

| Gasztvital | Hétfő<br>02.23                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Kedd<br>02.24                                                                                                                                                                                                                                                                                                                                                                                    | Szerda<br>02.25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Csütörtök<br>02.26                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Péntek<br>02.27                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| Tízórai    | <b>Gyümölcs tea</b><br>EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Sajtos baromfi párizsi (7;)</b><br>EN: 36.8 kcal; ZS: 3.2 g; TZS: 1.0 g; SZH: 0.2 g; CK: 0.1 g; FH: 2.7 g; SÓ: 0.4 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; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Paprika</b><br>EN: 23.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 4.1 g; CK: 0.0 g; FH: 0.8 g; SÓ: 0.0 g; CA: 0.0 mg; | <b>Kakaó (7;)</b><br>EN: 124.6 kcal; ZS: 3.2 g; TZS: 2.1 g; SZH: 17.1 g; CK: 17.0 g; FH: 6.8 g; SÓ: 0.2 g; CA: 240.0 mg;<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; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;                  | <b>Gyümölcs tea</b><br>EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Csirkemell sonka</b><br>EN: 18.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.0 g; CK: 0.1 g; FH: 3.2 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; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Kígyóuborka</b><br>EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 1.0 g; SÓ: 0.0 g; CA: 0.0 mg; | <b>Tej 2dl (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; CA: 240.0 mg;<br><b>Vaníliás túrókrém (7;)</b><br>EN: 46.7 kcal; ZS: 1.4 g; TZS: 0.9 g; SZH: 5.7 g; CK: 5.2 g; FH: 2.8 g; SÓ: 0.0 g; CA: 12.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;                                                                                              | <b>Gyümölcs tea</b><br>EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Sonkás kockasajt (7;)</b><br>EN: 34.0 kcal; ZS: 2.6 g; TZS: 1.7 g; SZH: 0.8 g; CK: 0.7 g; FH: 1.8 g; SÓ: 0.2 g; CA: 100.6 mg;<br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Paprika</b><br>EN: 23.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 4.1 g; CK: 0.0 g; FH: 0.8 g; SÓ: 0.0 g; CA: 0.0 mg;       |
| Ebéd       | <b>Sertés gulyás leves D (12;)</b><br>EN: 135.1 kcal; ZS: 7.5 g; TZS: 1.5 g; SZH: 4.9 g; CK: 0.0 g; FH: 10.9 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>Kukoricadarás metélt</b><br>EN: 357.4 kcal; ZS: 6.1 g; TZS: 0.6 g; SZH: 69.8 g; CK: 0.8 g; FH: 5.6 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Házi baracklekvár</b><br>EN: 75.3 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 18.1 g; CK: 18.1 g; FH: 0.3 g; SÓ: 0.0 g; CA: 0.0 mg;<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; CA: 0.0 mg;                                                                                                   | <b>Zöldséges rizsleves</b><br>EN: 77.7 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 12.7 g; CK: 2.3 g; FH: 1.7 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Sertés vagdalt</b><br>EN: 150.5 kcal; ZS: 4.9 g; TZS: 4.2 g; SZH: 12.4 g; CK: 0.1 g; FH: 13.5 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Paradicsomos káposzta</b><br>EN: 176.6 kcal; ZS: 3.6 g; TZS: 0.4 g; SZH: 31.8 g; CK: 12.6 g; FH: 3.5 g; SÓ: 0.4 g; CA: 0.0 mg; | <b>Brokkoli krémleves (7;12;)</b><br>EN: 64.3 kcal; ZS: 2.9 g; TZS: 1.8 g; SZH: 6.6 g; CK: 1.2 g; FH: 2.2 g; SÓ: 0.9 g; CA: 27.0 mg;<br><b>Zöldséges sertésrizseshús</b><br>EN: 313.3 kcal; ZS: 5.2 g; TZS: 1.1 g; SZH: 51.6 g; CK: 0.0 g; FH: 14.9 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Cékla saláta * (10;)</b><br>EN: 20.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.0 g; CK: 2.4 g; FH: 0.9 g; SÓ: 0.5 g; CA: 0.0 mg;                                                                                                                                                                                                        | <b>Köménymag leves</b><br>EN: 90.6 kcal; ZS: 4.3 g; TZS: 0.5 g; SZH: 12.1 g; CK: 0.0 g; FH: 0.9 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Pirított kenyérkocka</b><br>EN: 17.4 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 3.9 g; FH: 0.1 g; SÓ: 0.1 g;<br><b>BBQ csirkeragu.</b><br>EN: 157.3 kcal; ZS: 4.3 g; TZS: 1.0 g; SZH: 11.2 g; CK: 10.0 g; FH: 17.2 g; SÓ: 0.7 g; CA: 0.0 mg;<br><b>Rizs köret</b><br>EN: 197.9 kcal; ZS: 2.9 g; TZS: 0.4 g; SZH: 38.8 g; CK: 0.0 g; FH: 4.7 g; SÓ: 0.0 g; CA: 0.0 mg; | <b>Sajtgaluska leves (3;7;)</b><br>EN: 30.8 kcal; ZS: 0.7 g; TZS: 0.3 g; SZH: 4.4 g; CK: 2.1 g; FH: 1.6 g; SÓ: 0.1 g; CA: 13.0 mg;<br><b>Szárnycs aprópecsenye</b><br>EN: 109.2 kcal; ZS: 6.8 g; TZS: 1.2 g; SZH: 2.6 g; CK: 0.0 g; FH: 8.8 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Cukkíni főzelék</b><br>EN: 51.8 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 9.7 g; CK: 1.1 g; FH: 1.5 g; SÓ: 0.6 g; CA: 0.0 mg;<br><b>Gyömbéres rizskeksz</b><br>EN: 35.2 kcal; ZS: 0.6 g; TZS: 0.5 g; SZH: 7.7 g; CK: 2.3 g; FH: 0.3 g; SÓ: 0.0 g; |
| Uzsonna    | <b>Petrezselymes túrókrém (7;)</b><br>EN: 36.5 kcal; ZS: 1.8 g; TZS: 1.2 g; SZH: 1.2 g; CK: 1.1 g; FH: 3.8 g; SÓ: 0.0 g; CA: 27.2 mg;<br><b>Abonett</b><br>EN: 51.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 9.0 g; CK: 0.2 g; FH: 2.3 g; SÓ: 0.1 g;                                                                                                                                                                                                                                                                                                                                                                                | <b>Magyaros vajkrém (7;)</b><br>EN: 105.0 kcal; ZS: 10.5 g; TZS: 6.8 g; SZH: 1.9 g; CK: 0.7 g; FH: 0.7 g; SÓ: 0.3 g; CA: 15.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Rágórépa</b><br>EN: 8.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 mg;          | <b>Trappista sajt (7;)</b><br>EN: 67.4 kcal; ZS: 5.2 g; TZS: 3.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 5.1 g; SÓ: 0.3 g; CA: 160.0 mg;<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; CA: 0.0 mg;<br><b>Puffasztott rizs (ripsz-ropsz)</b><br>EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g; CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g;                                                                                                                                                                                                                                   | <b>Házi sertés húskrém</b><br>EN: 73.7 kcal; ZS: 6.3 g; TZS: 1.4 g; SZH: 0.1 g; CK: 0.0 g; FH: 4.1 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Jégcsapretek</b><br>EN: 4.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;                                                                                                       | <b>Padlizsánkrém (10;)</b><br>EN: 60.3 kcal; ZS: 6.1 g; TZS: 1.9 g; SZH: 1.0 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.4 g; CA: 0.0 mg;<br><b>Abonett</b><br>EN: 51.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 9.0 g; CK: 0.2 g; FH: 2.3 g; SÓ: 0.1 g;                                                                                                                                                                                                                                                                                  |