

| 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>Padlizsánkrem (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>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>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 csirkehúskrem</b><br>EN: 62.7 kcal; ZS: 6.3 g; TZS: 2.0 g; SZH: 0.1 g; CK: 0.0 g; FH: 1.4 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;<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>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>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>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>kapos tofukrem (6;)</b><br>EN: 41.6 kcal; ZS: 2.4 g; TZS: 0.4 g; SZH: 0.2 g; CK: 0.1 g; FH: 4.5 g; SÓ: 0.7 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>Kígyóborka</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 (9;)</b><br>EN: 72.9 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 13.5 g; CK: 0.1 g; FH: 1.5 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>Tököfőzelék</b><br>EN: 227.8 kcal; ZS: 6.3 g; TZS: 0.8 g; SZH: 38.8 g; CK: 2.4 g; FH: 3.6 g; SÓ: 0.9 g; CA: 0.0 mg;                                                                       | <b>Tárkonyos sertésraguleves (9;)</b><br>EN: 72.8 kcal; ZS: 1.9 g; TZS: 0.6 g; SZH: 15.4 g; CK: 0.6 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 (9;)</b><br>EN: 89.6 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 15.4 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</b><br>EN: 109.9 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 19.1 g; CK: 3.7 g; FH: 4.3 g; SÓ: 0.8 g; CA: 0.0 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 (9;)</b><br>EN: 324.3 kcal; ZS: 5.7 g; TZS: 1.3 g; SZH: 50.6 g; CK: 1.7 g; FH: 17.3 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 rizskeksz</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>Baromfi párizsi</b><br>EN: 40.6 kcal; ZS: 3.4 g; TZS: 1.2 g; SZH: 0.3 g; CK: 0.2 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; 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>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>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>Gépsonka</b><br>EN: 23.4 kcal; ZS: 0.9 g; TZS: 0.4 g; SZH: 0.6 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>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>Tonhalkrem (4;10;)</b><br>EN: 113.1 kcal; ZS: 10.1 g; TZS: 3.2 g; SZH: 0.2 g; CK: 0.0 g; FH: 5.2 g; SÓ: 0.3 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;                                                                                                                                                                                                                                                                                         |