

| 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: 26.7 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>Zöldfűszeres tonhalkrém (4;)</b><br>EN: 98.8 kcal; ZS: 8.9 g; TZS: 3.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 5.0 g; SÓ: 0.3 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>Rizs ital</b><br>EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g; CA: 0.0 mg;<br><b>sült paprikakrém</b><br>EN: 89.4 kcal; ZS: 9.0 g; TZS: 2.8 g; SZH: 1.3 g; CK: 0.7 g; FH: 0.4 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>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>Rizs ital</b><br>EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g; CA: 0.0 mg;<br><b>Sertés párizsi</b><br>EN: 46.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.5 g; CK: 0.0 g; FH: 2.0 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>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: 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>Kakaós rizsital</b><br>EN: 118.0 kcal; ZS: 2.1 g; TZS: 0.4 g; SZH: 24.0 g; CK: 11.7 g; FH: 0.7 g; SÓ: 0.1 g; CA: 0.0 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>Gyümölcsstea</b><br>EN: 26.7 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>Magvas szárnyas májkrém</b><br>EN: 121.5 kcal; ZS: 11.1 g; TZS: 3.6 g; SZH: 2.0 g; CK: 0.0 g; FH: 3.1 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>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>Palócleves (sertés) (1;10;12;)</b><br>EN: 192.5 kcal; ZS: 11.7 g; TZS: 3.2 g; SZH: 12.5 g; CK: 1.5 g; FH: 9.4 g; SÓ: 0.7 g; CA: 0.0 mg;<br><b>Dejő szórát (1;)</b><br>EN: 128.7 kcal; ZS: 3.8 g; TZS: 0.3 g; SZH: 19.6 g; CK: 15.3 g; FH: 3.3 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Főtt tészta (1;)</b><br>EN: 222.1 kcal; ZS: 5.8 g; TZS: 0.8 g; SZH: 36.0 g; CK: 1.8 g; FH: 6.1 g; SÓ: 0.0 g; CA: 0.0 mg;                                                                            | <b>Magyaros zellerleves (1;9;)</b><br>EN: 47.5 kcal; ZS: 1.5 g; TZS: 0.2 g; SZH: 6.9 g; CK: 1.2 g; FH: 1.4 g; SÓ: 1.0 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;)</b><br>EN: 100.5 kcal; ZS: 1.6 g; TZS: 0.3 g; SZH: 19.3 g; CK: 5.4 g; FH: 2.1 g; SÓ: 0.7 g; CA: 0.0 mg;                                                                                              | <b>Magyaros reszelttészta leves (1;9;12;)</b><br>EN: 62.1 kcal; ZS: 1.5 g; TZS: 0.2 g; SZH: 9.9 g; CK: 0.3 g; FH: 2.0 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>Sült csirkecombfilé</b><br>EN: 87.8 kcal; ZS: 3.8 g; TZS: 0.9 g; SZH: 0.3 g; CK: 0.0 g; FH: 12.5 g; SÓ: 1.6 g; CA: 0.0 mg;<br><b>Petrezselymes burgonya (12;)</b><br>EN: 193.1 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 34.8 g; CK: 0.0 g; FH: 4.7 g; SÓ: 0.9 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>Paradicsomleves (1;9;)</b><br>EN: 135.2 kcal; ZS: 3.1 g; TZS: 0.4 g; SZH: 23.1 g; CK: 9.2 g; FH: 2.9 g; SÓ: 0.7 g; CA: 0.0 mg;<br><b>Zöldséges bulgur sertéshússal (1;)</b><br>EN: 346.2 kcal; ZS: 12.1 g; TZS: 3.1 g; SZH: 43.2 g; CK: 6.6 g; FH: 15.5 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Csemege uborka * (10;12;)</b><br>EN: 4.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.2 g; FH: 0.3 g; SÓ: 0.7 g; CA: 0.0 mg; | <b>Zöldséges szárazbableves (1;9;12;)</b><br>EN: 105.5 kcal; ZS: 2.0 g; TZS: 0.2 g; SZH: 14.0 g; CK: 1.5 g; FH: 5.1 g; SÓ: 0.6 g; CA: 0.0 mg;<br><b>Fűszeres csirkefalatok</b><br>EN: 117.2 kcal; ZS: 5.9 g; TZS: 1.4 g; SZH: 2.9 g; CK: 0.2 g; FH: 12.7 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Cukkini főzelék (1;)</b><br>EN: 45.0 kcal; ZS: 0.5 g; TZS: 0.0 g; SZH: 8.4 g; CK: 0.5 g; FH: 1.5 g; SÓ: 0.6 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>Zala felvágott</b><br>EN: 48.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.4 g; CK: 0.1 g; FH: 2.6 g; SÓ: 0.4 g; CA: 0.0 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: 93.4 kcal; ZS: 0.8 g; TZS: 0.3 g; SZH: 1.0 g; CK: 0.1 g; FH: 2.8 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>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>Petrezselymes margarin</b><br>EN: 54.1 kcal; ZS: 6.0 g; TZS: 1.9 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;                                                                                                                                                                                                                                                                                                                                             | <b>Sárgarépás tojáskrém (3;)</b><br>EN: 83.9 kcal; ZS: 7.8 g; TZS: 2.4 g; SZH: 0.2 g; CK: 0.1 g; FH: 2.0 g; SÓ: 0.1 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;                                                                                                                                                         | <b>Házi zöldségkrém</b><br>EN: 94.5 kcal; ZS: 9.1 g; TZS: 2.9 g; SZH: 2.2 g; CK: 0.8 g; FH: 0.5 g; SÓ: 0.5 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;                                                                                                                                                                                                                                                                   |