

| Szakácstündér | Hétfő<br>05.19                                                                                                                                                                                                                                                                                                                                                                                                                                | Kedd<br>05.20                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Szerda<br>05.21                                                                                                                                                                                                                                                                                                                                                                                      | Csütörtök<br>05.22                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Péntek<br>05.23                                                                                                                                                                                                                                                                                                                                                    |
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| Tízórai plusz | <b>Gyümölcs tea</b><br>EN:32.8kcal ZS:0.0g TZS:0.0g SZH:8.0g CK:8.0g FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Szendvics sonka</b><br>EN:37.2kcal ZS:1.6g TZS:0.7g SZH:1.2g CK:0.6g FH:4.5g SÓ:0.8g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SÓ:0.1g<br><br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:146.4kcal ZS:0.6g TZS:0.2g SZH:30.0g FH:4.4g SÓ:0.9g<br><b>Paprika</b><br>EN:9.0kcal ZS:0.0g SZH:1.4g FH:0.4g                              | <b>Citromos tea</b><br>EN:32.8kcal ZS:0.0g TZS:0.0g SZH:8.0g CK:8.0g FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Natúr vajkrém (7;)</b><br>EN:69.6kcal ZS:7.0g TZS:4.5g SZH:1.2g CK:0.5g FH:0.5g SÓ:0.2g CA:10.0mg<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:146.4kcal ZS:0.6g TZS:0.2g SZH:30.0g FH:4.4g SÓ:0.9g                                                                                                                                                                                | <b>Kakaó (7;)</b><br>EN:140.4kcal ZS:5.8g TZS:4.1g SZH:15.1g CK:15.0g FH:6.8g SÓ:0.2g CA:240.0mg<br><b>Teavaj (7;)</b><br>EN:72.3kcal ZS:8.0g TZS:5.7g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.0g CA:2.5mg<br><b>Teljeskiőrlésű kifli (1;6;)</b><br>EN:125.7kcal ZS:0.8g TZS:0.1g SZH:25.5g CK:0.6g FH:4.8g SÓ:0.6g                                                                                            | <b>Gyümölcs tea</b><br>EN:32.8kcal ZS:0.0g TZS:0.0g SZH:8.0g CK:8.0g FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Lapka sajt (7;)</b><br>EN:91.1kcal ZS:5.6g TZS:3.8g SZH:3.0g CK:3.0g FH:7.1g SÓ:0.9g CA:215.6mg<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SÓ:0.1g<br><br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:146.4kcal ZS:0.6g TZS:0.2g SZH:30.0g FH:4.4g SÓ:0.9g                                                                                                                                   | <b>Karamellás tej (7;)</b><br>EN:132.4kcal ZS:5.6g TZS:4.0g SZH:14.0g CK:14.0g FH:6.6g SÓ:0.2g CA:240.0mg<br><b>Zala felvágott</b><br>EN:72.0kcal ZS:6.0g TZS:2.4g SZH:0.6g CK:0.1g FH:3.9g SÓ:0.7g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SÓ:0.1g<br><br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:146.4kcal ZS:0.6g TZS:0.2g SZH:30.0g FH:4.4g SÓ:0.9g |
| Ebéd plusz    | <b>Tejfölös burgonyaleves (1;7;12;)</b><br>EN:142.9kcal ZS:3.5g TZS:1.7g SZH:22.2g CK:1.0g FH:3.8g SÓ:0.2g CA:24.0mg<br><b>Mexikói chilis bab</b><br><br>EN:474.3kcal ZS:12.2g TZS:2.3g SZH:48.4g CK:9.6g FH:34.5g SÓ:0.3g CA:0.0mg<br><b>Félbarna kenyér (ebédhez) (1;)</b><br>EN:78.9kcal ZS:0.3g TZS:0.1g SZH:16.1g CK:0.5g FH:3.0g SÓ:0.2g<br><b>Menü süti (1;6;7;)</b><br>EN:98.3kcal ZS:3.8g TZS:1.6g SZH:14.8g CK:9.0g FH:1.3g SÓ:0.2g | <b>Tavaszi zöldségleves (1;)</b><br>EN:114.8kcal ZS:4.8g TZS:0.5g SZH:13.8g CK:0.8g FH:1.4g SÓ:0.4g<br><b>Sertéspörkölt</b><br><br>EN:155.9kcal ZS:9.8g TZS:1.9g SZH:2.8g CK:0.2g FH:12.9g SÓ:0.4g CA:0.0mg<br><b>Tökfőzelék (1;7;)</b><br>EN:258.3kcal ZS:14.9g TZS:6.3g SZH:23.2g CK:5.7g FH:7.0g SÓ:0.3g CA:156.0mg<br><b>Félbarna kenyér (ebédhez) (1;)</b><br>EN:78.9kcal ZS:0.3g TZS:0.1g SZH:16.1g CK:0.5g FH:3.0g SÓ:0.2g<br><b>Narancs</b><br>EN:57.4kcal SZH:11.9g FH:0.8g | <b>Zellerkrémleves (1;7;9;12;)</b><br>EN:136.1kcal ZS:9.9g TZS:3.0g SZH:9.5g CK:0.7g FH:2.1g SÓ:0.3g CA:24.0mg<br><b>Napraforgómag</b><br><br>EN:58.4kcal ZS:5.2g TZS:0.4g SZH:1.1g CK:0.3g FH:2.1g<br><b>Tarhonyás hús sertés (1;)</b><br>EN:402.1kcal ZS:11.7g TZS:2.2g SZH:52.0g CK:2.7g FH:21.2g SÓ:0.7g CA:0.0mg<br><b>Uborkasaláta</b><br>EN:21.7kcal ZS:0.1g SZH:4.5g CK:3.5g FH:0.6g SÓ:0.0g | <b>Sertés gulyásleves (1;3;9;12;)</b><br>EN:186.2kcal ZS:8.9g TZS:1.7g SZH:13.9g CK:0.0g FH:11.4g SÓ:0.3g CA:0.0mg<br><b>Gofri (1;3;5;7;8;)</b><br><br>EN:456.3kcal ZS:29.7g TZS:7.4g SZH:41.4g CK:21.6g FH:6.9g SÓ:0.5g<br><b>Csokipuding (7;)</b><br>EN:103.3kcal ZS:2.3g TZS:1.6g SZH:15.6g CK:14.9g FH:5.1g SÓ:0.2g CA:180.0mg<br><b>Félbarna kenyér (ebédhez) (1;)</b><br>EN:78.9kcal ZS:0.3g TZS:0.1g SZH:16.1g CK:0.5g FH:3.0g SÓ:0.2g<br><b>Alma</b><br>EN:35.0kcal ZS:0.4g SZH:7.0g FH:0.4g | <b>Karalábé leves (1;3;12;)</b><br>EN:117.3kcal ZS:5.6g TZS:0.8g SZH:13.9g CK:0.0g FH:3.5g SÓ:0.2g<br><b>Sajtmártásos csirke aprópecsenye (1;7;)</b><br>EN:232.3kcal ZS:14.0g TZS:5.5g SZH:5.6g CK:2.0g FH:19.5g SÓ:0.7g CA:153.3mg<br><b>Bulgur köret (1;)</b><br>EN:296.1kcal ZS:6.9g TZS:0.6g SZH:49.0g CK:7.0g FH:9.1g SÓ:0.2g                                 |
| Uzsonna plusz | <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>Mazsolás vaníliás túrókrém (7;)</b><br>EN:69.6kcal ZS:2.7g TZS:1.7g SZH:7.5g CK:7.1g FH:3.5g SÓ:0.0g CA:28.0mg<br><b>Stangli (1;6;7;13;)</b><br>EN:145.5kcal ZS:6.1g SZH:18.8g FH:2.8g SÓ:0.4g                                                                                                                                                                                                                                                                                    | <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 CA:155.1mg<br><b>Vizes zsemle (1;)</b><br>EN:168.5kcal ZS:4.3g SZH:26.4g FH:5.1g<br><b>Paradicsom</b><br>EN:6.9kcal ZS:0.1g SZH:1.2g FH:0.3g                                                                                                                                                             | <b>Sertés párizsi</b><br>EN:69.0kcal ZS:6.0g TZS:2.4g SZH:0.8g CK:0.0g FH:3.0g SÓ:0.6g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SÓ:0.1g<br><b>Stangli (1;6;7;13;)</b><br>EN:145.5kcal ZS:6.1g SZH:18.8g FH:2.8g SÓ:0.4g                                                                                                                                                                                                                                                                    | <b>Tonhalkrém (3;4;7;10;)</b><br>EN:102.8kcal ZS:9.0g TZS:3.4g SZH:1.1g CK:0.9g FH:4.2g SÓ:0.4g CA:11.3mg<br><b>Stangli (1;6;7;13;)</b><br>EN:145.5kcal ZS:6.1g SZH:18.8g FH:2.8g SÓ:0.4g<br><b>Paprika</b><br>EN:9.0kcal ZS:0.0g SZH:1.4g FH:0.4g                                                                                                                 |