

| Gasztvital | Hétfő<br>06.30                                                                                                                                                                                                                                                                                                                                                                                      | Kedd<br>07.01                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Szerda<br>07.02                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Csütörtök<br>07.03                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Péntek<br>07.04                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| Tízórai    | <b>Citromos tea diab,frm *</b><br>EN: 2.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.2 g; CK: 0.2 g; FH: 0.0 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Sajtkrém natúr (7;)</b><br>EN: 34.8 kcal; ZS: 3.2 g; TZS: 2.1 g; SZH: 0.3 g; CK: 0.2 g; FH: 1.2 g; SÓ: 0.1 g; CA: 15.0 mg;<br><b>Teljes kiőrlésű kenyér 4dkg (1;)</b><br>EN: 112.0 kcal; ZS: 1.5 g; TZS: 0.1 g; SZH: 21.2 g; CK: 0.3 g; FH: 2.3 g; SÓ: 0.7 g; | <b>Tej 1/5% (7;)</b><br>EN: 50.0 kcal; ZS: 1.5 g; TZS: 1.0 g; SZH: 4.6 g; CK: 4.6 g; FH: 2.9 g; SÓ: 0.0 g; CA: 120.0 mg;<br><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>Kígyóborka</b><br>EN: 2.4 kcal; ZS: 0.0 g; SZH: 0.3 g; FH: 0.2 g;<br><b>Teljes kiőrlésű kenyér 4dkg (1;)</b><br>EN: 112.0 kcal; ZS: 1.5 g; TZS: 0.1 g; SZH: 21.2 g; CK: 0.3 g; FH: 2.3 g; SÓ: 0.7 g;<br><b>Liga Margarin</b><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SÓ: 0.0 g; | <b>Tej 1/5% (7;)</b><br>EN: 50.0 kcal; ZS: 1.5 g; TZS: 1.0 g; SZH: 4.6 g; CK: 4.6 g; FH: 2.9 g; SÓ: 0.0 g; CA: 120.0 mg;<br><b>Házi baromfi húskrém</b><br>EN: 78.7 kcal; ZS: 8.0 g; TZS: 3.3 g; SZH: 0.1 g; CK: 0.0 g; FH: 1.5 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Teljes kiőrlésű kenyér 4dkg (1;)</b><br>EN: 112.0 kcal; ZS: 1.5 g; TZS: 0.1 g; SZH: 21.2 g; CK: 0.3 g; FH: 2.3 g; SÓ: 0.7 g;<br><b>Kígyóborka</b><br>EN: 2.4 kcal; ZS: 0.0 g; SZH: 0.3 g; FH: 0.2 g; | <b>Tej 1/5% (7;)</b><br>EN: 50.0 kcal; ZS: 1.5 g; TZS: 1.0 g; SZH: 4.6 g; CK: 4.6 g; FH: 2.9 g; SÓ: 0.0 g; CA: 120.0 mg;<br><b>kockasajt (7;)</b><br>EN: 21.9 kcal; ZS: 1.3 g; TZS: 0.8 g; SZH: 1.3 g; CK: 0.9 g; FH: 1.4 g; SÓ: 0.4 g; CA: 100.6 mg;<br><b>Telj. k. rozsos kenyér 4 dkg (1;)</b><br>EN: 79.3 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.9 g; SÓ: 0.0 g;                                                                                                                | <b>Tej 1/5% (7;)</b><br>EN: 50.0 kcal; ZS: 1.5 g; TZS: 1.0 g; SZH: 4.6 g; CK: 4.6 g; FH: 2.9 g; SÓ: 0.0 g; CA: 120.0 mg;<br><b>Póréz zala felvágott krém (10;)</b><br>EN: 51.9 kcal; ZS: 2.3 g; TZS: 1.6 g; SZH: 1.0 g; CK: 0.1 g; FH: 1.7 g; SÓ: 0.4 g;<br><b>Teljes kiőrlésű kenyér 4dkg (1;)</b><br>EN: 112.0 kcal; ZS: 1.5 g; TZS: 0.1 g; SZH: 21.2 g; CK: 0.3 g; FH: 2.3 g; SÓ: 0.7 g;                                                                                                                                                                                                                                               |
| Ebéd       | <b>Fehérbableves f.hússal diab (1;9;12;)</b><br>EN: 207.1 kcal; ZS: 8.1 g; TZS: 2.5 g; SZH: 20.1 g; CK: 1.3 g; FH: 12.5 g; SÓ: 1.5 g; CA: 0.0 mg;<br><b>Tejszínes spenótos metélt 3 dkg (1;12;)</b><br>EN: 161.4 kcal; ZS: 5.0 g; TZS: 0.9 g; SZH: 24.6 g; CK: 2.6 g; FH: 4.3 g; SÓ: 0.9 g; CA: 0.0 mg;                                                                                             | <b>Köménymagos rántottleves gm</b><br>EN: 67.6 kcal; ZS: 4.9 g; TZS: 0.5 g; SZH: 5.5 g; CK: 0.1 g; FH: 0.4 g; SÓ: 0.5 g; CA: 0.0 mg;<br><b>Pulykapörkölt-gm</b><br>EN: 171.0 kcal; ZS: 9.0 g; TZS: 1.8 g; SZH: 2.0 g; CK: 0.0 g; FH: 20.1 g; SÓ: 1.4 g; CA: 0.0 mg;<br><b>Zöldséges rizs 4dkg</b><br>EN: 200.0 kcal; ZS: 4.8 g; TZS: 0.5 g; SZH: 34.5 g; CK: 1.1 g; FH: 5.0 g; SÓ: 1.3 g;<br><b>Káposztasaláta</b><br>EN: 35.3 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 7.5 g; CK: 4.5 g; FH: 0.8 g; SÓ: 0.4 g; CA: 0.0 mg;          | <b>Karalábéleves (9;12;)</b><br>EN: 101.4 kcal; ZS: 3.6 g; TZS: 0.4 g; SZH: 15.8 g; CK: 0.1 g; FH: 1.8 g; SÓ: 1.4 g; CA: 0.0 mg;<br><b>Ízes aprópecsenye (12;)</b><br>EN: 134.2 kcal; ZS: 8.2 g; TZS: 1.7 g; SZH: 1.6 g; CK: 0.1 g; FH: 12.5 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Petrezselymes burgonya 15 dkg (7;12;)</b><br>EN: 171.7 kcal; ZS: 3.6 g; TZS: 0.9 g; SZH: 27.7 g; CK: 0.0 g; FH: 3.9 g; SÓ: 1.5 g;<br><b>Fejessaláta diab,frm *</b>                      | <b>Zöldségleves tojm-gm (12;)</b><br>EN: 30.9 kcal; ZS: 1.7 g; TZS: 0.2 g; SZH: 2.4 g; CK: 0.9 g; FH: 1.0 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Rakott karfiol sertéshússal tm,gm diab</b><br>EN: 359.5 kcal; ZS: 24.1 g; TZS: 5.8 g; SZH: 18.0 g; CK: 2.0 g; FH: 16.4 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Teljes kiőrlésű kenyér 4dkg (1;)</b><br>EN: 112.0 kcal; ZS: 1.5 g; TZS: 0.1 g; SZH: 21.2 g; CK: 0.3 g; FH: 2.3 g; SÓ: 0.7 g;<br><b>Görögdinnye</b><br>EN: 17.4 kcal; SZH: 3.9 g; CK: 1.1 g; FH: 0.3 g; | <b>Hagymakrémleves tm-gm (12;)</b><br>EN: 59.4 kcal; ZS: 1.7 g; TZS: 0.6 g; SZH: 9.9 g; CK: 0.9 g; FH: 0.9 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Pirított zsemlekocka (1;)</b><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><b>Zöldfűszeres csirketokány zm</b><br>EN: 106.1 kcal; ZS: 6.9 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 10.2 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Bulgur 4dkg (1;7;)</b><br>EN: 204.1 kcal; ZS: 7.9 g; TZS: 1.9 g; SZH: 28.0 g; CK: 4.0 g; FH: 5.2 g; SÓ: 0.6 g;<br><b>Uborkasaláta diab frm *</b><br>EN: 6.5 kcal; ZS: 0.1 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.5 g; |
| Uzsonna    | <b>Löncs felvágott</b><br>EN: 36.0 kcal; ZS: 2.8 g; TZS: 1.1 g; SZH: 0.3 g; CK: 0.2 g; FH: 2.4 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><b>Teljes kiőrlésű kenyér 4dkg (1;)</b><br>EN: 112.0 kcal; ZS: 1.5 g; TZS: 0.1 g; SZH: 21.2 g; CK: 0.3 g; FH: 2.3 g; SÓ: 0.7 g;<br><b>Tv paprika</b><br>EN: 6.0 kcal; ZS: 0.0 g; SZH: 0.9 g; FH: 0.3 g;  | <b>Kajszibarackos lekvár *</b><br>EN: 17.8 kcal; SZH: 4.0 g; CK: 4.0 g;<br><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 4dkg (1;)</b><br>EN: 112.0 kcal; ZS: 1.5 g; TZS: 0.1 g; SZH: 21.2 g; CK: 0.3 g; FH: 2.3 g; SÓ: 0.7 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>Teljes kiőrlésű kenyér 4dkg (1;)</b><br>EN: 112.0 kcal; ZS: 1.5 g; TZS: 0.1 g; SZH: 21.2 g; CK: 0.3 g; FH: 2.3 g; SÓ: 0.7 g;<br><b>Liga Margarin</b><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SÓ: 0.0 g;                                                                                                                                         | <b>Zöldfűszeres ligakrém tm</b><br>EN: 144.6 kcal; ZS: 15.8 g; TZS: 7.0 g; SZH: 0.5 g; FH: 0.2 g; SÓ: 0.0 g;<br><b>Paradicsom</b><br>EN: 4.6 kcal; ZS: 0.0 g; SZH: 0.8 g; FH: 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>Padlizsános ligakrém - saját tm,gm (10;)</b><br>EN: 120.4 kcal; ZS: 13.2 g; TZS: 5.8 g; SZH: 0.4 g; CK: 0.0 g; FH: 0.1 g; SÓ: 0.0 g; CA: 0.0 mg;<br><br><b>Teljes kiőrlésű kenyér 4dkg (1;)</b><br>EN: 112.0 kcal; ZS: 1.5 g; TZS: 0.1 g; SZH: 21.2 g; CK: 0.3 g; FH: 2.3 g; SÓ: 0.7 g;                                                                                                                                                                                                                                                                                                                                                |