

| Gasztvital | Hétfő<br>03.23                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Kedd<br>03.24                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Szerda<br>03.25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Csütörtök<br>03.26                                                                                                                                                                                                                                                                                                                                                                                                  | Péntek<br>03.27                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tízórai    | <b>Tej 2dl (7;)</b><br>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;<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>Teljes kiőrlésű kenyér (1;)</b><br>EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 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>Málna tea * (12;)</b><br>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Tojáskrém (3;7;)</b><br>EN: 106.6 kcal; ZS: 9.2 g; TZS: 5.2 g; SZH: 1.4 g; CK: 0.6 g; FH: 3.0 g; SÓ: 0.3 g; CA: 10.0 mg;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 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>Tej 2dl (7;)</b><br>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;<br><b>diabetikus lekvár *</b><br>EN: 23.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.4 g; CK: 5.4 g; FH: 0.0 g; SÓ: 0.0 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>Teljes kiőrlésű kenyér (1;)</b><br>EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g; | <b>Vaníliás tej * (7;)</b><br>EN: 112.7 kcal; ZS: 3.8 g; TZS: 2.3 g; SZH: 11.5 g; CK: 11.6 g; FH: 7.5 g; SÓ: 0.3 g; CA: 300.0 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>Teljes kiőrlésű kenyér (1;)</b><br>EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 g;                               | <b>Erdei gyümölcs tea *</b><br>EN: 0.2 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Petrezselymes túrókrém (7;)</b><br>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;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 333.0 kcal; ZS: 1.8 g; TZS: 0.4 g; SZH: 65.0 g; CK: 0.0 g; FH: 12.0 g; SÓ: 1.7 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 (1;7;)</b><br>EN: 162.6 kcal; ZS: 4.6 g; TZS: 3.1 g; SZH: 23.4 g; CK: 1.2 g; FH: 6.5 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Sárgarépa rizseshús (sertés)</b><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: 0.0 g; FH: 1.2 g; SÓ: 0.7 g;                                                                                                                                                                                                           | <b>Sertés gulyásleves (1;9;12;)</b><br>EN: 270.3 kcal; ZS: 16.7 g; TZS: 4.4 g; SZH: 15.0 g; CK: 1.1 g; FH: 12.9 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Tejben dara * (1;7;)</b><br>EN: 244.6 kcal; ZS: 4.8 g; TZS: 2.9 g; SZH: 37.5 g; CK: 13.8 g; FH: 11.8 g; SÓ: 0.3 g; CA: 360.0 mg;<br><b>Fahéj szórat *</b><br>EN: 9.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.3 g; CK: 0.0 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 Diéta (1;9;12;)</b><br>EN: 162.4 kcal; ZS: 7.5 g; TZS: 1.4 g; SZH: 19.3 g; CK: 0.5 g; FH: 3.1 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Fokhagymás csirkeapró</b><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 (1;7;)</b><br>EN: 145.0 kcal; ZS: 9.3 g; TZS: 2.3 g; SZH: 13.8 g; CK: 3.1 g; FH: 4.3 g; SÓ: 1.0 g; CA: 24.0 mg;                                                                                          | <b>Zöldséges rizsleves</b><br>EN: 125.1 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 21.8 g; CK: 2.9 g; FH: 2.8 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Paprikás burgonya kolbásszal (12;)</b><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;)</b><br>EN: 16.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.5 g; CK: 0.7 g; FH: 0.4 g; SÓ: 0.4 g; CA: 0.0 mg; | <b>Tavaszi zöldségleves (1;3;9;)</b><br>EN: 95.0 kcal; ZS: 3.4 g; TZS: 0.4 g; SZH: 12.5 g; CK: 3.3 g; FH: 3.0 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Szárnyas vagdalt (1;3;)</b><br>EN: 410.9 kcal; ZS: 26.3 g; TZS: 4.5 g; SZH: 28.0 g; CK: 0.5 g; FH: 14.0 g; SÓ: 1.8 g; CA: 0.0 mg;<br><b>Paradicsomos káposzta diab * (1;)</b><br>EN: 147.7 kcal; ZS: 4.8 g; TZS: 0.5 g; SZH: 20.9 g; CK: 4.6 g; FH: 4.7 g; SÓ: 0.9 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>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg;                                                                                                                                                                                                                                                                                                                                                    | <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>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg;                                                                                                                                                           | <b>Edami sajt (7;)</b><br>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;<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>vizes kifli (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg;<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>Lenmagos sajtkrém (7;)</b><br>EN: 78.2 kcal; ZS: 6.0 g; TZS: 3.6 g; SZH: 2.3 g; CK: 1.9 g; FH: 3.6 g; SÓ: 0.4 g; CA: 230.0 mg;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg;<br><b>Kígyóborka</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>Zöldfűszeres kockasajt (7;)</b><br>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;<br><b>vizes kifli (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g; CA: 0.0 mg;                                                                                                                                                                                                                                         |