

| Önkormányzati Konyha - Szirmabesenyő |                                                                                                                                                                                                                                                                  | Étlap                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                        | Repeta Win Szoftver                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                      | 48.hét            |      |  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
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| FELNÖTT(19-69-F)                     |                                                                                                                                                                                                                                                                  | 2025.11.24 - 2025.11.28                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                      |                   |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| H É T F Ő                            |                                                                                                                                                                                                                                                                  | K E D D                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                        | S Z E R D A                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                      | C S Ü T Ő R T Ő K |      | P É N T E K                                                                      |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| T                                    |                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                      |                   |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
|                                      |                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                      |                   |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| g                                    |                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                      |                   |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| E                                    | <b>Tejf.kelkáp.leves virslivel(2-1-3-4-10-8)</b><br>Kal:284 F:14g Zs:18g Szh:14g So:2,6g Tzs:7,3g C:0,0g<br><b>Mákostészta(1)</b><br>Kal:813 F:25g Zs:20g Szh:**g So:2,0g Tzs:4,3g C: 20g<br><b>Alma</b><br>Kal: 47 F: 1g Zs: 0g Szh:11g So:0,0g Tzs:0,0g C:0,0g | <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<br><b>Paprikásburgonya kolbásszal(8)</b><br>Kal:585 F:20g Zs:34g Szh:50g So:3,1g Tzs:9,1g C:0,0g<br><b>Csemege uborka</b><br>Kal: 10 F: 1g Zs: 0g Szh: 2g So:0,0g Tzs:0,0g C:0,0g<br><b>Sajtos croissant(1-2-3)</b><br>Kal:197 F: 5g Zs:11g Szh:20g So:0,7g Tzs:6,7g C:1,5g | <b>Májgaluska levesbetét(1-2-3-4-10)</b><br>Kal:143 F: 8g Zs: 6g Szh:13g So:1,2g Tzs:1,5g C:0,0g<br><b>Zöldségleves(4-1-2-3-10)</b><br>Kal: 74 F: 1g Zs: 5g Szh: 5g So:1,1g Tzs:0,6g C:0,0g<br><b>Füstölt tarja</b><br>Kal:183 F:14g Zs:14g Szh: 0g So:3,5g Tzs:7,7g C:0,0g<br><b>Sárgaborsó főzelék(1-10)</b><br>Kal:334 F:16g Zs: 9g Szh:44g So:1,1g Tzs:0,9g C:0,0g | <b>Francia hagymaleves(2-1)</b><br>Kal:108 F: 4g Zs: 6g Szh:10g So:1,6g Tzs:3,8g C:0,0g<br><b>Majorannás csirkecomb(1-2-3-4-10)</b><br>Kal:436 F:52g Zs:23g Szh: 2g So:1,3g Tzs:4,4g C:0,0g<br><b>Rizibizi</b><br>Kal:442 F: 9g Zs:10g Szh:76g So:1,0g Tzs:1,1g C:0,0g<br><b>Szilvakompót</b><br>Kal: 72 F: 0g Zs: 0g Szh:18g So:0,0g Tzs:0,0g C:0,0g | <b>Tarhonyaleves(1-4)</b><br>Kal:174 F: 4g Zs: 5g Szh:26g So:1,2g Tzs:0,5g C:0,0g<br><b>Fokhagymás sertéssült</b><br>Kal:322 F:16g Zs:27g Szh: 1g So:1,4g Tzs:3,2g C:0,0g<br><b>Paradicsomos káposzta(1)</b><br>Kal:223 F: 5g Zs: 8g Szh:27g So:1,1g Tzs:0,8g C:7,1g |                   |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
|                                      | <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>1144</td><td>40</td><td>0</td><td>157</td><td>4,6</td><td>12</td><td>20</td></tr></table>                                                               | Kcal                                                                                                                                                                                                                                                                                                                                                              | F                                                                                                                                                                                                                                                                                                                                                                      | Zs                                                                                                                                                                                                                                                                                                                                                    | Sz                                                                                                                                                                                                                                                                   | Só                | T.zs | Cuk                                                                              | 1144 | 40 | 0 | 157 | 4,6 | 12 | 20 | <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>870</td><td>28</td><td>45</td><td>86</td><td>5,4</td><td>16</td><td>1,5</td></tr></table> | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 870 | 28 | 45 | 86 | 5,4 | 16 | 1,5 | <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>734</td><td>39</td><td>34</td><td>63</td><td>7,0</td><td>11</td><td>0,0</td></tr></table> | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 734 | 39 | 34 | 63 | 7,0 | 11 | 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>1057</td><td>65</td><td>39</td><td>105</td><td>3,9</td><td>9</td><td>0,0</td></tr></table> | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 1057 | 65 | 39 | 105 | 3,9 | 9 | 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>718</td><td>26</td><td>40</td><td>54</td><td>3,7</td><td>5</td><td>7,1</td></tr></table> | Kcal | F | Zs | Sz | Só | T.zs | Cuk | 718 | 26 | 40 | 54 | 3,7 | 5 |
| Kcal                                 | F                                                                                                                                                                                                                                                                | Zs                                                                                                                                                                                                                                                                                                                                                                | Sz                                                                                                                                                                                                                                                                                                                                                                     | Só                                                                                                                                                                                                                                                                                                                                                    | T.zs                                                                                                                                                                                                                                                                 | Cuk               |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| 1144                                 | 40                                                                                                                                                                                                                                                               | 0                                                                                                                                                                                                                                                                                                                                                                 | 157                                                                                                                                                                                                                                                                                                                                                                    | 4,6                                                                                                                                                                                                                                                                                                                                                   | 12                                                                                                                                                                                                                                                                   | 20                |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| Kcal                                 | F                                                                                                                                                                                                                                                                | Zs                                                                                                                                                                                                                                                                                                                                                                | Sz                                                                                                                                                                                                                                                                                                                                                                     | Só                                                                                                                                                                                                                                                                                                                                                    | T.zs                                                                                                                                                                                                                                                                 | Cuk               |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| 870                                  | 28                                                                                                                                                                                                                                                               | 45                                                                                                                                                                                                                                                                                                                                                                | 86                                                                                                                                                                                                                                                                                                                                                                     | 5,4                                                                                                                                                                                                                                                                                                                                                   | 16                                                                                                                                                                                                                                                                   | 1,5               |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| Kcal                                 | F                                                                                                                                                                                                                                                                | Zs                                                                                                                                                                                                                                                                                                                                                                | Sz                                                                                                                                                                                                                                                                                                                                                                     | Só                                                                                                                                                                                                                                                                                                                                                    | T.zs                                                                                                                                                                                                                                                                 | Cuk               |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| 734                                  | 39                                                                                                                                                                                                                                                               | 34                                                                                                                                                                                                                                                                                                                                                                | 63                                                                                                                                                                                                                                                                                                                                                                     | 7,0                                                                                                                                                                                                                                                                                                                                                   | 11                                                                                                                                                                                                                                                                   | 0,0               |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| Kcal                                 | F                                                                                                                                                                                                                                                                | Zs                                                                                                                                                                                                                                                                                                                                                                | Sz                                                                                                                                                                                                                                                                                                                                                                     | Só                                                                                                                                                                                                                                                                                                                                                    | T.zs                                                                                                                                                                                                                                                                 | Cuk               |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| 1057                                 | 65                                                                                                                                                                                                                                                               | 39                                                                                                                                                                                                                                                                                                                                                                | 105                                                                                                                                                                                                                                                                                                                                                                    | 3,9                                                                                                                                                                                                                                                                                                                                                   | 9                                                                                                                                                                                                                                                                    | 0,0               |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| Kcal                                 | F                                                                                                                                                                                                                                                                | Zs                                                                                                                                                                                                                                                                                                                                                                | Sz                                                                                                                                                                                                                                                                                                                                                                     | Só                                                                                                                                                                                                                                                                                                                                                    | T.zs                                                                                                                                                                                                                                                                 | Cuk               |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| 718                                  | 26                                                                                                                                                                                                                                                               | 40                                                                                                                                                                                                                                                                                                                                                                | 54                                                                                                                                                                                                                                                                                                                                                                     | 3,7                                                                                                                                                                                                                                                                                                                                                   | 5                                                                                                                                                                                                                                                                    | 7,1               |      |                                                                                  |      |    |   |     |     |    |    |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                    |      |   |    |    |    |      |     |     |    |    |    |     |    |     |                                                                                                                                                                                                     |      |   |    |    |    |      |     |      |    |    |     |     |   |     |                                                                                                                                                                                                   |      |   |    |    |    |      |     |     |    |    |    |     |   |
| 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)Mogyoró (7)Szója (8)Dióféle (9) ;Mustár (10) ;SO2-Szulfit (11) ;Rákféle (12) ;Csillagfűrt (13) ;Puhatestűek (14)

Élelmezésvezető:.....