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| r e g g e l i | <p>Kakaó, kalács</p> <p>Allergének: glutén, tej,</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | | <p>Tejbegríz</p> <p>Allergének: glutén, tej</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | | <p>Tej, Olaszos joghurt-sajt, paprika, teljes kiőrlésű kenyér</p> <p>Allergének: glutén, tej, szezámmag</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | | <p>Kakaó, pizzás csiga</p> <p>Allergének: tej, glutén, tojás, szója</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | | <p>Tea, rántotta, paradicsom, Graham kenyér</p> <p>Allergének: tojás, glutén,</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | |
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| e b é d | <p>Májgombóclevés Milánói makaróni Körte</p> <p>Allergének: glutén, tej, zeller, tojás</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | | <p>Tojásleves Sárgaborsó főzelék Sült kolbász Kukorica rudacska Félbarna kenyér</p> <p>Allergének: glutén, tojás</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | | <p>Lencseleves Natur szelet Rizs Csemege uborka Mandarin</p> <p>Allergének: glutén, tej, zeller,</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | | <p>Zellerkrém leves Paradicsomos húsgombóc Burgonya</p> <p>Allergének: glutén, tej, zeller, tojás</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | | <p>Csontleves Ananászos pulyka Penne tészta</p> <p>Allergének: glutén, zeller, tej</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | |
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| u z s o n n a | <p>Magos molnárika, Májusi csemege felvágott, póréhagyma</p> <p>Allergének: glutén, szezámmag feltételezhető: szója</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | | <p>Turista felvágott, lila hagyma, tönkölybúzás kenyér</p> <p>Allergének: glutén, tej, feltételezhető: szója</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | | <p>Kinder Maxi king</p> <p>Allergének: glutén, tej,</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>333,6 Kcal/</th> <th>79,20 Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | 333,6 Kcal/ | 79,20 Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | | <p>Zöldfűszeres harcsapástétom, barna magvas kenyér, retek</p> <p>Allergének: tej, glutén, szezámmag</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | | <p>Puding</p> <p>Allergének: glutén, tej,</p> <table border="1"> <thead> <tr> <th colspan="3">Energia:</th> <th>Kcal/</th> <th>Kj</th> </tr> </thead> <tbody> <tr> <td>Fehérje:</td> <td>Zsír:</td> <td>T.zsírsvav:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> <tr> <td>Sz.hidrát:</td> <td>Cukor:</td> <td>Só:</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>:</td> <td></td> <td></td> </tr> </tbody> </table> | Energia: | | | Kcal/ | Kj | Fehérje: | Zsír: | T.zsírsvav: | | | | | : | | | Sz.hidrát: | Cukor: | Só: | | | | | : | | |
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