

Gasztvital	Hétfő 03.23	Kedd 03.24	Szerda 03.25	Csütörtök 03.26	Péntek 03.27
Tízórai	Málna tea 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; Pulyka sonka 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; Margarin 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; Gluténmentes kenyér 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; Jégcsapretek 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;	Tej 2dl (7;) EN: 90.0 kcal; ZS: 3.0 g; TZS: 1.8 g; SZH: 9.2 g; CK: 9.2 g; FH: 6.0 g; SÓ: 0.2 g; CA: 240.0 mg; sült paprikakrém (7;) EN: 93.6 kcal; ZS: 9.0 g; TZS: 5.7 g; SZH: 1.8 g; CK: 1.0 g; FH: 1.0 g; SÓ: 0.3 g; CA: 22.5 mg; Gluténmentes kenyér 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; Hónapos retek 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;	Tej 2dl (7;) EN: 90.0 kcal; ZS: 3.0 g; TZS: 1.8 g; SZH: 9.2 g; CK: 9.2 g; FH: 6.0 g; SÓ: 0.2 g; CA: 240.0 mg; lekvár 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; Margarin 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; Gluténmentes kenyér 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;	Vaníliás tej (7;) EN: 115.9 kcal; ZS: 3.0 g; TZS: 1.8 g; SZH: 15.6 g; CK: 14.0 g; FH: 6.0 g; SÓ: 0.2 g; CA: 240.0 mg; Margarin 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; Gluténmentes kenyér 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;	Epres tea 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; Petrezselymes túrókrém (7;) EN: 51.4 kcal; ZS: 2.5 g; TZS: 1.7 g; SZH: 1.8 g; CK: 1.4 g; FH: 5.2 g; SÓ: 0.0 g; CA: 36.0 mg; Gluténmentes kenyér 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; Paprika 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	Brokkoli krémleves (7;12;) EN: 84.6 kcal; ZS: 3.9 g; TZS: 2.3 g; SZH: 8.5 g; CK: 1.7 g; FH: 2.9 g; SÓ: 1.2 g; CA: 36.0 mg; Sárgarépas rizseshús (sertés) 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; Cékla saláta * (10;) 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;	Sertés gulyás leves (9;12;) 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; Tejben dara kukoricadarából (7;) EN: 287.6 kcal; ZS: 4.3 g; TZS: 2.6 g; SZH: 50.8 g; CK: 18.0 g; FH: 10.1 g; SÓ: 0.3 g; CA: 300.0 mg; Fahéj szórat 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; 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;	Lebbencs leves (9;12;) 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; Fokhagymás csirkeapró 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; Zöldbabfőzelék (7;) EN: 148.5 kcal; ZS: 7.8 g; TZS: 2.8 g; SZH: 17.7 g; CK: 4.3 g; FH: 5.4 g; SÓ: 1.0 g; CA: 36.0 mg;	Zöldséges rizsleves 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; Paprikás burgonya kolbásszal (12;) 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; Csemege uborka * (10;12;) 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;	Tavaszi zöldségleves (9;) 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; Szárnyas vagdalt 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; Paradicsomos káposzta 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	Házi sertés húskrém 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; 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;	Bécsi felvágott 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; Margarin 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; Gluténmentes kenyér 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;	Edami sajt (7;) EN: 126.4 kcal; ZS: 9.4 g; TZS: 6.4 g; SZH: 0.8 g; CK: 0.8 g; FH: 10.4 g; SÓ: 0.3 g; CA: 320.0 mg; Margarin 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; Puffasztott rizs 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; Paprika 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;	Snidlinges sajtkrém (7;) EN: 48.8 kcal; ZS: 3.2 g; TZS: 2.1 g; SZH: 3.6 g; CK: 1.9 g; FH: 1.4 g; SÓ: 0.4 g; CA: 144.9 mg; Gluténmentes kenyér 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; 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;	Zöldfűszeres kockasajt (7;) EN: 41.6 kcal; ZS: 3.7 g; TZS: 1.5 g; SZH: 0.6 g; CK: 0.6 g; FH: 1.5 g; SÓ: 0.1 g; CA: 63.0 mg; 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;