

| Gasztvital | Hétfő<br>11.03                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Kedd<br>11.04                                                                                                                                                                                                                                                                                                                                                                                                        | Szerda<br>11.05                                                                                                                                                                                                                                                                                                                                                                                                                                 | Csütörtök<br>11.06                                                                                                                                                                                                                                                                                                                                                                                                                        | Péntek<br>11.07                                                                                                                                                                                                                                                                                                                                                                |
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| Tízórai    | <b>Gyümölcsstea (12;)</b><br>EN:28.7kcal ZS:0.0g TZS:0.0g SZH:7.0g CK:7.0g<br>FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Mozzarellás sajtkrém (7;)</b><br>EN:45.6kcal ZS:3.8g TZS:2.4g SZH:1.3g CK:1.3g<br>FH:1.7g SÓ:0.4g CA:144.3mg<br><b>Teljeskiőrlésű rozsos kenyér (1;)</b><br>EN:314.4kcal ZS:3.4g TZS:1.2g SZH:61.2g CK:2.0g<br>FH:10.0g SÓ:1.7g<br><b>Kígyóborka</b><br>EN:4.8kcal ZS:0.0g SZH:0.7g FH:0.4g                                                                            | <b>Vaníliás tej (7;)</b><br>EN:112.4kcal ZS:3.0g TZS:2.0g SZH:15.0g CK:15.0g<br>FH:6.6g SÓ:0.2g CA:240.0mg<br><b>Házi szárnyashúskrém (7;)</b><br>EN:69.2kcal ZS:5.7g TZS:3.0g SZH:0.5g CK:0.4g<br>FH:4.0g SÓ:0.2g CA:10.5mg<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:199.8kcal ZS:1.1g TZS:0.2g SZH:39.0g CK:0.0g<br>FH:7.2g SÓ:1.0g<br><b>Jégcsaprektek</b><br>EN:6.0kcal ZS:0.0g SZH:0.9g FH:0.5g               | <b>Citromos tea</b><br>EN:28.0kcal ZS:0.0g TZS:0.0g SZH:7.0g CK:7.0g<br>FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Cheddar sajt (7;)</b><br>EN:107.1kcal ZS:8.7g TZS:5.7g SZH:0.0g CK:0.0g<br>FH:7.2g SÓ:0.5g<br><b>Margarin (7;)</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:199.8kcal ZS:1.1g TZS:0.2g SZH:39.0g CK:0.0g<br>FH:7.2g SÓ:1.0g<br><b>Rágórépa</b><br>EN:12.0kcal ZS:0.0g SZH:2.5g FH:0.4g SÓ:0.0g | <b>Citromos tea</b><br>EN:28.0kcal ZS:0.0g TZS:0.0g SZH:7.0g CK:7.0g<br>FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Tonhalkrém (4;7;10;)</b><br>EN:73.2kcal ZS:6.1g TZS:2.8g SZH:0.4g CK:0.4g<br>FH:4.1g SÓ:0.4g CA:9.8mg<br><b>Félbarna kenyér (1;)</b><br>EN:148.8kcal ZS:0.6g TZS:0.1g SZH:31.8g CK:0.2g<br>FH:4.1g SÓ:1.0g<br><b>TV paprika</b><br>EN:12.0kcal ZS:0.0g SZH:1.9g FH:0.6g                                                            | <b>Tej (7;)</b><br>EN:88.0kcal ZS:3.0g TZS:2.0g SZH:9.4g FH:5.8g<br>SÓ:0.2g CA:240.0mg<br><b>Csicseriborsó krém (7;)</b><br>EN:124.3kcal ZS:4.4g TZS:2.0g SZH:12.9g CK:0.9g<br>FH:5.9g SÓ:0.6g CA:6.6mg<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:199.8kcal ZS:1.1g TZS:0.2g SZH:39.0g CK:0.0g<br>FH:7.2g SÓ:1.0g<br><b>Paradicsom</b><br>EN:9.2kcal ZS:0.1g SZH:1.6g FH:0.4g |
| Ebéd       | <b>Májgaluska leves (1;3;)</b><br>EN:110.2kcal ZS:2.0g TZS:0.6g SZH:16.5g CK:2.8g<br>FH:6.0g SÓ:3.0g CA:0.0mg<br><b>Makaróni (1;)</b><br>EN:303.7kcal ZS:7.3g TZS:1.0g SZH:50.4g CK:2.5g<br>FH:8.5g SÓ:1.0g<br><b>Tejföl (7;)</b><br>EN:27.6kcal ZS:2.4g TZS:1.6g SZH:0.7g CK:0.7g<br>FH:0.6g SÓ:0.0g CA:24.0mg<br><b>Reszelt sajt (7;)</b><br>EN:104.1kcal ZS:8.1g TZS:5.1g SZH:0.6g CK:0.6g<br>FH:7.8g SÓ:0.4g CA:240.0mg<br><b>Alma</b><br>EN:59.5kcal ZS:0.7g SZH:11.9g FH:0.7g | <b>Lebbencs leves (1;9;12;)</b><br>EN:140.1kcal ZS:6.3g TZS:1.1g SZH:16.8g CK:0.5g<br>FH:3.0g SÓ:1.1g<br><b>Főtt virsli</b><br>EN:137.0kcal ZS:12.5g TZS:3.9g FH:6.5g SÓ:1.1g<br><b>Petrezselymes zöldborsófőzelék (1;7;)</b><br>EN:337.7kcal ZS:8.7g TZS:1.9g SZH:45.1g CK:19.0g<br>FH:15.4g SÓ:1.7g CA:120.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:74.4kcal ZS:0.3g TZS:0.1g SZH:15.6g CK:0.0g<br>FH:2.0g SÓ:0.3g | <b>Francia hagymaleves (7;)</b><br>EN:80.4kcal ZS:6.9g TZS:0.9g SZH:3.9g CK:0.1g<br>FH:0.6g SÓ:1.8g CA:1.9mg<br><b>Napraforgómag</b><br>EN:59.0kcal ZS:4.8g TZS:0.7g SZH:1.7g FH:1.9g<br><b>Pincepörkölt (12;)</b><br>EN:337.8kcal ZS:10.1g TZS:1.8g SZH:38.8g CK:0.0g<br>FH:17.6g SÓ:1.0g CA:0.0mg<br><b>Csemege uborka * (10;12;)</b><br>EN:7.7kcal ZS:0.1g SZH:1.3g CK:0.3g FH:0.6g<br>SÓ:1.2g                                               | <b>Olasz zöldségleves (1;9;)</b><br>EN:136.6kcal ZS:0.4g TZS:0.0g SZH:22.0g CK:0.8g<br>FH:7.5g SÓ:0.9g<br><b>Fasírt golyó (1;6;)</b><br>EN:342.0kcal ZS:29.6g TZS:4.0g SZH:9.8g CK:0.8g<br>FH:8.3g SÓ:1.3g<br><b>Szárazbab főzelék (1;7;)</b><br>EN:232.8kcal ZS:7.8g TZS:2.0g SZH:25.6g CK:5.0g<br>FH:10.1g SÓ:1.1g CA:21.0mg<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:99.9kcal ZS:0.5g TZS:0.1g SZH:19.5g CK:0.0g<br>FH:3.6g SÓ:0.5g | <b>Zöldbableves (1;3;)</b><br>EN:104.2kcal ZS:5.4g TZS:0.7g SZH:10.3g CK:1.8g<br>FH:2.9g SÓ:1.1g CA:0.0mg<br><b>Eszterházy csirkeragu (1;7;9;10;)</b><br>EN:122.3kcal ZS:3.1g TZS:1.4g SZH:8.1g CK:2.2g<br>FH:14.0g SÓ:0.9g CA:12.6mg<br><b>Rizs köret</b><br>EN:324.4kcal ZS:6.7g TZS:0.8g SZH:59.7g FH:7.2g<br>SÓ:0.3g                                                       |
| Uzsonna    | <b>Zala felvágott</b><br>EN:72.0kcal ZS:6.0g TZS:2.4g SZH:0.6g CK:0.1g<br>FH:3.9g SÓ:0.7g<br><b>Margarin (7;)</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>Császárszemle (1;6;)</b><br>EN:152.7kcal ZS:1.7g TZS:0.0g SZH:29.4g CK:0.5g<br>FH:4.7g SÓ:0.6g                                                                                                                                                                                                                  | <b>Pizzás csiga (1;6;7;)</b><br>EN:196.1kcal ZS:9.0g TZS:0.7g SZH:24.3g CK:1.8g<br>FH:3.6g SÓ:0.2g                                                                                                                                                                                                                                                                                                                   | <b>Gyümölcsjoghurt (7;)</b><br>EN:103.8kcal ZS:2.5g TZS:1.4g SZH:13.8g CK:13.8g<br>FH:3.1g SÓ:0.1g CA:125.0mg<br><b>Kifli (1;7;)</b><br>EN:115.6kcal ZS:0.9g TZS:0.4g SZH:22.9g CK:1.1g<br>FH:3.5g SÓ:0.4g                                                                                                                                                                                                                                      | <b>Trappista sajt (7;)</b><br>EN:105.6kcal ZS:8.4g TZS:5.4g SZH:0.6g CK:0.6g<br>FH:7.5g SÓ:0.4g CA:240.0mg<br><b>Margarin (7;)</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>Teljeskiőrlésű zsemle (1;)</b><br>EN:117.5kcal ZS:0.8g TZS:0.3g SZH:23.5g CK:0.1g<br>FH:4.2g SÓ:0.7g                                                                                                                                                 | <b>Mákos búrkifli (1;7;)</b><br>EN:232.0kcal ZS:10.1g TZS:4.3g SZH:24.1g<br>CK:11.3g FH:4.0g SÓ:0.2g                                                                                                                                                                                                                                                                           |