

| Önkormányzati Konyha - Szirmabesenyő |                                                                                                                                                                                                 | Étlap                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                           | Repeta Win Szoftver                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                      | 45.hét    |    |  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
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| FELNÖTT(19-69-F)                     |                                                                                                                                                                                                 | 2025.11.03 - 2025.11.07                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                      |           |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
| HÉTFŐ                                |                                                                                                                                                                                                 | KEDD                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                           | SZERDA                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                      | CSÜTÖRTÖK |    | PÉNTEK                                                                           |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
| T                                    |                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                      |           |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
|                                      | g                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                      |           |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
| E                                    | <p><b>Tárkonyos sertésraguleves(4-2-1)</b><br/>Kal:328 F:14g Zs:24g Szh:12g So:1,5g Tzs:4,1g C:0,0g</p> <p><b>Töltött nudli(1)</b><br/>Kal:687 F:12g Zs:16g Szh:**g So:0,7g Tzs:1,9g C: 15g</p> | <p><b>Csontleves(1-2-3-4-10)</b><br/>Kal: 79 F: 3g Zs: 1g Szh:14g So:1,6g Tzs:0,1g C:0,0g</p> <p><b>Sült kolbász f.(2-8-10)</b><br/>Kal:327 F:15g Zs:29g Szh: 0g So:2,1g Tzs: 11g C:0,0g</p> <p><b>Tejfölös burgonyafőzelék(2-1)</b><br/>Kal:198 F: 5g Zs: 3g Szh:34g So:1,1g Tzs:2,0g C:0,0g</p> <p><b>Ökörszem(1-2-3-8)</b><br/>Kal:256 F: 7g Zs: 7g Szh:41g So:0,5g Tzs:1,0g C:9,1g</p> | <p><b>Paradicsomleves(1-4-2-3-10)</b><br/>Kal:234 F: 5g Zs: 5g Szh:42g So:1,1g Tzs:0,5g C: 18g</p> <p><b>Rántott sajt(2)</b><br/>Kal:611 F:40g Zs:47g Szh: 2g So:0,0g Tzs:2,3g C:0,0g</p> <p><b>Rizibizi</b><br/>Kal:442 F: 9g Zs:10g Szh:76g So:1,0g Tzs:1,1g C:0,0g</p> | <p><b>Reszelttészta leves(4-1-2-3-10)</b><br/>Kal:156 F: 3g Zs: 9g Szh:14g So:1,2g Tzs:1,0g C:0,0g</p> <p><b>Mexikói babfőzelék(1)</b><br/>Kal:637 F:32g Zs:35g Szh:45g So:1,3g Tzs:4,0g C:0,0g</p> <p><b>Túrórudi(2)</b><br/>Kal:109 F: 3g Zs: 6g Szh:12g So:0,0g Tzs:4,6g C:0,0g</p> | <p><b>Fahéjas almaleves(1-2)</b><br/>Kal:235 F: 2g Zs: 3g Szh:48g So:0,0g Tzs:2,0g C: 15g</p> <p><b>Rántott sertésszelet(1-3-2)</b><br/>Kal:496 F:32g Zs:24g Szh:34g So:1,5g Tzs:8,3g C:0,0g</p> <p><b>Főtt burgonya</b><br/>Kal:217 F: 6g Zs: 0g Szh:42g So:1,0g Tzs:0,0g C:0,0g</p> <p><b>Vegyes vágott savanyú *</b><br/>Kal: 17 F: 1g Zs: 0g Szh: 3g So:0,0g Tzs:0,0g C:0,0g</p> |           |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
|                                      | g                                                                                                                                                                                               | <table><tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr><tr><td>1016</td><td>26</td><td>0</td><td>134</td><td>2,2</td><td>6</td><td>15</td></tr></table>                                                                                                                                                                                          | Kcal                                                                                                                                                                                                                                                                      | F                                                                                                                                                                                                                                                                                      | Zs                                                                                                                                                                                                                                                                                                                                                                                   | Sz        | Só | T.zs                                                                             | Cuk | 1016 | 26 | 0 | 134 | 2,2 | 6 | 15 | <table><tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr><tr><td>860</td><td>30</td><td>39</td><td>90</td><td>5,2</td><td>14</td><td>9,1</td></tr></table> | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 860 | 30 | 39 | 90 | 5,2 | 14 | 9,1 | <table><tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr><tr><td>1287</td><td>53</td><td>62</td><td>120</td><td>2,2</td><td>4</td><td>18</td></tr></table> | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 1287 | 53 | 62 | 120 | 2,2 | 4 | 18 | <table><tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr><tr><td>902</td><td>38</td><td>50</td><td>71</td><td>2,6</td><td>10</td><td>0,0</td></tr></table> | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 902 | 38 | 50 | 71 | 2,6 | 10 | 0,0 | <table><tr><td>Kcal</td><td>F</td><td>Zs</td><td>Sz</td><td>Só</td><td>T.zs</td><td>Cuk</td></tr><tr><td>964</td><td>41</td><td>28</td><td>127</td><td>2,6</td><td>10</td><td>15</td></tr></table> | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 964 | 41 | 28 | 127 | 2,6 | 10 | 15 |  |  |  |
| Kcal                                 | F                                                                                                                                                                                               | Zs                                                                                                                                                                                                                                                                                                                                                                                         | Sz                                                                                                                                                                                                                                                                        | Só                                                                                                                                                                                                                                                                                     | T.zs                                                                                                                                                                                                                                                                                                                                                                                 | Cuk       |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
| 1016                                 | 26                                                                                                                                                                                              | 0                                                                                                                                                                                                                                                                                                                                                                                          | 134                                                                                                                                                                                                                                                                       | 2,2                                                                                                                                                                                                                                                                                    | 6                                                                                                                                                                                                                                                                                                                                                                                    | 15        |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
| Kcal                                 | F                                                                                                                                                                                               | Zs                                                                                                                                                                                                                                                                                                                                                                                         | Sz                                                                                                                                                                                                                                                                        | Só                                                                                                                                                                                                                                                                                     | T.zs                                                                                                                                                                                                                                                                                                                                                                                 | Cuk       |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
| 860                                  | 30                                                                                                                                                                                              | 39                                                                                                                                                                                                                                                                                                                                                                                         | 90                                                                                                                                                                                                                                                                        | 5,2                                                                                                                                                                                                                                                                                    | 14                                                                                                                                                                                                                                                                                                                                                                                   | 9,1       |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
| Kcal                                 | F                                                                                                                                                                                               | Zs                                                                                                                                                                                                                                                                                                                                                                                         | Sz                                                                                                                                                                                                                                                                        | Só                                                                                                                                                                                                                                                                                     | T.zs                                                                                                                                                                                                                                                                                                                                                                                 | Cuk       |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
| 1287                                 | 53                                                                                                                                                                                              | 62                                                                                                                                                                                                                                                                                                                                                                                         | 120                                                                                                                                                                                                                                                                       | 2,2                                                                                                                                                                                                                                                                                    | 4                                                                                                                                                                                                                                                                                                                                                                                    | 18        |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
| Kcal                                 | F                                                                                                                                                                                               | Zs                                                                                                                                                                                                                                                                                                                                                                                         | Sz                                                                                                                                                                                                                                                                        | Só                                                                                                                                                                                                                                                                                     | T.zs                                                                                                                                                                                                                                                                                                                                                                                 | Cuk       |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
| 902                                  | 38                                                                                                                                                                                              | 50                                                                                                                                                                                                                                                                                                                                                                                         | 71                                                                                                                                                                                                                                                                        | 2,6                                                                                                                                                                                                                                                                                    | 10                                                                                                                                                                                                                                                                                                                                                                                   | 0,0       |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
| Kcal                                 | F                                                                                                                                                                                               | Zs                                                                                                                                                                                                                                                                                                                                                                                         | Sz                                                                                                                                                                                                                                                                        | Só                                                                                                                                                                                                                                                                                     | T.zs                                                                                                                                                                                                                                                                                                                                                                                 | Cuk       |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
| 964                                  | 41                                                                                                                                                                                              | 28                                                                                                                                                                                                                                                                                                                                                                                         | 127                                                                                                                                                                                                                                                                       | 2,6                                                                                                                                                                                                                                                                                    | 10                                                                                                                                                                                                                                                                                                                                                                                   | 15        |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
| u                                    |                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                      |           |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |
|                                      | g                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                      |           |    |                                                                                  |     |      |    |   |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |      |    |    |     |     |   |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |     |     |    |    |  |  |  |

Ételeink az összetevőként jelzett allergének mellett nyomokban tartalmazhatnak további allergéneket !  
 \* T.Zs = Telített zsírsav      A nyersanyagellátástól függően az étlap változhat , melyért elnézést kérünk ! \* jelölt étel édesítőt tartalmaz

Glutén (1) ; Tej (2) ; Tojás (3) Zeller (4) Szezámmag (5) Hal (6) Mogoró (7) Borsó (8) Dióféle (9) ; Mustár (10) ; SO2-Szulfít (11) ; Rákféle (12) ; Csillagfűrt (13) ; Puhatestűek (14)

Élelmezésvezető:.....