

| Gasztvital | Hétfő<br>06.30                                                                                                                                                                                                                                                                                                                                    | Kedd<br>07.01                                                                                                                                                                                                                                                                                                               | Szerda<br>07.02                                                                                                                                                                                                                                                                                                                      | Csütörtök<br>07.03                                                                                                                                                                                                                                                                                                 | Péntek<br>07.04                                                                                                                                                                                                                                                                                                                        |
|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Reggeli    | <b>Cítrumos tea</b><br>EN:20.5kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Bécsi felvágott</b><br>EN:43.7kcal ZS:3.9g TZS:1.7g SZH:0.3g CK:0.0g FH:1.8g SÓ:0.2g<br><b>margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>Panini (1;7;)</b><br>EN:69.3kcal ZS:0.6g TZS:0.2g SZH:13.5g CK:0.5g FH:2.4g SÓ:0.2g | <b>Limonádé</b><br>EN:13.7kcal SZH:3.0g CK:2.6g FH:0.0g<br><br><b>Trappista sajt (7;)</b><br>EN:89.1kcal ZS:6.5g TZS:4.2g SZH:0.5g CK:0.0g FH:7.5g SÓ:0.6g CA:195.0mg<br><b>Kifli (1;7;)</b><br>EN:109.6kcal ZS:1.5g TZS:0.6g SZH:20.4g CK:1.1g FH:2.9g SÓ:0.4g<br><b>Kígyóborka</b><br>EN:2.4kcal ZS:0.0g SZH:0.3g FH:0.2g | <b>Tej (7;)</b><br>EN:58.0kcal ZS:2.8g TZS:2.0g SZH:5.0g CK:5.0g FH:3.3g SÓ:0.1g CA:120.0mg<br><b>Mákos rigó (1;)</b><br>EN:167.0kcal ZS:2.6g SZH:30.5g CK:0.9g FH:4.4g SÓ:1.9g                                                                                                                                                      | <b>Karamellás tej (7;)</b><br>EN:54.2kcal ZS:1.5g TZS:1.0g SZH:7.0g CK:7.0g FH:3.3g SÓ:0.1g CA:120.0mg<br><b>Kockasajt, natúr (7;)</b><br>EN:70.5kcal ZS:5.5g TZS:3.8g SZH:1.8g CK:1.4g FH:3.3g SÓ:0.5g CA:172.5mg<br><b>Korpás kifli (1;7;)</b><br>EN:74.3kcal ZS:0.6g TZS:0.3g SZH:14.0g CK:0.6g FH:2.5g SÓ:0.3g | <b>Tejeskávé (1;7;)</b><br>EN:69.7kcal ZS:2.8g TZS:2.0g SZH:7.7g CK:7.0g FH:3.4g SÓ:0.1g CA:120.0mg<br><b>margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>vizes zsemle (1;)</b><br>EN:84.3kcal ZS:2.1g SZH:13.2g FH:2.5g<br><br><b>Pritamin paprika</b><br>EN:7.4kcal ZS:0.1g TZS:0.0g SZH:1.3g CK:1.2g FH:0.2g SÓ:0.0g |
| Tízórai    | <b>alma</b><br>EN:35.0kcal ZS:0.4g SZH:7.0g FH:0.4g                                                                                                                                                                                                                                                                                               | <b>körte</b><br>EN:62.4kcal SZH:14.4g CK:1.8g FH:0.5g                                                                                                                                                                                                                                                                       | <b>alma</b><br>EN:35.0kcal ZS:0.4g SZH:7.0g FH:0.4g                                                                                                                                                                                                                                                                                  | <b>Sárgabarack</b><br>EN:20.5kcal ZS:0.1g SZH:4.5g CK:4.5g FH:0.3g                                                                                                                                                                                                                                                 | <b>alma</b><br>EN:35.0kcal ZS:0.4g SZH:7.0g FH:0.4g                                                                                                                                                                                                                                                                                    |
| Ebéd       | <b>Rakott cukkini (csirkehúsos) (7;)</b><br>EN:174.5kcal ZS:9.7g TZS:3.0g SZH:12.5g CK:1.4g FH:8.4g SÓ:0.2g CA:18.7mg<br><b>fehér kenyér (1;6;)</b><br>EN:53.0kcal ZS:0.2g TZS:0.0g SZH:10.6g CK:0.4g FH:1.9g SÓ:0.3g<br><b>Cékla saláta (10;)</b><br>EN:12.0kcal ZS:0.1g SZH:3.0g FH:0.5g SÓ:0.3g                                                | <b>Egyben sertésvagdalt (1;3;)</b><br>EN:141.0kcal ZS:8.5g TZS:3.0g SZH:7.1g CK:0.0g FH:8.8g SÓ:0.7g CA:0.0mg<br><b>Finomfőzelék (1;7;)</b><br>EN:180.3kcal ZS:7.3g TZS:2.3g SZH:23.0g CK:6.2g FH:5.1g SÓ:0.9g CA:52.5mg<br><b>fehér kenyér (1;)</b><br>EN:72.0kcal ZS:0.3g TZS:0.1g SZH:14.3g CK:0.0g FH:2.6g SÓ:0.4g      | <b>Halgaluska leves (1;3;4;9;)</b><br>EN:154.6kcal ZS:3.8g TZS:1.1g SZH:19.6g CK:0.5g FH:8.8g SÓ:0.4g<br><b>Gránátos kocka (1;3;12;)</b><br>EN:269.4kcal ZS:3.7g TZS:0.5g SZH:49.1g CK:0.7g FH:7.7g SÓ:0.7g CA:0.0mg<br><b>teljeskiőrlésű kenyér (ebédhez) (1;)</b><br>EN:50.0kcal ZS:0.3g TZS:0.1g SZH:9.8g CK:0.0g FH:1.8g SÓ:0.3g | <b>Párolt csirkecomb filé</b><br>EN:62.9kcal ZS:2.0g TZS:0.7g SZH:0.6g CK:0.3g FH:9.9g SÓ:1.7g<br><b>Sárgaborsó főzelék (1;)</b><br>EN:249.6kcal ZS:5.2g TZS:0.5g SZH:35.8g CK:3.1g FH:13.8g SÓ:0.2g CA:0.0mg<br><b>fehér kenyér (1;)</b><br>EN:72.0kcal ZS:0.3g TZS:0.1g SZH:14.3g CK:0.0g FH:2.6g SÓ:0.4g        | <b>Pincepörkölt (sertés)</b><br>EN:240.5kcal ZS:8.2g TZS:2.3g SZH:29.0g CK:0.0g FH:9.4g SÓ:0.8g CA:0.0mg<br><b>Házi káposztasaláta</b><br>EN:13.8kcal ZS:0.1g TZS:0.0g SZH:2.7g CK:1.0g FH:0.5g SÓ:0.0g CA:0.0mg<br><b>fehér kenyér (1;)</b><br>EN:72.0kcal ZS:0.3g TZS:0.1g SZH:14.3g CK:0.0g FH:2.6g SÓ:0.4g                         |
| Uzsonna    | <b>Kockasajt, natúr (7;)</b><br>EN:70.5kcal ZS:5.5g TZS:3.8g SZH:1.8g CK:1.4g FH:3.3g SÓ:0.5g CA:172.5mg<br><b>Teljeskiőrlésű kifli (1;3;6;7;10;)</b><br>EN:153.5kcal ZS:2.0g TZS:0.9g SZH:28.5g CK:1.4g FH:4.0g SÓ:0.5g<br><b>Paprika</b><br>EN:6.0kcal ZS:0.0g SZH:0.9g FH:0.3g                                                                 | <b>Barackos túrókrém (7;)</b><br>EN:33.3kcal ZS:0.9g TZS:0.7g SZH:4.4g CK:2.8g FH:1.9g SÓ:0.0g CA:26.0mg<br><b>Foszlós kalács (1;3;6;7;13;)</b><br>EN:89.3kcal ZS:2.2g TZS:0.9g SZH:15.6g CK:2.5g FH:2.5g SÓ:0.2g                                                                                                           | <b>Szendvics sonka</b><br>EN:18.6kcal ZS:0.8g TZS:0.4g SZH:0.6g CK:0.3g FH:2.3g SÓ:0.4g<br><b>margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>fehér kenyér (1;6;)</b><br>EN:72.3kcal ZS:0.3g TZS:0.1g SZH:14.4g CK:0.5g FH:2.6g SÓ:0.4g<br><b>Rágórépa</b><br>EN:8.0kcal ZS:0.0g SZH:1.7g FH:0.2g SÓ:0.0g             | <b>Magyaros vajkrém (7;)</b><br>EN:34.8kcal ZS:3.5g TZS:2.3g SZH:0.6g CK:0.2g FH:0.2g SÓ:0.1g CA:5.0mg<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:99.9kcal ZS:0.5g TZS:0.1g SZH:19.5g CK:0.0g FH:3.6g SÓ:0.5g                                                                                                      | <b>Tej (7;)</b><br>EN:58.0kcal ZS:2.8g TZS:2.0g SZH:5.0g CK:5.0g FH:3.3g SÓ:0.1g CA:120.0mg<br><b>Fahéjas csiga (1;6;)</b><br>EN:105.2kcal ZS:4.3g TZS:2.0g SZH:14.3g CK:4.0g FH:1.8g SÓ:0.1g                                                                                                                                          |