

| Gasztvital | Hétfő<br>08.31                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Kedd<br>09.01                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Szerda<br>09.02                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Csütörtök<br>09.03                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Péntek<br>09.04                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| Tízórai    | <b>Erdei gyümölcs tea *</b><br>EN: 0.2 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Zala felvágott</b><br>EN: 72.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 3.9 g; SÓ: 0.7 g;<br><b>Margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;<br><b>Kígyóborka</b><br>EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g; | <b>Poharas tej (7;)</b><br>EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g;<br><b>Sonkás padlizsánkrém (10;)</b><br>EN: 88.4 kcal; ZS: 7.1 g; TZS: 2.2 g; SZH: 2.4 g; CK: 0.1 g; FH: 3.6 g; SÓ: 1.3 g;<br><b>Kígyóborka</b><br>EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;                                                                                                                                             | <b>Poharas tej (7;)</b><br>EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g;<br><b>Házi sertés húskrém</b><br>EN: 72.5 kcal; ZS: 5.0 g; TZS: 1.4 g; SZH: 0.1 g; CK: 0.0 g; FH: 6.3 g; SÓ: 0.1 g;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;                                                                                                                       | <b>Poharas tej (7;)</b><br>EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g;<br><b>Házi babkrém</b><br>EN: 24.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 3.5 g; CK: 0.2 g; FH: 1.7 g; SÓ: 0.1 g;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;                                                                                                                                                                                                                                                                          | <b>Barackos tea * (12;)</b><br>EN: 0.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Házi csirkehúskrém</b><br>EN: 51.4 kcal; ZS: 2.7 g; TZS: 0.8 g; SZH: 0.1 g; CK: 0.0 g; FH: 6.4 g; SÓ: 0.1 g;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;<br><b>Kígyóborka</b><br>EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g;                        |
| Ebéd       | <b>Zöldséges lencsegyulás (10;)</b><br>EN: 183.0 kcal; ZS: 6.1 g; TZS: 1.4 g; SZH: 15.8 g; CK: 0.9 g; FH: 13.8 g; SÓ: 0.9 g;<br><b>Majorannás csirke tokány</b><br>EN: 170.1 kcal; ZS: 8.5 g; TZS: 1.9 g; SZH: 2.0 g; CK: 0.0 g; FH: 19.8 g; SÓ: 1.4 g;<br><b>Petrezselymes burgonya (12;)</b><br>EN: 223.7 kcal; ZS: 2.4 g; TZS: 0.2 g; SZH: 40.2 g; CK: 0.0 g; FH: 5.5 g; SÓ: 1.1 g;<br><b>Alma</b><br>EN: 35.0 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 7.0 g; CK: 4.0 g; FH: 0.4 g; SÓ: 0.0 g;                                                                            | <b>Őszibarackkrémleves * (1;)</b><br>EN: 127.7 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 30.6 g; CK: 9.0 g; FH: 1.3 g; SÓ: 0.7 g;<br><b>Zöldfűszeres sült csirkecombfilé</b><br>EN: 116.0 kcal; ZS: 5.0 g; TZS: 1.2 g; SZH: 0.4 g; CK: 0.0 g; FH: 16.7 g; SÓ: 1.9 g;<br><b>Párolt brokkoli</b><br>EN: 55.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 4.9 g; CK: 3.0 g; FH: 2.3 g; SÓ: 0.5 g;<br><b>Rizs köret 1/2</b><br>EN: 216.9 kcal; ZS: 2.9 g; TZS: 0.4 g; SZH: 43.0 g; CK: 0.0 g; FH: 5.2 g; SÓ: 0.4 g;<br><b>Kakaós kölespuding *</b><br>EN: 125.9 kcal; ZS: 1.6 g; TZS: 0.3 g; SZH: 25.1 g; CK: 4.1 g; FH: 2.5 g; SÓ: 0.1 g; | <b>Magyaros zellerleves (9;)</b><br>EN: 45.1 kcal; ZS: 1.7 g; TZS: 0.2 g; SZH: 5.9 g; CK: 1.4 g; FH: 1.3 g; SÓ: 1.2 g;<br><b>Temesvári sertésragu</b><br>EN: 220.5 kcal; ZS: 11.7 g; TZS: 2.5 g; SZH: 11.0 g; CK: 1.7 g; FH: 16.1 g; SÓ: 1.3 g;<br><b>Főtt tészta (1;)</b><br>EN: 265.0 kcal; ZS: 6.8 g; TZS: 0.9 g; SZH: 43.2 g; CK: 2.1 g; FH: 7.3 g; SÓ: 0.0 g;<br><b>Nektarin</b><br>EN: 73.5 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 17.1 g; CK: 11.9 g; FH: 0.6 g; SÓ: 0.0 g; | <b>Magyaros reszelttészta leves (zellermentes) (1;12;)</b><br>EN: 68.7 kcal; ZS: 1.8 g; TZS: 0.2 g; SZH: 10.8 g; CK: 0.4 g; FH: 2.2 g; SÓ: 0.9 g;<br><b>Húsgombóc</b><br>EN: 251.6 kcal; ZS: 15.9 g; TZS: 5.1 g; SZH: 12.8 g; CK: 0.0 g; FH: 14.2 g; SÓ: 1.1 g;<br><b>Vegyes gyümölcsmártás *</b><br>EN: 69.4 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 15.2 g; CK: 4.2 g; FH: 0.5 g; SÓ: 0.6 g;<br><b>Főtt burgonya 1/2 (12;)</b><br>EN: 188.0 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 36.8 g; CK: 0.0 g; FH: 5.0 g; SÓ: 0.0 g;<br><b>Körte</b><br>EN: 67.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 15.6 g; CK: 2.0 g; FH: 0.5 g; SÓ: 0.0 g; | <b>Gomba krémleves (1;12;)</b><br>EN: 105.1 kcal; ZS: 2.9 g; TZS: 0.3 g; SZH: 13.6 g; CK: 0.9 g; FH: 5.4 g; SÓ: 1.0 g;<br><b>Pírított kenyérkocka (1;)</b><br>EN: 26.2 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.1 g; CK: 0.1 g; FH: 1.0 g; SÓ: 0.2 g;<br><b>Cukkínis-csirkes lecsó</b><br>EN: 176.4 kcal; ZS: 7.2 g; TZS: 1.4 g; SZH: 5.1 g; CK: 1.1 g; FH: 20.1 g; SÓ: 0.9 g;<br><b>Párolt köles</b><br>EN: 263.5 kcal; ZS: 4.7 g; TZS: 0.8 g; SZH: 46.9 g; CK: 0.1 g; FH: 7.2 g; SÓ: 0.7 g; |
| Uzsonna    | <b>Zöldfűszeres kockasajt (7;)</b><br>EN: 41.6 kcal; ZS: 3.7 g; TZS: 1.5 g; SZH: 0.6 g; CK: 0.6 g; FH: 1.5 g; SÓ: 0.1 g;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;                                                                                                                                                                                                                                                                                                                           | <b>Csirkemell sonka</b><br>EN: 27.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.5 g; CK: 0.2 g; FH: 4.8 g; SÓ: 0.8 g;<br><b>Margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;<br><b>Paprika</b><br>EN: 36.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.6 g; CK: 0.0 g; FH: 1.7 g; SÓ: 0.0 g;                                                                                                                                                                   | <b>Lapkasajt (7;)</b><br>EN: 56.8 kcal; ZS: 4.7 g; TZS: 3.2 g; SZH: 0.7 g; CK: 0.7 g; FH: 3.0 g; SÓ: 0.5 g;<br><b>Margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;<br><b>Sárgarépa csíkok</b><br>EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 2.4 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;                     | <b>Sertés párizsi</b><br>EN: 69.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 0.8 g; CK: 0.0 g; FH: 3.0 g; SÓ: 0.6 g;<br><b>Margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;<br><b>Paprika</b><br>EN: 36.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.6 g; CK: 0.0 g; FH: 1.7 g; SÓ: 0.0 g;                                                                                                                                                                          | <b>Meggyes almakrém *</b><br>EN: 17.4 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.5 g; CK: 3.0 g; FH: 0.1 g; SÓ: 0.0 g;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;                                                                                                                                                                                                                                                      |

Az étlap változtatásának jogát fenntartjuk. Módosítást kizárólag a minőség legmagasabb biztosítása érdekében eszközölünk. Tápanyagtartalom jelölés magyarázata: EN(energia: kcal/adag); ZS(zsír: g/adag); TZS(telített zsírsav: g/adag); SZH(szénhidrát: g/adag); CK(cukor: g/adag); FH(fehérje: g/adag); SÓ(só: g/adag); CA(kalcium: mg/adag). Allergének: 1-Glutén; 2-Rákfélék; 3-Tojás; 4-Halak; 5-Földimogyoró; 6-Szójabab; 7-Tej, laktóz; 8-Diófélék (mandula, mogyoró, diófélék, pisztácia); 9-Zeller; 10-Mustár; 11-Szezám; 12-Kén-dioxid, szulfitok; 13-Csillagfűrt; 14-Puhatestűek. \* - édesítőszer tartalmaz.