

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: 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; 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: 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;	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; Tojáskrém (3;7;) 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; 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; Iekvár 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; 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: 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; 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;	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; 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: 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; Sárgarépa rizseshús (sertés) EN: 449.0 kcal; ZS: 16.1 g; TZS: 3.0 g; SZH: 50.2 g; CK: 0.4 g; FH: 24.7 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 (1;12;) EN: 153.4 kcal; ZS: 8.1 g; TZS: 1.3 g; SZH: 11.2 g; CK: 0.3 g; FH: 8.0 g; SÓ: 1.2 g; CA: 0.0 mg; Tejben dara (1;7;) EN: 295.6 kcal; ZS: 4.8 g; TZS: 2.9 g; SZH: 49.9 g; CK: 26.3 g; FH: 11.8 g; SÓ: 0.3 g; CA: 360.0 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 Diéta (1;9;12;) 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; 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 (1;7;) 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;	Zöldséges rizsleves 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; Paprikás burgonya virslivel (12;) EN: 361.9 kcal; ZS: 14.4 g; TZS: 4.4 g; SZH: 42.0 g; CK: 0.0 g; FH: 11.4 g; SÓ: 1.6 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 (1;3;9;) 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; Szárnyas vagdalt (1;3;) 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; Kelkáposzta főzelék (1;12;) EN: 157.1 kcal; ZS: 4.3 g; TZS: 0.5 g; SZH: 21.5 g; CK: 0.0 g; FH: 6.9 g; SÓ: 1.0 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; 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: 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; 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: 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; 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: 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; 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; 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; 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;