

| Gasztvital | Hétfő<br>06.16                                                                                                                                                                                                                                                                                                                                                                | Kedd<br>06.17                                                                                                                                                                                                                                                                                                                                                                                                   | Szerda<br>06.18                                                                                                                                                                                                                                                                                                                                                                                            | Csütörtök<br>06.19                                                                                                                                                                                                                                                                                                                                                         | Péntek<br>06.20                                                                                                                                                                                                                                                                                                                                                                  |
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| Tízórai    | <b>Tea szőlőcukorral</b><br>EN: 14.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.6 g; CK: 3.6 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Bazsalikomos margarin</b><br>EN: 55.3 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g;<br><b>Gluténmentes kenyér</b><br>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;        | <b>Tea szőlőcukorral</b><br>EN: 14.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.6 g; CK: 3.6 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Brokkolikrém</b><br>EN: 57.4 kcal; ZS: 6.1 g; TZS: 2.8 g; SZH: 0.4 g; CK: 0.2 g; FH: 0.5 g; SÓ: 0.2 g;<br><b>Gluténmentes kenyér</b><br>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;                                                   | <b>Rizs ital</b><br>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;<br><b>Karfiolkrém</b><br>EN: 42.2 kcal; ZS: 4.2 g; TZS: 1.2 g; SZH: 0.4 g; CK: 0.0 g; FH: 0.6 g; SÓ: 0.4 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Gluténmentes kenyér</b><br>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; | <b>Tea szőlőcukorral (12;)</b><br>EN: 14.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.6 g; CK: 3.6 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Tonhalkrém (4;10;)</b><br>EN: 105.3 kcal; ZS: 9.9 g; TZS: 3.1 g; SZH: 0.2 g; CK: 0.0 g; FH: 3.9 g; SÓ: 0.2 g;<br><b>Gluténmentes kenyér</b><br>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; | <b>Limonádé szőlőcukorral</b><br>EN: 25.3 kcal; SZH: 5.6 g; CK: 4.7 g; FH: 0.1 g;<br><b>Gépsonka</b><br>EN: 23.4 kcal; ZS: 0.9 g; TZS: 0.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 3.2 g; SÓ: 0.5 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Gluténmentes kenyér</b><br>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; |
| Ebéd       | <b>Csirke raguleves (9;12;)</b><br>EN: 60.7 kcal; ZS: 1.0 g; TZS: 0.3 g; SZH: 5.4 g; CK: 0.0 g; FH: 6.4 g; SÓ: 1.0 g;<br><b>Tejberizs szőlőcukorral</b><br>EN: 279.1 kcal; ZS: 2.7 g; TZS: 0.4 g; SZH: 59.6 g; CK: 12.2 g; FH: 4.5 g; SÓ: 0.7 g;<br><b>Kakaó szórat szőlőcukorral</b><br>EN: 74.8 kcal; ZS: 1.1 g; TZS: 0.7 g; SZH: 14.1 g; CK: 13.5 g; FH: 1.1 g; SÓ: 0.1 g; | <b>Csontleves tésztával (9;)</b><br>EN: 86.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 17.8 g; CK: 2.4 g; FH: 2.2 g; SÓ: 2.0 g; CA: 0.0 mg;<br><b>Egyben sertésvagdalt</b><br>EN: 179.3 kcal; ZS: 3.7 g; TZS: 2.9 g; SZH: 26.0 g; CK: 0.2 g; FH: 10.1 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Kelkáposzta főzelék (12;)</b><br>EN: 134.2 kcal; ZS: 3.2 g; TZS: 0.3 g; SZH: 20.2 g; CK: 0.1 g; FH: 5.0 g; SÓ: 0.8 g; CA: 0.0 mg; | <b>Zöldségleves (9;12;)</b><br>EN: 56.3 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 7.3 g; CK: 1.1 g; FH: 1.6 g; SÓ: 0.5 g;<br><b>Fokhagymás csirkeragu</b><br>EN: 142.3 kcal; ZS: 9.8 g; TZS: 2.9 g; SZH: 1.7 g; CK: 0.0 g; FH: 10.8 g; SÓ: 0.5 g;<br><b>Rizs köret</b><br>EN: 370.9 kcal; ZS: 3.1 g; TZS: 0.4 g; SZH: 77.5 g; FH: 9.3 g; SÓ: 0.0 g;                                                                | <b>Magyaros burgonyaleves (12;)</b><br>EN: 79.0 kcal; ZS: 0.9 g; TZS: 0.1 g; SZH: 14.8 g; CK: 0.8 g; FH: 1.9 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Főtt virsli</b><br>EN: 106.0 kcal; ZS: 9.2 g; TZS: 2.8 g; SZH: 1.1 g; CK: 0.1 g; FH: 4.8 g; SÓ: 0.9 g;<br><b>Parajfőzelék</b><br>EN: 115.8 kcal; ZS: 1.6 g; TZS: 0.3 g; SZH: 23.4 g; CK: 5.8 g; FH: 1.8 g; SÓ: 0.7 g;         | <b>Zöldségkrémleves (12;)</b><br>EN: 54.6 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 10.6 g; CK: 1.5 g; FH: 1.4 g; SÓ: 1.5 g; CA: 0.0 mg;<br><b>Carbonara spagetti</b><br>EN: 429.7 kcal; ZS: 15.7 g; TZS: 4.2 g; SZH: 56.3 g; CK: 3.9 g; FH: 14.7 g; SÓ: 2.9 g;                                                                                                                          |
| Uzsonna    | <b>Csirkemell sonka</b><br>EN: 18.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.0 g; CK: 0.1 g; FH: 3.2 g; SÓ: 0.5 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Abonett</b><br>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;                                                                                         | <b>Sárgarépás margarin</b><br>EN: 87.0 kcal; ZS: 9.0 g; TZS: 2.8 g; SZH: 1.2 g; FH: 0.2 g; SÓ: 0.0 g;<br><b>Gluténmentes kenyér</b><br>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;                                                                                                                                                                                     | <b>Zala felvágott</b><br>EN: 48.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.4 g; CK: 0.1 g; FH: 2.6 g; SÓ: 0.4 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Abonett</b><br>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;                                                                                                                        | <b>magyaros margarinkrém</b><br>EN: 162.0 kcal; ZS: 18.0 g; TZS: 5.7 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.3 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>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;                                                                                                                     | <b>sült paprikakrém</b><br>EN: 112.5 kcal; ZS: 12.0 g; TZS: 3.8 g; SZH: 0.7 g; CK: 0.1 g; FH: 0.2 g; SÓ: 0.1 g;<br><b>Puffasztott rizs (ripsz-ropsz)</b><br>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;                                                                                                                                  |