

Tej-fruktózmentes étlap

| Óvodás<br>(4-6 év) | Hétfő<br>2026.09.07. | Kedd<br>2026.09.08. | Szerda<br>2026.09.09. | Csütörtök<br>2026.09.10. | Péntek<br>2026.09.11. |
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Tízórai

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| -Tea fekete" (E:40,2 ZS:0,0 T:0,0 F:10,0 CH:10,2 C:0,0 S:0,0)<br>-Félbarna kenyér " (E:156,9 ZS:0,5 T:0,0 F:4,3 CH:33,1 C:0,0 S:0,9) (G)<br>-Kenőmájas " (E:61,3 ZS:5,0 T:2,3 F:2,5 CH:1,2 C:0,4 S:0,1)<br>-Póréhagyma" (E:0,3 ZS:0,0 T:0,0 F:0,0 CH:0,1 C:0,0 S:0,0) | -Tea fekete" (E:40,2 ZS:0,0 T:0,0 F:10,0 CH:10,2 C:0,0 S:0,0)<br>-Molnárka" 50 g (E:150,0 ZS:3,0 T:0,0 F:5,0 CH:22,0 C:0,0 S:0,0) | -Tea fekete" (E:40,2 ZS:0,0 T:0,0 F:10,0 CH:10,2 C:0,0 S:0,0)<br>-Teljes kiőrlésű kenyér " (E:172,9 ZS:2,3 T:0,0 F:9,0 CH:28,8 C:0,0 S:0,1) (G)<br>-Növényi kenőkrém zöldfűszeres" (E:26,7 ZS:2,2 T:2,0 F:0,1 CH:1,6 C:0,0 S:0,1) (M, S)<br>-Pritamin paprika " (E:23,0 ZS:0,2 T:0,0 F:0,9 CH:4,6 C:0,0 S:0,0) | -Tea fekete" (E:40,2 ZS:0,0 T:0,0 F:10,0 CH:10,2 C:0,0 S:0,0)<br>-Teljes kiőrlésű kenyér " (E:172,9 ZS:2,3 T:0,0 F:9,0 CH:28,8 C:0,0 S:0,1) (G)<br>-Delma light margarin " (E:33,3 ZS:3,7 T:1,0 F:0,0 CH:0,0 C:0,0 S:0,0)<br>-Növényi sajt" (E:5,4 ZS:0,4 T:0,4 F:0,0 CH:0,4 C:0,0 S:0,0) | -Tea fekete" (E:40,2 ZS:0,0 T:0,0 F:10,0 CH:10,2 C:0,0 S:0,0)<br>-Kukoricás kenyér " (E:255,0 ZS:1,1 T:0,6 F:7,9 CH:53,4 C:0,2 S:0,0)<br>-Ráma margarin " (E:80,6 ZS:9,1 T:4,3 F:0,1 CH:0,1 C:0,0 S:0,0)<br>-Herkules felvágott" (E:185,2 ZS:9,2 T:4,0 F:8,0 CH:0,4 C:0,0 S:0,7)<br>-Paradicsom" (E:4,6 ZS:0,0 T:0,0 F:0,2 CH:0,8 C:0,0 S:0,0) |
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| S:0,5, E:151,0, ZS:4,0, T:1,7, F:10,7, CH:24,3, C:0,3, Ca:0,0 | S:0,0, E:177,0, ZS:3,0, T:0,0, F:11,7, CH:28,8, C:0,0, Ca:0,0 | S:0,2, E:180,0, ZS:3,2, T:1,3, F:13,6, CH:30,8, C:0,0, Ca:3,3 | S:0,1, E:171,0, ZS:3,8, T:0,8, F:13,1, CH:27,7, C:0,0, Ca:0,0 | S:0,4, E:345,0, ZS:11,4, T:5,3, F:16,1, CH:43,0, C:0,1, Ca:0,9 |
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Ebéd

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| -Zöldségleves tm " (E:112,6 ZS:5,3 T:0,1 F:2,2 CH:13,6 C:0,5 S:2,6) (Z, G)<br>-Zöldborsófőzelék tej érz" (E:511,1 ZS:23,7 T:0,9 F:13,4 CH:59,6 C:19,7 S:2,7) (G)<br>-Sült virsli" (E:337,9 ZS:31,5 T:6,6 F:11,0 CH:1,5 C:0,2 S:0,2)<br>-Teljes kiőrlésű kenyér e" (E:172,9 ZS:2,3 T:0,0 F:9,0 CH:28,8 C:0,0 S:0,1) (G)<br>-Puffasztott rozs tm" (E:2,0 ZS:0,0 T:0,0 F:0,0 CH:0,4 C:0,2 S:0,0) | -Daragaluska leves tm " (E:95,4 ZS:0,7 T:0,1 F:2,9 CH:19,1 C:0,6 S:2,2) (Z, G)<br>-Brassói apró pecsenye tm" (E:278,8 ZS:21,8 T:0,0 F:17,9 CH:0,9 C:0,0 S:1,0)<br>-Sült burgonya tm" (E:410,9 ZS:12,9 T:0,1 F:10,9 CH:59,8 C:0,5 S:1,0)<br>-Uborkasaláta" (E:59,3 ZS:0,1 T:0,0 F:12,9 CH:13,7 C:0,0 S:1,0) | -Tárkonyos csirkeraguleves tej.érz" (E:231,9 ZS:3,1 T:0,7 F:9,3 CH:42,0 C:12,2 S:2,7) (Z, G)<br>-Káposztás kocka" (E:733,3 ZS:32,1 T:0,6 F:24,8 CH:92,3 C:1,0 S:1,0) | -Rántott leves" (E:477,2 ZS:11,8 T:8,1 F:7,8 CH:39,1 C:1,8 S:1,9) (G, L, T, Z, O, M)<br>-Sült csirkemell-comb tm" (E:309,0 ZS:8,5 T:0,0 F:55,0 CH:1,2 C:0,0 S:2,1)<br>-Zöldséges rizs tm" (E:466,6 ZS:12,2 T:0,0 F:8,7 CH:79,3 C:0,9 S:2,0) | -Babgulyás tm" (E:264,4 ZS:5,6 T:0,1 F:18,4 CH:33,8 C:0,9 S:2,1) (Z, G)<br>-Nudli" (E:729,1 ZS:5,0 T:0,0 F:15,0 CH:122,4 C:1,4 S:2,6) (G) |
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Uzsonna

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| - Forma kenyér " (E:163,1 ZS:0,8 T:0,0 F:4,8 CH:32,9 C:0,0 S:1,1)<br>-sajtkrém tm" (E:99,4 ZS:8,6 T:7,8 F:0,0 CH:5,7 C:0,0 S:0,4) (M, S)<br>-Zöldpaprika (E:20,1 ZS:0,3 T:0,0 F:1,2 CH:3,1 C:0,0 S:0,0) | -Teljes kiőrlésű Zsemle" (E:152,4 ZS:1,0 T:0,4 F:5,2 CH:28,8 C:0,0 S:0,9) (G)<br>-Ráma margarin " (E:80,6 ZS:9,1 T:4,3 F:0,1 CH:0,1 C:0,0 S:0,0)<br>-Füstölt parasztkolbász" (E:73,5 ZS:5,7 T:0,0 F:4,9 CH:0,1 C:0,0 S:0,0)<br>-Sörretek" (E:0,0 ZS:0,0 T:0,0 F:0,0 CH:0,0 C:0,0 S:0,0) | -Növényi puding" (E:27,7 ZS:1,1 T:0,6 F:0,2 CH:4,1 C:2,7 S:0,1)<br>-Teljes kiőrlésű kifli" (E:152,4 ZS:1,0 T:0,4 F:5,2 CH:28,8 C:0,0 S:0,9) (G) | -Zsemle " (E:136,0 ZS:0,5 T:0,0 F:4,2 CH:28,5 C:0,0 S:0,1) (G)<br>-Liga margarin " (E:18,0 ZS:2,0 T:0,6 F:0,1 CH:0,1 C:0,1 S:0,1)<br>-Lőncshús " (E:84,9 ZS:7,8 T:3,3 F:2,8 CH:1,1 C:0,2 S:0,5)<br>-Kígyóuborka" (E:12,0 ZS:0,1 T:0,0 F:1,0 CH:1,7 C:0,0 S:0,0) | -Teljes kiőrlésű kifli" (E:152,4 ZS:1,0 T:0,4 F:5,2 CH:28,8 C:0,0 S:0,9) (G)<br>-Párizsikrém" (E:172,1 ZS:17,3 T:5,9 F:3,9 CH:0,4 C:0,1 S:0,1)<br>-Karálábé hasáb" (E:7,8 ZS:0,0 T:0,0 F:0,4 CH:1,4 C:0,0 S:0,0) |
| S:0,7, E:146,0, ZS:6,2, T:5,2, F:2,6, CH:19,5, C:0,0, Ca:7,0                                                                                                                                            | S:0,9, E:243,0, ZS:10,0, T:3,2, F:7,6, CH:28,9, C:0,0, Ca:0,0                                                                                                                                                                                                                           | S:1,0, E:180,0, ZS:2,2, T:1,0, F:5,3, CH:32,9, C:2,7, Ca:29,2                                                                                   | S:0,4, E:193,0, ZS:5,5, T:2,0, F:6,1, CH:29,9, C:0,1, Ca:9,0                                                                                                                                                                                                    | S:0,9, E:271,0, ZS:12,6, T:4,3, F:8,0, CH:29,7, C:0,1, Ca:4,3                                                                                                                                                    |

Összesen

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| S:4,5, E:984,0, ZS:48,3, T:11,5, F:34,8, CH:106,4, C:13,1, Ca:15,9 | S:4,1, E:964,0, ZS:36,0, T:3,4, F:47,8, CH:117,6, C:0,7, Ca:18,9 | S:3,3, E:981,0, ZS:28,6, T:3,1, F:40,8, CH:149,2, C:10,3, Ca:67,7 | S:4,3, E:1 148,0, ZS:29,6, T:7,4, F:65,1, CH:133,6, C:1,8, Ca:21,3 | S:4,2, E:1 254,0, ZS:30,5, T:9,6, F:44,6, CH:173,7, C:1,7, Ca:17,2 |
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Jó étvágyat!

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| Jelmagyarázat: |                         | Allergén jelmagyarázat:     |             |                                 |                |
| S: só (g)      | E: energia (kcal)       | G: glutén, gabonák          | Z: zeller   | D: diófélék, mandula, pisztácia | C: csillagfűrt |
| ZS: zsír (g)   | T: telített zsírsav (g) | L: laktóz, tej, tejtermékek | R: rákfélék | M: mustár                       | P: puhatestűek |
| F: fehérje (g) | CH: szénhidrát (g)      | T: tojás, fehérje           | H: halak    | S: szezám                       |                |
| C: cukor (g)   | Ca: kalcium (mg)        | F: földimogyoró             | O: szója    | K: szulfitek, kén-dioxid        |                |

# Tej-fruktózmentes étlap

| Óvodás<br>(4-6 év) | Hétfő<br>2026.09.14. | Kedd<br>2026.09.15. | Szerda<br>2026.09.16. | Csütörtök<br>2026.09.17. | Péntek<br>2026.09.18. |
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Tízórai

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| -Tea fekete" (E:40,2 ZS:0,0 T:0,0 F:10,0 CH:10,2 C:0,0 S:0,0)<br>-Tökmagos zsemle "kisét (E:174,0 ZS:4,0 T:0,0 F:6,6 CH:26,7 C:0,0 S:0,0)<br>-Körözött " (E:74,3 ZS:4,5 T:1,2 F:6,0 CH:2,0 C:1,7 S:0,2) (L)<br>-Lila hagyma" (E:24,0 ZS:0,0 T:0,0 F:0,6 CH:5,4 C:0,0 S:0,0) | -Tea fekete" (E:40,2 ZS:0,0 T:0,0 F:10,0 CH:10,2 C:0,0 S:0,0)<br>-Tm péksütemény" (E:262,2 ZS:12,6 T:0,0 F:5,4 CH:30,0 C:0,0 S:0,9) (G) | -Tea fekete" (E:40,2 ZS:0,0 T:0,0 F:10,0 CH:10,2 C:0,0 S:0,0)<br>-Búzacsrás kenyér " (E:182,7 ZS:2,1 T:0,0 F:7,0 CH:33,6 C:0,0 S:0,0)<br>-Ham sonkakrém" (E:1705,0 ZS:121,0 T:46,2 F:107,8 CH:50,6 C:5,5 S:0,2)<br>-Liga margarin " (E:18,0 ZS:2,0 T:0,6 F:0,1 CH:0,1 C:0,1 S:0,1)<br>-Sörretek" (E:0,0 ZS:0,0 T:0,0 F:0,0 CH:0,0 C:0,0 S:0,0) | -Tea fekete" (E:40,2 ZS:0,0 T:0,0 F:10,0 CH:10,2 C:0,0 S:0,0)<br>-Teljes kiörlésű kenyér " (E:172,9 ZS:2,3 T:0,0 F:9,0 CH:28,8 C:0,0 S:0,1) (G)<br>-Ráma margarin " (E:80,6 ZS:9,1 T:4,3 F:0,1 CH:0,1 C:0,0 S:0,0)<br>-Álom sonka" (E:29,6 ZS:0,6 T:0,2 F:5,0 CH:1,1 C:0,2 S:0,8)<br>-Sárgarépa karika" (E:8,2 ZS:0,0 T:0,0 F:0,2 CH:1,9 C:0,0 S:0,0) | -Tea fekete" (E:40,2 ZS:0,0 T:0,0 F:10,0 CH:10,2 C:0,0 S:0,0)<br>-Burgonyás forma kenyér " (E:172,2 ZS:0,6 T:0,0 F:5,0 CH:35,7 C:0,0 S:1,1) (G)<br>-Növényi kenőkrém" (E:25,5 ZS:2,2 T:2,0 F:0,0 CH:1,5 C:0,0 S:0,1) (M, S)<br>-Paradicsom" (E:4,6 ZS:0,0 T:0,0 F:0,2 CH:0,8 C:0,0 S:0,0) |
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| S:0,1, E:262,0, ZS:7,0, T:0,8, F:17,6, CH:37,5, C:1,1, Ca:19,1 | S:0,9, E:289,0, ZS:12,6, T:0,0, F:12,1, CH:36,8, C:0,0, Ca:0,0 | S:0,2, E:1 277,0, ZS:82,9, T:31,1, F:82,6, CH:59,8, C:3,7, Ca:0,0 | S:0,6, E:228,0, ZS:8,1, T:3,0, F:16,6, CH:29,1, C:0,1, Ca:2,8 | S:0,8, E:169,0, ZS:1,9, T:1,3, F:10,3, CH:33,7, C:0,0, Ca:0,9 |
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Ebéd

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| -Tavaszi zöldségleves tm " (E:138,1 ZS:5,5 T:0,1 F:4,5 CH:17,2 C:1,9 S:2,5) (Z, G)<br>-Sárgaborsó főzelék tm" (E:626,7 ZS:10,5 T:0,1 F:34,9 CH:94,2 C:0,6 S:2,0) (G)<br>- Csirkemell csíkok tm" (E:245,8 ZS:13,2 T:0,0 F:29,6 CH:0,6 C:0,0 S:1,6)<br>-Teljes kiörlésű kenyér e" (E:172,9 ZS:2,3 T:0,0 F:9,0 CH:28,8 C:0,0 S:0,1) (G)<br>-Puffasztott rozs tm" (E:2,0 ZS:0,0 T:0,0 F:0,0 CH:0,4 C:0,2 S:0,0) | -Fokhagyma krémleves tej érz" (E:277,5 ZS:12,6 T:1,6 F:2,7 CH:39,2 C:12,2 S:3,2) (G)<br>-Bácskai rizses hús tm" (E:616,8 ZS:19,0 T:0,1 F:30,1 CH:79,0 C:1,6 S:2,1)<br>-Cékla savanyúság"(édessítószerrel) (E:18,7 ZS:0,1 T:0,0 F:0,8 CH:3,5 C:0,0 S:0,1) | -Sertésraguleves tm" (E:200,1 ZS:8,4 T:1,2 F:18,8 CH:15,4 C:3,2 S:2,5) (Z, G, M)<br>-Mákos guba tej érk" (E:693,5 ZS:18,4 T:2,0 F:39,6 CH:114,2 C:11,6 S:1,2) (G) | -Zöldségleves tm " (E:112,6 ZS:5,3 T:0,1 F:2,2 CH:13,6 C:0,5 S:2,6) (Z, G)<br>-Vadas mártás tm" (E:147,9 ZS:3,8 T:0,1 F:8,0 CH:25,7 C:1,0 S:1,3) (Z, G, M)<br>-Turbán tészta" (E:320,8 ZS:6,4 T:0,4 F:10,1 CH:57,5 C:2,3 S:2,0) | - Hal gombóc leves tm" (E:293,3 ZS:13,1 T:0,0 F:32,8 CH:9,5 C:1,2 S:1,2) (Z, T, G)<br>-Rakott burgonya tej érzé " (E:1720,3 ZS:112,7 T:3,7 F:110,2 CH:55,3 C:0,1 S:6,7) (T) |
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| Üzsonna  | -Búzacsírás kenyér " (E:182,7<br>ZS:2,1 T:0,0 F:7,0 CH:33,6<br>C:0,0 S:0,0)<br>-Ham sonkakrém" (E:1706,1<br>ZS:121,1 T:46,2 F:107,8<br>CH:50,6 C:5,5 S:0,2)<br>-Pritamin paprika " (E:23,0<br>ZS:0,2 T:0,0 F:0,9 CH:4,6<br>C:0,0 S:0,0) | -Teljes kiőrlésű kenyér "<br>(E:172,9 ZS:2,3 T:0,0 F:9,0<br>CH:28,8 C:0,0 S:0,1) (G)<br>-Növényi kenőkrém" (E:25,5<br>ZS:2,2 T:2,0 F:0,0 CH:1,5<br>C:0,0 S:0,1) (M, S)<br>-Sárgarépa karika" (E:8,2<br>ZS:0,0 T:0,0 F:0,2 CH:1,9<br>C:0,0 S:0,0) | -Teljes kiőrlésű Zsemle"<br>(E:152,4 ZS:1,0 T:0,4 F:5,2<br>CH:28,8 C:0,0 S:0,9) (G)<br>-Padlizsán krém" (E:92,6<br>ZS:7,7 T:0,0 F:1,7 CH:3,4<br>C:0,6 S:1,0) (T, M)<br>-Kígyóuborka" (E:12,0<br>ZS:0,1 T:0,0 F:1,0 CH:1,7<br>C:0,0 S:0,0) | -Puffasztott rozs tm" (E:2,0<br>ZS:0,0 T:0,0 F:0,0 CH:0,4<br>C:0,2 S:0,0)<br>-Növényi sajt" (E:5,4 ZS:0,4<br>T:0,4 F:0,0 CH:0,4 C:0,0<br>S:0,0) | -Kifli, teljes kiőrlésű (E:152,4<br>ZS:1,0 T:0,4 F:5,2 CH:28,8<br>C:0,0 S:0,9) (G)<br>-Puffasztott rozs tm" (E:2,0<br>ZS:0,0 T:0,0 F:0,0 CH:0,4<br>C:0,2 S:0,0) |
|          | S:0,1, E:1 253,0, ZS:82,0, T:30,8,<br>F:76,3, CH:55,3, C:3,7, Ca:0,0                                                                                                                                                                    | S:0,2, E:145,0, ZS:3,1, T:1,3, F:6,5,<br>CH:22,5, C:0,0, Ca:2,8                                                                                                                                                                                  | S:1,6, E:220,0, ZS:6,2, T:0,4, F:6,8,<br>CH:31,9, C:0,4, Ca:11,2                                                                                                                                                                          | S:0,0, E:5,0, ZS:0,3, T:0,3, F:0,0,<br>CH:0,6, C:0,1, Ca:0,0                                                                                    | S:0,9, E:154,0, ZS:1,0, T:0,4, F:5,2,<br>CH:29,1, C:0,1, Ca:0,0                                                                                                 |
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|          |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                           |                                                                                                                                                 |                                                                                                                                                                 |
|          |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                           |                                                                                                                                                 |                                                                                                                                                                 |
| Összesen | S:4,1, E:2 245,0, ZS:108,6, T:31,7,<br>F:142,6, CH:178,6, C:6,3, Ca:28,1                                                                                                                                                                | S:4,4, E:1 022,0, ZS:35,7, T:2,3, F:41,0,<br>CH:137,9, C:8,0, Ca:32,4                                                                                                                                                                            | S:4,0, E:2 074,0, ZS:106,1, T:33,5,<br>F:126,5, CH:176,6, C:13,6, Ca:236,9                                                                                                                                                                | S:4,4, E:629,0, ZS:18,8, T:3,7, F:31,0,<br>CH:96,3, C:2,8, Ca:63,3                                                                              | S:6,9, E:1 637,0, ZS:85,6, T:4,2,<br>F:107,7, CH:105,0, C:0,8, Ca:248,1                                                                                         |

Jó étvágyat!

|                |                         |                             |             |                                 |                |
|----------------|-------------------------|-----------------------------|-------------|---------------------------------|----------------|
| Jelmagyarázat: |                         | Allergén jelmagyarázat:     |             |                                 |                |
| S: só (g)      | E: energia (kcal)       | G: glutén, gabonák          | Z: zeller   | D: diófélék, mandula, pisztácia | C: csillagfűrt |
| ZS: zsír (g)   | T: telített zsírsav (g) | L: laktóz, tej, tejtermékek | R: rákfélék | M: mustár                       | P: puhatestűek |
| F: fehérje (g) | CH: szénhidrát (g)      | T: tojás, fehérje           | H: halak    | S: szezám                       |                |
| C: cukor (g)   | Ca: kalcium (mg)        | F: földimogyoró             | O: szója    | K: szulfitok, kén-dioxid        |                |