

| 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>Limonádé</b><br>EN: 27.3 kcal; SZH: 6.1 g; CK: 5.2 g; FH: 0.1 g;<br><br><b>Brokkolikrém</b><br>EN: 57.4 kcal; ZS: 6.1 g; TZS: 2.8 g; SZH: 0.4 g; CK: 0.2 g; FH: 0.5 g; SÓ: 0.2 g;<br><br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;                                                                                                                                                                         | <b>Vaníliás tej (7;)</b><br>EN: 113.3 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 15.2 g; CK: 13.7 g; FH: 6.6 g; SÓ: 0.2 g; CA: 240.0 mg;<br><br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;                    | <b>Limonádé</b><br>EN: 27.3 kcal; SZH: 6.1 g; CK: 5.2 g; FH: 0.1 g;<br><br><b>Házi sertés húskrém</b><br>EN: 73.7 kcal; ZS: 6.3 g; TZS: 1.4 g; SZH: 0.1 g; CK: 0.0 g; FH: 4.1 g; SÓ: 0.1 g;<br><br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;                                                                                                                                                                         | <b>Tej 2dl (7;)</b><br>EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g; CA: 240.0 mg;<br><br><b>Cukkinikrém</b><br>EN: 22.0 kcal; ZS: 1.9 g; TZS: 0.2 g; SZH: 0.6 g; CK: 0.2 g; FH: 0.4 g; SÓ: 0.4 g;<br><br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;                                              | <b>Citromos tea</b><br>EN: 28.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.0 g; CK: 7.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><br><b>Körözött (7;)</b><br>EN: 40.5 kcal; ZS: 2.7 g; TZS: 1.6 g; SZH: 0.6 g; CK: 0.6 g; FH: 3.0 g; SÓ: 0.1 g; CA: 24.0 mg;<br><br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;<br><br><b>Kígyóborka</b><br>EN: 12.0 kcal; ZS: 0.1 g; SZH: 1.7 g; FH: 1.0 g; |
| Ebéd       | <b>Sertés gulyás leves (9;12;)</b><br>EN: 164.2 kcal; ZS: 6.2 g; TZS: 1.0 g; SZH: 19.8 g; CK: 0.2 g; FH: 6.3 g; SÓ: 0.8 g; CA: 0.0 mg;<br><br><b>Tejben dara kukoricadarából (7;)</b><br>EN: 223.9 kcal; ZS: 3.6 g; TZS: 2.3 g; SZH: 39.5 g; CK: 21.0 g; FH: 7.6 g; SÓ: 0.3 g; CA: 270.0 mg;<br><br><b>Kakaó szórát</b><br>EN: 81.6 kcal; ZS: 0.4 g; TZS: 0.3 g; SZH: 18.3 g; CK: 18.0 g; FH: 0.4 g; SÓ: 0.0 g;<br><br><b>alma</b><br>EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g; FH: 0.4 g; | <b>Zöldségleves (9;12;)</b><br>EN: 56.3 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 7.3 g; CK: 1.1 g; FH: 1.6 g; SÓ: 0.5 g;<br><br><b>Sertéssült</b><br>EN: 98.2 kcal; ZS: 5.1 g; TZS: 1.3 g; FH: 12.3 g; SÓ: 0.8 g;<br><br><b>Parajfőzelék</b><br>EN: 115.8 kcal; ZS: 1.6 g; TZS: 0.3 g; SZH: 23.4 g; CK: 5.8 g; FH: 1.8 g; SÓ: 0.7 g;                | <b>Paradicsomleves (9;)</b><br>EN: 155.1 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 32.3 g; CK: 13.8 g; FH: 3.5 g; SÓ: 0.7 g;<br><br><b>Sült csirkecomb</b><br>EN: 293.3 kcal; ZS: 20.1 g; TZS: 6.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 26.0 g; SÓ: 1.2 g; CA: 0.0 mg;<br><br><b>Kukoricás rizs</b><br>EN: 315.4 kcal; ZS: 5.9 g; TZS: 0.7 g; SZH: 58.8 g; CK: 2.5 g; FH: 7.2 g; SÓ: 1.2 g;<br><br><b>Csemege uborka * (10;12;)</b><br>EN: 4.4 kcal; ZS: 0.0 g; SZH: 0.7 g; CK: 0.2 g; FH: 0.3 g; SÓ: 0.7 g; | <b>Magyaros reszelttészta leves (9;12;)</b><br>EN: 58.1 kcal; ZS: 1.5 g; TZS: 0.2 g; SZH: 10.0 g; CK: 0.0 g; FH: 1.1 g; SÓ: 0.7 g; CA: 0.0 mg;<br><br><b>Csirkepörkölt</b><br>EN: 107.5 kcal; ZS: 6.2 g; TZS: 1.2 g; SZH: 1.6 g; CK: 0.0 g; FH: 10.5 g; SÓ: 1.1 g; CA: 0.0 mg;<br><br><b>Tökfőzelék (7;)</b><br>EN: 152.0 kcal; ZS: 7.9 g; TZS: 2.5 g; SZH: 17.6 g; CK: 2.9 g; FH: 2.4 g; SÓ: 0.7 g; CA: 0.0 mg; | <b>Őszibarackkrémleves (7;)</b><br>EN: 142.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 35.0 g; CK: 19.0 g; FH: 0.8 g; SÓ: 0.4 g; CA: 0.0 mg;<br><br><b>Zöldséges sertésrizseshús</b><br>EN: 311.3 kcal; ZS: 5.2 g; TZS: 1.1 g; SZH: 51.1 g; CK: 0.0 g; FH: 14.8 g; SÓ: 1.0 g; CA: 0.0 mg;                                                                                                                                                                           |
| Uzsonna    | <b>Baromfi párizsi</b><br>EN: 40.6 kcal; ZS: 3.4 g; TZS: 1.2 g; SZH: 0.3 g; CK: 0.2 g; FH: 2.2 g; SÓ: 0.4 g;<br><br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Puffasztott rizs (ripsz-ropsz)</b><br>EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g; CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g;                                                                                                                                                                       | <b>Zöldhagymás sajtkrém (7;)</b><br>EN: 57.2 kcal; ZS: 4.8 g; TZS: 3.1 g; SZH: 2.0 g; CK: 2.0 g; FH: 1.5 g; SÓ: 0.6 g; CA: 206.8 mg;<br><br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;<br><br><b>Jégcsapretek</b><br>EN: 4.5 kcal; ZS: 0.0 g; SZH: 0.7 g; FH: 0.4 g; | <b>Házi zöldségkrém</b><br>EN: 21.6 kcal; ZS: 1.0 g; TZS: 0.3 g; SZH: 2.2 g; CK: 0.8 g; FH: 0.5 g; SÓ: 0.4 g;<br><br><b>Abonett</b><br>EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;<br><br><b>Paprika</b><br>EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.1 g; FH: 0.8 g;                                                                                                                                                                                           | <b>Mátrai csemege szalámi</b><br>EN: 72.0 kcal; ZS: 6.7 g; TZS: 2.8 g; SZH: 0.1 g; CK: 0.1 g; FH: 2.7 g; SÓ: 0.4 g;<br><br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;<br><br><b>Kígyóborka</b><br>EN: 12.0 kcal; ZS: 0.1 g; SZH: 1.7 g; FH: 1.0 g;                       | <b>Zöldfűszeres kockasajt (7;)</b><br>EN: 41.6 kcal; ZS: 3.7 g; TZS: 1.5 g; SZH: 0.6 g; CK: 0.6 g; FH: 1.5 g; SÓ: 0.1 g; CA: 63.0 mg;<br><br><b>Puffasztott rizs (ripsz-ropsz)</b><br>EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g; CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g;                                                                                                                                                                                   |