

Gasztvital	Hétfő 06.16	Kedd 06.17	Szerda 06.18	Csütörtök 06.19	Péntek 06.20
Reggeli	Citromos tea EN: 20.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.0 g; CK: 5.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Sonkakrém EN: 53.9 kcal; ZS: 4.9 g; TZS: 1.6 g; SZH: 0.5 g; CK: 0.3 g; FH: 1.9 g; SÓ: 0.4 g; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; Paprika EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.1 g; FH: 0.8 g;	Málna tea EN: 25.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.3 g; CK: 6.3 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Olasz felvágott EN: 35.4 kcal; ZS: 3.0 g; TZS: 1.1 g; SZH: 0.3 g; CK: 0.0 g; FH: 1.8 g; SÓ: 0.3 g; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; margarin EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;	Rizs ital EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g; Baromfi párizsi EN: 30.4 kcal; ZS: 2.5 g; TZS: 0.9 g; SZH: 0.2 g; CK: 0.1 g; FH: 1.6 g; SÓ: 0.3 g; margarin EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;	Erdei gyümölcs tea EN: 20.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.0 g; CK: 5.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Tonhalkrém (4;10;) EN: 70.3 kcal; ZS: 6.6 g; TZS: 2.1 g; SZH: 0.1 g; CK: 0.0 g; FH: 2.6 g; SÓ: 0.1 g; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;	Limonádé EN: 13.7 kcal; SZH: 3.0 g; CK: 2.6 g; FH: 0.0 g; Gépsonka EN: 17.5 kcal; ZS: 0.7 g; TZS: 0.3 g; SZH: 0.5 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.4 g; margarin EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; Kígyóborka EN: 12.0 kcal; ZS: 0.1 g; SZH: 1.7 g; FH: 1.0 g;
Tízórai	Nektarin EN: 24.5 kcal; SZH: 5.7 g; FH: 0.2 g;	Smoothie EN: 76.1 kcal; ZS: 0.2 g; SZH: 16.8 g; CK: 0.7 g; FH: 0.8 g;	Őszibarack EN: 20.5 kcal; ZS: 0.1 g; SZH: 4.5 g; CK: 4.5 g; FH: 0.3 g;	Gyümölcs turmix (alma-körte) EN: 121.2 kcal; ZS: 1.9 g; TZS: 0.3 g; SZH: 24.9 g; CK: 8.2 g; FH: 0.7 g; SÓ: 0.1 g; CA: 0.0 mg;	Smoothie zöld EN: 66.8 kcal; ZS: 0.3 g; SZH: 14.7 g; CK: 0.0 g; FH: 1.0 g;
Ebéd	Csirkehúsos zöldborsóleves (12;) EN: 185.0 kcal; ZS: 6.0 g; TZS: 1.1 g; SZH: 16.6 g; CK: 0.2 g; FH: 13.8 g; SÓ: 0.4 g; CA: 0.0 mg; Gyümölcsrizs EN: 232.2 kcal; ZS: 2.8 g; TZS: 0.7 g; SZH: 48.5 g; CK: 12.2 g; FH: 3.5 g; SÓ: 0.4 g;	Egyben sertésvagdalt EN: 146.7 kcal; ZS: 2.8 g; TZS: 2.2 g; SZH: 22.2 g; CK: 0.2 g; FH: 7.7 g; SÓ: 0.8 g; CA: 0.0 mg; Paradicsomos káposzta EN: 140.4 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 25.0 g; CK: 11.3 g; FH: 2.7 g; SÓ: 0.4 g; alma EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g; FH: 0.4 g;	Fokhagymás csirkeragu EN: 99.4 kcal; ZS: 6.9 g; TZS: 2.0 g; SZH: 1.4 g; CK: 0.0 g; FH: 7.3 g; SÓ: 0.4 g; Burgonyafőzelék (12;) EN: 135.1 kcal; ZS: 4.8 g; TZS: 0.5 g; SZH: 19.1 g; CK: 0.2 g; FH: 2.2 g; SÓ: 0.4 g;	Főtt virsli EN: 53.0 kcal; ZS: 4.6 g; TZS: 1.4 g; SZH: 0.5 g; CK: 0.1 g; FH: 2.4 g; SÓ: 0.4 g; Parajfőzelék EN: 82.0 kcal; ZS: 1.2 g; TZS: 0.2 g; SZH: 16.5 g; CK: 4.1 g; FH: 1.3 g; SÓ: 0.5 g;	Sertés pörkölt EN: 100.3 kcal; ZS: 5.8 g; TZS: 1.2 g; SZH: 1.9 g; CK: 0.0 g; FH: 9.3 g; SÓ: 0.8 g; CA: 0.0 mg; Puliszka EN: 114.5 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 16.9 g; CK: 0.6 g; FH: 2.3 g; SÓ: 0.5 g;
Uzsonna	Csirkemell sonka EN: 13.5 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 0.8 g; CK: 0.1 g; FH: 2.4 g; SÓ: 0.4 g; margarin EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; 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; Rizs ital EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g;	Sárgarépás margarin EN: 58.0 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.8 g; FH: 0.1 g; SÓ: 0.0 g; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; Rizs ital EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g;	Zala felvágott EN: 36.0 kcal; ZS: 3.0 g; TZS: 1.2 g; SZH: 0.3 g; CK: 0.1 g; FH: 2.0 g; SÓ: 0.3 g; margarin EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; 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; Paprika EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.1 g; FH: 0.8 g; Citromos tea EN: 20.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.0 g; CK: 5.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;	magyaros margarinkrém EN: 108.0 kcal; ZS: 12.0 g; TZS: 3.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.3 g; CA: 0.0 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; Jégcsapretek EN: 3.0 kcal; ZS: 0.0 g; SZH: 0.4 g; FH: 0.2 g; Rizs ital EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g;	Prágai pulyka sonka EN: 12.5 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 0.5 g; CK: 0.1 g; FH: 2.3 g; SÓ: 0.4 g; Puffasztott rizs (ripsz-ropsz) 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; margarin EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; Rizs ital EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g;