

| Gasztvital | Hétfő<br>09.14                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Kedd<br>09.15                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Szerda<br>09.16                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Csütörtök<br>09.17                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Péntek<br>09.18                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| Tízórai    | <b>Barackos tea</b><br>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;<br><b>Marha párizsi</b><br>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;<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>Kígyóuborka</b><br>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; | <b>Erdei gyümölcs tea</b><br>EN: 26.0 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;<br><b>eurofood csirkepástétom</b><br>EN: 79.2 kcal; ZS: 6.6 g; TZS: 1.6 g; SZH: 1.5 g; CK: 0.0 g; FH: 3.4 g; SÓ: 0.4 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>Citromos tea</b><br>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;<br><b>sült paprikakrém</b><br>EN: 36.0 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.7 g; CK: 0.1 g; FH: 0.2 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>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;                                 | <b>Málna tea</b><br>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;<br><b>Mátrai csemege szalámi</b><br>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;<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>Gyümölcs tea</b><br>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;<br><b>Brokkolikrém (12;)</b><br>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;<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>Kígyóuborka</b><br>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       | <b>Babgulyás leves csirke (9;12;)</b><br>EN: 171.4 kcal; ZS: 6.6 g; TZS: 0.9 g; SZH: 14.4 g; CK: 0.6 g; FH: 11.3 g; SÓ: 0.9 g;<br><b>Tejberizs</b><br>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;<br><b>Vegyes gyümölcsmártás</b><br>EN: 132.6 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 28.1 g; CK: 18.6 g; FH: 0.5 g; SÓ: 0.6 g;<br><b>Őszibarack</b><br>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;                                                                               | <b>Zöldségkrémleves (9;12;)</b><br>EN: 30.8 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 6.0 g; CK: 0.9 g; FH: 1.2 g; SÓ: 1.5 g;<br><b>Píritott kenyérfocika (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>Sertéssült</b><br>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;<br><b>Kapor mártás (12;)</b><br>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;<br><b>Bulgur köret (1;)</b><br>EN: 215.3 kcal; ZS: 1.8 g; TZS: 0.3 g; SZH: 40.3 g; CK: 1.3 g; FH: 7.3 g; SÓ: 0.0 g;<br><b>Kekszgolyó (1;12;)</b><br>EN: 149.4 kcal; ZS: 2.0 g; TZS: 1.1 g; SZH: 28.9 g; CK: 16.2 g; FH: 2.7 g; SÓ: 0.2 g; | <b>Csontleves tésztával (1;)</b><br>EN: 64.5 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 12.8 g; CK: 2.2 g; FH: 2.4 g; SÓ: 1.9 g;<br><b>Pulykapörkölt</b><br>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;<br><b>Zöldbabfőzelék (1;)</b><br>EN: 101.6 kcal; ZS: 2.8 g; TZS: 0.3 g; SZH: 13.6 g; CK: 3.8 g; FH: 4.2 g; SÓ: 0.4 g;<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN: 132.1 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.8 g; CK: 0.5 g; FH: 4.9 g; SÓ: 0.7 g; | <b>Paradicsomleves (1;)</b><br>EN: 131.9 kcal; ZS: 3.1 g; TZS: 0.4 g; SZH: 22.9 g; CK: 10.7 g; FH: 2.8 g; SÓ: 0.7 g;<br><b>Kelbimbós sertésragu (1;)</b><br>EN: 127.9 kcal; ZS: 7.3 g; TZS: 1.6 g; SZH: 4.5 g; CK: 0.6 g; FH: 9.8 g; SÓ: 0.2 g;<br><b>Rizs köret</b><br>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;                                                                                                                                                                                                       | <b>Fahéjas szilvaleves</b><br>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;<br><b>Milánói spagetti csirke (1;)</b><br>EN: 287.3 kcal; ZS: 2.8 g; TZS: 0.8 g; SZH: 49.7 g; CK: 7.1 g; FH: 15.2 g; SÓ: 1.6 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;                                                                                                    |
| Uzsonna    | <b>Sárgarépakrém (12;)</b><br>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;<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>Házi zöldségkrém</b><br>EN: 147.9 kcal; ZS: 15.8 g; TZS: 7.9 g; SZH: 0.9 g; CK: 0.5 g; FH: 0.2 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;<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>Lilahagyma</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;                                                                                                                                                                                                                                                                      | <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;<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>Zöldfűszeres harcsapástétom (4;)</b><br>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;<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>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;                                                                                                                                                                                                         | <b>Lekvár</b><br>EN: 66.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 16.0 g; CK: 15.8 g; FH: 0.1 g; SÓ: 0.0 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;                                                                                                                          |