

| Gasztvital | Hétfő<br>07.13                                                                                                                                                                                                                                                                                                                                                                               | Kedd<br>07.14                                                                                                                                                                                                                                                                                                                             | Szerda<br>07.15                                                                                                                                                                                                                                                                                                                                                                      | Csütörtök<br>07.16                                                                                                                                                                                                                                                                                                                                                                                                                   | Péntek<br>07.17                                                                                                                                                                                                                                                                                                       |
|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Reggeli    | <b>Tej 2,8% Bölcsi (7;)</b><br>EN:56.0kcal ZS:2.8g TZS:2.0g SZH:4.6g CK:4.6g FH:3.0g SÓ:0.1g<br><b>Margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g SÓ:0.1g<br><b>Tavaszi felvágott (6;)</b><br>EN:21.1kcal ZS:1.8g TZS:0.9g SZH:0.1g CK:0.0g FH:1.0g SÓ:0.2g<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:36.6kcal ZS:0.1g TZS:0.1g SZH:7.5g FH:1.1g SÓ:0.2g                                      | <b>Tej 2,8% Bölcsi (7;)</b><br>EN:56.0kcal ZS:2.8g TZS:2.0g SZH:4.6g CK:4.6g FH:3.0g SÓ:0.1g<br><b>Trappistasajt (7;)</b><br>EN:0.3kcal ZS:0.0g TZS:0.0g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.0g<br><b>Margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g SÓ:0.1g<br><b>Kígyóborka</b><br>EN:1.3kcal ZS:0.0g TZS:0.0g SZH:0.2g CK:0.0g FH:0.1g SÓ:0.0g | <b>Vaníliás tej Zrí. (hideg) (7;)</b><br>EN:85.0kcal ZS:1.5g TZS:0.9g SZH:14.6g CK:14.6g FH:3.0g SÓ:0.1g<br><b>Baracklevár</b><br>EN:24.3kcal ZS:0.0g TZS:0.0g SZH:5.8g CK:5.1g FH:0.1g SÓ:0.0g<br><b>Margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g SÓ:0.1g<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:36.6kcal ZS:0.1g TZS:0.1g SZH:7.5g FH:1.1g SÓ:0.2g                             | <b>Gyümölcs tea (hideg) (12;)</b><br>EN:21.0kcal ZS:0.0g TZS:0.0g SZH:5.1g CK:5.1g FH:0.0g SÓ:0.0g<br><b>Gépsonka</b><br>EN:17.5kcal ZS:0.7g TZS:0.3g SZH:0.5g CK:0.0g FH:2.4g SÓ:0.4g<br><b>Margarin</b><br>EN:22.5kcal ZS:2.5g TZS:0.7g SÓ:0.1g<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:36.6kcal ZS:0.1g TZS:0.1g SZH:7.5g FH:1.1g SÓ:0.2g<br><b>Paradicsom</b><br>EN:2.6kcal ZS:0.0g TZS:0.0g SZH:0.4g CK:0.3g FH:0.1g SÓ:0.0g | <b>Tej 2,8% Bölcsi (7;)</b><br>EN:56.0kcal ZS:2.8g TZS:2.0g SZH:4.6g CK:4.6g FH:3.0g SÓ:0.1g<br><b>Zöldfűszeres vajkrém (7;)</b><br>EN:21.6kcal ZS:2.0g TZS:1.3g SZH:0.4g CK:0.3g FH:0.5g SÓ:0.1g<br><b>Félbarna kenyér (1;)</b><br>EN:53.1kcal ZS:0.3g TZS:0.0g SZH:10.3g CK:0.2g FH:1.9g SÓ:0.3g<br><b>Rágórépa</b> |
| Tízórai    | <b>Alma db (tisztítatlan)</b><br>EN:52.5kcal ZS:0.6g TZS:0.0g SZH:10.5g CK:6.0g FH:0.6g SÓ:0.0g                                                                                                                                                                                                                                                                                              | <b>Limonádé</b><br>EN:13.0kcal ZS:0.0g TZS:0.0g SZH:3.0g CK:2.8g FH:0.0g SÓ:0.0g                                                                                                                                                                                                                                                          | <b>Alma db (tisztítatlan)</b><br>EN:52.5kcal ZS:0.6g TZS:0.0g SZH:10.5g CK:6.0g FH:0.6g SÓ:0.0g                                                                                                                                                                                                                                                                                      | <b>Őszibarack db</b><br>EN:0.3kcal ZS:0.0g TZS:0.0g SZH:0.1g CK:0.1g FH:0.0g SÓ:0.0g                                                                                                                                                                                                                                                                                                                                                 | <b>Limonádé</b><br>EN:13.0kcal ZS:0.0g TZS:0.0g SZH:3.0g CK:2.8g FH:0.0g SÓ:0.0g                                                                                                                                                                                                                                      |
| Ebéd       | <b>Sárgabarack krémleves * (1;7;)</b><br>EN:87.1kcal ZS:4.1g TZS:2.5g SZH:10.9g CK:5.6g FH:1.7g SÓ:0.0g<br><b>Tavaszi rizseshús</b><br>EN:76.7kcal ZS:0.4g TZS:0.1g SZH:15.8g CK:0.1g FH:2.6g SÓ:0.1g<br><b>Mongol saláta * (10;)</b><br>EN:2.2kcal ZS:0.0g TZS:0.0g SZH:0.3g CK:0.2g FH:0.2g SÓ:0.1g                                                                                        | <b>Húsgombóc (3;)</b><br>EN:139.9kcal ZS:7.7g TZS:2.7g SZH:9.8g CK:0.0g FH:8.1g SÓ:0.7g<br><b>Finomfőzelék (1;7;)</b><br>EN:162.3kcal ZS:3.8g TZS:1.1g SZH:26.1g CK:10.4g FH:5.2g SÓ:0.8g<br><b>Őszibarack db</b><br>EN:0.3kcal ZS:0.0g TZS:0.0g SZH:0.1g CK:0.1g FH:0.0g SÓ:0.0g                                                         | <b>Fokhagymás csirkeapró</b><br>EN:88.6kcal ZS:5.0g TZS:0.9g SZH:1.9g CK:0.0g FH:8.7g SÓ:0.7g<br><b>Zöldbabfőzelék (1;7;)</b><br>EN:83.1kcal ZS:3.9g TZS:1.8g SZH:10.7g CK:2.2g FH:3.1g SÓ:0.3g<br><b>Körte</b><br>EN:52.0kcal ZS:0.0g TZS:0.0g SZH:12.0g CK:1.5g FH:0.4g SÓ:0.0g                                                                                                    | <b>Párolt csirkecomb</b><br><br><b>Kelkáposztafőzelék (1;12;)</b><br>EN:118.1kcal ZS:4.4g TZS:0.5g SZH:14.7g CK:0.0g FH:3.7g SÓ:0.4g<br><b>Alma db (tisztítatlan)</b><br>EN:52.5kcal ZS:0.6g TZS:0.0g SZH:10.5g CK:6.0g FH:0.6g SÓ:0.0g                                                                                                                                                                                              | <b>Vagdalt (1;3;6;7;10;)</b><br>EN:265.4kcal ZS:20.8g TZS:3.0g SZH:9.3g CK:0.1g FH:9.6g SÓ:0.9g<br><b>Brokkolifőzelék (1;7;12;)</b><br>EN:102.2kcal ZS:4.9g TZS:1.6g SZH:11.9g CK:1.3g FH:3.3g SÓ:0.8g<br><b>Nektarin</b><br>EN:73.5kcal ZS:0.4g TZS:0.0g SZH:17.1g CK:11.9g FH:0.6g SÓ:0.0g                          |
| Uzsonna    | <b>Gyümölcs tea (hideg) (12;)</b><br>EN:21.0kcal ZS:0.0g TZS:0.0g SZH:5.1g CK:5.1g FH:0.0g SÓ:0.0g<br><b>Házi csirkemájpástétom (7;)</b><br>EN:56.5kcal ZS:4.6g TZS:2.2g SZH:0.7g CK:0.3g FH:2.8g SÓ:0.2g<br><b>Félbarna kenyér (1;)</b><br>EN:53.1kcal ZS:0.3g TZS:0.0g SZH:10.3g CK:0.2g FH:1.9g SÓ:0.3g<br><b>Paprika</b><br>EN:3.3kcal ZS:0.0g TZS:0.0g SZH:0.5g CK:0.0g FH:0.2g SÓ:0.0g | <b>Gyümölcs tea (hideg) (12;)</b><br>EN:21.0kcal ZS:0.0g TZS:0.0g SZH:5.1g CK:5.1g FH:0.0g SÓ:0.0g<br><b>Vajkrém (7;)</b><br>EN:34.8kcal ZS:3.5g TZS:2.3g SZH:0.6g CK:0.2g FH:0.2g SÓ:0.1g<br><b>Félbarna kenyér (1;)</b><br>EN:53.1kcal ZS:0.3g TZS:0.0g SZH:10.3g CK:0.2g FH:1.9g SÓ:0.3g                                               | <b>Gyümölcs tea (hideg) (12;)</b><br>EN:21.0kcal ZS:0.0g TZS:0.0g SZH:5.1g CK:5.1g FH:0.0g SÓ:0.0g<br><b>Tojáskrém (3;7;)</b><br>EN:49.7kcal ZS:4.5g TZS:2.5g SZH:0.4g CK:0.4g FH:1.3g SÓ:0.1g<br><b>Félbarna kenyér (1;)</b><br>EN:53.1kcal ZS:0.3g TZS:0.0g SZH:10.3g CK:0.2g FH:1.9g SÓ:0.3g<br><b>Lilahagyma</b><br>EN:4.4kcal ZS:0.0g TZS:0.0g SZH:0.9g CK:0.0g FH:0.1g SÓ:0.0g | <b>Tej 2,8% Bölcsi (7;)</b><br>EN:56.0kcal ZS:2.8g TZS:2.0g SZH:4.6g CK:4.6g FH:3.0g SÓ:0.1g<br><b>Metéldhagymás szendvicsszós (7;)</b><br>EN:63.8kcal ZS:6.1g TZS:3.8g SZH:0.8g CK:0.8g FH:0.5g SÓ:0.2g<br><b>Félbarna kenyér (1;)</b><br>EN:53.1kcal ZS:0.3g TZS:0.0g SZH:10.3g CK:0.2g FH:1.9g SÓ:0.3g                                                                                                                            | <b>Gyümölcs tea (hideg) (12;)</b><br>EN:21.0kcal ZS:0.0g TZS:0.0g SZH:5.1g CK:5.1g FH:0.0g SÓ:0.0g<br><b>Gyümölcsjoghurt (7;)</b><br>EN:83.0kcal ZS:2.0g TZS:1.1g SZH:11.0g CK:11.0g FH:2.5g SÓ:0.1g<br><b>vizes kifli (1;7;)</b><br>EN:62.3kcal ZS:0.2g TZS:0.1g SZH:12.8g CK:0.1g FH:1.9g SÓ:0.3g                   |