

| Szakácstündér | Hétfő<br>09.07                                                                                                                                                                                                                                                                                                                                                   | Kedd<br>09.08                                                                                                                                                                                                                                                                                                                                                    | Szerda<br>09.09                                                                                                                                                                                                                                                                                                                                                                                    | Csütörtök<br>09.10                                                                                                                                                                                                                                                                                                                                                                                               | Péntek<br>09.11                                                                                                                                                                                                                                                                                                                                                                                                  |
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| Tízórai       | <b>Citromos tea</b><br>EN:32.0kcal ZS:0.0g TZS:0.0g SZH:8.0g CK:8.0g FH:0.0g SÓ:0.0g<br><b>Fürdői sonka</b><br>EN:33.6kcal ZS:1.2g TZS:0.4g SZH:1.5g CK:0.2g FH:4.2g SÓ:0.8g<br><b>Margarin</b><br>EN:36.0kcal ZS:4.0g TZS:1.4g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.1g<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:170.8kcal ZS:0.7g TZS:0.3g SZH:35.0g FH:5.1g SÓ:1.1g | <b>Tej (7;)</b><br>EN:88.0kcal ZS:3.0g TZS:2.0g SZH:9.4g FH:5.8g SÓ:0.2g<br><b>Olasz ricotta krém (7;)</b><br>EN:31.2kcal ZS:1.8g TZS:1.2g SZH:1.1g CK:1.1g FH:2.7g SÓ:0.1g<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:170.8kcal ZS:0.7g TZS:0.3g SZH:35.0g FH:5.1g SÓ:1.1g<br><b>Paradicsom</b><br>EN:6.9kcal ZS:0.1g TZS:0.0g SZH:1.2g CK:0.8g FH:0.3g SÓ:0.0g | <b>Kakaó (7;)</b><br>EN:133.0kcal ZS:5.7g TZS:3.7g SZH:14.3g CK:14.2g FH:6.0g 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>Meggyes tea</b><br>EN:32.0kcal ZS:0.0g TZS:0.0g SZH:8.0g CK:8.0g FH:0.0g SÓ:0.0g<br><b>Sárgarépas túrókrém (7;)</b><br>EN:24.6kcal ZS:1.1g TZS:0.8g SZH:1.1g CK:0.7g FH:2.5g SÓ:0.0g<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:170.8kcal ZS:0.7g TZS:0.3g SZH:35.0g FH:5.1g SÓ:1.1g                                                                                                                          | <b>Tej (7;)</b><br>EN:88.0kcal ZS:3.0g TZS:2.0g SZH:9.4g FH:5.8g SÓ:0.2g<br><b>Padlizsánkrém (3;7;10;)</b><br>EN:81.5kcal ZS:7.9g TZS:4.3g SZH:1.7g CK:0.8g FH:0.9g SÓ:0.3g<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:170.8kcal ZS:0.7g TZS:0.3g SZH:35.0g FH:5.1g SÓ:1.1g<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                                                    |
| Ebéd plusz    | <b>Sertés raguleves (1;)</b><br>EN:173.9kcal ZS:8.4g TZS:1.9g SZH:9.8g CK:0.0g FH:13.7g SÓ:0.3g<br><b>Tejben dara (1;7;)</b><br>EN:402.4kcal ZS:5.2g TZS:3.1g SZH:71.9g CK:20.8g FH:15.6g SÓ:0.3g<br><b>Fahéj szórát</b><br>EN:118.0kcal ZS:0.0g TZS:0.0g SZH:29.5g CK:28.6g FH:0.0g SÓ:0.0g                                                                     | <b>Tojásleves (1;3;)</b><br>EN:129.8kcal ZS:9.5g TZS:1.5g SZH:7.3g CK:0.0g FH:3.4g SÓ:0.2g<br><b>Szárnycs rizottó (7;)</b><br>EN:610.5kcal ZS:17.7g TZS:6.6g SZH:81.7g CK:3.7g FH:34.0g SÓ:1.5g                                                                                                                                                                  | <b>Daragaluska leves (1;3;)</b><br>EN:169.4kcal ZS:9.4g TZS:2.0g SZH:12.8g CK:2.4g FH:5.4g SÓ:0.3g<br><b>Főtt sertésvirsl</b><br>EN:152.1kcal ZS:13.0g TZS:4.9g SZH:1.7g FH:7.2g SÓ:1.3g<br><b>Paradicsomos káposzta (1;)</b><br>EN:217.2kcal ZS:8.2g TZS:0.8g SZH:28.5g CK:7.0g FH:5.9g SÓ:0.3g<br><b>Félbarna kenyér (1;)</b><br>EN:130.3kcal ZS:0.4g TZS:0.2g SZH:27.1g CK:0.1g FH:3.9g SÓ:0.8g | <b>Reszelttészta leves (1;)</b><br>EN:140.8kcal ZS:6.8g TZS:0.7g SZH:16.4g CK:3.8g FH:3.0g SÓ:0.4g<br><b>Provance csirkeragu (1;)</b><br>EN:188.2kcal ZS:11.1g TZS:2.1g SZH:6.9g CK:2.0g FH:15.6g SÓ:0.5g<br><b>Bulgur köret (1;)</b><br>EN:316.1kcal ZS:9.3g TZS:1.1g SZH:47.0g CK:1.5g FH:8.5g SÓ:0.2g<br><b>Gesztenye Marci gesztenyerúd</b><br>EN:62.6kcal ZS:2.9g TZS:2.6g SZH:7.6g CK:6.1g FH:0.7g SÓ:0.0g | <b>Halgaluska leves (1;3;4;)</b><br>EN:163.1kcal ZS:2.3g TZS:0.6g SZH:27.1g CK:3.8g FH:7.7g SÓ:0.1g<br><b>Rántott sajt (1;3;7;)</b><br>EN:330.7kcal ZS:21.7g TZS:8.2g SZH:18.0g CK:0.8g FH:15.3g SÓ:1.4g<br><b>Petrezselymes burgonya (12;)</b><br>EN:341.3kcal ZS:12.5g TZS:5.6g SZH:46.0g CK:0.0g FH:6.3g SÓ:0.4g<br><b>Majonéz (3;10;)</b><br>EN:205.0kcal ZS:19.4g TZS:2.3g SZH:5.3g CK:3.5g FH:0.5g SÓ:0.8g |
| Uzsonna       | <b>Natúr sajtkrém (7;)</b><br>EN:42.9kcal ZS:3.6g TZS:2.3g SZH:1.5g CK:1.5g FH:1.1g SÓ:0.4g<br><b>Császár zsemle (1;7;)</b><br>EN:166.8kcal ZS:1.4g TZS:0.7g SZH:32.4g CK:1.6g FH:6.0g SÓ:0.5g<br><b>Kaliforniai paprika</b><br>EN:9.0kcal ZS:0.0g TZS:0.0g SZH:1.4g CK:0.7g FH:0.4g SÓ:0.0g                                                                     | <b>Baromfi párizsi</b><br>EN:60.9kcal ZS:5.1g TZS:1.8g SZH:0.5g CK:0.3g FH:3.3g SÓ:0.6g<br><b>Margarin</b><br>EN:36.0kcal ZS:4.0g TZS:1.4g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.1g<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                                                                                               | <b>Mozzarella (7;)</b><br>EN:163.5kcal ZS:12.5g TZS:8.1g SZH:0.3g CK:0.3g FH:13.0g SÓ:0.7g<br><b>Margarin</b><br>EN:36.0kcal ZS:4.0g TZS:1.4g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.1g<br><b>Teljeskiőrlésű zsemle (1;6;)</b><br>EN:139.7kcal ZS:0.9g TZS:0.1g SZH:28.4g CK:0.6g FH:5.4g SÓ:0.7g<br><b>Kígyóuborka</b><br>EN:3.6kcal ZS:0.0g TZS:0.0g SZH:0.5g CK:0.0g FH:0.3g SÓ:0.0g                     | <b>Puolt főtt tojás (3;)</b><br>EN:73.3kcal ZS:4.4g TZS:1.4g SZH:0.3g CK:0.2g FH:5.0g SÓ:0.2g<br><b>Margarin</b><br>EN:36.0kcal ZS:4.0g TZS:1.4g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.1g<br><b>Császár zsemle (1;7;)</b><br>EN:166.8kcal ZS:1.4g TZS:0.7g SZH:32.4g CK:1.6g FH:6.0g SÓ:0.5g<br><b>Lilahagyma</b><br>EN:10.0kcal ZS:0.0g TZS:0.0g SZH:2.1g CK:0.0g FH:0.3g SÓ:0.0g                                       | <b>Gyümölcsös joghurt (7;)</b><br>EN:83.0kcal ZS:2.0g TZS:1.1g SZH:11.0g CK:11.0g FH:2.5g SÓ:0.1g<br><b>Kifli (1;7;)</b><br>EN:124.5kcal ZS:0.4g TZS:0.2g SZH:25.5g CK:0.1g FH:3.8g SÓ:0.7g                                                                                                                                                                                                                      |