

Gasztvital	Hétfő 10.05	Kedd 10.06	Szerda 10.07	Csütörtök 10.08	Péntek 10.09
Tízórai	Barackos tea (12;) EN: 26.1 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; Füstölt csirkemellsonka 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; Teljeskiőrlésű kenyér (1;) EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 g;	Poharas tej (7;) EN: 560.0 kcal; ZS: 28.0 g; TZS: 20.0 g; SZH: 46.0 g; CK: 46.0 g; FH: 30.0 g; SÓ: 1.3 g; Magvas szárnyas májkrém EN: 121.5 kcal; ZS: 11.1 g; TZS: 3.6 g; SZH: 2.0 g; CK: 0.0 g; FH: 3.1 g; SÓ: 0.0 g; Teljeskiőrlésű kenyér (1;) EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 g; Paprika EN: 6.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g;	Poharas tej (7;) EN: 560.0 kcal; ZS: 28.0 g; TZS: 20.0 g; SZH: 46.0 g; CK: 46.0 g; FH: 30.0 g; SÓ: 1.3 g; Padlizsános krém EN: 25.8 kcal; ZS: 2.6 g; TZS: 0.7 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.6 g; Teljeskiőrlésű kenyér (1;) EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 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; 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; Teljeskiőrlésű kenyér (1;) EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 g;	Poharas tej (7;) EN: 560.0 kcal; ZS: 28.0 g; TZS: 20.0 g; SZH: 46.0 g; CK: 46.0 g; FH: 30.0 g; SÓ: 1.3 g; Provance margarinkrém EN: 67.6 kcal; ZS: 7.5 g; TZS: 2.1 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.2 g; Teljeskiőrlésű kenyér (1;) EN: 118.5 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 24.5 g; CK: 0.8 g; FH: 4.2 g; SÓ: 0.7 g; Sárgarépa csíkok EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 2.4 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;
Ebéd	Babgulyás (1;9;) EN: 142.6 kcal; ZS: 7.4 g; TZS: 1.2 g; SZH: 9.4 g; CK: 0.4 g; FH: 8.7 g; SÓ: 0.5 g; Tejbendara kókuszreszeléssel (1;) EN: 348.0 kcal; ZS: 12.8 g; TZS: 8.3 g; SZH: 52.8 g; CK: 22.6 g; FH: 3.7 g; SÓ: 0.2 g; Kakaó szórát EN: 69.9 kcal; ZS: 1.1 g; TZS: 0.6 g; SZH: 11.3 g; CK: 10.0 g; FH: 2.4 g; SÓ: 0.2 g; Alma db 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;	Almás-paszternák krémleves (1;) EN: 142.6 kcal; ZS: 9.5 g; TZS: 2.6 g; SZH: 12.0 g; CK: 3.4 g; FH: 1.9 g; SÓ: 0.8 g; Erdei gombás pulykaragu EN: 113.8 kcal; ZS: 7.0 g; TZS: 1.1 g; SZH: 3.5 g; CK: 0.5 g; FH: 9.1 g; SÓ: 0.2 g; Bulgur köret (1;) EN: 215.3 kcal; ZS: 1.8 g; TZS: 0.3 g; SZH: 40.3 g; CK: 1.3 g; FH: 7.3 g; SÓ: 0.6 g;	Zöldségleves (1;) EN: 103.9 kcal; ZS: 4.0 g; TZS: 0.4 g; SZH: 14.2 g; CK: 1.9 g; FH: 2.6 g; SÓ: 0.1 g; Csirkepörkölt EN: 130.0 kcal; ZS: 7.3 g; TZS: 1.3 g; SZH: 2.5 g; CK: 0.0 g; FH: 12.9 g; SÓ: 1.0 g; Tökfőzelék (1;) EN: 197.1 kcal; ZS: 5.5 g; TZS: 0.7 g; SZH: 32.1 g; CK: 3.3 g; FH: 4.2 g; SÓ: 0.6 g; Gesztenye Marci EN: 62.6 kcal; ZS: 2.9 g; TZS: 2.6 g; SZH: 7.6 g; CK: 6.1 g; FH: 0.7 g; SÓ: 0.0 g;	Magyaros karalábéleves (1;) EN: 103.8 kcal; ZS: 6.7 g; TZS: 0.7 g; SZH: 8.7 g; CK: 0.9 g; FH: 1.7 g; SÓ: 0.1 g; Natúr csirkemell (1;) EN: 125.2 kcal; ZS: 5.3 g; TZS: 1.0 g; SZH: 5.0 g; CK: 0.0 g; FH: 13.4 g; SÓ: 1.0 g; Burgonyapüré 1/2 (12;) EN: 176.3 kcal; ZS: 5.0 g; TZS: 3.5 g; SZH: 26.0 g; CK: 0.2 g; FH: 3.8 g; SÓ: 0.9 g; Párolt ceruzabab 1/2 EN: 121.2 kcal; ZS: 10.7 g; TZS: 1.4 g; SZH: 6.1 g; CK: 0.0 g; FH: 2.3 g; SÓ: 0.1 g;	Meggyleves EN: 132.2 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 30.1 g; CK: 20.4 g; FH: 1.1 g; SÓ: 0.4 g; Halas bolognai spagetti (1;4;) EN: 353.5 kcal; ZS: 7.3 g; TZS: 1.5 g; SZH: 58.5 g; CK: 12.5 g; FH: 15.5 g; SÓ: 1.1 g; Körte EN: 36.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.4 g; CK: 1.1 g; FH: 0.3 g; SÓ: 0.0 g;
Uzsonna	Kockasajt (7;) EN: 41.6 kcal; ZS: 3.7 g; TZS: 1.9 g; SZH: 0.6 g; CK: 0.7 g; FH: 1.5 g; SÓ: 0.3 g; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 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;	Baromfi párizsi 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; 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; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;	Csirkemell sonka EN: 21.8 kcal; ZS: 0.9 g; TZS: 0.3 g; SZH: 0.4 g; CK: 0.1 g; FH: 3.0 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; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 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;	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; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g; Lilahagyma EN: 4.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.8 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g;	Jam EN: 52.8 kcal; ZS: 0.1 g; SZH: 12.8 g; CK: 12.6 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; Vizes zsemle (1;) EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;