

| 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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| Ebéd            | <b>Gulyásleves zm (12;)</b><br>EN: 320.4 kcal; ZS: 21.0 g; TZS: 5.5 g; SZH: 16.5 g; CK: 0.0 g; FH: 14.3 g; SÓ: 2.1 g; CA: 0.0 mg;<br><b>Rizsitalos tejben rizs 3,5dkg *</b><br><br>EN: 214.4 kcal; ZS: 2.3 g; TZS: 0.5 g; SZH: 45.0 g; CK: 6.6 g; FH: 3.8 g; SÓ: 0.7 g; CA: 0.0 mg;<br><br><b>Kakaósórat diab *</b><br>EN: 13.1 kcal; ZS: 0.7 g; TZS: 0.4 g; SZH: 0.4 g; CK: 0.0 g; FH: 0.7 g; SÓ: 0.1 g; CA: 0.0 mg; | <b>Csontleves tojm,gm (9;12;)</b><br>EN: 72.0 kcal; ZS: 1.6 g; TZS: 0.5 g; SZH: 11.4 g; CK: 0.1 g; FH: 2.8 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Zöldbabfőzelék tm,gm</b><br><br>EN: 132.7 kcal; ZS: 4.0 g; TZS: 0.4 g; SZH: 23.2 g; CK: 1.5 g; FH: 4.6 g; SÓ: 0.6 g; CA: 0.0 mg;<br><b>Diétás vagdalt gm diab</b><br>EN: 85.8 kcal; ZS: 3.2 g; TZS: 1.1 g; SZH: 0.8 g; CK: 0.0 g; FH: 12.5 g; SÓ: 1.6 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér fél</b><br>EN: 162.4 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 30.1 g; CK: 1.1 g; FH: 1.5 g; SÓ: 0.9 g; | <b>Tejfölös burgonyaleves diab * (7;12;)</b><br>EN: 121.8 kcal; ZS: 4.6 g; TZS: 2.9 g; SZH: 15.8 g; CK: 0.8 g; FH: 2.5 g; SÓ: 1.0 g; CA: 27.0 mg;<br><b>Édes-savanyú csirkecomb frm,diab,par.mentes * (10;)</b><br><br>EN: 244.7 kcal; ZS: 18.3 g; TZS: 4.2 g; SZH: 6.1 g; CK: 0.2 g; FH: 12.7 g; SÓ: 1.3 g; CA: 0.0 mg;<br><br><b>Petrezselymes rizs 5dkg</b><br>EN: 255.9 kcal; ZS: 9.4 g; TZS: 1.1 g; SZH: 38.8 g; FH: 4.7 g; SÓ: 2.0 g; | <b>Zöldborsóleves tojm,gm (12;)</b><br>EN: 126.7 kcal; ZS: 4.7 g; TZS: 0.6 g; SZH: 16.0 g; CK: 0.1 g; FH: 4.4 g; SÓ: 0.3 g; CA: 0.0 mg;<br><b>Kapros halragu tm (4;)</b><br><br>EN: 118.1 kcal; ZS: 5.3 g; TZS: 1.1 g; SZH: 3.7 g; CK: 1.1 g; FH: 12.9 g; SÓ: 0.2 g;<br><br><b>Tésztaköret -Tojm,gm-5dkg</b><br>EN: 208.0 kcal; ZS: 4.3 g; TZS: 0.4 g; SZH: 39.5 g; CK: 0.5 g; FH: 2.8 g; SÓ: 0.7 g; | <b>Erdei gyümölcskrémleves gm,diab *</b><br>EN: 91.6 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 18.6 g; CK: 7.1 g; FH: 1.7 g; SÓ: 0.5 g; CA: 0.0 mg;<br><b>Borsodi fokhagymás szelet (12;)</b><br><br>EN: 419.8 kcal; ZS: 27.7 g; TZS: 5.7 g; SZH: 15.9 g; CK: 2.0 g; FH: 25.2 g; SÓ: 1.7 g; CA: 0.0 mg;<br><br><b>Tört burgonya 15dkg tm (12;)</b><br>EN: 164.6 kcal; ZS: 2.9 g; TZS: 1.2 g; SZH: 27.6 g; FH: 3.8 g; SÓ: 3.0 g; |
| Napi összesítés | EN: 547.8 kcal; ZS: 24.1 g; TZS: 6.5 g; SZH: 62.0 g; CK: 6.6 g; FH: 18.9 g; SÓ: 2.8 g; CA: 0.0 mg;                                                                                                                                                                                                                                                                                                                    | EN: 452.8 kcal; ZS: 11.8 g; TZS: 2.3 g; SZH: 65.5 g; CK: 2.7 g; FH: 21.3 g; SÓ: 3.1 g; CA: 0.0 mg;                                                                                                                                                                                                                                                                                                                                                                                                                                        | EN: 622.4 kcal; ZS: 32.3 g; TZS: 8.2 g; SZH: 60.6 g; CK: 1.0 g; FH: 19.9 g; SÓ: 4.3 g; CA: 27.0 mg;                                                                                                                                                                                                                                                                                                                                         | EN: 452.8 kcal; ZS: 14.4 g; TZS: 2.1 g; SZH: 59.1 g; CK: 1.7 g; FH: 20.1 g; SÓ: 1.2 g; CA: 0.0 mg;                                                                                                                                                                                                                                                                                                   | EN: 676.0 kcal; ZS: 31.2 g; TZS: 7.0 g; SZH: 62.2 g; CK: 9.1 g; FH: 30.6 g; SÓ: 5.2 g; CA: 0.0 mg;                                                                                                                                                                                                                                                                                                                      |