

Gasztvital	Hétfő 03.23	Kedd 03.24	Szerda 03.25	Csütörtök 03.26	Péntek 03.27
Tízórai	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; Pulyka sonka EN: 16.7 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 0.7 g; CK: 0.1 g; FH: 3.0 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; CA: 0.0 mg; Teljes kiőrlésű kenyér (1;) 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; 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;	Málna tea * (12;) 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; Tojáskrém (3;7;) EN: 64.3 kcal; ZS: 5.3 g; TZS: 2.8 g; SZH: 0.8 g; CK: 0.3 g; FH: 2.2 g; SÓ: 0.2 g; CA: 5.0 mg; Teljes kiőrlésű kenyér (1;) 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; 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; diabetikus lekvár * 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; 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; Teljes kiőrlésű kenyér (1;) 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;	Vaníliás tej * (7;) 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; 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; Teljes kiőrlésű kenyér (1;) 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;	Erdei gyümölcs tea * EN: 0.1 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; Petrezselymes túrókrém (7;) EN: 37.8 kcal; ZS: 1.8 g; TZS: 1.3 g; SZH: 1.3 g; CK: 1.1 g; FH: 3.8 g; SÓ: 0.0 g; CA: 27.2 mg; Teljes kiőrlésű kenyér (1;) 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; 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 (1;7;) EN: 152.5 kcal; ZS: 4.0 g; TZS: 2.8 g; SZH: 23.1 g; CK: 1.0 g; FH: 5.8 g; SÓ: 1.0 g; CA: 0.0 mg; Sárgarépa rizseshús (sertés) EN: 278.9 kcal; ZS: 9.7 g; TZS: 1.6 g; SZH: 34.7 g; CK: 0.7 g; FH: 12.7 g; SÓ: 0.9 g; CA: 0.0 mg; Cékla saláta * (10;) EN: 20.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.0 g; CK: 0.0 g; FH: 0.9 g; SÓ: 0.5 g;	Sertés gulyásleves (1;9;12;) EN: 185.4 kcal; ZS: 11.0 g; TZS: 2.8 g; SZH: 11.6 g; CK: 0.9 g; FH: 8.4 g; SÓ: 1.0 g; CA: 0.0 mg; Tejben dara * (1;7;) EN: 183.5 kcal; ZS: 3.6 g; TZS: 2.1 g; SZH: 28.1 g; CK: 10.4 g; FH: 8.9 g; SÓ: 0.3 g; CA: 270.0 mg; Fahéj szórat * EN: 7.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 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 Diéta (1;9;12;) EN: 121.8 kcal; ZS: 5.6 g; TZS: 1.1 g; SZH: 14.5 g; CK: 0.4 g; FH: 2.4 g; SÓ: 0.9 g; CA: 0.0 mg; Fokhagymás csirkeapró EN: 113.7 kcal; ZS: 3.5 g; TZS: 0.9 g; SZH: 2.0 g; CK: 0.0 g; FH: 17.7 g; SÓ: 0.5 g; CA: 0.0 mg; Zöldbabfőzelék (1;7;) EN: 108.7 kcal; ZS: 7.0 g; TZS: 1.7 g; SZH: 10.3 g; CK: 2.3 g; FH: 3.2 g; SÓ: 0.8 g; CA: 18.0 mg;	Zöldséges rizsleves EN: 77.7 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 12.7 g; CK: 2.3 g; FH: 1.7 g; SÓ: 0.9 g; CA: 0.0 mg; Paprikás burgonya kolbásszal (12;) EN: 273.9 kcal; ZS: 15.2 g; TZS: 4.7 g; SZH: 25.6 g; CK: 1.1 g; FH: 6.2 g; SÓ: 1.3 g; CA: 0.0 mg; Csemege uborka * (10;) EN: 12.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.5 g; CK: 0.5 g; FH: 0.3 g; SÓ: 0.3 g; CA: 0.0 mg;	Tavaszi zöldségleves (1;3;9;) EN: 71.2 kcal; ZS: 2.6 g; TZS: 0.3 g; SZH: 9.4 g; CK: 2.5 g; FH: 2.2 g; SÓ: 0.1 g; CA: 0.0 mg; Szárnyas vagdalt (1;3;) EN: 367.8 kcal; ZS: 24.7 g; TZS: 4.0 g; SZH: 23.9 g; CK: 0.4 g; FH: 11.3 g; SÓ: 1.4 g; CA: 0.0 mg; Paradicsomos káposzta diab * (1;) EN: 110.8 kcal; ZS: 3.6 g; TZS: 0.4 g; SZH: 15.6 g; CK: 3.5 g; FH: 3.5 g; SÓ: 0.6 g; CA: 0.0 mg;
Uzsonna	Házi sertés húskrém EN: 86.9 kcal; ZS: 7.8 g; TZS: 3.3 g; SZH: 0.1 g; CK: 0.0 g; FH: 4.1 g; SÓ: 0.1 g; CA: 0.0 mg; vizes zsemle (1;) 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;	Bécsi felvágott EN: 43.7 kcal; ZS: 3.9 g; TZS: 1.7 g; SZH: 0.3 g; CK: 0.0 g; FH: 1.8 g; SÓ: 0.2 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; vizes zsemle (1;) 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;	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: 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; vizes kifli (1;) 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; 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;	Lenmagos sajtkrém (7;) EN: 59.1 kcal; ZS: 4.5 g; TZS: 2.7 g; SZH: 1.7 g; CK: 1.4 g; FH: 2.7 g; SÓ: 0.3 g; CA: 172.5 mg; vizes zsemle (1;) 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; Kígyóborka 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; vizes kifli (1;) 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;