

ISKOLA KONYHA ÉTLAP

23. HÉT

2024.06.03. - 2024.06.07.

| Étkezés | Hétfő | Kedd | Szerda | Csütörtök | Péntek | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------|---|---|--|---|--|--------|--------|--------|--|--|-----------|------|-------|--------|---------|--------|-------|--|---|-----------|------|-------|--------|--------|---------|--------|--|--|------------|------|-------|--------|--------|---------|-------|--|--|-----------|------|-------|--------|--------|----------|--------|--|
| Tízórai | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ALLERGÉN: <table border="1"> <tr> <td>Kcal:</td> <td>F:</td> <td>Zs:</td> <td>Sz:</td> </tr> <tr> <td>Só:</td> <td>T.zs:</td> <td>Cuk:</td> <td></td> </tr> </table> | Kcal: | F: | Zs: | Sz: | Só: | T.zs: | Cuk: | | ALLERGÉN: <table border="1"> <tr> <td>Kcal:</td> <td>F:</td> <td>Zs:</td> <td>Sz:</td> </tr> <tr> <td>Só:</td> <td>T.zs:</td> <td>Cuk:</td> <td></td> </tr> </table> | Kcal: | F: | Zs: | Sz: | Só: | T.zs: | Cuk: | | ALLERGÉN: <table border="1"> <tr> <td>Kcal:</td> <td>F:</td> <td>Zs:</td> <td>Sz:</td> </tr> <tr> <td>Só:</td> <td>T.zs:</td> <td>Cuk:</td> <td></td> </tr> </table> | Kcal: | F: | Zs: | Sz: | Só: | T.zs: | Cuk: | | ALLERGÉN: <table border="1"> <tr> <td>Kcal:</td> <td>F:</td> <td>Zs:</td> <td>Sz:</td> </tr> <tr> <td>Só:</td> <td>T.zs:</td> <td>Cuk:</td> <td></td> </tr> </table> | Kcal: | F: | Zs: | Sz: | Só: | T.zs: | Cuk: | | ALLERGÉN: <table border="1"> <tr> <td>Kcal:</td> <td>F:</td> <td>Zs:</td> <td>Sz:</td> </tr> <tr> <td>Só:</td> <td>T.zs:</td> <td>Cuk:</td> <td></td> </tr> </table> | Kcal: | F: | Zs: | Sz: | Só: | T.zs: | Cuk: | |
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| Só: | T.zs: | Cuk: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ebéd | Tarhonya leves Tökfőzelék Fasírt Banán | Tejfölös karalábéleves Sajtszósos panírozott hal Petrezselymes burgonya Csemege uborka | Zöldségleves csigatészta Magyaróvári szelet Párolt rizs Vegyes vágott | Zellerkrém leves Levesgyöngy Bolognai spagetti Ivólé | Meggyleves Sült csirkecomb Burgonyapüré Cékla | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ALLERGÉN: tej, glutén, szója, tojás, zeller <table border="1"> <tr> <td>Kcal:844</td> <td>F:35</td> <td>Zs:29</td> <td>Sz:110</td> </tr> <tr> <td>Só:3,8</td> <td>T.zs:9</td> <td>Cuk:10</td> <td></td> </tr> </table> | Kcal:844 | F:35 | Zs:29 | Sz:110 | Só:3,8 | T.zs:9 | Cuk:10 | | ALLERGÉN: tej, glutén, hal, tojás, zeller <table border="1"> <tr> <td>Kcal:1023</td> <td>F:40</td> <td>Zs:41</td> <td>Sz:122</td> </tr> <tr> <td>Só: 5,0</td> <td>T.zs:8</td> <td>Cuk:0</td> <td></td> </tr> </table> | Kcal:1023 | F:40 | Zs:41 | Sz:122 | Só: 5,0 | T.zs:8 | Cuk:0 | | ALLERGÉN: tej, glutén, szója, tojás, zeller, mustár <table border="1"> <tr> <td>Kcal: 989</td> <td>F:54</td> <td>Zs:37</td> <td>Sz:105</td> </tr> <tr> <td>Só:6,9</td> <td>T.zs:11</td> <td>Cuk: 2</td> <td></td> </tr> </table> | Kcal: 989 | F:54 | Zs:37 | Sz:105 | Só:6,9 | T.zs:11 | Cuk: 2 | | ALLERGÉN: Tej, Glutén, Tojás, zeller, mustár <table border="1"> <tr> <td>Kcal: 1128</td> <td>F:44</td> <td>Zs:44</td> <td>Sz:134</td> </tr> <tr> <td>Só:4,1</td> <td>T.zs:14</td> <td>Cuk:5</td> <td></td> </tr> </table> | Kcal: 1128 | F:44 | Zs:44 | Sz:134 | Só:4,1 | T.zs:14 | Cuk:5 | | ALLERGÉN: Tej, Glutén <table border="1"> <tr> <td>Kcal:1213</td> <td>F:73</td> <td>Zs:33</td> <td>Sz:150</td> </tr> <tr> <td>Só:3,2</td> <td>T.zs: 10</td> <td>Cuk:33</td> <td></td> </tr> </table> | Kcal:1213 | F:73 | Zs:33 | Sz:150 | Só:3,2 | T.zs: 10 | Cuk:33 | |
| Kcal:844 | F:35 | Zs:29 | Sz:110 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Só:3,8 | T.zs:9 | Cuk:10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Só: 5,0 | T.zs:8 | Cuk:0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Só:6,9 | T.zs:11 | Cuk: 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal: 1128 | F:44 | Zs:44 | Sz:134 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Só:4,1 | T.zs:14 | Cuk:5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal:1213 | F:73 | Zs:33 | Sz:150 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Só:3,2 | T.zs: 10 | Cuk:33 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Uzsonna | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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Az itt megjelölt allergén információk tájékoztató jellegűek, kérjük, hogyha kérdése van ezzel kapcsolatban érdeklődjön az ételmezésvezetőnél.

Az étlapváltoztatás jogát fenntartjuk!

Csibi Lajos s.k.
intézményvezető

Jó étvágyat kívánunk!

.....
ételmezésvezető

ISKOLA KONYHA ÉTLAP

24. HÉT

2024.06.10. - 2024.06.14.

| Étkezés | Hétfő | Kedd | Szerda | Csütörtök | Péntek | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Tízórai | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Ebéd | Lebbencsleves Finomfőzelék Ripp-ropp fasírt Alma | Tejfölös karfiolleves Hungária szelet Párolt rizs Csemege uborka | Csirkeraguleves Gránátos kocka Ananász befőtt | Daragaluska leves Mustáros sertésszelet Petrezselymes burgonya Tejszelet | Köménymagos leves Pírtott kenyérkocka Rántott csirkemell Kukoricás rizs Vegyes vágott | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ALLERGÉN: Tej, Glutén, Tojás, Szezám, Zeller, Mustár <table border="1"> <tr> <td>Kcal:854</td> <td>F:29</td> <td>Zs:35</td> <td>Sz:105</td> </tr> <tr> <td>Só:4,1</td> <td>T.zs:7</td> <td>Cuk:11</td> <td></td> </tr> </table> | Kcal:854 | F:29 | Zs:35 | Sz:105 | Só:4,1 | T.zs:7 | Cuk:11 | | ALLERGÉN: Tej, Glutén, Tojás, zeller <table border="1"> <tr> <td>Kcal:959</td> <td>F:42</td> <td>Zs:40</td> <td>Sz:105</td> </tr> <tr> <td>Só:5,6</td> <td>T.zs:10</td> <td>Cuk:0</td> <td></td> </tr> </table> | Kcal:959 | F:42 | Zs:40 | Sz:105 | Só:5,6 | T.zs:10 | Cuk:0 | | ALLERGÉN: Tej, Glutén, Tojás, Zeller <table border="1"> <tr> <td>Kcal:1015</td> <td>F:45</td> <td>Zs:32</td> <td>Sz:124</td> </tr> <tr> <td>Só:4,2</td> <td>T.zs:8</td> <td>Cuk:0</td> <td></td> </tr> </table> | Kcal:1015 | F:45 | Zs:32 | Sz:124 | Só:4,2 | T.zs:8 | Cuk:0 | | ALLERGÉN: Tej, Glutén, tojás, zeller, mustár <table border="1"> <tr> <td>Kcal:842</td> <td>F:37</td> <td>Zs:31</td> <td>Sz:100</td> </tr> <tr> <td>Só:4,0</td> <td>T.zs:9</td> <td>Cuk:0</td> <td></td> </tr> </table> | Kcal:842 | F:37 | Zs:31 | Sz:100 | Só:4,0 | T.zs:9 | Cuk:0 | | ALLERGÉN: Tej, Glutén, Szója, Tojás, Zeller <table border="1"> <tr> <td>Kcal:1060</td> <td>F:49</td> <td>Zs:26</td> <td>Sz:155</td> </tr> <tr> <td>Só:5,6</td> <td>T.zs:4</td> <td>Cuk:1</td> <td></td> </tr> </table> | Kcal:1060 | F:49 | Zs:26 | Sz:155 | Só:5,6 | T.zs:4 | Cuk:1 | |
| Kcal:854 | F:29 | Zs:35 | Sz:105 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Só:4,1 | T.zs:7 | Cuk:11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal:959 | F:42 | Zs:40 | Sz:105 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Só:5,6 | T.zs:10 | Cuk:0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal:1015 | F:45 | Zs:32 | Sz:124 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Só:4,2 | T.zs:8 | Cuk:0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal:842 | F:37 | Zs:31 | Sz:100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Só:4,0 | T.zs:9 | Cuk:0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal:1060 | F:49 | Zs:26 | Sz:155 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Uzsonna | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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Az itt megjelölt allergén információk tájékoztató jellegűek, kérjük, hogyha kérdése van ezzel kapcsolatban érdeklődjön az ételmezésvezetőnél.

Az étlapváltoztatás jogát fenntartjuk!

Csibi Lajos s.k.
 intézményvezető

Jó étvágyat kívánunk!

.....
 ételmezésvezető

ISKOLA KONYHA ÉTLAP

25. HÉT

2024.06.17. - 2024.06.21.

| Étkezés | Hétfő | Kedd | Szerda | Csütörtök | Péntek | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Ebéd | Húsgombóc leves Rakott túrós tészta Banán | Hamis gulyásleves Dubarry szelet Párolt rizs | Húsleves Gyümölcsmártás Kusz-kusz Narancs | Őszibarack leves Gyros Pirított burgonya | Zöldborsóleves Frankfurti tokány Bulgur Csemege uborka Túró rudi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ALLERGÉN: Tej, Glutén, Tojás, Zeller <table border="1"> <tr> <td>Kcal:1100</td> <td>F:54</td> <td>Zs:29</td> <td>Sz:147</td> </tr> <tr> <td>Só:2,3</td> <td>T.zs:8</td> <td>Cuk:30</td> <td></td> </tr> </table> | Kcal:1100 | F:54 | Zs:29 | Sz:147 | Só:2,3 | T.zs:8 | Cuk:30 | | ALLERGÉN: Tej, Glutén, Tojás, Zeller <table border="1"> <tr> <td>Kcal:1020</td> <td>F:46</td> <td>Zs:36</td> <td>Sz:126</td> </tr> <tr> <td>Só:3,8</td> <td>T.zs:9</td> <td>Cuk:0</td> <td></td> </tr> </table> | Kcal:1020 | F:46 | Zs:36 | Sz:126 | Só:3,8 | T.zs:9 | Cuk:0 | | ALLERGÉN: Tej, Glutén, Tojás, Zeller <table border="1"> <tr> <td>Kcal:778</td> <td>F:38</td> <td>Zs:18</td> <td>Sz:112</td> </tr> <tr> <td>Só:3,8</td> <td>T.zs:7</td> <td>Cuk:21</td> <td></td> </tr> </table> | Kcal:778 | F:38 | Zs:18 | Sz:112 | Só:3,8 | T.zs:7 | Cuk:21 | | ALLERGÉN: Tej, Glutén <table border="1"> <tr> <td>Kcal:949</td> <td>F:42</td> <td>Zs:26</td> <td>Sz:135</td> </tr> <tr> <td>Só:2,7</td> <td>T.zs:7</td> <td>Cuk:33</td> <td></td> </tr> </table> | Kcal:949 | F:42 | Zs:26 | Sz:135 | Só:2,7 | T.zs:7 | Cuk:33 | | ALLERGÉN: Tej, Glutén, Szója, Tojás, Zeller, Mustár, Dióféle,ogyoró <table border="1"> <tr> <td>Kcal:958</td> <td>F:48</td> <td>Zs:33</td> <td>Sz:116</td> </tr> <tr> <td>Só:5,3</td> <td>T.zs:11</td> <td>Cuk:0</td> <td></td> </tr> </table> | Kcal:958 | F:48 | Zs:33 | Sz:116 | Só:5,3 | T.zs:11 | Cuk:0 | |
| Kcal:1100 | F:54 | Zs:29 | Sz:147 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Só:3,8 | T.zs:9 | Cuk:0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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