

| 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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| Ebéd       | <b>Májgaluska leves (1;3;)</b><br>EN:110.2kcal ZS:2.0g TZS:0.6g SZH:16.5g CK:2.8g FH:6.0g SÓ:3.0g CA:0.0mg<br><b>Makaróni (1;)</b><br>EN:347.1kcal ZS:8.3g TZS:1.1g SZH:57.6g CK:2.8g FH:9.8g SÓ:1.0g<br><b>Tejföl (7;)</b><br>EN:27.6kcal ZS:2.4g TZS:1.6g SZH:0.7g CK:0.7g 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 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:180.1kcal ZS:8.1g TZS:1.4g SZH:21.6g CK:0.6g FH:3.9g SÓ:1.4g<br><b>Főtt virsli</b><br>EN:137.0kcal ZS:12.5g TZS:3.9g FH:6.5g SÓ:1.1g<br><br><b>Petrezselymes zöldborsófőzelék (1;7;)</b><br>EN:347.9kcal ZS:8.8g TZS:1.9g SZH:47.3g CK:19.0g FH:15.7g SÓ:1.7g CA:120.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:99.2kcal ZS:0.4g TZS:0.1g SZH:20.8g CK:0.1g FH:2.7g SÓ:0.4g                | <b>Francia hagymaleves (7;)</b><br>EN:80.4kcal ZS:6.9g TZS:0.9g SZH:3.9g CK:0.1g 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><br><b>Pincepörkölt (12;)</b><br>EN:415.0kcal ZS:11.3g TZS:2.2g SZH:48.6g CK:0.0g FH:23.1g SÓ:1.3g CA:0.0mg<br><b>Csemege uborka * (10;12;)</b><br>EN:8.8kcal ZS:0.1g SZH:1.4g CK:0.3g FH:0.6g SÓ:1.4g                                                                           | <b>Olasz zöldségleves (1;9;)</b><br>EN:181.9kcal ZS:0.6g TZS:0.0g SZH:29.3g CK:1.0g FH:10.0g SÓ:1.1g<br><b>Fasírt golyó (1;6;)</b><br>EN:400.8kcal ZS:33.4g TZS:4.6g SZH:13.0g CK:1.0g FH:11.0g SÓ:1.8g<br><b>Szárazbab főzelék (1;7;)</b><br>EN:299.3kcal ZS:10.0g TZS:2.5g SZH:32.9g CK:6.5g FH:13.0g SÓ:1.4g CA:27.0mg<br><b>Teljes kiőrlésű 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>Zöldbableves (1;3;)</b><br>EN:134.0kcal ZS:7.0g TZS:0.9g SZH:13.2g CK:2.3g FH:3.7g SÓ:1.4g CA:0.0mg<br><b>Eszterházy csirkeragu (1;7;9;10;)</b><br>EN:158.7kcal ZS:4.0g TZS:1.8g SZH:10.5g CK:2.8g FH:18.3g SÓ:1.1g CA:16.2mg<br><b>Rizs köret</b><br>EN:398.5kcal ZS:7.6g TZS:0.9g SZH:74.4g FH:8.9g SÓ:0.3g |
| Ebéd B     | <b>Májgaluska leves (1;3;)</b><br>EN:110.2kcal ZS:2.0g TZS:0.6g SZH:16.5g CK:2.8g FH:6.0g SÓ:3.0g CA:0.0mg<br><b>Mákos guba (1;7;)</b><br>EN:203.8kcal ZS:6.7g TZS:2.1g SZH:27.9g CK:20.7g FH:7.5g SÓ:0.2g CA:162.0mg<br><b>Vanília öntet (1;7;)</b><br>EN:96.7kcal ZS:2.3g TZS:1.5g SZH:13.8g CK:8.5g FH:5.4g SÓ:0.1g CA:180.0mg<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:180.1kcal ZS:8.1g TZS:1.4g SZH:21.6g CK:0.6g FH:3.9g SÓ:1.4g<br><b>Házi vagdalt (1;3;)</b><br>EN:466.5kcal ZS:40.1g TZS:7.3g SZH:13.3g CK:0.2g FH:12.9g SÓ:1.8g CA:0.0mg<br><b>Sárgaborsó főzelék (1;)</b><br>EN:343.9kcal ZS:6.9g TZS:0.7g SZH:50.1g CK:4.1g FH:18.8g SÓ:0.2g CA:0.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:99.2kcal ZS:0.4g TZS:0.1g SZH:20.8g CK:0.1g FH:2.7g SÓ:0.4g | <b>Francia hagymaleves (7;)</b><br>EN:80.4kcal ZS:6.9g TZS:0.9g SZH:3.9g CK:0.1g 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><br><b>Csirkemell roston sütve</b><br>EN:139.5kcal ZS:5.4g TZS:1.2g SZH:0.1g CK:0.1g FH:21.2g SÓ:0.6g<br><b>Rizs köret</b><br>EN:398.5kcal ZS:7.6g TZS:0.9g SZH:74.4g FH:8.9g SÓ:0.3g<br><b>Csemege uborka * (10;12;)</b><br>EN:8.8kcal ZS:0.1g SZH:1.4g CK:0.3g FH:0.6g SÓ:1.4g | <b>Olasz zöldségleves (1;9;)</b><br>EN:181.9kcal ZS:0.6g TZS:0.0g SZH:29.3g CK:1.0g FH:10.0g SÓ:1.1g<br><b>Fokhagymás sertésapró</b><br>EN:197.0kcal ZS:12.7g TZS:2.4g SZH:2.5g CK:0.0g FH:17.0g SÓ:1.2g<br><b>Tört burgonya (12;)</b><br>EN:315.2kcal ZS:4.3g TZS:0.4g SZH:55.2g FH:7.5g SÓ:1.2g<br><b>Vegyes vágott savanyúság * (10;12;)</b><br>EN:14.4kcal ZS:0.1g SZH:1.9g CK:0.8g FH:0.6g SÓ:1.6g                           | <b>Zöldbableves (1;3;)</b><br>EN:134.0kcal ZS:7.0g TZS:0.9g SZH:13.2g CK:2.3g FH:3.7g SÓ:1.4g CA:0.0mg<br><b>Rakott karfiol (7;)</b><br>EN:402.7kcal ZS:24.4g TZS:7.1g SZH:24.5g CK:0.9g FH:21.1g SÓ:0.4g CA:33.7mg                                                                                              |