

|         | Hétfő<br>05.26                                                                                                                                                                                                                                                                                                                                                                                                                                   | Kedd<br>05.27                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Szerda<br>05.28                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Csütörtök<br>05.29                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Péntek<br>05.30                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| Tízórai | <b>Citromos tea (12;)</b><br>EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.2 g; CK: 6.2 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Zöldfűszeres ligakrém tm</b><br>EN: 144.6 kcal; ZS: 15.8 g; TZS: 7.0 g; SZH: 0.5 g; FH: 0.2 g; SÓ: 0.0 g;<br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 78.9 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 17.5 g; CK: 1.1 g; FH: 0.5 g; SÓ: 0.5 g;                                                               | <b>Laktózmentes tej (7;)</b><br>EN: 44.0 kcal; ZS: 1.5 g; TZS: 1.0 g; SZH: 4.7 g; CK: 4.7 g; FH: 3.0 g; SÓ: 0.1 g; CA: 120.0 mg;<br><b>Csirkemellsonka</b><br>EN: 21.8 kcal; ZS: 0.9 g; TZS: 0.3 g; SZH: 0.4 g; CK: 0.1 g; FH: 3.0 g; SÓ: 0.4 g;<br><b>Liga Margarin</b><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SÓ: 0.0 g;<br><br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 78.9 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 17.5 g; CK: 1.1 g; FH: 0.5 g; SÓ: 0.5 g;                             | <b>Laktózmentes tej (7;)</b><br>EN: 44.0 kcal; ZS: 1.5 g; TZS: 1.0 g; SZH: 4.7 g; CK: 4.7 g; FH: 3.0 g; SÓ: 0.1 g; CA: 120.0 mg;<br><b>Kockasajt LM (7;)</b><br>EN: 24.3 kcal; ZS: 1.2 g; TZS: 0.9 g; SZH: 0.9 g; CK: 0.7 g; FH: 2.5 g; SÓ: 0.1 g; CA: 100.6 mg;<br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 78.9 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 17.5 g; CK: 1.1 g; FH: 0.5 g; SÓ: 0.5 g;                                                                                               | <b>Laktózmentes tej (7;)</b><br>EN: 44.0 kcal; ZS: 1.5 g; TZS: 1.0 g; SZH: 4.7 g; CK: 4.7 g; FH: 3.0 g; SÓ: 0.1 g; CA: 120.0 mg;<br><b>Magyaros ligakrém</b><br>EN: 94.5 kcal; ZS: 10.5 g; TZS: 4.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 78.9 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 17.5 g; CK: 1.1 g; FH: 0.5 g; SÓ: 0.5 g;<br><b>Jégcsapretek</b><br><br>EN: 2.3 kcal; ZS: 0.0 g; SZH: 0.3 g; FH: 0.2 g;                                         | <b>Citromos tea (12;)</b><br>EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.2 g; CK: 6.2 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>kapros túró krém lm (7;)</b><br>EN: 50.3 kcal; ZS: 3.3 g; TZS: 2.2 g; SZH: 1.1 g; CK: 0.3 g; FH: 3.9 g; SÓ: 0.5 g; CA: 27.4 mg;<br><b>Abonett</b><br><br>EN: 51.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 9.0 g; CK: 0.2 g; FH: 2.3 g; SÓ: 0.1 g;                                                                                                                          |
| Ebéd    | <b>Húsgaluska leves - csirkehúsból gm (9;12;)</b><br>EN: 56.3 kcal; ZS: 0.6 g; TZS: 0.2 g; SZH: 8.5 g; CK: 0.0 g; FH: 3.9 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Spenótos metélt (12;)</b><br>EN: 276.0 kcal; ZS: 5.1 g; TZS: 0.8 g; SZH: 53.4 g; CK: 2.2 g; FH: 4.1 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Alma</b><br>EN: 18.6 kcal; ZS: 0.2 g; SZH: 4.2 g;                                                                                                  | <b>Zöldséges lebbencsleves (9;12;)</b><br>EN: 114.2 kcal; ZS: 5.2 g; TZS: 0.6 g; SZH: 13.9 g; CK: 0.0 g; FH: 1.9 g; SÓ: 0.4 g; CA: 0.0 mg;<br><b>Sertéssült gm</b><br>EN: 147.1 kcal; ZS: 9.3 g; TZS: 2.2 g; SZH: 3.6 g; CK: 0.4 g; FH: 12.4 g; SÓ: 0.5 g;<br><b>Burgonya féladag (12;)</b><br>EN: 94.0 kcal; ZS: 0.2 g; SZH: 18.4 g; FH: 2.5 g; SÓ: 1.3 g;<br><b>Paradicsommártás gm, zm</b><br>EN: 107.3 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 24.5 g; CK: 13.6 g; FH: 1.5 g; SÓ: 0.7 g; CA: 0.0 mg; | <b>Tavaszi zöldségleves rizsbetéttel zm (12;)</b><br>EN: 154.8 kcal; ZS: 10.3 g; TZS: 1.3 g; SZH: 10.6 g; CK: 0.0 g; FH: 4.6 g; SÓ: 0.4 g;<br><b>Ízes aprópecsenye (12;)</b><br>EN: 134.2 kcal; ZS: 8.2 g; TZS: 1.7 g; SZH: 1.6 g; CK: 0.1 g; FH: 12.5 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Petrezselymes rizs</b><br>EN: 297.4 kcal; ZS: 6.3 g; TZS: 0.7 g; SZH: 54.3 g; FH: 6.5 g; SÓ: 1.3 g;<br><b>Csemege uborka (10;12;)</b><br>EN: 5.5 kcal; ZS: 0.1 g; SZH: 0.9 g; CK: 0.2 g; FH: 0.4 g; SÓ: 0.9 g; | <b>Csurgatott tojásleves (3;)</b><br>EN: 90.1 kcal; ZS: 6.6 g; TZS: 0.9 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.7 g; SÓ: 0.7 g; CA: 0.0 mg;<br><b>Lencsefőzelék tm-gm (10;12;)</b><br>EN: 283.7 kcal; ZS: 6.3 g; TZS: 0.6 g; SZH: 37.2 g; CK: 2.7 g; FH: 14.4 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Vagdalt</b><br>EN: 64.1 kcal; ZS: 2.3 g; TZS: 0.8 g; SZH: 1.9 g; CK: 0.0 g; FH: 8.4 g; SÓ: 1.1 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér fél</b><br>EN: 92.8 kcal; ZS: 1.7 g; TZS: 0.2 g; SZH: 17.2 g; CK: 0.6 g; FH: 0.8 g; SÓ: 0.5 g; | <b>Zellerkrémleves tm,gm (9;12;)</b><br>EN: 46.5 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 10.0 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>gm levesgyöngy (3;)</b><br>EN: 51.8 kcal; ZS: 3.3 g; TZS: 1.2 g; SZH: 4.1 g; CK: 0.3 g; FH: 1.2 g; SÓ: 0.5 g;<br><b>Magyaros csirkemáj gm</b><br>EN: 150.3 kcal; ZS: 9.5 g; TZS: 1.8 g; SZH: 3.0 g; CK: 0.0 g; FH: 12.1 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Sárgarépas rizs</b><br>EN: 225.2 kcal; ZS: 6.3 g; TZS: 0.7 g; SZH: 37.9 g; FH: 4.6 g; SÓ: 0.7 g; |
| Uzsonna | <b>Kedvenc Ízek Pulykapárizsi füst ízesítéssel KREL</b><br>EN: 42.4 kcal; ZS: 3.6 g; TZS: 1.3 g; SZH: 0.3 g; CK: 0.0 g; FH: 2.2 g; SÓ: 0.4 g;<br><b>Liga Margarin</b><br><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SÓ: 0.0 g;<br><br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 78.9 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 17.5 g; CK: 1.1 g; FH: 0.5 g; SÓ: 0.5 g;<br><b>Kígyóuborka</b><br>EN: 2.4 kcal; ZS: 0.0 g; SZH: 0.3 g; FH: 0.2 g; | <b>Pórés zala felvágott krém (10;)</b><br>EN: 51.9 kcal; ZS: 2.3 g; TZS: 1.6 g; SZH: 1.0 g; CK: 0.1 g; FH: 1.7 g; SÓ: 0.4 g;<br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 78.9 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 17.5 g; CK: 1.1 g; FH: 0.5 g; SÓ: 0.5 g;<br><b>Abonett</b><br><br>EN: 51.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 9.0 g; CK: 0.2 g; FH: 2.3 g; SÓ: 0.1 g;                                                                                                                    | <b>Liga Margarin</b><br><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SÓ: 0.0 g;<br><br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 78.9 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 17.5 g; CK: 1.1 g; FH: 0.5 g; SÓ: 0.5 g;<br><b>Lilahagyma</b><br><br>EN: 8.0 kcal; ZS: 0.0 g; SZH: 1.7 g; FH: 0.2 g; SÓ: 0.0 g;                                                                                                                                                                                         | <b>Zöldséges felvágott</b><br><br>EN: 46.8 kcal; ZS: 3.8 g; TZS: 1.4 g; SZH: 1.0 g; CK: 0.1 g; FH: 2.2 g; SÓ: 0.6 g;<br><b>Liga Margarin</b><br><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SÓ: 0.0 g;<br><br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 78.9 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 17.5 g; CK: 1.1 g; FH: 0.5 g; SÓ: 0.5 g;                                                                                                                                                                               | <b>Szendvicssonka</b><br><br>EN: 24.8 kcal; ZS: 1.1 g; TZS: 0.5 g; SZH: 0.8 g; CK: 0.4 g; FH: 3.0 g; SÓ: 0.5 g;<br><b>Liga Margarin</b><br><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SÓ: 0.0 g;<br><br><b>Házi sütésű gluténmentes kenyér (12;)</b><br>EN: 78.9 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 17.5 g; CK: 1.1 g; FH: 0.5 g; SÓ: 0.5 g;<br><b>Narancs</b><br>EN: 82.0 kcal; SZH: 17.0 g; FH: 1.2 g;                                                                                                  |