

# ISKOLA KONYHA ÉTLAP

36. HÉT

2026.09.01.-2026.09.04.-ig

|           | Hétfő                                                                                                                                                             | Kedd                             | Szerda                                                 | Csütörtök             | Péntek                           |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|--------------------------------------------------------|-----------------------|----------------------------------|-----|-------|------|--|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|-------|--------|--------|--------|---------|--|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------|-------|--------|--------|-------|---------|--|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|-------|--------|--------|---------|---------|--|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|-------|-------|--------|---------|-------|--|
| EBÉD      |                                                                                                                                                                   | Zöldborsóleves<br>csigatésztával | Gyümölcsleves                                          | Tejfölös karfiolleves | Köménymagos leves<br>Levesgyöngy |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
|           |                                                                                                                                                                   | Lecsós sertésszelet<br>Tarhonya  | Rántott csirkemell<br>Kukoricás rizs<br>Csemege uborka | Bolognai spagetti     | Rakott karfiol<br>Kenyér         |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
|           | ALLERGÉN:<br><table><tr><td>Kcal:</td><td>F:</td><td>Zs:</td></tr><tr><td>Sz:</td><td>Só:</td><td>T.zs:</td></tr><tr><td>Cuk:</td><td></td><td></td></tr></table> | Kcal:                            | F:                                                     | Zs:                   | Sz:                              | Só: | T.zs: | Cuk: |  |  | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:898</td><td>F:45</td><td>Zs:29</td></tr><tr><td>Sz:112</td><td>Só:4,0</td><td>T.zs:5</td></tr><tr><td>Cuk:0,2</td><td></td><td></td></tr></table> | Kcal:898 | F:45 | Zs:29 | Sz:112 | Só:4,0 | T.zs:5 | Cuk:0,2 |  |  | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:1123</td><td>F:48</td><td>Zs:23</td></tr><tr><td>Sz:176</td><td>Só:4,2</td><td>T.zs7</td></tr><tr><td>Cuk: 31</td><td></td><td></td></tr></table> | Kcal:1123 | F:48 | Zs:23 | Sz:176 | Só:4,2 | T.zs7 | Cuk: 31 |  |  | ALLERGÉN: glutén, tej, tojás, zeller, mustár<br><table><tr><td>Kcal:956</td><td>F:43</td><td>Zs:39</td></tr><tr><td>Sz:102</td><td>Só:4,3</td><td>T.zs:14</td></tr><tr><td>Cuk:4,9</td><td></td><td></td></tr></table> | Kcal:956 | F:43 | Zs:39 | Sz:102 | Só:4,3 | T.zs:14 | Cuk:4,9 |  |  | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:762</td><td>F:35</td><td>Zs:34</td></tr><tr><td>Sz:76</td><td>Só:3,6</td><td>T.zs: 9</td></tr><tr><td>Cuk:0</td><td></td><td></td></tr></table> | Kcal:762 | F:35 | Zs:34 | Sz:76 | Só:3,6 | T.zs: 9 | Cuk:0 |  |
| Kcal:     | F:                                                                                                                                                                | Zs:                              |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Sz:       | Só:                                                                                                                                                               | T.zs:                            |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Cuk:      |                                                                                                                                                                   |                                  |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Kcal:898  | F:45                                                                                                                                                              | Zs:29                            |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Sz:112    | Só:4,0                                                                                                                                                            | T.zs:5                           |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Cuk:0,2   |                                                                                                                                                                   |                                  |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Kcal:1123 | F:48                                                                                                                                                              | Zs:23                            |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Sz:176    | Só:4,2                                                                                                                                                            | T.zs7                            |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Cuk: 31   |                                                                                                                                                                   |                                  |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Kcal:956  | F:43                                                                                                                                                              | Zs:39                            |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Sz:102    | Só:4,3                                                                                                                                                            | T.zs:14                          |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Cuk:4,9   |                                                                                                                                                                   |                                  |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Kcal:762  | F:35                                                                                                                                                              | Zs:34                            |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Sz:76     | Só:3,6                                                                                                                                                            | T.zs: 9                          |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |
| Cuk:0     |                                                                                                                                                                   |                                  |                                                        |                       |                                  |     |       |      |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                               |           |      |       |        |        |       |         |  |  |                                                                                                                                                                                                                        |          |      |       |        |        |         |         |  |  |                                                                                                                                                                                                             |          |      |       |       |        |         |       |  |

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!**

Antek Tamás s.k.  
ételmezésvezető

ISKOLA KONYHA ÉTLAP

37. HÉT

2026.09.07.-2026.09.11.-ig

| Étkezés   | Hétfő                                                                                                                                                                                                                                     | Kedd                        | Szerda                                         | Csütörtök                                             | Péntek                    |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|------------------------------------------------|-------------------------------------------------------|---------------------------|--------|---------|----------|--|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|-------|--------|--------|--------|---------|--|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------|-------|--------|--------|---------|---------|--|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|-------|-------|--------|--------|----------|--|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|-------|--------|--------|---------|---------|--|--|
| EBÉD      | Sárgaborsóleves                                                                                                                                                                                                                           | Tarhonyaleves               | Őszibarack leves                               | Zöldségleves                                          | Tárkonyos csirkeraguleves |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
|           | Rántott sajt<br>Párolt rizs                                                                                                                                                                                                               | Csirkepaprikás<br>Csótészta | Fokhagymás sertéssült<br>Burgonyapüré<br>Cékla | Sült csirkemell csíkok<br>Szárzabab főzelék<br>Kenyér | Túrós batyu               |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
|           | ALLERGÉN: glutén, tej, tojás, zeller, szezámmag, szója, mustár<br><table><tr><td>Kcal:1133</td><td>F:38</td><td>Zs:0</td></tr><tr><td>Sz:146</td><td>Só:4,4</td><td>T.zs:12</td></tr><tr><td>Cuk: 1,3</td><td></td><td></td></tr></table> | Kcal:1133                   | F:38                                           | Zs:0                                                  | Sz:146                    | Só:4,4 | T.zs:12 | Cuk: 1,3 |  |  | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:967</td><td>F:47</td><td>Zs:34</td></tr><tr><td>Sz:113</td><td>Só:4,6</td><td>T.zs:9</td></tr><tr><td>Cuk:0,1</td><td></td><td></td></tr></table> | Kcal:967 | F:47 | Zs:34 | Sz:113 | Só:4,6 | T.zs:9 | Cuk:0,1 |  |  | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:1034</td><td>F:39</td><td>Zs:27</td></tr><tr><td>Sz:156</td><td>Só:3,2</td><td>T.zs:10</td></tr><tr><td>Cuk: 33</td><td></td><td></td></tr></table> | Kcal:1034 | F:39 | Zs:27 | Sz:156 | Só:3,2 | T.zs:10 | Cuk: 33 |  |  | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:813</td><td>F:52</td><td>Zs:26</td></tr><tr><td>Sz:88</td><td>Só:4,4</td><td>T.zs:6</td></tr><tr><td>Cuk: 4,2</td><td></td><td></td></tr></table> | Kcal:813 | F:52 | Zs:26 | Sz:88 | Só:4,4 | T.zs:6 | Cuk: 4,2 |  |  | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:867</td><td>F:47</td><td>Zs:23</td></tr><tr><td>Sz:115</td><td>Só:3,0</td><td>T.zs:10</td></tr><tr><td>Cuk:0,2</td><td></td><td></td></tr></table> | Kcal:867 | F:47 | Zs:23 | Sz:115 | Só:3,0 | T.zs:10 | Cuk:0,2 |  |  |
| Kcal:1133 | F:38                                                                                                                                                                                                                                      | Zs:0                        |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Sz:146    | Só:4,4                                                                                                                                                                                                                                    | T.zs:12                     |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Cuk: 1,3  |                                                                                                                                                                                                                                           |                             |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Kcal:967  | F:47                                                                                                                                                                                                                                      | Zs:34                       |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Sz:113    | Só:4,6                                                                                                                                                                                                                                    | T.zs:9                      |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Cuk:0,1   |                                                                                                                                                                                                                                           |                             |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Kcal:1034 | F:39                                                                                                                                                                                                                                      | Zs:27                       |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Sz:156    | Só:3,2                                                                                                                                                                                                                                    | T.zs:10                     |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Cuk: 33   |                                                                                                                                                                                                                                           |                             |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Kcal:813  | F:52                                                                                                                                                                                                                                      | Zs:26                       |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Sz:88     | Só:4,4                                                                                                                                                                                                                                    | T.zs:6                      |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Cuk: 4,2  |                                                                                                                                                                                                                                           |                             |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Kcal:867  | F:47                                                                                                                                                                                                                                      | Zs:23                       |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Sz:115    | Só:3,0                                                                                                                                                                                                                                    | T.zs:10                     |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |
| Cuk:0,2   |                                                                                                                                                                                                                                           |                             |                                                |                                                       |                           |        |         |          |  |  |                                                                                                                                                                                                               |          |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                               |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                                |          |      |       |        |        |         |         |  |  |

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38. HÉT

2026.09.14.-2026.09.18.-ig

| Étkezés    | Hétfő                                                                                                                                                                                                                | Kedd         | Szerda                              | Csütörtök                                           | Péntek          |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------------------------------|-----------------------------------------------------|-----------------|--------|---------|---------|--|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------|-------|--------|--------|---------|---------|--|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------|-------|--------|--------|--------|---------|--|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------|-------|--------|--------|--------|--------|--|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|-------|--------|---------|--------|--------|--|--|
| EBÉD       | Magyaros burgonyaleves                                                                                                                                                                                               | Babgulyás    | Paradicsomleves                     | Almaleves                                           | Csirkeraguleves |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
|            | Mexikói csirkemell<br>Szarvacska tészta                                                                                                                                                                              | Túrós tészta | Ananászos csirkemell<br>Párolt rizs | Sajtszósos panírozott hal<br>Petrezselymes burgonya | Tejbedara       |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
|            | ALLERGÉN: glutén, tej, tojás, zeller, szója<br><table><tr><td>Kcal:951</td><td>F:46</td><td>Zs:0</td></tr><tr><td>Sz:107</td><td>Só:3,8</td><td>T.zs:12</td></tr><tr><td>Cuk:0,0</td><td></td><td></td></tr></table> | Kcal:951     | F:46                                | Zs:0                                                | Sz:107          | Só:3,8 | T.zs:12 | Cuk:0,0 |  |  | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:1080</td><td>F:60</td><td>Zs:41</td></tr><tr><td>Sz:114</td><td>Só:4,4</td><td>T.zs:20</td></tr><tr><td>Cuk:0,1</td><td></td><td></td></tr></table> | Kcal:1080 | F:60 | Zs:41 | Sz:114 | Só:4,4 | T.zs:20 | Cuk:0,1 |  |  | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:1095</td><td>F:46</td><td>Zs:34</td></tr><tr><td>Sz:143</td><td>Só:3,8</td><td>T.zs:8</td></tr><tr><td>Cuk: 25</td><td></td><td></td></tr></table> | Kcal:1095 | F:46 | Zs:34 | Sz:143 | Só:3,8 | T.zs:8 | Cuk: 25 |  |  | ALLERGÉN: glutén, tej, hal<br><table><tr><td>Kcal: 1120</td><td>F:40</td><td>Zs:36</td></tr><tr><td>Sz:168</td><td>Só:4,0</td><td>T.zs:7</td></tr><tr><td>Cuk:33</td><td></td><td></td></tr></table> | Kcal: 1120 | F:40 | Zs:36 | Sz:168 | Só:4,0 | T.zs:7 | Cuk:33 |  |  | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:721</td><td>F:39</td><td>Zs:15</td></tr><tr><td>Sz:101</td><td>Só :2,9</td><td>T.zs:5</td></tr><tr><td>Cuk 37</td><td></td><td></td></tr></table> | Kcal:721 | F:39 | Zs:15 | Sz:101 | Só :2,9 | T.zs:5 | Cuk 37 |  |  |
| Kcal:951   | F:46                                                                                                                                                                                                                 | Zs:0         |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Sz:107     | Só:3,8                                                                                                                                                                                                               | T.zs:12      |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Cuk:0,0    |                                                                                                                                                                                                                      |              |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Kcal:1080  | F:60                                                                                                                                                                                                                 | Zs:41        |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Sz:114     | Só:4,4                                                                                                                                                                                                               | T.zs:20      |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Cuk:0,1    |                                                                                                                                                                                                                      |              |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Kcal:1095  | F:46                                                                                                                                                                                                                 | Zs:34        |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Sz:143     | Só:3,8                                                                                                                                                                                                               | T.zs:8       |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Cuk: 25    |                                                                                                                                                                                                                      |              |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Kcal: 1120 | F:40                                                                                                                                                                                                                 | Zs:36        |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Sz:168     | Só:4,0                                                                                                                                                                                                               | T.zs:7       |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Cuk:33     |                                                                                                                                                                                                                      |              |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Kcal:721   | F:39                                                                                                                                                                                                                 | Zs:15        |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Sz:101     | Só :2,9                                                                                                                                                                                                              | T.zs:5       |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |
| Cuk 37     |                                                                                                                                                                                                                      |              |                                     |                                                     |                 |        |         |         |  |  |                                                                                                                                                                                                                 |           |      |       |        |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                      |            |      |       |        |        |        |        |  |  |                                                                                                                                                                                                               |          |      |       |        |         |        |        |  |  |

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!**

Antek Tamás s.k.  
ételmezésvezető

# ISKOLA KONYHA ÉTLAP

39. HÉT

2026.09.21.-2026.09.25.-ig

| Étkezés   | Hétfő                                                                                                                                                                                                                          | Kedd                                             | Szerda               | Csütörtök                      | Péntek                       |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|----------------------|--------------------------------|------------------------------|--------|---------|---------|--|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------|-------|--------|--------|--------|---------|--|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------|-------|--------|--------|--------|---------|--|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|-------|-------|--------|--------|----------|--|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|-------|-------|--------|--------|---------|--|--|
| EBÉD      | Szilvaleves                                                                                                                                                                                                                    | Hamis gulyásleves                                | Húsgombóclevés       | Kertészleves                   | Lebbencsleves                |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
|           | Frankfurti tokány<br>Bulgur                                                                                                                                                                                                    | Sült csirkecomb<br>Párolt rizs<br>Csemege uborka | Mákosmetélt<br>Ivólé | Paprikás burgonya<br>virslivel | Pulyka pörkölt<br>Tökfőzelék |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
|           | ALLERGÉN: glutén, tej, tojás, zeller, szója, mustár<br><table><tr><td>Kcal:933</td><td>F: 40</td><td>Zs: 0</td></tr><tr><td>Sz:128</td><td>Só:3,9</td><td>T.zs:10</td></tr><tr><td>Cuk: 26</td><td></td><td></td></tr></table> | Kcal:933                                         | F: 40                | Zs: 0                          | Sz:128                       | Só:3,9 | T.zs:10 | Cuk: 26 |  |  | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:1018</td><td>F:67</td><td>Zs:34</td></tr><tr><td>Sz:107</td><td>Só:4,4</td><td>T.zs:6</td></tr><tr><td>Cuk:0.2</td><td></td><td></td></tr></table> | Kcal:1018 | F:67 | Zs:34 | Sz:107 | Só:4,4 | T.zs:6 | Cuk:0.2 |  |  | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:1056</td><td>F:43</td><td>Zs:31</td></tr><tr><td>Sz:143</td><td>Só:2,2</td><td>T.zs:6</td></tr><tr><td>Cuk: 26</td><td></td><td></td></tr></table> | Kcal:1056 | F:43 | Zs:31 | Sz:143 | Só:2,2 | T.zs:6 | Cuk: 26 |  |  | ALLERGÉN: glutén, tej, tojás, zeller, szója, mustár<br><table><tr><td>Kcal:681</td><td>F:29</td><td>Zs:26</td></tr><tr><td>Sz:80</td><td>Só:5,0</td><td>T.zs:8</td></tr><tr><td>Cuk: 0.2</td><td></td><td></td></tr></table> | Kcal:681 | F:29 | Zs:26 | Sz:80 | Só:5,0 | T.zs:8 | Cuk: 0.2 |  |  | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:745</td><td>F:37</td><td>Zs:37</td></tr><tr><td>Sz:64</td><td>Só:4,2</td><td>T.zs:8</td></tr><tr><td>Cuk: 10</td><td></td><td></td></tr></table> | Kcal:745 | F:37 | Zs:37 | Sz:64 | Só:4,2 | T.zs:8 | Cuk: 10 |  |  |
| Kcal:933  | F: 40                                                                                                                                                                                                                          | Zs: 0                                            |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Sz:128    | Só:3,9                                                                                                                                                                                                                         | T.zs:10                                          |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Cuk: 26   |                                                                                                                                                                                                                                |                                                  |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Kcal:1018 | F:67                                                                                                                                                                                                                           | Zs:34                                            |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Sz:107    | Só:4,4                                                                                                                                                                                                                         | T.zs:6                                           |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Cuk:0.2   |                                                                                                                                                                                                                                |                                                  |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Kcal:1056 | F:43                                                                                                                                                                                                                           | Zs:31                                            |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Sz:143    | Só:2,2                                                                                                                                                                                                                         | T.zs:6                                           |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Cuk: 26   |                                                                                                                                                                                                                                |                                                  |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Kcal:681  | F:29                                                                                                                                                                                                                           | Zs:26                                            |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Sz:80     | Só:5,0                                                                                                                                                                                                                         | T.zs:8                                           |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Cuk: 0.2  |                                                                                                                                                                                                                                |                                                  |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Kcal:745  | F:37                                                                                                                                                                                                                           | Zs:37                                            |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Sz:64     | Só:4,2                                                                                                                                                                                                                         | T.zs:8                                           |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |
| Cuk: 10   |                                                                                                                                                                                                                                |                                                  |                      |                                |                              |        |         |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                |           |      |       |        |        |        |         |  |  |                                                                                                                                                                                                                              |          |      |       |       |        |        |          |  |  |                                                                                                                                                                                                              |          |      |       |       |        |        |         |  |  |

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intézményvezető

**Jó étvágyat kívánunk!**

Antek Tamás s.k.  
ételmezésvezető

# ISKOLA KONYHA ÉTLAP

40. HÉT

2026.09.28.-2026.09.30.-ig

|          | Hétfő                                                                                                                                                                                                       | Kedd                   | Szerda                | Csütörtök | Péntek |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-----------------------|-----------|--------|--------|--------|--------|--|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|-------|-------|--------|--------|-------|--|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|-------|--------|--------|-------|---------|--|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----|-----|-----|-----|-------|------|--|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----|-----|-----|-----|------|------|--|
| EBÉD     | Mészáros leves                                                                                                                                                                                              | Frankfurti leves       | Gyümölcsleves         |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
|          | Rakott túrós tészta                                                                                                                                                                                         | Tarhonyáshús sertésből | Gyros<br>Hasáburgonya |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
|          | ALLERGÉN: glutén, tej, tojás, zeller<br><table><tr><td>Kcal:932</td><td>F:45</td><td>Zs:0</td></tr><tr><td>Sz:116</td><td>Só:2,3</td><td>T.zs:8</td></tr><tr><td>Cuk:30</td><td></td><td></td></tr></table> | Kcal:932               | F:45                  | Zs:0      | Sz:116 | Só:2,3 | T.zs:8 | Cuk:30 |  |  | ALLERGÉN: glutén, tej, tojás, zeller, szója, mustár<br><table><tr><td>Kcal:812</td><td>F:43</td><td>Zs:31</td></tr><tr><td>Sz:87</td><td>Só:4,0</td><td>T.zs:8</td></tr><tr><td>Cuk:0</td><td></td><td></td></tr></table> | Kcal:812 | F:43 | Zs:31 | Sz:87 | Só:4,0 | T.zs:8 | Cuk:0 |  |  | ALLERGÉN: glutén, tej<br><table><tr><td>Kcal:933</td><td>F:41</td><td>Zs:31</td></tr><tr><td>Sz:122</td><td>Só:4,1</td><td>T.zs7</td></tr><tr><td>Cuk: 33</td><td></td><td></td></tr></table> | Kcal:933 | F:41 | Zs:31 | Sz:122 | Só:4,1 | T.zs7 | Cuk: 33 |  |  | ALLERGÉN:<br><table><tr><td>Kcal:</td><td>F:</td><td>Zs:</td></tr><tr><td>Sz:</td><td>Só:</td><td>T.zs:</td></tr><tr><td>Cuk:</td><td></td><td></td></tr></table> | Kcal: | F: | Zs: | Sz: | Só: | T.zs: | Cuk: |  |  | ALLERGÉN:<br><table><tr><td>Kcal:</td><td>F:</td><td>Zs:</td></tr><tr><td>Sz:</td><td>Só:</td><td>T.zs</td></tr><tr><td>Cuk:</td><td></td><td></td></tr></table> | Kcal: | F: | Zs: | Sz: | Só: | T.zs | Cuk: |  |
| Kcal:932 | F:45                                                                                                                                                                                                        | Zs:0                   |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Sz:116   | Só:2,3                                                                                                                                                                                                      | T.zs:8                 |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Cuk:30   |                                                                                                                                                                                                             |                        |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Kcal:812 | F:43                                                                                                                                                                                                        | Zs:31                  |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Sz:87    | Só:4,0                                                                                                                                                                                                      | T.zs:8                 |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Cuk:0    |                                                                                                                                                                                                             |                        |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Kcal:933 | F:41                                                                                                                                                                                                        | Zs:31                  |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Sz:122   | Só:4,1                                                                                                                                                                                                      | T.zs7                  |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Cuk: 33  |                                                                                                                                                                                                             |                        |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Kcal:    | F:                                                                                                                                                                                                          | Zs:                    |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Sz:      | Só:                                                                                                                                                                                                         | T.zs:                  |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Cuk:     |                                                                                                                                                                                                             |                        |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Kcal:    | F:                                                                                                                                                                                                          | Zs:                    |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Sz:      | Só:                                                                                                                                                                                                         | T.zs                   |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |
| Cuk:     |                                                                                                                                                                                                             |                        |                       |           |        |        |        |        |  |  |                                                                                                                                                                                                                           |          |      |       |       |        |        |       |  |  |                                                                                                                                                                                               |          |      |       |        |        |       |         |  |  |                                                                                                                                                                   |       |    |     |     |     |       |      |  |  |                                                                                                                                                                  |       |    |     |     |     |      |      |  |

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!**

Antek Tamás s.k.  
ételmezésvezető