

Gasztvital	Hétfő 02.23	Kedd 02.24	Szerda 02.25	Csütörtök 02.26	Péntek 02.27
Tízórai	Gyümölcs tea EN: 32.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Sajtos baromfi párizsi (7;) EN: 55.2 kcal; ZS: 4.7 g; TZS: 1.5 g; SZH: 0.3 g; CK: 0.1 g; FH: 4.0 g; SÓ: 0.6 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: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg; 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;	Kakaó (7;) EN: 124.6 kcal; ZS: 3.2 g; TZS: 2.1 g; SZH: 17.1 g; CK: 17.0 g; FH: 6.8 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: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;	Gyümölcs tea EN: 32.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Csirkemell sonka EN: 27.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.5 g; CK: 0.2 g; FH: 4.8 g; SÓ: 0.8 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: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg; Kígyóuborka EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 1.0 g; SÓ: 0.0 g; CA: 0.0 mg;	Tej 2dl (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; CA: 240.0 mg; Vaníliás túrókrém (7;) EN: 53.7 kcal; ZS: 1.8 g; TZS: 1.2 g; SZH: 5.9 g; CK: 5.4 g; FH: 3.6 g; SÓ: 0.0 g; CA: 28.0 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;	Gyümölcs tea EN: 32.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Sonkás kockasajt (7;) EN: 34.0 kcal; ZS: 2.6 g; TZS: 1.7 g; SZH: 0.8 g; CK: 0.7 g; FH: 1.8 g; SÓ: 0.2 g; CA: 100.6 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg; 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;
Ebéd	Babgulyás leves sertés EN: 219.7 kcal; ZS: 9.9 g; TZS: 1.8 g; SZH: 13.6 g; CK: 1.2 g; FH: 16.8 g; SÓ: 1.2 g; CA: 0.0 mg; Kukoricadarás metélt EN: 417.0 kcal; ZS: 7.1 g; TZS: 0.7 g; SZH: 81.4 g; CK: 0.9 g; FH: 6.5 g; SÓ: 1.0 g; CA: 0.0 mg; Házi baracklekvár EN: 90.2 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 21.6 g; CK: 21.6 g; FH: 0.4 g; SÓ: 0.0 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 EN: 112.3 kcal; ZS: 2.6 g; TZS: 0.3 g; SZH: 19.7 g; CK: 2.8 g; FH: 2.5 g; SÓ: 1.1 g; CA: 0.0 mg; Sertés vagdalt EN: 176.2 kcal; ZS: 5.8 g; TZS: 5.0 g; SZH: 14.2 g; CK: 0.1 g; FH: 15.9 g; SÓ: 1.1 g; CA: 0.0 mg; Paradicsomos káposzta EN: 211.2 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 38.2 g; CK: 14.2 g; FH: 4.2 g; SÓ: 0.5 g; CA: 0.0 mg;	Brokkoli krémleves (7;12;) EN: 76.0 kcal; ZS: 3.4 g; TZS: 2.1 g; SZH: 7.8 g; CK: 1.5 g; FH: 2.7 g; SÓ: 1.1 g; CA: 31.5 mg; Zöldséges sertésrizseshús EN: 383.7 kcal; ZS: 6.8 g; TZS: 1.6 g; SZH: 60.2 g; CK: 0.0 g; FH: 20.1 g; SÓ: 1.2 g; CA: 0.0 mg; Cékla saláta * (10;) EN: 24.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 6.0 g; CK: 2.9 g; FH: 1.0 g; SÓ: 0.6 g; CA: 0.0 mg;	Köménymag leves EN: 100.5 kcal; ZS: 5.0 g; TZS: 0.5 g; SZH: 12.9 g; CK: 0.0 g; FH: 0.9 g; SÓ: 1.0 g; CA: 0.0 mg; Pirított kenyérkocka EN: 26.1 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 5.8 g; FH: 0.1 g; SÓ: 0.2 g; BBQ csirkeragu. EN: 182.8 kcal; ZS: 4.8 g; TZS: 1.1 g; SZH: 13.9 g; CK: 12.5 g; FH: 19.3 g; SÓ: 0.8 g; CA: 0.0 mg; Rizs köret EN: 236.6 kcal; ZS: 3.4 g; TZS: 0.4 g; SZH: 46.5 g; CK: 0.0 g; FH: 5.6 g; SÓ: 0.0 g; CA: 0.0 mg;	Sajtgaluska leves (3;7;9;) EN: 33.7 kcal; ZS: 0.7 g; TZS: 0.3 g; SZH: 4.9 g; CK: 2.4 g; FH: 1.7 g; SÓ: 0.2 g; CA: 13.0 mg; Szárnycs aprópecsenye EN: 145.1 kcal; ZS: 8.7 g; TZS: 1.7 g; SZH: 3.0 g; CK: 0.0 g; FH: 13.1 g; SÓ: 1.2 g; CA: 0.0 mg; Zöldborsófézelék (7;) EN: 247.3 kcal; ZS: 4.3 g; TZS: 1.6 g; SZH: 36.8 g; CK: 10.2 g; FH: 12.8 g; SÓ: 1.3 g; CA: 156.0 mg; Gyömbéres rizskeksz EN: 70.4 kcal; ZS: 1.2 g; TZS: 1.0 g; SZH: 15.4 g; CK: 4.5 g; FH: 0.5 g; SÓ: 0.0 g;
Uzsonna	Petrezselymes túrókrém (7;) EN: 49.3 kcal; ZS: 2.5 g; TZS: 1.6 g; SZH: 1.7 g; CK: 1.4 g; FH: 5.2 g; SÓ: 0.0 g; CA: 36.0 mg; Abonett EN: 51.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 9.0 g; CK: 0.2 g; FH: 2.3 g; SÓ: 0.1 g;	Magyaros vajkrém (7;) EN: 122.5 kcal; ZS: 12.3 g; TZS: 8.0 g; SZH: 2.2 g; CK: 0.8 g; FH: 0.9 g; SÓ: 0.4 g; CA: 17.5 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg; Rágórépa EN: 12.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.5 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;	Trappista sajt (7;) EN: 101.1 kcal; ZS: 7.8 g; TZS: 4.8 g; SZH: 0.1 g; CK: 0.1 g; FH: 7.7 g; SÓ: 0.4 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; Puffasztott rizs (ripsz-ropsz) 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;	Házi sertés húskrém EN: 88.4 kcal; ZS: 6.9 g; TZS: 1.6 g; SZH: 0.1 g; CK: 0.0 g; FH: 6.2 g; SÓ: 0.1 g; CA: 0.0 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg; 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;	Padlizsánkrém (10;) EN: 66.6 kcal; ZS: 6.2 g; TZS: 1.9 g; SZH: 2.0 g; CK: 0.1 g; FH: 0.6 g; SÓ: 0.9 g; CA: 0.0 mg; Abonett EN: 51.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 9.0 g; CK: 0.2 g; FH: 2.3 g; SÓ: 0.1 g;