

Heti étlap 2020.10.19. - 2020.10.23.

| | hétfő | | kedd | | szerda | | csütörtök | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--|------------|--|------------|--|---------|---|------------|------------|-------|----------|---------|---------|--|--|---------|---------|------------|------------|---------|---------|------------|------------|-------|---------|---------|--------|--|---|---------|---------|------------|------------|---------|---------|------------|------------|-------|----------|---------|---------|---|--|---------|---------|------------|------------|---------|---------|------------|------------|-------|----------|---------|---------|
| Tízórai | (00473) Iskolás gyermek XI 2 | | (00473) Iskolás gyermek XI 2 | | (00473) Iskolás gyermek XI 2 | | (00473) Iskolás gyermek XI 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <p>Energia: 580,29 Kcal / 2 425,61 KJ</p> <table border="1"> <tr><td>Fehérje</td><td>Zsír</td><td>T.Zsír/sav</td></tr> <tr><td>12,92 g</td><td>31,00 g</td><td>10,27 g</td></tr> <tr><td>Szénhidrát</td><td>Cukor</td><td>Só</td></tr> <tr><td>61,57 g</td><td>29,98 g</td><td>1,40 g</td></tr> </table> | | Fehérje | Zsír | T.Zsír/sav | 12,92 g | 31,00 g | 10,27 g | Szénhidrát | Cukor | Só | 61,57 g | 29,98 g | 1,40 g | <p>Energia: 394,06 Kcal / 1 647,17 KJ</p> <table border="1"> <tr><td>Fehérje</td><td>Zsír</td><td>T.Zsír/sav</td></tr> <tr><td>12,16 g</td><td>20,10 g</td><td>9,94 g</td></tr> <tr><td>Szénhidrát</td><td>Cukor</td><td>Só</td></tr> <tr><td>40,66 g</td><td>0,00 g</td><td>1,01 g</td></tr> </table> | | Fehérje | Zsír | T.Zsír/sav | 12,16 g | 20,10 g | 9,94 g | Szénhidrát | Cukor | Só | 40,66 g | 0,00 g | 1,01 g | <p>Energia: 395,72 Kcal / 1 654,11 KJ</p> <table border="1"> <tr><td>Fehérje</td><td>Zsír</td><td>T.Zsír/sav</td></tr> <tr><td>14,00 g</td><td>14,94 g</td><td>4,01 g</td></tr> <tr><td>Szénhidrát</td><td>Cukor</td><td>Só</td></tr> <tr><td>63,65 g</td><td>29,98 g</td><td>1,66 g</td></tr> </table> | | Fehérje | Zsír | T.Zsír/sav | 14,00 g | 14,94 g | 4,01 g | Szénhidrát | Cukor | Só | 63,65 g | 29,98 g | 1,66 g | <p>Energia: 641,75 Kcal / 2 682,52 KJ</p> <table border="1"> <tr><td>Fehérje</td><td>Zsír</td><td>T.Zsír/sav</td></tr> <tr><td>23,76 g</td><td>29,35 g</td><td>12,58 g</td></tr> <tr><td>Szénhidrát</td><td>Cukor</td><td>Só</td></tr> <tr><td>70,44 g</td><td>29,97 g</td><td>0,98 g</td></tr> </table> | | Fehérje | Zsír | T.Zsír/sav | 23,76 g | 29,35 g | 12,58 g | Szénhidrát | Cukor | Só | 70,44 g | 29,97 g |
| Fehérje | Zsír | T.Zsír/sav | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12,92 g | 31,00 g | 10,27 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Szénhidrát | Cukor | Só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 61,57 g | 29,98 g | 1,40 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fehérje | Zsír | T.Zsír/sav | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12,16 g | 20,10 g | 9,94 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Szénhidrát | Cukor | Só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 40,66 g | 0,00 g | 1,01 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fehérje | Zsír | T.Zsír/sav | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14,00 g | 14,94 g | 4,01 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Szénhidrát | Cukor | Só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 63,65 g | 29,98 g | 1,66 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fehérje | Zsír | T.Zsír/sav | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23,76 g | 29,35 g | 12,58 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Szénhidrát | Cukor | Só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 70,44 g | 29,97 g | 0,98 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ebéd | <p>Gyümölcs tea, Diáksemege, Margarin, Kukoricás kenyér</p> | | <p>Hideg tej, Vaj, Zsemle magos, Paprika</p> | | <p>Citromos tea, Szendvicssonka, Margarin, Zsemle, teljes kiőrlésű</p> | | <p>Kakaó, Trappista sajt, Margarin, Burgonyás kenyér, Jégcsapretek</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <p>Lencseleves, Főtt tojás, Sóska mártás, Burgonya főtt tej, Banán 1 db, Ásványvíz</p> | | <p>Daragaluska leves, Natúr sertésborda, Budapest mártás, Párolt rizskörlet, Ásványvíz</p> | | <p>Sertésgulyás, Piskótakocka, Csoköntet, Körte, Ásványvíz</p> | | <p>Köménymaglevés, Zsemlekocka, Vadas sertésragu, Spagetti, Alma, Ásványvíz</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Energia: 879,90 Kcal / 3 677,98 KJ</p> <table border="1"> <tr><td>Fehérje</td><td>Zsír</td><td>T.Zsír/sav</td></tr> <tr><td>31,91 g</td><td>28,88 g</td><td>8,53 g</td></tr> <tr><td>Szénhidrát</td><td>Cukor</td><td>Só</td></tr> <tr><td>115,33 g</td><td>14,99 g</td><td>4,27 g</td></tr> </table> | | Fehérje | Zsír | T.Zsír/sav | 31,91 g | 28,88 g | 8,53 g | Szénhidrát | Cukor | Só | 115,33 g | 14,99 g | 4,27 g | <p>Energia: 706,07 Kcal / 2 951,37 KJ</p> <table border="1"> <tr><td>Fehérje</td><td>Zsír</td><td>T.Zsír/sav</td></tr> <tr><td>34,07 g</td><td>24,22 g</td><td>4,16 g</td></tr> <tr><td>Szénhidrát</td><td>Cukor</td><td>Só</td></tr> <tr><td>85,50 g</td><td>0,00 g</td><td>4,68 g</td></tr> </table> | | Fehérje | Zsír | T.Zsír/sav | 34,07 g | 24,22 g | 4,16 g | Szénhidrát | Cukor | Só | 85,50 g | 0,00 g | 4,68 g | <p>Energia: 949,20 Kcal / 3 967,66 KJ</p> <table border="1"> <tr><td>Fehérje</td><td>Zsír</td><td>T.Zsír/sav</td></tr> <tr><td>24,72 g</td><td>35,31 g</td><td>6,53 g</td></tr> <tr><td>Szénhidrát</td><td>Cukor</td><td>Só</td></tr> <tr><td>128,47 g</td><td>20,48 g</td><td>2,46 g</td></tr> </table> | | Fehérje | Zsír | T.Zsír/sav | 24,72 g | 35,31 g | 6,53 g | Szénhidrát | Cukor | Só | 128,47 g | 20,48 g | 2,46 g | <p>Energia: 892,91 Kcal / 3 732,36 KJ</p> <table border="1"> <tr><td>Fehérje</td><td>Zsír</td><td>T.Zsír/sav</td></tr> <tr><td>29,41 g</td><td>34,97 g</td><td>8,41 g</td></tr> <tr><td>Szénhidrát</td><td>Cukor</td><td>Só</td></tr> <tr><td>114,09 g</td><td>5,00 g</td><td>5,89 g</td></tr> </table> | | Fehérje | Zsír | T.Zsír/sav | 29,41 g | 34,97 g | 8,41 g | Szénhidrát | Cukor | Só | 114,09 g | 5,00 g | 5,89 g |
| Fehérje | Zsír | T.Zsír/sav | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 31,91 g | 28,88 g | 8,53 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Szénhidrát | Cukor | Só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 115,33 g | 14,99 g | 4,27 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fehérje | Zsír | T.Zsír/sav | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 34,07 g | 24,22 g | 4,16 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Szénhidrát | Cukor | Só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 85,50 g | 0,00 g | 4,68 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fehérje | Zsír | T.Zsír/sav | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24,72 g | 35,31 g | 6,53 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Szénhidrát | Cukor | Só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 128,47 g | 20,48 g | 2,46 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fehérje | Zsír | T.Zsír/sav | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29,41 g | 34,97 g | 8,41 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Szénhidrát | Cukor | Só | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 114,09 g | 5,00 g | 5,89 g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |