

Gasztvital	Hétfő 07.20	Kedd 07.21	Szerda 07.22	Csütörtök 07.23	Péntek 07.24
Reggeli	Gyümölcs tea EN: 12.3 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.0 g; CK: 3.0 g; FH: 0.0 g; SÓ: 0.0 g; Baromfi húskré EN: 98.7 kcal; ZS: 9.2 g; TZS: 1.6 g; SZH: 1.4 g; FH: 2.4 g; SÓ: 0.3 g; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g; Kígyóborka 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;	Poharas tej (7;) 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; Baromfi párizsi EN: 23.7 kcal; ZS: 1.8 g; TZS: 0.6 g; SZH: 0.4 g; CK: 0.1 g; FH: 1.6 g; SÓ: 0.3 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; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g; Jégcsapretek EN: 3.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.4 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g;	Poharas kakaó (7;) 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; Lapka sajt (7;) EN: 45.6 kcal; ZS: 2.8 g; TZS: 1.9 g; SZH: 1.5 g; CK: 1.5 g; FH: 3.6 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; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g; Paprika 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;	Poharas tej (7;) 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; Csirkemell sonka EN: 13.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 0.8 g; CK: 0.1 g; FH: 2.4 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; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g;	Poharas tej (7;) 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; Zöldfűszeres harcsapástétom (4;) EN: 100.2 kcal; ZS: 9.1 g; TZS: 1.2 g; SZH: 1.8 g; CK: 0.1 g; FH: 2.6 g; SÓ: 0.4 g; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g; Kígyóborka 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;
Tízórai	Gyümölcs turmix EN: 59.4 kcal; ZS: 0.9 g; TZS: 0.1 g; SZH: 12.4 g; CK: 4.7 g; FH: 0.3 g; SÓ: 0.0 g;	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; 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;	Nektarin EN: 73.5 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 17.1 g; CK: 11.9 g; FH: 0.6 g; SÓ: 0.0 g; 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;	Gyümölcssaláta EN: 27.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 6.3 g; CK: 2.3 g; FH: 0.3 g; SÓ: 0.0 g;	Smoothie EN: 32.1 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.1 g; CK: 2.2 g; FH: 0.3 g; SÓ: 0.0 g; 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;
Ebéd	Sertés raguleves EN: 141.5 kcal; ZS: 7.8 g; TZS: 1.6 g; SZH: 7.5 g; CK: 1.7 g; FH: 9.3 g; SÓ: 0.9 g; Gyümölcsrizs EN: 141.6 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 29.9 g; CK: 7.8 g; FH: 2.3 g; SÓ: 0.2 g; Körte 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;	Főtt virsli EN: 115.2 kcal; ZS: 9.0 g; TZS: 1.3 g; SZH: 1.8 g; CK: 0.2 g; FH: 6.6 g; SÓ: 1.3 g; Fejtett babfőzelék EN: 73.1 kcal; ZS: 2.1 g; TZS: 0.2 g; SZH: 8.4 g; CK: 0.7 g; FH: 3.5 g; SÓ: 0.3 g; Kakaós golyó EN: 237.9 kcal; ZS: 3.1 g; TZS: 2.3 g; SZH: 51.9 g; CK: 25.1 g; FH: 2.0 g; SÓ: 0.1 g;	Tárkonyos zöldségleves EN: 74.5 kcal; ZS: 1.9 g; TZS: 0.2 g; SZH: 12.5 g; CK: 0.6 g; FH: 1.6 g; SÓ: 0.0 g; Zöldfűszeres csirkemell szelet EN: 139.1 kcal; ZS: 5.4 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 21.2 g; SÓ: 0.7 g; Burgonyapüré (12;) EN: 135.8 kcal; ZS: 1.0 g; TZS: 0.2 g; SZH: 26.0 g; CK: 1.5 g; FH: 3.1 g; SÓ: 0.5 g; Csalamádé * (10;12;) EN: 5.4 kcal; ZS: 0.0 g; SZH: 0.7 g; CK: 0.3 g; FH: 0.2 g; SÓ: 0.6 g;	Fűszerpaprikás csirkeragu EN: 103.5 kcal; ZS: 6.5 g; TZS: 1.1 g; SZH: 0.3 g; CK: 0.0 g; FH: 10.4 g; SÓ: 0.9 g; Tökfőzelék (12;) EN: 126.2 kcal; ZS: 6.0 g; TZS: 0.7 g; SZH: 16.0 g; CK: 4.2 g; FH: 1.7 g; SÓ: 0.7 g; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g; Nektarin EN: 73.5 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 17.1 g; CK: 11.9 g; FH: 0.6 g; SÓ: 0.0 g;	Rozmaringos sertésragu EN: 150.3 kcal; ZS: 8.5 g; TZS: 2.1 g; SZH: 3.2 g; CK: 0.0 g; FH: 14.2 g; SÓ: 0.2 g; Brokkolifőzelék EN: 48.6 kcal; ZS: 2.5 g; TZS: 0.3 g; SZH: 5.2 g; CK: 1.7 g; FH: 1.3 g; SÓ: 0.4 g; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g;
Uzsonna	Sonkás sült paprikakrém (12;) EN: 19.0 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 2.5 g; CK: 0.5 g; FH: 1.2 g; SÓ: 0.5 g; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g; Jégcsapretek EN: 3.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.4 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; Gyümölcs tea EN: 12.3 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.0 g; CK: 3.0 g; FH: 0.0 g; SÓ: 0.0 g;	Gépsonka EN: 17.5 kcal; ZS: 0.7 g; TZS: 0.3 g; SZH: 0.5 g; CK: 0.0 g; FH: 2.4 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; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g; Paprika 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;	Sertés párizsi EN: 34.5 kcal; ZS: 3.0 g; TZS: 1.2 g; SZH: 0.4 g; CK: 0.0 g; FH: 1.5 g; SÓ: 0.3 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; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g; Kígyóborka 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;	Sonkakrém EN: 144.0 kcal; ZS: 9.6 g; TZS: 3.1 g; SZH: 2.4 g; CK: 0.2 g; FH: 12.0 g; SÓ: 2.0 g; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g; Zöldhagyma EN: 1.0 kcal; ZS: 0.0 g; SZH: 0.0 g; FH: 0.1 g; Gyümölcs tea EN: 12.3 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.0 g; CK: 3.0 g; FH: 0.0 g; SÓ: 0.0 g;	Zala felvágott EN: 36.0 kcal; ZS: 3.0 g; TZS: 1.2 g; SZH: 0.3 g; CK: 0.1 g; FH: 2.0 g; SÓ: 0.3 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; Gluténmentes kenyér EN: 69.6 kcal; ZS: 1.3 g; TZS: 0.1 g; SZH: 12.9 g; CK: 0.5 g; FH: 0.6 g; SÓ: 0.4 g; Gyümölcs tea EN: 12.3 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.0 g; CK: 3.0 g; FH: 0.0 g; SÓ: 0.0 g;

	Hétfő 07.20	Kedd 07.21	Szerda 07.22	Csütörtök 07.23	Péntek 07.24
Uzsonna		Gyümölcstea EN: 12.3 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.0 g; CK: 3.0 g; FH: 0.0 g; SÓ: 0.0 g;	Gyümölcstea EN: 12.3 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.0 g; CK: 3.0 g; FH: 0.0 g; SÓ: 0.0 g;		