

| 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>Margarin</b><br>EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;<br><br><b>vizes zsemle (1;)</b><br>EN: 125.0 kcal; ZS: 0.4 g; TZS: 0.2 g; SZH: 26.5 g;<br>CK: 0.1 g; FH: 3.9 g; SÓ: 0.6 g;                                                                                                                                                                                                                                                                                                                                                   | <b>Póré s tojáskrém tm,frm (3;)</b><br>EN: 94.8 kcal; ZS: 9.0 g; TZS: 3.7 g; SZH: 1.2 g; CK: 0.0 g; FH: 2.3 g; SÓ: 0.3 g; CA: 0.0 mg;<br><br><b>Liga Margarin</b><br>EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;<br><br><b>vizes zsemle (1;)</b><br>EN: 125.0 kcal; ZS: 0.4 g; TZS: 0.2 g; SZH: 26.5 g;<br>CK: 0.1 g; FH: 3.9 g; SÓ: 0.6 g;                                                                                                                                                                                  | <b>Laktózmentes tej (7;)</b><br>EN: 88.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 9.4 g; CK: 9.4 g; FH: 6.0 g; SÓ: 0.3 g;<br><br><b>Ligakrém kapros tm</b><br>EN: 154.3 kcal; ZS: 17.2 g; TZS: 7.6 g; SZH: 0.0 g;<br>FH: 0.0 g; SÓ: 0.0 g;<br><br><b>vizes zsemle (1;)</b><br>EN: 125.0 kcal; ZS: 0.4 g; TZS: 0.2 g; SZH: 26.5 g;<br>CK: 0.1 g; FH: 3.9 g; SÓ: 0.6 g;                                                                                | <b>Brokkolis zöldségpástétom</b><br>EN: 2.5 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 0.1 g; FH: 0.0 g; SÓ: 0.0 g;<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 196.0 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 37.1 g;<br>CK: 0.6 g; FH: 4.1 g; SÓ: 1.2 g;                                                                                                                                                                 | <b>Kockasajt LM (7;)</b><br>EN: 48.7 kcal; ZS: 2.5 g; TZS: 1.8 g; SZH: 1.8 g; CK: 1.4 g; FH: 4.9 g; SÓ: 0.3 g; CA: 201.3 mg;<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 196.0 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 37.1 g;<br>CK: 0.6 g; FH: 4.1 g; SÓ: 1.2 g;                                                                                                                                                                                                                                                                    |
| Ebéd       | <b>Gulyásleves zm (12;)</b><br><br>EN: 249.2 kcal; ZS: 16.4 g; TZS: 4.3 g; SZH: 12.9 g;<br>CK: 0.0 g; FH: 11.1 g; SÓ: 1.6 g; CA: 0.0 mg;<br><br><b>Rizsitalos "Tejbenrizs" tm,frm *</b><br><br>EN: 312.3 kcal; ZS: 3.3 g; TZS: 0.7 g; SZH: 65.7 g;<br>CK: 9.3 g; FH: 5.7 g; SÓ: 1.1 g;<br><br><b>Kakaósórat diab *</b><br>EN: 10.2 kcal; ZS: 0.6 g; TZS: 0.3 g; SZH: 0.3 g; CK: 0.0 g; FH: 0.6 g; SÓ: 0.0 g; CA: 0.0 mg;<br><br><b>Zsemle fél db (1;)</b><br>EN: 62.5 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 13.3 g; CK: 0.1 g; FH: 2.0 g; SÓ: 0.3 g; | <b>Csontleves tojm,gm (9;12;)</b><br><br>EN: 56.0 kcal; ZS: 1.2 g; TZS: 0.4 g; SZH: 8.9 g; CK: 0.1 g; FH: 2.2 g; SÓ: 0.0 g; CA: 0.0 mg;<br><br><b>Brokkolifőzelék tm,gm (12;)</b><br><br>EN: 155.4 kcal; ZS: 5.7 g; TZS: 0.6 g; SZH: 20.0 g;<br>CK: 2.4 g; FH: 4.6 g; SÓ: 1.5 g;<br><br><b>Vagdalt</b><br>EN: 80.5 kcal; ZS: 2.9 g; TZS: 1.0 g; SZH: 2.4 g; CK: 0.1 g; FH: 10.5 g; SÓ: 1.3 g; CA: 0.0 mg;<br><br><b>Zsemle fél db (1;)</b><br>EN: 62.5 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 13.3 g; CK: 0.1 g; FH: 2.0 g; SÓ: 0.3 g; | <b>Rizstejszínes burgonyaleves tm,frm-gm * (12;)</b><br>EN: 120.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 24.4 g; CK: 1.0 g; FH: 2.8 g; SÓ: 0.9 g; CA: 0.0 mg;<br><br><b>Édes-savanyú csirkecomb frm,diab,par.mentes * (10;)</b><br>EN: 182.5 kcal; ZS: 12.8 g; TZS: 3.3 g; SZH: 4.8 g; CK: 0.2 g; FH: 10.9 g; SÓ: 1.1 g; CA: 0.0 mg;<br><br><b>Petrezselymes rizs</b><br>EN: 347.0 kcal; ZS: 7.4 g; TZS: 0.9 g; SZH: 63.3 g; FH: 7.6 g; SÓ: 0.2 g; | <b>Karalábéleves (9;12;)</b><br><br>EN: 118.3 kcal; ZS: 4.2 g; TZS: 0.5 g; SZH: 18.4 g; CK: 0.2 g; FH: 2.1 g; SÓ: 1.6 g; CA: 0.0 mg;<br><br><b>Kapros halragu tm (4;)</b><br><br>EN: 91.9 kcal; ZS: 4.1 g; TZS: 0.9 g; SZH: 2.9 g; CK: 0.9 g; FH: 10.1 g; SÓ: 0.2 g;<br><br><b>Durumtészta (1;)</b><br>EN: 516.8 kcal; ZS: 19.6 g; TZS: 2.4 g; SZH: 72.0 g; CK: 3.5 g; FH: 12.2 g; SÓ: 1.2 g;                   | <b>Karfiol krémleves tm-gm (12;)</b><br><br>EN: 99.8 kcal; ZS: 4.6 g; TZS: 1.8 g; SZH: 11.3 g; CK: 1.0 g; FH: 2.8 g; SÓ: 1.2 g; CA: 0.0 mg;<br><br><b>Pirított zsemlekocka (1;)</b><br><br>EN: 26.6 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.2 g; CK: 0.1 g; FH: 0.9 g; SÓ: 0.0 g;<br><br><b>Borsodi fokhagymás szelet (12;)</b><br>EN: 326.6 kcal; ZS: 21.6 g; TZS: 4.4 g; SZH: 12.4 g; CK: 1.5 g; FH: 19.6 g; SÓ: 1.3 g; CA: 0.0 mg;<br><br><b>Tört burgonya (12;)</b><br>EN: 235.0 kcal; ZS: 0.5 g; SZH: 46.0 g; FH: 6.3 g; SÓ: 2.3 g; |
| Uzsonna    | <b>Csemege turista szalámi</b><br>EN: 103.5 kcal; ZS: 9.3 g; TZS: 3.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 4.8 g; SÓ: 0.8 g;<br><br><b>Liga Margarin</b><br>EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 196.0 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 37.1 g;<br>CK: 0.6 g; FH: 4.1 g; SÓ: 1.2 g;<br><br><b>Kígyóuborka</b><br>EN: 3.6 kcal; ZS: 0.0 g; SZH: 0.5 g; FH: 0.3 g;                                                                                                                          | <b>Szendvicsskrém felvágottból gm,tm</b><br>EN: 129.7 kcal; ZS: 12.0 g; TZS: 5.2 g; SZH: 0.3 g; CK: 0.0 g; FH: 1.7 g; SÓ: 0.4 g;<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 196.0 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 37.1 g;<br>CK: 0.6 g; FH: 4.1 g; SÓ: 1.2 g;                                                                                                                                                                                                                                                             | <b>Laktózmentes joghurt, natúr (7;)</b><br>EN: 93.0 kcal; ZS: 5.4 g; TZS: 3.6 g; SZH: 6.0 g; CK: 6.0 g; FH: 5.1 g; SÓ: 0.1 g; CA: 180.0 mg;<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 196.0 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 37.1 g;<br>CK: 0.6 g; FH: 4.1 g; SÓ: 1.2 g;<br><br><b>Soproni felvágott</b><br>EN: 69.6 kcal; ZS: 5.7 g; TZS: 2.3 g; SZH: 1.0 g; CK: 0.4 g; FH: 3.6 g; SÓ: 0.7 g;                                        | <b>Tavaszi felvágott</b><br>EN: 97.0 kcal; ZS: 8.4 g; TZS: 3.5 g; SZH: 1.2 g; CK: 0.2 g; FH: 4.2 g; SÓ: 0.8 g;<br><br><b>Liga Margarin</b><br>EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 196.0 kcal; ZS: 2.6 g; TZS: 0.2 g; SZH: 37.1 g;<br>CK: 0.6 g; FH: 4.1 g; SÓ: 1.2 g;<br><br><b>Tv paprika</b><br>EN: 6.0 kcal; ZS: 0.0 g; SZH: 0.9 g; FH: 0.3 g; | <b>Szendvicssonka</b><br>EN: 31.0 kcal; ZS: 1.4 g; TZS: 0.6 g; SZH: 1.0 g; CK: 0.5 g; FH: 3.8 g; SÓ: 0.7 g;<br><br><b>Liga Margarin</b><br>EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;<br><br><b>vizes zsemle (1;)</b><br>EN: 125.0 kcal; ZS: 0.4 g; TZS: 0.2 g; SZH: 26.5 g;<br>CK: 0.1 g; FH: 3.9 g; SÓ: 0.6 g;<br><br><b>Jégcsapretek</b><br>EN: 4.5 kcal; ZS: 0.0 g; SZH: 0.7 g; FH: 0.4 g;                                                                                                                                 |