

| 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>Gyümölcsstea</b><br>EN: 32.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 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>Gluténmentes kenyér</b><br>EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 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>Zöldfűszeres vajkrém (7;)</b><br>EN: 43.2 kcal; ZS: 4.0 g; TZS: 2.6 g; SZH: 0.8 g; CK: 0.5 g; FH: 1.0 g; SÓ: 0.2 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;<br><b>Hónapos retek</b><br>EN: 1.1 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.2 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g; CA: 0.0 mg;    | <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>Gluténmentes kenyér</b><br>EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 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 (7;)</b><br>EN: 122.6 kcal; ZS: 3.2 g; TZS: 1.9 g; SZH: 16.3 g; CK: 16.2 g; FH: 6.2 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: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;                                                                                                          | <b>Gyümölcsstea</b><br>EN: 32.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Házi csirkemájkrém (7;)</b><br>EN: 119.9 kcal; ZS: 8.2 g; TZS: 3.8 g; SZH: 0.8 g; CK: 0.4 g; FH: 10.1 g; SÓ: 1.0 g; CA: 9.8 mg;<br><b>Gluténmentes kenyér</b><br>EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 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) (7;10;12;)</b><br>EN: 236.4 kcal; ZS: 15.3 g; TZS: 4.9 g; SZH: 13.4 g; CK: 1.5 g; FH: 11.3 g; SÓ: 0.7 g; CA: 18.2 mg;<br><b>Darás metélt</b><br>EN: 409.2 kcal; ZS: 7.7 g; TZS: 0.9 g; SZH: 77.9 g; CK: 2.9 g; FH: 4.9 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Baracklekvár</b><br>EN: 121.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 29.0 g; CK: 25.5 g; FH: 0.3 g; SÓ: 0.0 g;                                                                           | <b>Magyaros zellerleves (9;)</b><br>EN: 89.0 kcal; ZS: 1.8 g; TZS: 0.2 g; SZH: 16.4 g; CK: 0.8 g; FH: 1.8 g; SÓ: 1.1 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</b><br>EN: 122.0 kcal; ZS: 1.9 g; TZS: 0.3 g; SZH: 24.1 g; CK: 6.1 g; FH: 2.0 g; SÓ: 1.1 g; CA: 0.0 mg;<br><b>Gyömbéres rizskeksz</b><br>EN: 70.4 kcal; ZS: 1.2 g; TZS: 1.0 g; SZH: 15.4 g; CK: 4.5 g; FH: 0.5 g; SÓ: 0.0 g; | <b>Magyaros reszeltészta leves (9;12;)</b><br>EN: 80.5 kcal; ZS: 1.9 g; TZS: 0.2 g; SZH: 14.2 g; CK: 0.4 g; FH: 1.7 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Sült csirkecomb filé</b><br>EN: 144.3 kcal; ZS: 7.1 g; TZS: 1.5 g; SZH: 0.5 g; CK: 0.0 g; FH: 18.8 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Petrezselymes burgonya (12;)</b><br>EN: 351.0 kcal; ZS: 12.5 g; TZS: 5.6 g; SZH: 48.0 g; CK: 0.0 g; FH: 6.5 g; SÓ: 0.9 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: 2.9 g; FH: 1.0 g; SÓ: 0.6 g; CA: 0.0 mg;                                          | <b>Paradicsomleves (9;)</b><br>EN: 181.8 kcal; ZS: 1.5 g; TZS: 0.1 g; SZH: 37.5 g; CK: 15.9 g; FH: 4.3 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>Zöldséges rizshús (sertés) (9;)</b><br>EN: 383.7 kcal; ZS: 6.7 g; TZS: 1.6 g; SZH: 60.5 g; CK: 2.9 g; FH: 19.9 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Csemege uborka * (10;12;)</b><br>EN: 6.6 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.1 g; CK: 0.2 g; FH: 0.5 g; SÓ: 1.0 g; CA: 0.0 mg;                                                         | <b>Zöldséges fejtettbableves (12;)</b><br>EN: 132.3 kcal; ZS: 2.3 g; TZS: 0.2 g; SZH: 21.9 g; CK: 3.1 g; FH: 4.2 g; SÓ: 0.8 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</b><br>EN: 58.7 kcal; ZS: 0.8 g; TZS: 0.1 g; SZH: 11.0 g; CK: 1.2 g; FH: 1.7 g; SÓ: 0.7 g; CA: 0.0 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>Abonett</b><br>EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;<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>Házi sertés húskrém</b><br>EN: 101.6 kcal; ZS: 8.4 g; TZS: 3.5 g; SZH: 0.1 g; CK: 0.0 g; FH: 6.2 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;                                                                                                                                                                                                                                                             | <b>Vaníliás túrókrém (7;)</b><br>EN: 53.5 kcal; ZS: 1.6 g; TZS: 1.1 g; SZH: 5.7 g; CK: 4.4 g; FH: 3.7 g; SÓ: 0.0 g; CA: 34.0 mg;<br><b>Puffasztott rizs</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>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>Gluténmentes kenyér</b><br>EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;<br><b>Kígyóuborka</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; 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>Abonett</b><br>EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;                                                                                                                                                                                                                                                                       |