

| Felnőtt<br>(19-69 év) | Hétfő<br>2026.08.24.                                                                                                                                                                      | Kedd<br>2026.08.25.                                                                 | Szerda<br>2026.08.26.                                                                                                                                                                                  | Csütörtök<br>2026.08.27.                                                                                                                              | Péntek<br>2026.08.28.                                                                                                                                                                          |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ebéd                  | <div><div>-Vajgaluska leves (Z, G, T)<br/>-Borsos tokány<br/>-Bulgur (G)<br/>-Savanyúság (M)</div><div>S:7,8, E:1 269,0, ZS:45,3, T:2,6, F:52,6,<br/>CH:150,1, C:2,2, Ca:23,3</div></div> | Zárva                                                                               | <div><div>-Csontleves (Z, G, T)<br/>-Paradicsomos káposzta (G)<br/>-Sertés pörkölt feltét<br/>-Kenyér (G)</div><div>S:13,6, E:891,0, ZS:19,9, T:0,4, F:51,8,<br/>CH:122,3, C:2,0, Ca:149,8</div></div> | <div><div>-Húsgombócleves (Z, G)<br/>-Rakott karfiol (L)</div><div>S:18,0, E:961,0, ZS:34,1, T:6,8, F:53,3,<br/>CH:113,7, C:0,3, Ca:143,3</div></div> | <div><div>-Zöldséges kölesleves (Z)<br/>-Mustáros csirkeszárny (M, G, L)<br/>-Szarvacska (G, T)</div><div>S:15,1, E:1 673,0, ZS:105,9, T:6,5,<br/>F:72,1, CH:107,3, C:0,1, Ca:79,2</div></div> |
| Összesen              | <div><div>S:7,8, E:1 269,0, ZS:45,3, T:2,6, F:52,6,<br/>CH:150,1, C:2,2, Ca:23,3</div></div>                                                                                              | <div><div>S:0,0, E:0,0, ZS:0,0, T:0,0, F:0,0,<br/>CH:0,0, C:0,0, Ca:0,0</div></div> | <div><div>S:13,6, E:891,0, ZS:19,9, T:0,4, F:51,8,<br/>CH:122,3, C:2,0, Ca:149,8</div></div>                                                                                                           | <div><div>S:18,0, E:961,0, ZS:34,1, T:6,8, F:53,3,<br/>CH:113,7, C:0,3, Ca:143,3</div></div>                                                          | <div><div>S:15,1, E:1 673,0, ZS:105,9, T:6,5,<br/>F:72,1, CH:107,3, C:0,1, Ca:79,2</div></div>                                                                                                 |