

| Gasztvital | Hétfő<br>03.02                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Kedd<br>03.03                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Szerda<br>03.04                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Csütörtök<br>03.05                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Péntek<br>03.06                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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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>Padlizsánkrém (10;)</b><br>EN: 33.8 kcal; ZS: 3.1 g; TZS: 0.6 g; SZH: 1.0 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.4 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>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>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: 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>Házi csirkehúskrém (7;)</b><br>EN: 69.3 kcal; ZS: 6.4 g; TZS: 3.9 g; SZH: 0.9 g; CK: 0.6 g; FH: 2.0 g; SÓ: 0.3 g; CA: 15.0 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>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; | <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>Iekvár</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; 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>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>Kapros túrókrém (7;)</b><br>EN: 43.7 kcal; ZS: 2.4 g; TZS: 1.6 g; SZH: 1.1 g; CK: 1.1 g; FH: 4.2 g; SÓ: 0.0 g; CA: 26.0 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: 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; CA: 0.0 mg;                  |
| Ebéd       | <b>Vegyes gyümölcskrémleves</b><br>EN: 98.0 kcal; ZS: 2.5 g; TZS: 0.1 g; SZH: 22.1 g; CK: 13.1 g; FH: 0.9 g; SÓ: 0.4 g; CA: 0.0 mg;<br><b>Pincepörkölt (sertés) (12;)</b><br>EN: 330.0 kcal; ZS: 10.1 g; TZS: 1.8 g; SZH: 37.2 g; CK: 0.0 g; FH: 17.4 g; SÓ: 1.1 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>Rozmaringos zöldségleves</b><br>EN: 30.6 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 6.6 g; CK: 0.0 g; FH: 0.8 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Egyben szárnyasvagdalt</b><br>EN: 155.6 kcal; ZS: 2.5 g; TZS: 0.8 g; SZH: 23.2 g; CK: 0.2 g; FH: 9.8 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>Tökfőzelék (7;)</b><br>EN: 152.0 kcal; ZS: 7.9 g; TZS: 2.5 g; SZH: 17.6 g; CK: 2.9 g; FH: 2.4 g; SÓ: 0.7 g; CA: 0.0 mg;                                                                         | <b>Tárkonyos sertésraguleves</b><br>EN: 78.5 kcal; ZS: 2.0 g; TZS: 0.6 g; SZH: 6.7 g; CK: 1.0 g; FH: 7.8 g; SÓ: 1.9 g; CA: 0.0 mg;<br><b>Káposztás kocka</b><br>EN: 277.3 kcal; ZS: 3.4 g; TZS: 0.3 g; SZH: 56.6 g; CK: 4.6 g; FH: 4.7 g; SÓ: 1.2 g; CA: 0.0 mg;<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; CA: 0.0 mg;                                                                                                                        | <b>Zöldséges rizsleves</b><br>EN: 89.2 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 15.3 g; CK: 1.6 g; FH: 2.1 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Csirkepörkölt</b><br>EN: 103.4 kcal; ZS: 6.3 g; TZS: 1.0 g; SZH: 2.4 g; CK: 0.0 g; FH: 8.8 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>Zöldbabfőzelék (7;)</b><br>EN: 133.1 kcal; ZS: 5.2 g; TZS: 1.8 g; SZH: 19.9 g; CK: 3.4 g; FH: 4.7 g; SÓ: 0.8 g; CA: 24.0 mg;                                                                                 | <b>Magyaros karfiolleves</b><br>EN: 53.8 kcal; ZS: 2.8 g; TZS: 0.4 g; SZH: 4.2 g; CK: 1.0 g; FH: 2.5 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Sertés rizottó</b><br>EN: 310.7 kcal; ZS: 5.1 g; TZS: 1.1 g; SZH: 50.7 g; CK: 1.7 g; FH: 15.3 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Csalamádé (10;12;)</b><br>EN: 9.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.2 g; CK: 1.0 g; FH: 0.4 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Fahéjas rizsleves</b><br>EN: 35.2 kcal; ZS: 0.6 g; TZS: 0.5 g; SZH: 7.7 g; CK: 2.3 g; FH: 0.3 g; SÓ: 0.0 g; CA: 0.0 mg; |
| Uzsonna    | <b>Sajtos baromfi párizsi (7;)</b><br>EN: 36.8 kcal; ZS: 3.2 g; TZS: 1.0 g; SZH: 0.2 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; 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: 23.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 4.1 g; CK: 0.0 g; FH: 0.8 g; SÓ: 0.0 g; CA: 0.0 mg; | <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; 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: 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>Lapka sajt (7;)</b><br>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; CA: 107.8 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>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>Zöldhagymás vajkrém (7;)</b><br>EN: 52.2 kcal; ZS: 5.3 g; TZS: 3.4 g; SZH: 0.9 g; CK: 0.3 g; FH: 0.4 g; SÓ: 0.1 g; CA: 7.5 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>Paprika</b><br>EN: 23.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 4.1 g; CK: 0.0 g; FH: 0.8 g; SÓ: 0.0 g; CA: 0.0 mg;                                                                                                 | <b>Tonhalkrém (4;7;10;)</b><br>EN: 75.8 kcal; ZS: 5.9 g; TZS: 2.3 g; SZH: 0.3 g; CK: 0.3 g; FH: 5.3 g; SÓ: 0.4 g; CA: 7.5 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;                                                                                                                                                                                                                                                                                    |