

Gasztvital	Hétfő 03.23	Kedd 03.24	Szerda 03.25	Csütörtök 03.26	Péntek 03.27
Tízórai	Málna tea EN: 28.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.0 g; CK: 7.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 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; 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: 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;	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: 62.9 kcal; ZS: 6.0 g; TZS: 3.8 g; SZH: 1.3 g; CK: 0.7 g; FH: 0.7 g; SÓ: 0.2 g; CA: 15.0 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; 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: 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; 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: 111.4 kcal; ZS: 3.0 g; TZS: 1.8 g; SZH: 14.5 g; CK: 12.9 g; FH: 6.0 g; SÓ: 0.2 g; CA: 240.0 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; 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: 28.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.0 g; CK: 7.0 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; 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: 64.3 kcal; ZS: 2.9 g; TZS: 1.8 g; SZH: 6.6 g; CK: 1.2 g; FH: 2.2 g; SÓ: 0.9 g; CA: 27.0 mg; Sárgarépas 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: 2.4 g; FH: 0.9 g; SÓ: 0.5 g; CA: 0.0 mg;	Sertés gulyás leves (9;12;) EN: 137.8 kcal; ZS: 7.1 g; TZS: 1.3 g; SZH: 7.7 g; CK: 0.0 g; FH: 9.6 g; SÓ: 0.8 g; CA: 0.0 mg; Tejben dara kukoricadarából (7;) EN: 275.1 kcal; ZS: 3.9 g; TZS: 2.3 g; SZH: 49.8 g; CK: 21.0 g; FH: 9.0 g; SÓ: 0.3 g; CA: 270.0 mg; Fahéj szórat EN: 82.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 20.0 g; CK: 20.0 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 (9;12;) EN: 144.1 kcal; ZS: 5.4 g; TZS: 0.9 g; SZH: 21.0 g; CK: 0.2 g; FH: 2.1 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 (7;) EN: 133.1 kcal; ZS: 5.2 g; TZS: 1.8 g; SZH: 19.9 g; CK: 3.4 g; FH: 4.7 g; SÓ: 0.8 g; CA: 24.0 mg;	Zöldséges rizsleves EN: 89.2 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 15.3 g; CK: 1.6 g; FH: 2.1 g; SÓ: 0.9 g; CA: 0.0 mg; Paprikás burgonya kolbással (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;12;) EN: 4.4 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.2 g; FH: 0.3 g; SÓ: 0.7 g; CA: 0.0 mg;	Tavaszi zöldségleves (9;) EN: 69.1 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 11.3 g; CK: 0.1 g; FH: 1.0 g; SÓ: 0.9 g; CA: 0.0 mg; Szárnyas vagdalt EN: 257.5 kcal; ZS: 4.7 g; TZS: 1.0 g; SZH: 40.9 g; CK: 1.0 g; FH: 10.6 g; SÓ: 1.4 g; CA: 0.0 mg; Paradicsomos káposzta EN: 176.6 kcal; ZS: 3.6 g; TZS: 0.4 g; SZH: 31.8 g; CK: 12.6 g; FH: 3.5 g; SÓ: 0.4 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; 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: 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; 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: 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; 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: 37.9 kcal; ZS: 2.5 g; TZS: 1.6 g; SZH: 2.7 g; CK: 1.4 g; FH: 1.0 g; SÓ: 0.3 g; CA: 113.6 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;