

| Gasztvital | Hétfő<br>03.09                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Kedd<br>03.10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Szerda<br>03.11                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Csütörtök<br>03.12                                                                                                                                                                                                                                                                                                                                                                                                       | Péntek<br>03.13                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| Tízórai    | <b>Erdei gyümölcs tea *</b><br>EN: 0.1 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; CA: 0.0 mg;<br><b>Zöldfűszeres tonhalkrém (4;7;)</b><br>EN: 103.5 kcal; ZS: 7.8 g; TZS: 2.8 g; SZH: 0.6 g; CK: 0.2 g; FH: 7.8 g; SÓ: 0.5 g; CA: 5.0 mg;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g;                                                                                   | <b>Tej 2dl (7;)</b><br>EN: 90.0 kcal; ZS: 3.0 g; TZS: 1.8 g; SZH: 9.2 g; CK: 9.2 g; FH: 6.0 g; SÓ: 0.2 g; CA: 240.0 mg;<br><b>Snidlinges vajkrém (7;)</b><br>EN: 49.8 kcal; ZS: 3.9 g; TZS: 2.3 g; SZH: 1.6 g; CK: 1.2 g; FH: 1.9 g; SÓ: 0.1 g; CA: 5.0 mg;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g;<br><b>Hónapos retek</b><br>EN: 8.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.9 g; FH: 0.3 g; SÓ: 0.0 g; | <b>Tej 2dl (7;)</b><br>EN: 90.0 kcal; ZS: 3.0 g; TZS: 1.8 g; SZH: 9.2 g; CK: 9.2 g; FH: 6.0 g; SÓ: 0.2 g; CA: 240.0 mg;<br><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; CA: 0.0 mg;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g;<br><b>Rágórépa</b><br>EN: 12.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.5 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg; | <b>Kakaó DI * (7;)</b><br>EN: 91.5 kcal; ZS: 3.2 g; TZS: 2.1 g; SZH: 9.5 g; CK: 0.0 g; FH: 6.0 g; SÓ: 0.3 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>Teljes kiőrlésű kenyér (1;)</b><br>EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g;                                           | <b>Erdei gyümölcs tea *</b><br>EN: 0.1 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; CA: 0.0 mg;<br><b>Magvas szárnyas májkrém (7;)</b><br>EN: 172.9 kcal; ZS: 14.4 g; TZS: 4.4 g; SZH: 4.3 g; CK: 0.4 g; FH: 5.5 g; SÓ: 0.1 g; CA: 11.3 mg;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 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; CA: 0.0 mg; |
| Ebéd       | <b>Palóclevés (sertés) (1;7;12;)</b><br>EN: 200.9 kcal; ZS: 13.7 g; TZS: 4.7 g; SZH: 9.3 g; CK: 1.0 g; FH: 9.2 g; SÓ: 0.7 g; CA: 0.0 mg;<br><b>Dejő szórát * (1;)</b><br>EN: 17.3 kcal; ZS: 0.9 g; TZS: 0.1 g; SZH: 1.3 g; CK: 0.1 g; FH: 0.8 g; SÓ: 0.0 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; CA: 0.0 mg;                                                                                                | <b>Magyaros zellerleves (1;9;)</b><br>EN: 56.9 kcal; ZS: 1.8 g; TZS: 0.2 g; SZH: 8.3 g; CK: 1.4 g; FH: 1.6 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Főtt tojás (3;)</b><br>EN: 73.3 kcal; ZS: 4.4 g; TZS: 1.4 g; SZH: 0.3 g; CK: 0.2 g; FH: 5.0 g; SÓ: 0.2 g; CA: 0.0 mg;<br><b>Parajfőzelék (1;7;)</b><br>EN: 172.4 kcal; ZS: 5.4 g; TZS: 1.4 g; SZH: 21.0 g; CK: 4.6 g; FH: 7.6 g; SÓ: 1.1 g; CA: 120.0 mg;                                                                                                    | <b>Magyaros reszeltészta leves (1;9;12;)</b><br>EN: 73.1 kcal; ZS: 1.8 g; TZS: 0.2 g; SZH: 11.6 g; CK: 0.4 g; FH: 2.4 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>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; CA: 0.0 mg;<br><b>Petrezselymes burgonya (12;)</b><br>EN: 225.3 kcal; ZS: 2.4 g; TZS: 0.2 g; SZH: 40.6 g; CK: 0.0 g; FH: 5.5 g; SÓ: 1.1 g; CA: 0.0 mg;<br><b>Cékla saláta * (10;)</b><br>EN: 24.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 6.0 g; CK: 0.0 g; FH: 1.0 g; SÓ: 0.6 g;                                                               | <b>Paradicsomleves * (1;9;)</b><br>EN: 89.8 kcal; ZS: 2.2 g; TZS: 0.3 g; SZH: 14.5 g; CK: 4.2 g; FH: 2.7 g; SÓ: 0.5 g; CA: 0.0 mg;<br><b>Zöldséges bulgur sertéshússal (1;)</b><br>EN: 436.5 kcal; ZS: 16.7 g; TZS: 4.6 g; SZH: 50.3 g; CK: 7.6 g; FH: 20.5 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Csemege uborka * (10;)</b><br>EN: 16.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.5 g; CK: 0.7 g; FH: 0.4 g; SÓ: 0.4 g; CA: 0.0 mg; | <b>Zöldséges szárazzableves (1;9;12;)</b><br>EN: 110.7 kcal; ZS: 2.3 g; TZS: 0.2 g; SZH: 15.3 g; CK: 1.6 g; FH: 5.2 g; SÓ: 0.7 g; CA: 0.0 mg;<br><b>Fűszeres csirkefalatok</b><br>EN: 154.1 kcal; ZS: 7.9 g; TZS: 1.9 g; SZH: 3.4 g; CK: 0.2 g; FH: 16.9 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Cukkíni főzelék D (1;7;)</b><br>EN: 51.9 kcal; ZS: 0.8 g; TZS: 0.3 g; SZH: 8.6 g; CK: 0.4 g; FH: 2.2 g; SÓ: 0.7 g; CA: 15.7 mg;<br><b>körte</b><br>EN: 52.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 12.0 g; CK: 1.5 g; FH: 0.4 g; SÓ: 0.0 g; |
| Uzsonna    | <b>Edami sajt (7;)</b><br>EN: 126.4 kcal; ZS: 9.4 g; TZS: 6.4 g; SZH: 0.8 g; CK: 0.8 g; FH: 10.4 g; SÓ: 0.3 g; CA: 320.0 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>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; CA: 0.0 mg;<br><b>Paprika</b><br>EN: 30.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.7 g; CK: 0.0 g; FH: 1.4 g; SÓ: 0.0 g; | <b>Fürdői sonka</b><br>EN: 140.1 kcal; ZS: 1.2 g; TZS: 0.4 g; SZH: 1.5 g; CK: 0.2 g; FH: 4.2 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; CA: 0.0 mg;<br><b>vizes kifli (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; 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>Vaníliás túrókrém * (7;)</b><br>EN: 25.8 kcal; ZS: 1.0 g; TZS: 0.7 g; SZH: 2.2 g; CK: 1.8 g; FH: 1.8 g; SÓ: 0.0 g; CA: 24.4 mg;<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; CA: 0.0 mg;                                                                                                                                                                                                                                                                                                                                              | <b>Sárgarépás tojáskrém (3;7;)</b><br>EN: 89.7 kcal; ZS: 7.5 g; TZS: 4.1 g; SZH: 1.2 g; CK: 0.5 g; FH: 2.9 g; SÓ: 0.2 g; CA: 7.5 mg;<br><b>vizes kifli (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; CA: 0.0 mg;                                                                                                                                                      | <b>Házi gyümölcsjoghurt (7;)</b><br>EN: 103.5 kcal; ZS: 5.3 g; TZS: 3.4 g; SZH: 8.4 g; CK: 8.4 g; FH: 5.2 g; SÓ: 0.1 g; CA: 180.0 mg;<br><b>Korovit 3 db (1;12;)</b><br>EN: 64.8 kcal; ZS: 1.9 g; TZS: 0.8 g; SZH: 10.0 g; CK: 0.6 g; FH: 1.5 g; SÓ: 0.2 g; CA: 0.0 mg;                                                                                                                                                                                                                                                         |