

| Gasztvital | Hétfő<br>03.23                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Kedd<br>03.24                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Szerda<br>03.25                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Csütörtök<br>03.26                                                                                                                                                                                                                                                                                                                                                                                                        | Péntek<br>03.27                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| Tízórai    | <b>Málna tea</b><br>EN: 41.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Pulyka sonka</b><br>EN: 25.0 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 1.0 g; CK: 0.1 g; FH: 4.5 g; SÓ: 0.8 g;<br><b>Margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;<br><b>Jégcsapretek</b><br>EN: 6.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g; CA: 0.0 mg; | <b>Rizs ital</b><br>EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g; CA: 0.0 mg;<br><b>sült paprikakrém</b><br>EN: 90.0 kcal; ZS: 9.0 g; TZS: 2.8 g; SZH: 1.4 g; CK: 0.7 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;<br><b>Hónapos retek</b><br>EN: 7.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.1 g; CK: 0.0 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg;                                               | <b>Rizs ital</b><br>EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g; CA: 0.0 mg;<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: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g; | <b>Vaníliás rizsital</b><br>EN: 131.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g; CA: 0.0 mg;<br><b>Margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;                                                   | <b>Epres tea</b><br>EN: 41.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>petrezselymes tofukrém (6;)</b><br>EN: 48.6 kcal; ZS: 2.8 g; TZS: 0.5 g; SZH: 0.3 g; CK: 0.1 g; FH: 5.3 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;<br><b>Paprika</b><br>EN: 30.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.7 g; CK: 0.0 g; FH: 1.4 g; SÓ: 0.0 g; |
| Ebéd       | <b>Brokkoli krémleves (12;)</b><br>EN: 161.7 kcal; ZS: 2.3 g; TZS: 0.3 g; SZH: 30.8 g; CK: 8.2 g; FH: 3.6 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Sárgarépas rizseshús (sertés)</b><br><br>EN: 429.5 kcal; ZS: 15.1 g; TZS: 2.6 g; SZH: 51.6 g; CK: 1.0 g; FH: 20.9 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Cékla saláta * (10;)</b><br>EN: 28.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.0 g; CK: 3.4 g; FH: 1.2 g; SÓ: 0.7 g; CA: 0.0 mg;                                                                                                                                                                               | <b>Sertés gulyás leves (9;12;)</b><br>EN: 179.2 kcal; ZS: 9.1 g; TZS: 1.6 g; SZH: 11.3 g; CK: 0.0 g; FH: 11.5 g; SÓ: 1.1 g; CA: 0.0 mg;<br><b>Tejben dara rizsitalból és kukoricadarából</b><br>EN: 378.9 kcal; ZS: 4.3 g; TZS: 0.7 g; SZH: 81.0 g; CK: 42.4 g; FH: 3.1 g; SÓ: 0.3 g; CA: 0.0 mg;<br><b>Fahéj szórat</b><br>EN: 120.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 29.5 g; CK: 29.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<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; CA: 0.0 mg; | <b>Lebbencs leves (9;12;)</b><br>EN: 212.3 kcal; ZS: 11.7 g; TZS: 1.7 g; SZH: 23.2 g; CK: 0.2 g; FH: 2.5 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Fokhagymás csirkeapró</b><br><br>EN: 147.8 kcal; ZS: 4.6 g; TZS: 1.2 g; SZH: 2.7 g; CK: 0.0 g; FH: 22.8 g; SÓ: 0.6 g; CA: 0.0 mg;<br><b>Zöldbabfőzelék</b><br>EN: 157.2 kcal; ZS: 4.8 g; TZS: 0.5 g; SZH: 24.0 g; CK: 4.4 g; FH: 4.3 g; SÓ: 1.0 g; CA: 0.0 mg;                                                                  | <b>Zöldséges rizsleves</b><br>EN: 122.0 kcal; ZS: 2.9 g; TZS: 0.3 g; SZH: 21.0 g; CK: 2.4 g; FH: 2.9 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Paprikás burgonya kolbásszal (12;)</b><br><br>EN: 371.7 kcal; ZS: 23.7 g; TZS: 7.7 g; SZH: 28.6 g; CK: 0.9 g; FH: 8.3 g; SÓ: 1.7 g; CA: 0.0 mg;<br><b>Csemege uborka * (10;12;)</b><br>EN: 7.7 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.3 g; CK: 0.3 g; FH: 0.6 g; SÓ: 1.2 g; CA: 0.0 mg; | <b>Tavaszi zöldségleves (9;)</b><br>EN: 86.4 kcal; ZS: 2.9 g; TZS: 0.3 g; SZH: 13.7 g; CK: 0.1 g; FH: 1.3 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Szárnyas vagdalt</b><br><br>EN: 348.4 kcal; ZS: 6.1 g; TZS: 1.3 g; SZH: 56.8 g; CK: 1.4 g; FH: 13.6 g; SÓ: 1.9 g; CA: 0.0 mg;<br><b>Paradicsomos káposzta</b><br>EN: 210.6 kcal; ZS: 4.8 g; TZS: 0.5 g; SZH: 36.6 g; CK: 15.1 g; FH: 4.3 g; SÓ: 0.6 g; CA: 0.0 mg;                                                                               |
| Uzsonna    | <b>Házi sertés húskrém</b><br>EN: 116.4 kcal; ZS: 9.1 g; TZS: 3.7 g; SZH: 0.1 g; CK: 0.0 g; FH: 8.2 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Abonett</b><br>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;                                                                                                                                                                                                                                                                                                                                                                | <b>Bécsi felvágott</b><br>EN: 58.2 kcal; ZS: 5.2 g; TZS: 2.2 g; SZH: 0.5 g; CK: 0.1 g; FH: 2.4 g; SÓ: 0.3 g;<br><b>Margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;                                                                                                                                                                                        | <b>Tonhalkrém (4;10;)</b><br>EN: 178.6 kcal; ZS: 16.4 g; TZS: 4.4 g; SZH: 0.1 g; CK: 0.1 g; FH: 7.6 g; SÓ: 0.5 g; CA: 0.0 mg;<br><b>Puffasztott rizs</b><br>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;<br><b>Paprika</b><br>EN: 30.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 4.7 g; CK: 0.0 g; FH: 1.4 g; SÓ: 0.0 g;                                                                                                                  | <b>Snidlinges margarin</b><br>EN: 108.0 kcal; ZS: 12.0 g; TZS: 3.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 232.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 43.0 g; CK: 1.6 g; FH: 2.1 g; SÓ: 1.3 g;<br><b>Kígyóuborka</b><br>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;                                              | <b>Padlizsánkrém (10;)</b><br>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;<br><b>Abonett</b><br>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;                                                                                                                                                                                                                                                       |