



# ISKOLA ÉTTEREM

Tételes étlap 2021.05.03. - 2021.05.09.

|                        | Diéta                          |   | Étlap tétel            | Energia (Kj) | Energia (Kcal) | Fehérje (g) | T.Zsír (g) | Szénhidrát (g) | Cukor (g) | Só (g) | Allergének | Fogy. ár |
|------------------------|--------------------------------|---|------------------------|--------------|----------------|-------------|------------|----------------|-----------|--------|------------|----------|
| 2021. 05. 03.<br>hétfő | (00569)<br>Alsós Szilvás Komló | T | Kakaó                  | 620,41       | 148,42         | 7,05        | 1,69       | 22,72          | 12,00     | 0,27   |            |          |
|                        |                                |   | Vajkrém                | 246,40       | 58,95          | 0,80        | 3,60       | 0,64           | 0,64      | 0,00   |            |          |
|                        |                                |   | Paprika                | 24,57        | 5,88           | 0,36        | 0,00       | 0,90           | 0,00      | 0,00   |            |          |
|                        |                                |   | Pécsváradi kifli       | 465,32       | 111,32         | 3,78        | 0,22       | 21,47          | 0,57      | 0,54   |            |          |
|                        |                                | E | Zöldségleves           | 268,31       | 64,07          | 1,87        | 0,24       | 9,92           | 0,70      | 1,07   |            |          |
|                        |                                |   | Főtt tojás             | 343,00       | 82,06          | 5,50        | 1,50       | 0,35           | 0,20      | 0,18   |            |          |
|                        |                                |   | Spenót, Főtt burgonya  | 1 260,48     | 301,55         | 11,60       | 1,21       | 47,57          | 0,02      | 0,73   |            |          |
|                        |                                |   | Teljes kiőrlésű kenyér | 555,94       | 133,00         | 4,90        | 0,30       | 24,10          | 0,15      | 0,30   |            |          |
|                        |                                |   | Banán                  | 351,02       | 83,98          | 1,04        | 0,00       | 19,36          | 0,00      | 0,04   |            |          |
|                        |                                | U | Bogádi májas           | 395,77       | 94,68          | 4,77        | 3,80       | 0,09           | 0,00      | 0,45   |            |          |
|                        |                                |   | Zöldhagyma             | 27,00        | 6,46           | 0,37        | 0,01       | 1,47           | 0,00      | 0,01   |            |          |
|                        |                                |   | Vizes zsemle           | 695,20       | 166,32         | 5,61        | 0,00       | 33,16          | 0,11      | 0,60   |            |          |
|                        |                                |   | Összesen:              | 5 253,42     | 1 256,69       | 47,65       | 12,57      | 181,75         | 14,39     | 4,19   |            |          |
| 2021. 05. 04.<br>kedd  | (00569)<br>Alsós Szilvás Komló | T | Tea                    | 163,71       | 39,17          | 0,40        | 0,00       | 9,13           | 8,99      | 0,00   |            |          |
|                        |                                |   | Kapros túró            | 207,74       | 49,70          | 5,01        | 1,45       | 1,40           | 0,00      | 0,21   |            |          |
|                        |                                |   | Uborka                 | 14,74        | 3,53           | 0,30        | 0,00       | 0,51           | 0,00      | 0,01   |            |          |



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| 2021. 05. 04.<br>kedd   | (00569)<br>Alsós Szilvás Komló | T | Teljes kiőrlésű kenyér            | 667,13   | 159,60   | 5,88  | 0,36  | 28,92  | 0,18  | 0,36 |  |  |
|                         |                                | E | Paradicsom leves                  | 616,87   | 147,58   | 2,58  | 0,40  | 27,15  | 17,05 | 0,78 |  |  |
|                         |                                |   | Zöldséges csirketokány            | 923,20   | 220,86   | 15,80 | 3,83  | 9,86   | 0,00  | 0,89 |  |  |
|                         |                                |   | Tészta köret                      | 1 252,30 | 299,59   | 8,37  | 0,53  | 49,50  | 0,00  | 0,59 |  |  |
|                         |                                |   | Reszelt trappista sajt            | 310,88   | 74,37    | 5,54  | 3,57  | 0,32   | 0,00  | 0,30 |  |  |
|                         |                                | U | Kakaós csiga                      | 756,58   | 181,00   | 2,50  | 5,45  | 18,90  | 4,55  | 0,35 |  |  |
|                         |                                |   | Alma                              | 116,33   | 27,83    | 0,32  | 0,00  | 5,60   | 0,00  | 0,01 |  |  |
|                         |                                |   | Összesen:                         | 5 029,48 | 1 203,23 | 46,70 | 15,59 | 151,29 | 30,77 | 3,50 |  |  |
| 2021. 05. 05.<br>szerda | (00569)<br>Alsós Szilvás Komló | T | Tej                               | 507,15   | 121,33   | 8,50  | 2,04  | 13,25  | 0,00  | 0,33 |  |  |
|                         |                                |   | Liga margarin                     | 132,80   | 31,77    | 0,01  | 0,95  | 0,02   | 0,00  | 0,05 |  |  |
|                         |                                |   | Füstölt sajt                      | 378,92   | 90,65    | 10,64 | 3,82  | 0,07   | 0,07  | 0,53 |  |  |
|                         |                                |   | Paradicsom                        | 27,47    | 6,57     | 0,30  | 0,01  | 1,20   | 0,00  | 0,00 |  |  |
|                         |                                |   | Kukoricás kenyér                  | 724,80   | 173,40   | 5,70  | 0,00  | 34,98  | 0,06  | 0,72 |  |  |
|                         |                                | E | Tarhonyaleves                     | 305,94   | 73,19    | 2,05  | 0,18  | 11,78  | 0,64  | 0,68 |  |  |
|                         |                                |   | Sertéssült                        | 795,85   | 190,40   | 17,54 | 2,84  | 4,60   | 0,00  | 1,01 |  |  |
|                         |                                |   | Lencsefőzelék                     | 1 316,02 | 314,84   | 17,80 | 1,78  | 41,63  | 0,18  | 0,61 |  |  |
|                         |                                |   | Teljes kiőrlésű kenyér            | 555,94   | 133,00   | 4,90  | 0,30  | 24,10  | 0,15  | 0,30 |  |  |
|                         |                                | U | Vaníliaízű puding kakaós öntettel | 391,88   | 93,75    | 1,50  | 0,75  | 19,25  | 14,88 | 0,80 |  |  |



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| 2021. 05. 05.<br>szerda    | (00569)<br>Alsós Szilvás<br>Komló | U | Pécsváradi kifli     | 465,32   | 111,32   | 3,78  | 0,22  | 21,47  | 0,57  | 0,54 |  |  |
|                            |                                   |   | Összesen:            | 5 602,09 | 1 340,22 | 72,72 | 12,89 | 172,35 | 16,55 | 5,57 |  |  |
| 2021. 05. 06.<br>csütörtök | (00569)<br>Alsós Szilvás Komló    | T | Tejeskávét           | 629,63   | 150,63   | 6,90  | 1,63  | 23,77  | 12,03 | 0,27 |  |  |
|                            |                                   |   | Fatörzs kifli        | 781,66   | 187,00   | 4,20  | 2,50  | 26,80  | 6,10  | 0,50 |  |  |
|                            |                                   | E | Burgonyaleves        | 547,12   | 130,89   | 3,56  | 1,46  | 19,71  | 0,64  | 0,81 |  |  |
|                            |                                   |   | Lecsós csirkemáj     | 628,57   | 150,38   | 16,72 | 1,53  | 6,44   | 0,00  | 0,74 |  |  |
|                            |                                   |   | Párolt rizs          | 1 265,25 | 302,69   | 5,72  | 0,78  | 54,45  | 0,14  | 0,99 |  |  |
|                            |                                   |   | Narancs              | 138,49   | 33,13    | 0,48  | 0,00  | 6,80   | 0,00  | 0,01 |  |  |
|                            |                                   | U | Familia sonka szelet | 140,10   | 33,36    | 3,60  | 0,75  | 0,72   | 0,12  | 0,00 |  |  |
|                            |                                   |   | Liga margarin        | 132,80   | 31,77    | 0,01  | 0,95  | 0,02   | 0,00  | 0,05 |  |  |
|                            |                                   |   | Uborka               | 14,74    | 3,53     | 0,30  | 0,00  | 0,51   | 0,00  | 0,01 |  |  |
|                            |                                   |   | Telj.kiőrl.zsemle    | 660,00   | 157,89   | 5,83  | 0,38  | 28,38  | 0,16  | 0,29 |  |  |
|                            |                                   |   | Összesen:            | 4 938,36 | 1 181,27 | 47,32 | 9,98  | 167,60 | 19,19 | 3,67 |  |  |
|                            |                                   |   |                      |          |          |       |       |        |       |      |  |  |
| 2021. 05. 07.<br>péntek    | (00569)<br>Alsós Szilvás<br>Komló | T | Tej                  | 405,72   | 97,06    | 6,80  | 1,63  | 10,60  | 0,00  | 0,27 |  |  |
|                            |                                   |   | Delma margarin       | 37,62    | 9,00     | 0,03  | 0,00  | 0,03   | 0,03  | 0,04 |  |  |
|                            |                                   |   | Paprikás szalámi     | 32,85    | 7,86     | 0,00  | 0,32  | 0,01   | 0,00  | 0,50 |  |  |



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| 2021. 05. 07.<br>péntek | (00569)<br>Alsós Szilvás Komló | T | Hónapos rettek                              | 18,27    | 4,37   | 0,36  | 0,00 | 0,66  | 0,00  | 0,04 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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|                         |                                |   | Telj.kiőrl.zsemle                           | 660,00   | 157,89 | 5,83  | 0,38 | 28,38 | 0,16  | 0,29 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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|                         |                                | E | Sertésraguleves                             | 606,64   | 145,13 | 11,88 | 1,48 | 11,20 | 0,09  | 0,74 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 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