

Gasztvital	Hétfő 09.14	Kedd 09.15	Szerda 09.16	Csütörtök 09.17	Péntek 09.18
Tízórai	Barackos tea EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.6 g; CK: 6.6 g; FH: 0.0 g; SÓ: 0.0 g; Marha párizsi EN: 48.0 kcal; ZS: 4.2 g; TZS: 1.7 g; SZH: 0.4 g; CK: 0.1 g; FH: 2.2 g; SÓ: 0.4 g; Margarin 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; Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g; Kígyóuborka EN: 2.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.3 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g;	Poharas tej (7;) 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; Baromfi húskrém EN: 98.7 kcal; ZS: 9.2 g; TZS: 1.6 g; SZH: 1.4 g; FH: 2.4 g; SÓ: 0.3 g; Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g; Paprika 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;	Citromos tea EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.6 g; CK: 6.6 g; FH: 0.0 g; SÓ: 0.0 g; Natúr kockasajt (7;) EN: 70.5 kcal; ZS: 5.5 g; TZS: 3.8 g; SZH: 1.8 g; CK: 1.4 g; FH: 3.3 g; SÓ: 0.5 g; Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g; Jégcsapretek 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;	Poharas tej (7;) 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; Mátrai csemege szalámi EN: 72.0 kcal; ZS: 6.7 g; TZS: 2.8 g; SZH: 0.1 g; CK: 0.1 g; FH: 2.7 g; SÓ: 0.4 g; Margarin 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; Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g; Paprika 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;	Poharas tej (7;) 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; Brokkolikrém (12;) EN: 21.5 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 3.1 g; CK: 0.0 g; FH: 1.3 g; SÓ: 0.2 g; Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g; Kígyóuborka EN: 2.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.3 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g;
Ebéd	Babgulyás leves EN: 150.7 kcal; ZS: 7.3 g; TZS: 1.1 g; SZH: 8.3 g; CK: 0.0 g; FH: 12.8 g; SÓ: 1.0 g; Tejberizs EN: 245.1 kcal; ZS: 2.2 g; TZS: 0.4 g; SZH: 52.9 g; CK: 12.7 g; FH: 3.9 g; SÓ: 0.3 g; Erdei gyümölcs mártás EN: 103.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 23.4 g; CK: 14.3 g; FH: 0.7 g; SÓ: 0.5 g; Őszibarack EN: 53.3 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 11.7 g; CK: 11.7 g; FH: 0.9 g; SÓ: 0.0 g;	Zöldségkrémleves EN: 50.6 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 8.7 g; CK: 2.9 g; FH: 1.5 g; SÓ: 1.8 g; Pirított kenyérkocka EN: 23.2 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 4.3 g; CK: 0.2 g; FH: 0.2 g; SÓ: 0.1 g; Sertéssült EN: 232.6 kcal; ZS: 12.8 g; TZS: 4.3 g; SZH: 0.5 g; CK: 0.0 g; FH: 27.3 g; SÓ: 1.1 g; Kapor mártás (12;) EN: 66.0 kcal; ZS: 3.6 g; TZS: 0.4 g; SZH: 7.1 g; CK: 0.8 g; FH: 0.6 g; SÓ: 0.8 g; Párolt köles EN: 234.9 kcal; ZS: 4.1 g; TZS: 0.7 g; SZH: 42.0 g; CK: 0.1 g; FH: 6.5 g; SÓ: 0.6 g; Kakaós golyó EN: 237.9 kcal; ZS: 3.1 g; TZS: 2.3 g; SZH: 51.9 g; CK: 25.1 g; FH: 2.0 g; SÓ: 0.1 g;	Csontleves EN: 46.6 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 9.7 g; CK: 2.3 g; FH: 1.0 g; SÓ: 0.3 g; Pulykapörkölt EN: 135.1 kcal; ZS: 7.0 g; TZS: 1.4 g; SZH: 2.3 g; CK: 0.2 g; FH: 15.1 g; SÓ: 0.8 g; Zöldbabfőzelék (12;) EN: 92.5 kcal; ZS: 2.7 g; TZS: 0.3 g; SZH: 14.1 g; CK: 1.0 g; FH: 2.4 g; SÓ: 0.8 g; Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;	Paradicsomleves EN: 143.9 kcal; ZS: 3.2 g; TZS: 0.3 g; SZH: 25.1 g; CK: 10.8 g; FH: 2.7 g; SÓ: 0.7 g; Kelbimbós sertésragu EN: 153.3 kcal; ZS: 8.6 g; TZS: 2.0 g; SZH: 4.6 g; CK: 0.6 g; FH: 13.0 g; SÓ: 0.2 g; Rizs köret EN: 255.7 kcal; ZS: 3.0 g; TZS: 0.4 g; SZH: 51.7 g; CK: 0.0 g; FH: 6.2 g; SÓ: 0.0 g;	Fahéjas szilvaleves EN: 101.4 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 22.6 g; CK: 13.4 g; FH: 1.0 g; SÓ: 0.0 g; Milánói spagetti csirke EN: 263.8 kcal; ZS: 2.9 g; TZS: 0.7 g; SZH: 47.8 g; CK: 6.9 g; FH: 10.2 g; SÓ: 1.7 g; Alma 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;
Uzsonna	Sárgarépakrém (12;) EN: 17.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.5 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.1 g; Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;	Lapkasajt (7;) 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; Margarin 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; Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g; Lilahagyma 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;	Csirkemell sonka EN: 18.0 kcal; ZS: 0.1 g; TZS: 0.1 g; SZH: 1.0 g; CK: 0.1 g; FH: 3.2 g; SÓ: 0.5 g; Margarin 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; Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;	Zöldfűszeres harcsapástétom (4;) EN: 100.2 kcal; ZS: 9.1 g; TZS: 1.2 g; SZH: 1.8 g; CK: 0.1 g; FH: 2.6 g; SÓ: 0.4 g; Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g; Rágórépa 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;	Gyümölcsös joghurt (7;) EN: 103.8 kcal; ZS: 2.5 g; TZS: 1.4 g; SZH: 13.8 g; CK: 13.8 g; FH: 3.1 g; SÓ: 0.1 g; Gluténmentes kenyér EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;