br>SZH:13.0g CK:0.0g FH:2.4g SÓ:0.3g<br><b>Túrós rudi (6;7;)</b><br><br>EN:105.6kcal ZS:5.1g TZS:4.2g<br>SZH:11.7g CK:10.8g FH:3.0g SÓ:0.0g | <b>Vajgaluska leves (1;3;9;12;)</b><br><br>EN:72.6kcal ZS:1.4g TZS:0.4g<br>SZH:10.5g CK:2.8g FH:3.9g SÓ:3.5g<br>CA:0.0mg<br><b>Zöldséges-sajtos rizottó (7;)</b><br><br>EN:637.1kcal ZS:8.8g TZS:5.3g<br>SZH:118.6g CK:1.4g FH:22.5g<br>SÓ:0.7g CA:240.0mg<br><b>Savanyúság * (10;12;)</b><br><br>EN:14.4kcal ZS:0.1g SZH:1.9g<br>CK:0.8g FH:0.6g SÓ:1.6g<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>Kókuszos rizizli krémleves (1;7;)</b><br><br>EN:327.4kcal ZS:12.3g TZS:8.7g<br>SZH:45.4g CK:34.7g FH:4.6g SÓ:1.7g<br>CA:54.7mg<br><b>Sajtos halfilé (1;4;7;)</b><br><br>EN:372.4kcal ZS:24.2g TZS:4.5g<br>SZH:7.6g CK:0.2g FH:31.2g SÓ:3.5g<br>CA:80.0mg<br><b>Burgonyapüré (7;12;)</b><br><br>EN:271.9kcal ZS:6.2g TZS:3.0g<br>SZH:41.9g CK:5.0g FH:8.3g SÓ:1.6g<br>CA:120.0mg<br><b>Cékla * (10;)</b><br><br>EN:32.0kcal ZS:0.2g SZH:8.0g<br>CK:3.8g FH:1.4g SÓ:0.8g<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>Csontleves (9;12;)</b><br><br>EN:76.2kcal ZS:1.4g TZS:0.4g<br>SZH:9.7g CK:3.7g FH:5.8g SÓ:2.2g<br><b>Levesbetét tészta (1;)</b><br><br>EN:35.1kcal ZS:0.1g TZS:0.0g<br>SZH:7.2g CK:0.4g FH:1.3g SÓ:0.4g<br><b>Bácskai bulgur vega (1;6;)</b><br><br>EN:439.4kcal ZS:17.3g TZS:2.0g<br>SZH:51.6g CK:7.2g FH:18.4g SÓ:1.3g<br>CA:0.0mg<br><b>Házi káposztasaláta (10;)</b><br><br>EN:22.4kcal ZS:0.2g TZS:0.0g<br>SZH:2.7g CK:1.6g FH:2.0g SÓ:0.8g<br><b>Menüsüti (7;)</b><br><br>EN:105.8kcal ZS:3.7g SZH:16.9g<br>FH:1.3g<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>Karalábé leves (9;12;)</b><br><br>EN:49.7kcal ZS:2.6g TZS:0.3g<br>SZH:5.9g FH:1.3g SÓ:0.5g<br><br><b>Túrós Palacsinta (1;3;7;)</b><br><br>EN:8.2kcal ZS:0.4g TZS:0.3g<br>SZH:0.5g CK:0.5g FH:0.7g SÓ:0.0g<br>CA:3.2mg<br><b>Vanília öntet (1;7;)</b><br><br>EN:96.7kcal ZS:2.3g TZS:1.5g<br>SZH:13.8g CK:8.5g FH:5.4g SÓ:0.1g<br>CA:180.0mg<br><b>Nektarin</b><br><br>EN:49.0kcal SZH:11.4g FH:0.4g<br><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 |