

| Gasztvital | Hétfő<br>09.07                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Kedd<br>09.08                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Szerda<br>09.09                                                                                                                                                                                                                                                                                                                                                                                                                                            | Csütörtök<br>09.10                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Péntek<br>09.11                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| Tízórai    | <b>Gyümölcsstea</b><br>EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.6 g; CK: 6.6 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Füldőí sonka</b><br>EN: 22.4 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;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;                             | <b>Poharas tej (7;)</b><br>EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g;<br><b>Házi zöldségkrém</b><br>EN: 147.9 kcal; ZS: 15.8 g; TZS: 7.9 g; SZH: 0.9 g; CK: 0.5 g; FH: 0.2 g; SÓ: 0.5 g;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 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; | <b>Poharas kakaó (7;)</b><br>EN: 134.0 kcal; ZS: 4.0 g; TZS: 3.0 g; SZH: 16.2 g; CK: 16.2 g; FH: 7.0 g; SÓ: 0.1 g;<br><b>Lekvár</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;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g; | <b>Gyümölcsstea</b><br>EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.6 g; CK: 6.6 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Natúr kockasajt (7;)</b><br>EN: 70.5 kcal; ZS: 5.5 g; TZS: 3.8 g; SZH: 1.8 g; CK: 1.4 g; FH: 3.3 g; SÓ: 0.5 g;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 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;             | <b>Poharas tej (7;)</b><br>EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g;<br><b>Baromfi húskrém</b><br>EN: 98.7 kcal; ZS: 9.2 g; TZS: 1.6 g; SZH: 1.4 g; FH: 2.4 g; SÓ: 0.3 g;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;<br><b>Lilahagyma</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;                                 |
| Ebéd       | <b>Sertés raguleves</b><br>EN: 161.7 kcal; ZS: 8.9 g; TZS: 1.8 g; SZH: 8.6 g; CK: 1.9 g; FH: 10.6 g; SÓ: 1.0 g;<br><b>Tejben dara rizsitalból és kukoricadarából</b><br>EN: 212.2 kcal; ZS: 1.6 g; TZS: 0.1 g; SZH: 44.5 g; CK: 11.5 g; FH: 4.1 g; SÓ: 0.1 g;<br><b>Fahéj szórát</b><br>EN: 82.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 20.0 g; CK: 20.0 g; FH: 0.0 g; SÓ: 0.0 g;<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; | <b>Fokhagyma krémleves</b><br>EN: 91.3 kcal; ZS: 5.0 g; TZS: 0.6 g; SZH: 10.8 g; CK: 2.0 g; FH: 0.8 g; SÓ: 1.0 g;<br><b>Csirkehúsos rizottó</b><br><br>EN: 380.9 kcal; ZS: 8.0 g; TZS: 1.7 g; SZH: 57.2 g; CK: 0.3 g; FH: 19.9 g; SÓ: 0.1 g;<br><b>Körte</b><br>EN: 67.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 15.6 g; CK: 2.0 g; FH: 0.5 g; SÓ: 0.0 g;                                                                                                                  | <b>Tárkonyos zöldségleves</b><br>EN: 87.5 kcal; ZS: 2.3 g; TZS: 0.2 g; SZH: 14.5 g; CK: 0.7 g; FH: 1.9 g; SÓ: 0.0 g;<br><b>Rakott karfiolos tészta</b><br><br>EN: 232.7 kcal; ZS: 6.8 g; TZS: 1.6 g; SZH: 29.0 g; CK: 1.3 g; FH: 12.8 g; SÓ: 0.1 g;                                                                                                                                                                                                        | <b>Csontleves</b><br>EN: 25.0 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 3.7 g; CK: 1.7 g; FH: 0.9 g; SÓ: 2.0 g;<br><b>Provance csirkeragu</b><br><br>EN: 144.9 kcal; ZS: 9.5 g; TZS: 1.5 g; SZH: 6.1 g; CK: 2.0 g; FH: 9.0 g; SÓ: 0.3 g;<br><b>Párolt köles</b><br>EN: 234.9 kcal; ZS: 4.1 g; TZS: 0.7 g; SZH: 42.0 g; CK: 0.1 g; FH: 6.5 g; SÓ: 0.6 g;<br><b>Vaníliás tápiókapuding</b><br>EN: 152.9 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 35.3 g; CK: 7.9 g; FH: 0.5 g; SÓ: 0.1 g; | <b>Kertészleves</b><br>EN: 53.0 kcal; ZS: 2.5 g; TZS: 0.3 g; SZH: 5.7 g; CK: 3.9 g; FH: 1.0 g; SÓ: 0.6 g;<br><b>Halvagdalt (4;)</b><br><br>EN: 199.9 kcal; ZS: 7.1 g; TZS: 1.7 g; SZH: 24.9 g; CK: 0.5 g; FH: 10.6 g; SÓ: 1.7 g;<br><b>Petrezselymes burgonya (12;)</b><br>EN: 191.8 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 34.5 g; CK: 0.0 g; FH: 4.7 g; SÓ: 0.9 g;<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; |
| Uzsonna    | <b>Sonkás padlizsánkrém (10;)</b><br>EN: 71.2 kcal; ZS: 6.6 g; TZS: 2.0 g; SZH: 1.2 g; CK: 0.1 g; FH: 1.8 g; SÓ: 0.7 g;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;<br><b>Kaliforniai paprika</b><br>EN: 45.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.0 g; CK: 3.6 g; FH: 2.1 g; SÓ: 0.0 g;                                                                                                                 | <b>Baromfi párizsi</b><br>EN: 31.6 kcal; ZS: 2.4 g; TZS: 0.8 g; SZH: 0.5 g; CK: 0.1 g; FH: 2.1 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;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;                                                                                                                          | <b>Tonhalkrém (4;)</b><br>EN: 68.4 kcal; ZS: 5.1 g; TZS: 1.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 5.6 g; SÓ: 0.3 g;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 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;                                                                                                              | <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;<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;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;<br><b>Paprika</b><br>EN: 36.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.6 g; CK: 0.0 g; FH: 1.7 g; SÓ: 0.0 g;                       | <b>Gyümölcsös joghurt (7;)</b><br>EN: 103.8 kcal; ZS: 2.5 g; TZS: 1.4 g; SZH: 13.8 g; CK: 13.8 g; FH: 3.1 g; SÓ: 0.1 g;<br><b>Gluténmentes kenyér</b><br>EN: 116.0 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 21.5 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.6 g;                                                                                                                                                                                                                                        |