

| Szakácsstündér | Hétfő<br>11.10                                                                                                                                                                                                                                                                                                                                                | Kedd<br>11.11                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Szerda<br>11.12                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Csütörtök<br>11.13                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Péntek<br>11.14                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tízórai plusz  | <b>Forralt tej (7;)</b><br>EN:116.0kcal ZS:5.6g TZS:4.0g SZH:10.0g CK:10.0g FH:6.6g SÓ:0.2g CA:240.0mg<br><b>Sárgabarack extradzsem</b><br>EN:48.6kcal SZH:11.6g CK:10.2g<br><br><b>Teavaj (7;)</b><br>EN:72.3kcal ZS:8.0g TZS:5.2g SZH:0.1g CK:0.0g FH:0.0g SÓ:0.0g CA:2.5mg<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>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 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>Teljeskiőrlésű kenyér (1;)</b><br>EN:170.8kcal ZS:0.7g TZS:0.3g SZH:35.0g FH:5.1g SÓ:1.1g                                                                                                                                                               | <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>Zala felvágott</b><br>EN:96.0kcal ZS:8.0g TZS:3.2g SZH:0.8g CK:0.2g FH:5.2g SÓ:0.9g<br><b>Margarin</b><br>EN:36.0kcal ZS:4.0g TZS:1.4g SÓ:0.1g<br><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>Kígyóuborka</b><br>EN:3.6kcal ZS:0.0g SZH:0.5g FH:0.3g                                                                                                      | <b>Forralt tej (7;)</b><br>EN:116.0kcal ZS:5.6g TZS:4.0g SZH:10.0g CK:10.0g FH:6.6g SÓ:0.2g CA:240.0mg<br><b>Kukoricapehely (1;)</b><br>EN:193.0kcal ZS:0.6g TZS:0.1g SZH:42.5g CK:3.0g FH:4.0g SÓ:0.8g                                                                                                                                                                                                                                                                             | <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>Sült húskrém (7;)</b><br>EN:72.8kcal ZS:5.9g TZS:2.5g SZH:0.4g CK:0.3g FH:4.4g SÓ:0.1g CA:7.5mg<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>Jégcsapretek</b><br>EN:7.5kcal ZS:0.1g SZH:1.1g FH:0.6g                                                           |
| Ebéd plusz     | <b>Karfiolleves (1;)</b><br><br>EN:150.1kcal ZS:8.3g TZS:0.9g SZH:14.3g CK:0.4g FH:4.4g SÓ:0.4g CA:0.0mg<br><b>Hentes sertés tokány * (1;6;10;12;)</b><br>EN:233.8kcal ZS:12.4g TZS:3.1g SZH:7.9g CK:0.6g FH:20.8g SÓ:0.7g CA:0.0mg<br><b>Bulgur köret (1;)</b><br>EN:347.9kcal ZS:9.0g TZS:0.8g SZH:56.0g CK:8.0g FH:10.4g SÓ:0.2g                           | <b>Korpagaluska leves (1;3;)</b><br><br>EN:216.1kcal ZS:14.1g TZS:3.8g SZH:17.9g CK:3.2g FH:4.9g SÓ:0.4g<br><b>Sült virsli</b><br>EN:160.4kcal ZS:13.9g TZS:5.0g SZH:1.7g FH:7.2g SÓ:1.3g<br><b>Burgonyafőzelék (1;7;12;)</b><br>EN:354.8kcal ZS:13.0g TZS:4.7g SZH:46.6g CK:1.7g FH:7.6g SÓ:0.3g CA:60.0mg<br><b>Félbarna kenyér (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>Körte</b><br>EN:52.0kcal SZH:12.0g CK:1.5g FH:0.4g | <b>Narancsos süttők krémleves (1;7;12;)</b><br><br>EN:202.6kcal ZS:7.3g TZS:3.8g SZH:29.4g CK:13.8g FH:3.5g SÓ:0.4g CA:36.0mg<br><b>Pirított tökmag</b><br>EN:54.1kcal ZS:4.6g TZS:0.9g SZH:1.8g CK:0.1g FH:2.5g SÓ:0.0g<br><b>Rántott halrúd (1;4;)</b><br>EN:257.7kcal ZS:18.2g TZS:1.9g SZH:14.3g CK:0.4g FH:8.3g SÓ:0.4g<br><b>Rizs köret</b><br>EN:326.5kcal ZS:5.8g TZS:0.7g SZH:62.0g FH:7.4g SÓ:0.2g<br><b>Tartármártás (3;7;10;)</b><br>EN:84.6kcal ZS:6.3g TZS:1.9g SZH:5.7g CK:5.3g FH:0.7g SÓ:0.2g CA:22.8mg | <b>Reszelttészta leves (1;)</b><br><br>EN:140.8kcal ZS:6.8g TZS:0.7g SZH:16.4g CK:3.8g FH:3.0g SÓ:0.4g<br><b>Sertéspörkölt</b><br>EN:178.1kcal ZS:11.2g TZS:2.1g SZH:3.2g CK:0.3g FH:14.7g SÓ:0.4g CA:0.0mg<br><b>Sárgaborsó főzelék (1;)</b><br>EN:354.7kcal ZS:8.2g TZS:0.9g SZH:49.9g CK:4.1g FH:18.6g SÓ:0.3g CA:0.0mg<br><b>Félbarna kenyér (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:52.5kcal ZS:0.6g SZH:10.5g FH:0.6g | <b>Paradicsomleves (1;)</b><br><br>EN:185.6kcal ZS:6.9g TZS:0.8g SZH:26.8g CK:10.7g FH:3.7g SÓ:0.2g<br><b>Tarhonyás hús sertés (1;)</b><br>EN:478.3kcal ZS:13.4g TZS:2.5g SZH:63.1g CK:3.3g FH:25.1g SÓ:0.8g CA:0.0mg<br><b>Cékla saláta (10;)</b><br>EN:14.0kcal ZS:0.1g TZS:0.0g SZH:3.8g CK:3.4g FH:1.2g SÓ:0.7g<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 |
| Uzsonna plusz  | <b>Zöldfűszeres szendvicsskrém (7;)</b><br>EN:116.8kcal ZS:12.0g TZS:7.6g SZH:1.2g CK:1.1g FH:1.0g SÓ:0.4g CA:30.0mg<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 SZH:1.4g FH:0.4g                                                                                 | <b>Fahéjas csiga (1;7;)</b><br>EN:149.0kcal ZS:2.1g TZS:1.0g SZH:29.5g CK:7.5g FH:2.9g SÓ:0.3g                                                                                                                                                                                                                                                                                                                                                                        | <b>Tojáskrém (3;7;)</b><br>EN:83.6kcal ZS:7.8g TZS:4.3g SZH:0.6g CK:0.6g FH:2.7g SÓ:0.2g CA:15.0mg<br><b>Vizes zsemle (1;)</b><br>EN:168.5kcal ZS:4.3g SZH:26.4g FH:5.1g                                                                                                                                                                                                                                                                                                                                                 | <b>Csirkemell sonka</b><br>EN:43.6kcal ZS:1.8g TZS:0.6g SZH:0.8g CK:0.2g FH:6.0g SÓ:0.9g<br><b>Margarin</b><br>EN:36.0kcal ZS:4.0g TZS:1.4g SÓ:0.1g<br><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>Kenőmájás (sertés)</b><br>EN:87.6kcal ZS:7.4g TZS:3.3g SZH:1.7g CK:0.5g FH:3.6g SÓ:0.9g                                                                                                                                                                                                                                                                                                                                  |