

| 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>Citromos tea (12;)</b><br>EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.2 g; CK: 6.2 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Margarin</b><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 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; CK: 0.1 g; FH: 3.9 g; SÓ: 0.6 g;                                                                                                                                                                                 | <b>Laktózmentes tej (7;)</b><br>EN: 66.0 kcal; ZS: 2.3 g; TZS: 1.5 g; SZH: 7.0 g; CK: 7.0 g; FH: 4.5 g; SÓ: 0.2 g;<br><b>Póré s tojáskrém tm,frm (3;)</b><br>EN: 81.3 kcal; ZS: 7.7 g; TZS: 3.2 g; SZH: 1.0 g; CK: 0.0 g; FH: 2.0 g; SÓ: 0.2 g; CA: 0.0 mg;<br><b>Liga Margarin</b><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 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; CK: 0.1 g; FH: 3.9 g; SÓ: 0.6 g;                                                          | <b>Laktózmentes tej (7;)</b><br>EN: 66.0 kcal; ZS: 2.3 g; TZS: 1.5 g; SZH: 7.0 g; CK: 7.0 g; FH: 4.5 g; SÓ: 0.2 g;<br><b>Ligakrém kapros tm</b><br>EN: 132.3 kcal; ZS: 14.7 g; TZS: 6.5 g; SZH: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>vizes zsemle (1;)</b><br>EN: 125.0 kcal; ZS: 0.4 g; TZS: 0.2 g; SZH: 26.5 g; CK: 0.1 g; FH: 3.9 g; SÓ: 0.6 g;<br><b>Paradicsom</b><br>EN: 4.6 kcal; ZS: 0.0 g; SZH: 0.8 g; FH: 0.2 g;                      | <b>Laktózmentes tej (7;)</b><br>EN: 66.0 kcal; ZS: 2.3 g; TZS: 1.5 g; SZH: 7.0 g; CK: 7.0 g; FH: 4.5 g; SÓ: 0.2 g;<br><b>Vaniliás túrókrém LM (7;)</b><br>EN: 40.8 kcal; ZS: 1.7 g; TZS: 1.1 g; SZH: 2.8 g; CK: 2.0 g; FH: 3.5 g; SÓ: 0.0 g; CA: 17.3 mg;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 140.0 kcal; ZS: 1.9 g; TZS: 0.1 g; SZH: 26.5 g; CK: 0.4 g; FH: 2.9 g; SÓ: 0.8 g;             | <b>Citromos tea (12;)</b><br>EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.2 g; CK: 6.2 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Kockasajt LM (7;)</b><br>EN: 24.3 kcal; ZS: 1.2 g; TZS: 0.9 g; SZH: 0.9 g; CK: 0.7 g; FH: 2.5 g; SÓ: 0.1 g; CA: 100.6 mg;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 140.0 kcal; ZS: 1.9 g; TZS: 0.1 g; SZH: 26.5 g; CK: 0.4 g; FH: 2.9 g; SÓ: 0.8 g;                                                            |
| Ebéd       | <b>Gulyásleves zm (12;)</b><br><br>EN: 213.6 kcal; ZS: 14.0 g; TZS: 3.7 g; SZH: 11.0 g; CK: 0.0 g; FH: 9.5 g; SÓ: 1.4 g; CA: 0.0 mg;<br><b>Tejberizs LM (7;)</b><br>EN: 265.1 kcal; ZS: 2.7 g; TZS: 1.6 g; SZH: 52.9 g; CK: 18.0 g; FH: 7.6 g; SÓ: 0.8 g; CA: 135.0 mg;<br><b>Kakaószórat</b><br>EN: 95.3 kcal; ZS: 0.7 g; TZS: 0.4 g; SZH: 20.4 g; CK: 20.0 g; FH: 0.8 g; SÓ: 0.1 g;<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: 48.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SZH: 7.6 g; CK: 0.1 g; FH: 1.9 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Zöldbabfőzelék lm gm (7;)</b><br>EN: 114.0 kcal; ZS: 6.2 g; TZS: 2.9 g; SZH: 13.6 g; CK: 0.7 g; FH: 3.5 g; SÓ: 0.4 g; CA: 0.0 mg;<br><b>Vagdalt</b><br>EN: 64.1 kcal; ZS: 2.3 g; TZS: 0.8 g; SZH: 1.9 g; CK: 0.0 g; FH: 8.4 g; SÓ: 1.1 g; CA: 0.0 mg;<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,gm (12;)</b><br><br>EN: 99.9 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 20.6 g; CK: 3.0 g; FH: 2.1 g; SÓ: 0.7 g; CA: 0.0 mg;<br><b>Édes-savanyú csirkecomb (10;)</b><br>EN: 164.3 kcal; ZS: 9.3 g; TZS: 2.4 g; SZH: 10.6 g; CK: 5.8 g; FH: 8.5 g; SÓ: 1.4 g; CA: 0.0 mg;<br><b>Petrezselymes rizs</b><br>EN: 297.4 kcal; ZS: 6.3 g; TZS: 0.7 g; SZH: 54.3 g; FH: 6.5 g; SÓ: 1.3 g;<br><b>Maróni gesztenyerúd 20g</b> | <b>Zöldborsóleves tojm,gm (12;)</b><br><br>EN: 84.5 kcal; ZS: 3.2 g; TZS: 0.4 g; SZH: 10.6 g; CK: 0.0 g; FH: 2.9 g; SÓ: 0.2 g; CA: 0.0 mg;<br><b>Kapros halragu tm (4;)</b><br>EN: 78.7 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 2.4 g; CK: 0.7 g; FH: 8.6 g; SÓ: 0.1 g;<br><b>Durumtészta (1;)</b><br>EN: 405.1 kcal; ZS: 14.8 g; TZS: 1.8 g; SZH: 57.6 g; CK: 2.8 g; FH: 9.8 g; SÓ: 1.0 g;               | <b>Erdei gyümölcskrémleves gm,tm</b><br><br>EN: 146.8 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 33.2 g; CK: 24.6 g; FH: 1.2 g; SÓ: 0.3 g; CA: 0.0 mg;<br><b>Alma</b><br>EN: 24.8 kcal; ZS: 0.3 g; SZH: 5.6 g;<br><b>Borsodi fokhagymás szelet (12;)</b><br>EN: 279.9 kcal; ZS: 18.5 g; TZS: 3.8 g; SZH: 10.6 g; CK: 1.3 g; FH: 16.8 g; SÓ: 1.1 g; CA: 0.0 mg;<br><b>Tört burgonya (12;)</b><br>EN: 235.0 kcal; ZS: 0.5 g; SZH: 46.0 g; FH: 6.3 g; SÓ: 2.0 g; |
| Uzsonna    | <b>Csemege turista szalámi</b><br>EN: 69.0 kcal; ZS: 6.2 g; TZS: 2.4 g; SZH: 0.0 g; CK: 0.0 g; FH: 3.2 g; SÓ: 0.5 g;<br><b>Liga Margarin</b><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SÓ: 0.0 g;<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 140.0 kcal; ZS: 1.9 g; TZS: 0.1 g; SZH: 26.5 g; CK: 0.4 g; FH: 2.9 g; SÓ: 0.8 g;<br><b>Kígyóborka</b><br>EN: 2.4 kcal; ZS: 0.0 g; SZH: 0.3 g; FH: 0.2 g;                                                                                                 | <b>Szendvicsskrém felvágottból gm,tm</b><br>EN: 86.5 kcal; ZS: 8.0 g; TZS: 3.5 g; SZH: 0.2 g; CK: 0.0 g; FH: 1.2 g; SÓ: 0.2 g;<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 140.0 kcal; ZS: 1.9 g; TZS: 0.1 g; SZH: 26.5 g; CK: 0.4 g; FH: 2.9 g; SÓ: 0.8 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><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 140.0 kcal; ZS: 1.9 g; TZS: 0.1 g; SZH: 26.5 g; CK: 0.4 g; FH: 2.9 g; SÓ: 0.8 g;<br><b>Soproni felvágott</b><br>EN: 46.4 kcal; ZS: 3.8 g; TZS: 1.6 g; SZH: 0.7 g; CK: 0.3 g; FH: 2.4 g; SÓ: 0.4 g;                                                   | <b>Tavaszi felvágott</b><br>EN: 69.3 kcal; ZS: 6.0 g; TZS: 2.5 g; SZH: 0.8 g; CK: 0.2 g; FH: 3.0 g; SÓ: 0.6 g;<br><b>Liga Margarin</b><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SÓ: 0.0 g;<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 140.0 kcal; ZS: 1.9 g; TZS: 0.1 g; SZH: 26.5 g; CK: 0.4 g; FH: 2.9 g; SÓ: 0.8 g;<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: 24.8 kcal; ZS: 1.1 g; TZS: 0.5 g; SZH: 0.8 g; CK: 0.4 g; FH: 3.0 g; SÓ: 0.5 g;<br><b>Liga Margarin</b><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 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; CK: 0.1 g; FH: 3.9 g; SÓ: 0.6 g;<br><b>Jégcsapretek</b><br>EN: 2.3 kcal; ZS: 0.0 g; SZH: 0.3 g; FH: 0.2 g;                                                             |