

| 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 szőlőcukorral</b><br>EN: 25.3 kcal; SZH: 5.6 g; CK: 4.7 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><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g; CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g;                                                                        | <b>Vaníliás rizsital</b><br>EN: 130.9 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g;<br><br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g; CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g;           | <b>Limonádé szőlőcukorral</b><br>EN: 25.3 kcal; SZH: 5.6 g; CK: 4.7 g; FH: 0.1 g;<br><br><b>Tonhalkrém (4;10;)</b><br>EN: 105.3 kcal; ZS: 9.9 g; TZS: 3.1 g; SZH: 0.2 g; CK: 0.0 g; FH: 3.9 g; SÓ: 0.2 g;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g; CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g;                                                  | <b>Rizs ital</b><br>EN: 130.0 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 26.0 g; CK: 9.6 g; FH: 0.8 g; SÓ: 0.2 g;<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><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g; CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g;                    | <b>Tea szőlőcukorral</b><br>EN: 14.8 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 3.6 g; CK: 3.6 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><br><b>magyaros margarinkrém</b><br>EN: 162.0 kcal; ZS: 18.0 g; TZS: 5.7 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.3 g; CA: 0.0 mg;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g; CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g; |
| Ebéd       | <b>Sertés gulyásleves (1;9;12;)</b><br>EN: 185.4 kcal; ZS: 11.0 g; TZS: 2.8 g; SZH: 11.6 g; CK: 0.9 g; FH: 8.4 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Tejben dara szőlőcukorral (1;)</b><br>EN: 344.9 kcal; ZS: 6.0 g; TZS: 1.6 g; SZH: 67.7 g; CK: 20.8 g; FH: 4.6 g; SÓ: 0.2 g;<br><b>Kakaó szórát szőlőcukorral</b><br>EN: 74.8 kcal; ZS: 1.1 g; TZS: 0.7 g; SZH: 14.1 g; CK: 13.5 g; FH: 1.1 g; SÓ: 0.1 g; | <b>Zöldségleves (1;9;12;)</b><br>EN: 44.5 kcal; ZS: 0.9 g; TZS: 0.1 g; SZH: 7.0 g; CK: 1.1 g; FH: 2.0 g; SÓ: 0.5 g;<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><b>Parajfőzelék (1;)</b><br>EN: 100.5 kcal; ZS: 1.6 g; TZS: 0.3 g; SZH: 19.3 g; CK: 5.4 g; FH: 2.1 g; SÓ: 0.7 g; | <b>Zöldségkrémleves (1;12;)</b><br>EN: 41.2 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 7.7 g; CK: 0.5 g; FH: 1.5 g; SÓ: 1.5 g; CA: 0.0 mg;<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><b>Kukoricás bulgur (1;)</b><br>EN: 319.6 kcal; ZS: 7.1 g; TZS: 0.6 g; SZH: 53.5 g; CK: 9.5 g; FH: 9.8 g; SÓ: 1.2 g; | <b>Reszelttészta leves (1;9;12;)</b><br>EN: 82.0 kcal; ZS: 1.8 g; TZS: 0.2 g; SZH: 13.0 g; CK: 2.6 g; FH: 2.6 g; SÓ: 0.9 g;<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><b>Tökfőzelék (1;)</b><br>EN: 154.1 kcal; ZS: 6.0 g; TZS: 0.7 g; SZH: 21.9 g; CK: 3.9 g; FH: 2.7 g; SÓ: 0.9 g; | <b>Spárgakrémleves (1;)</b><br>EN: 69.1 kcal; ZS: 3.3 g; TZS: 0.4 g; SZH: 8.7 g; CK: 0.6 g; FH: 1.8 g; SÓ: 0.9 g; CA: 0.0 mg;<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><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g; CK: 0.9 g; FH: 4.4 g;                                                                                                                   | <b>Zöldhagymás margarin</b><br>EN: 54.0 kcal; ZS: 6.0 g; TZS: 1.9 g; SÓ: 0.0 g;<br><br><b>vizes kifli (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g; CK: 0.9 g; FH: 4.4 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><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g; CK: 0.9 g; FH: 4.4 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><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>vizes kifli (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g; CK: 0.9 g; FH: 4.4 g;                                                                               | <b>Padlizsánkrém (10;)</b><br>EN: 60.3 kcal; ZS: 6.1 g; TZS: 1.9 g; SZH: 1.0 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.4 g; CA: 0.0 mg;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g; CK: 0.9 g; FH: 4.4 g;                                                                                                                                                            |