

Gasztvital	Hétfő 03.02	Kedd 03.03	Szerda 03.04	Csütörtök 03.05	Péntek 03.06
Tízórai	Gyümölcsstea 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; Padlizsánkrém (10;) 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; Gluténmentes kenyér 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;	Tej 2dl (7;) 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; Margarin 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; Gluténmentes kenyér 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;	Gyümölcsstea 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; Házi csirkehúskrém (7;) 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; Gluténmentes kenyér 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; Jégcsapretek 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;	Tej 2dl (7;) 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; Iekvár 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; Margarin 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; Gluténmentes kenyér 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;	Kakaó (7;) 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; Kapros túrókrém (7;) 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; Gluténmentes kenyér 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; Kígyóuborka 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	Vegyes gyümölcskrémleves 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; Pincepörkölt (sertés) (12;) 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; Csemege uborka * (10;12;) 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;	Rozmaringos zöldségleves (9;) 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; Egyben szárnyasvagdalt 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; Tökfőzelék (7;) 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;	Tárkonyos sertésraguleves (9;) EN: 72.8 kcal; ZS: 1.9 g; TZS: 0.6 g; SZH: 5.5 g; CK: 0.6 g; FH: 7.8 g; SÓ: 1.9 g; CA: 0.0 mg; Káposztás kocka 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; Alma 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;	Zöldséges rizsleves (9;) 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; Csirkepörkölt 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; Zöldbabfőzelék (7;) 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;	Magyaros karfiolleves 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; Sertés rizottó (9;) 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; Csalamádé (10;12;) 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; Fahéjas rizsleves 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	Sajtos baromfi párizsi (7;) 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; Margarin 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; Abonett 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; Paprika 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;	Csirkemell sonka 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; Margarin 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; Gluténmentes kenyér 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; Rágórépa 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;	Lapka sajt (7;) 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; Margarin 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; Puffasztott rizs 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;	Zöldhagymás vajkrém (7;) 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; Gluténmentes kenyér 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; Paprika 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;	Tonhalkrém (4;7;10;) 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; Abonett 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;