



Készült: "Repeta Win" szoftver-rel



**H É T F Ő**

**K E D D**

**S Z E R D A**

**C S Ū T Ő R T Ő K**

**P É N T E K**

|          | <b>R</b>  | <b>T</b>   | <b>E</b>  | <b>U</b>  |  |     |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
|----------|---|--|---|---|--|-----|------|-----|-----|----|----|----|-----|---|---|--|------|---|----|----|----|------|-----|-----|----|----|----|-----|---|----|---|------|---|----|----|----|------|-----|-----|----|----|----|-----|---|----|---|------|---|----|----|----|------|-----|-----|----|----|----|-----|---|---|---|------|---|----|----|----|------|-----|-----|----|----|----|-----|---|---|
|          | <b>CITROMOS TEA</b><br><b>VIRSLI MUSTARRAL (2-8-10)</b><br><b>VOLLKORN KENYÉR (1-8)</b><br><br><u>Allergének</u><br>TEJ (2) GLUTÉN (1) SZÓJA (8) MUSTÁR (10) MUSTÁR (10)                                      | <b>KAKAO (2)</b><br><b>FLORA (2)</b><br><b>FELBARNA KENYER (1-8)</b><br><b>PARADICSOM</b><br><br><u>Allergének</u><br>TEJ (2) GLUTÉN (1) SZÓJA (8) | <b>TEJ GABONAPEHELY (2-1-7-8)</b><br><br><u>Allergének</u><br>TEJ (2) GLUTÉN (1) SZÓJA (8) MOGYORÓ (7)  | <b>TEJ 2.8% (2)</b><br><b>FLORA (2)</b><br><b>FELBARNA KENYER (1-8)</b><br><b>ZOLDSÉGES FELVÁGOTT (8)</b><br><b>UBORKA</b><br><br><u>Allergének</u><br>TEJ (2) GLUTÉN (1) SZÓJA (8) | <b>TEJ 2.8% (2)</b><br><b>TELJES KIÓRLÉSŰ</b><br><b>POGACSA (1-2-3-8)</b><br><br><u>Allergének</u><br>TEJ (2) GLUTÉN (1) SZÓJA (8) TOJÁS (3)       |     |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| <b>g</b> | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>268</td><td>10</td><td>10</td><td>32</td><td>1,6</td><td>1</td><td>6</td></tr> </table> | Kcal   | F   | Zs  | Sz   | Só  | T.zs | Cuk | 268 | 10 | 10 | 32 | 1,6 | 1 | 6 | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>391</td><td>13</td><td>12</td><td>54</td><td>0,9</td><td>0</td><td>20</td></tr> </table> | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 391 | 13 | 12 | 54 | 0,9 | 0 | 20 | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>137</td><td>8</td><td>7</td><td>36</td><td>0,0</td><td>0</td><td>0</td></tr> </table>   | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 137 | 8  | 7  | 36 | 0,0 | 0 | 0  | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>391</td><td>17</td><td>15</td><td>39</td><td>1,4</td><td>0</td><td>0</td></tr> </table> | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 391 | 17 | 15 | 39 | 1,4 | 0 | 0 | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>335</td><td>11</td><td>15</td><td>35</td><td>0,3</td><td>5</td><td>0</td></tr> </table> | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 335 | 11 | 15 | 35 | 0,3 | 5 | 0 |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 268      | 10  | 10   | 32  | 1,6   | 1  | 6   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 391      | 13  | 12   | 54  | 0,9   | 0  | 20  |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 137      | 8   | 7  | 36  | 0,0   | 0  | 0   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 391      | 17  | 15   | 39  | 1,4   | 0  | 0   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 335      | 11  | 15   | 35  | 0,3   | 5  | 0   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
|          | <b>ALMA</b><br><br><u>Allergének</u>  | <b>NARANCS</b><br><br><u>Allergének</u>  | <b>LIMONADE</b><br><br><u>Allergének</u>  | <b>NARANCS</b><br><br><u>Allergének</u>   | <b>ALMA</b><br><br><u>Allergének</u>   |     |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| <b>g</b> | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>18</td><td>0</td><td>0</td><td>4</td><td>0,0</td><td>0</td><td>4</td></tr> </table>     | Kcal   | F   | Zs  | Sz   | Só  | T.zs | Cuk | 18  | 0  | 0  | 4  | 0,0 | 0 | 4 | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>66</td><td>1</td><td>0</td><td>15</td><td>0,0</td><td>0</td><td>0</td></tr> </table>     | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 66  | 1  | 0  | 15 | 0,0 | 0 | 0  | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>46</td><td>0</td><td>0</td><td>10</td><td>0,0</td><td>0</td><td>10</td></tr> </table>   | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 46  | 0  | 0  | 10 | 0,0 | 0 | 10 | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>66</td><td>1</td><td>0</td><td>15</td><td>0,0</td><td>0</td><td>0</td></tr> </table>    | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 66  | 1  | 0  | 15 | 0,0 | 0 | 0 | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>18</td><td>0</td><td>0</td><td>4</td><td>0,0</td><td>0</td><td>4</td></tr> </table>     | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 18  | 0  | 0  | 4  | 0,0 | 0 | 4 |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 18       | 0   | 0  | 4   | 0,0   | 0  | 4   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 66       | 1   | 0  | 15  | 0,0   | 0  | 0   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 46       | 0   | 0  | 10  | 0,0   | 0  | 10  |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 66       | 1   | 0  | 15  | 0,0   | 0  | 0   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 18       | 0   | 0  | 4   | 0,0   | 0  | 4   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
|          | <b>RAKOTT BURGONYA (8-10-2-3)</b><br><br><u>Allergének</u><br>TEJ (2) SZÓJA (8) TOJÁS (3) MUSTÁR (10)   | <b>ZOLDBABFOZELEK (1-2)</b><br><b>HUSGOMBOC CSIRKEHUSBOL (3)</b><br><br><u>Allergének</u><br>TEJ (2) GLUTÉN (1) TOJÁS (3)                          | <b>SERTESHUSLEVES (4)</b><br><b>TESZTA LEVESBETET (1-3)</b><br><b>GYUMOLCSMARTAS (1-2)</b><br><b>BURGONYAPURE (2)</b><br><br><u>Allergének</u><br>TEJ (2) GLUTÉN (1) TOJÁS (3) ZELLER (4) | <b>SARGAREPA FOZELEK (1-2)</b><br><b>GRILL CSIRKEMELL</b><br><br><u>Allergének</u><br>TEJ (2) GLUTÉN (1)  | <b>CSIRKERAGULEVES (4-1-2-3-10)</b><br><b>TUROS METELT (2-1-3)</b><br><br><u>Allergének</u><br>TEJ (2) GLUTÉN (1) TOJÁS (3) ZELLER (4) MUSTÁR (10) |     |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| <b>g</b> | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>285</td><td>11</td><td>14</td><td>28</td><td>1,0</td><td>3</td><td>0</td></tr> </table> | Kcal   | F   | Zs  | Sz   | Só  | T.zs | Cuk | 285 | 11 | 14 | 28 | 1,0 | 3 | 0 | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>122</td><td>5</td><td>3</td><td>20</td><td>1,0</td><td>0</td><td>0</td></tr> </table>    | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 122 | 5  | 3  | 20 | 1,0 | 0 | 0  | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>381</td><td>7</td><td>10</td><td>50</td><td>0,7</td><td>0</td><td>8</td></tr> </table>  | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 381 | 7  | 10 | 50 | 0,7 | 0 | 8  | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>244</td><td>23</td><td>7</td><td>21</td><td>2,5</td><td>0</td><td>9</td></tr> </table>  | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 244 | 23 | 7  | 21 | 2,5 | 0 | 9 | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>340</td><td>15</td><td>15</td><td>34</td><td>0,1</td><td>1</td><td>1</td></tr> </table> | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 340 | 15 | 15 | 34 | 0,1 | 1 | 1 |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 285      | 11  | 14   | 28  | 1,0   | 3  | 0   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 122      | 5   | 3  | 20  | 1,0   | 0  | 0   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 381      | 7   | 10   | 50  | 0,7   | 0  | 8   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 244      | 23  | 7  | 21  | 2,5   | 0  | 9   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 340      | 15  | 15   | 34  | 0,1   | 1  | 1   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
|          | <b>HUSKREM (2-8-10)</b><br><b>FELBARNA KENYER (1-8)</b><br><b>TV PAPRIKA</b><br><br><u>Allergének</u><br>TEJ (2) GLUTÉN (1) SZÓJA (8) MUSTÁR (10)   | <b>SAJTKRÉM (2)</b><br><b>ZEMPLÉNI TELJES.KIÓR</b><br><b>KENYÉR</b><br><b>IVOLE 100 % OS NARANCS</b><br><br><u>Allergének</u><br>TEJ (2)           | <b>TEJ 2.8% (2)</b><br><b>TELJES KIÓRLÉSŰ PUDINGOS</b><br><b>LEVÉL (1-2)</b><br><br><u>Allergének</u><br>TEJ (2) GLUTÉN (1)   | <b>TUROSBATYU (1-2-3)</b><br><br><u>Allergének</u><br>TEJ (2) GLUTÉN (1) TOJÁS (3)  | <b>GYUMOLCS JOGHURT (2)</b><br><b>HATMAGVAS KIFLI (1)</b><br><br><u>Allergének</u><br>TEJ (2) GLUTÉN (1)   |     |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| <b>g</b> | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>249</td><td>7</td><td>10</td><td>29</td><td>1,1</td><td>0</td><td>0</td></tr> </table>  | Kcal   | F   | Zs  | Sz   | Só  | T.zs | Cuk | 249 | 7  | 10 | 29 | 1,1 | 0 | 0 | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>141</td><td>1</td><td>1</td><td>1</td><td>0,0</td><td>0</td><td>0</td></tr> </table>     | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 141 | 1  | 1  | 1  | 0,0 | 0 | 0  | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>499</td><td>14</td><td>17</td><td>68</td><td>0,7</td><td>6</td><td>0</td></tr> </table> | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 499 | 14 | 17 | 68 | 0,7 | 6 | 0  | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>111</td><td>4</td><td>3</td><td>17</td><td>0,1</td><td>1</td><td>0</td></tr> </table>   | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 111 | 4  | 3  | 17 | 0,1 | 1 | 0 | <table border="1"> <tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr> <tr><td>237</td><td>10</td><td>4</td><td>37</td><td>0,6</td><td>0</td><td>0</td></tr> </table>  | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 237 | 10 | 4  | 37 | 0,6 | 0 | 0 |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 249      | 7   | 10   | 29  | 1,1   | 0  | 0   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 141      | 1   | 1  | 1   | 0,0   | 0  | 0   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 499      | 14  | 17   | 68  | 0,7   | 6  | 0   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 111      | 4   | 3  | 17  | 0,1   | 1  | 0   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| Kcal     | F   | Zs   | Sz  | Só  | T.zs   | Cuk |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |
| 237      | 10  | 4  | 37  | 0,6   | 0  | 0   |      |     |     |    |    |    |     |   |   |  |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |    |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |   |      |   |    |    |    |      |     |     |    |    |    |     |   |   |

Az itt megjelölt allergén információk tájékoztató jellegűek, kérjük, hogyha kérdése van ezzel kapcsolatban érdeklődjön az ételmezésvezetőnél.

\* T.Zs = Telített zsírsav

**Diétás étkeztetést igény szerint biztosítunk !**

Orvos : ..... Intézményvezető: ..... Ételmezésvezető:.....