

| Gasztvital | Hétfő<br>11.03                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Kedd<br>11.04                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Szerda<br>11.05                                                                                                                                                                                                                                                                                                                                                                                                                           | Csütörtök<br>11.06                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Péntek<br>11.07                                                                                                                                                                                                                                                                                                                                                                 | Szombat<br>11.08                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Vasárnap<br>11.09                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| Ebéd       | <b>Májgaluska leves (1;3;)</b><br><br>EN:110.2kcal ZS:2.0g TZS:0.6g<br>SZH:16.5g CK:2.8g FH:6.0g SÓ:3.0g<br>CA:0.0mg<br><b>Makaróni (1;)</b><br><br>EN:347.1kcal ZS:8.3g TZS:1.1g<br>SZH:57.6g CK:2.8g FH:9.8g SÓ:1.0g<br><br><b>Tejföl (7;)</b><br><br>EN:55.2kcal ZS:4.8g TZS:3.1g<br>SZH:1.3g CK:1.3g FH:1.2g SÓ:0.0g<br>CA:48.0mg<br><b>Reszelt sajt (7;)</b><br><br>EN:104.1kcal ZS:8.1g TZS:5.1g<br>SZH:0.6g CK:0.6g FH:7.8g SÓ:0.4g<br>CA:240.0mg<br><b>Alma</b><br>EN:59.5kcal ZS:0.7g SZH:11.9g<br>FH:0.7g | <b>Lebbencs leves (1;9;12;)</b><br><br>EN:220.2kcal ZS:9.9g TZS:1.8g<br>SZH:26.4g CK:0.8g FH:4.8g SÓ:1.7g<br><br><b>Főtt virsli</b><br><br>EN:137.0kcal ZS:12.5g TZS:3.9g<br>FH:6.5g SÓ:1.1g<br><br><b>Petrezselymes<br/>zöldborsófőzelék (1;7;)</b><br><br>EN:358.0kcal ZS:8.8g TZS:1.9g<br>SZH:49.4g CK:19.0g FH:16.0g<br>SÓ:1.7g CA:120.0mg<br><br><b>Csemege uborka * (10;12;)</b><br><br>EN:8.8kcal ZS:0.1g SZH:1.4g CK:0.3g<br>FH:0.6g SÓ:1.4g           | <b>Francia hagymaleves (7;)</b><br><br>EN:80.4kcal ZS:6.9g TZS:0.9g<br>SZH:3.9g CK:0.1g FH:0.6g SÓ:1.8g<br>CA:1.9mg<br><b>Napraforgómag</b><br><br>EN:59.0kcal ZS:4.8g TZS:0.7g<br>SZH:1.7g FH:1.9g<br><br><b>Pincepörkölt (12;)</b><br><br>EN:506.0kcal ZS:11.5g TZS:2.2g<br>SZH:66.4g CK:0.0g FH:25.5g SÓ:1.7g<br>CA:0.0mg<br><b>Csemege uborka * (10;12;)</b><br><br>EN:8.8kcal ZS:0.1g SZH:1.4g CK:0.3g<br>FH:0.6g SÓ:1.4g            | <b>Olasz zöldségleves (1;9;)</b><br><br>EN:186.9kcal ZS:0.6g TZS:0.0g<br>SZH:30.2g CK:1.1g FH:10.2g SÓ:1.4g<br><br><b>Fasírt golyó (1;6;)</b><br><br>EN:400.8kcal ZS:33.4g TZS:4.6g<br>SZH:13.0g CK:1.0g FH:11.0g SÓ:1.8g<br><br><b>Szárazbab főzelék (1;7;)</b><br><br>EN:365.8kcal ZS:12.2g TZS:3.1g<br>SZH:40.3g CK:7.9g FH:15.9g SÓ:1.7g<br>CA:33.0mg                                                                                                                                                             | <b>Zöldborsóleves (1;3;7;)</b><br><br>EN:189.7kcal ZS:12.2g TZS:3.9g<br>SZH:14.6g CK:0.0g FH:5.1g SÓ:3.5g<br>CA:0.0mg<br><b>Eszterházy csirkeragu<br/>(1;7;9;10;)</b><br><br>EN:180.7kcal ZS:4.5g TZS:2.0g<br>SZH:12.2g CK:3.1g FH:20.6g SÓ:1.2g<br>CA:18.0mg<br><b>Rizs köret</b><br><br>EN:398.5kcal ZS:7.6g TZS:0.9g<br>SZH:74.4g FH:8.9g SÓ:0.3g                            | <b>Vegyes gyümölcsleves<br/>(1;7;)</b><br><br>EN:206.7kcal ZS:0.6g TZS:0.4g<br>SZH:46.4g CK:37.8g FH:2.6g SÓ:0.8g<br>CA:36.0mg<br><b>Zúza pörkölt</b><br><br>EN:180.3kcal ZS:9.6g TZS:1.3g<br>SZH:4.1g FH:17.8g SÓ:1.8g<br><br><b>Tarhonya (1;)</b><br><br>EN:428.7kcal ZS:9.8g TZS:1.3g<br>SZH:72.0g CK:3.5g FH:12.2g SÓ:1.0g                                                                                                                                                                  | <b>Húsleves (9;)</b><br><br>EN:76.0kcal ZS:1.6g TZS:0.5g<br>SZH:8.0g CK:2.8g FH:6.7g SÓ:1.0g<br><br><b>Levesbetét tészta (1;)</b><br><br>EN:15.8kcal ZS:0.1g SZH:3.2g<br>CK:0.1g FH:0.5g SÓ:0.4g<br><br><b>Rántott sertés szelet (1;3;)</b><br><br>EN:627.0kcal ZS:39.0g TZS:7.8g<br>SZH:31.5g CK:0.3g FH:35.6g SÓ:2.3g<br><br><b>Petrezselymes burgonya<br/>(12;)</b><br>EN:312.9kcal ZS:4.9g TZS:1.0g<br>SZH:53.6g CK:0.0g FH:7.4g SÓ:1.5g<br><br><b>Csemege uborka * (10;12;)</b><br>EN:8.8kcal ZS:0.1g SZH:1.4g CK:0.3g<br>FH:0.6g SÓ:1.4g |
| Ebéd B     | <b>Sertés gulyásleves<br/>(1;3;9;12;)</b><br><br>EN:218.0kcal ZS:10.8g TZS:1.9g<br>SZH:13.8g CK:1.2g FH:13.7g SÓ:1.8g<br>CA:0.0mg<br><b>Mákos guba (1;7;)</b><br><br>EN:247.2kcal ZS:8.2g TZS:2.5g<br>SZH:33.3g CK:23.7g FH:9.4g SÓ:0.3g<br>CA:198.0mg<br><b>Vanília öntet (1;7;)</b><br><br>EN:96.7kcal ZS:2.3g TZS:1.5g<br>SZH:13.8g CK:8.5g FH:5.4g SÓ:0.1g<br>CA:180.0mg<br><b>Alma</b><br>EN:59.5kcal ZS:0.7g SZH:11.9g<br>FH:0.7g                                                                             | <b>Cékla leves (12;)</b><br><br>EN:43.7kcal ZS:0.1g TZS:0.0g<br>SZH:7.9g CK:3.4g FH:1.8g SÓ:1.1g<br>CA:0.0mg<br><b>Házi vagdalt (1;3;)</b><br><br>EN:534.3kcal ZS:44.3g TZS:8.7g<br>SZH:16.8g CK:0.2g FH:17.0g<br>SÓ:20.1g CA:0.0mg<br><b>Petrezselymes burgonya<br/>(12;)</b><br><br>EN:312.9kcal ZS:4.9g TZS:1.0g<br>SZH:53.6g CK:0.0g FH:7.4g SÓ:1.5g<br><br><b>Csemege uborka * (10;12;)</b><br><br>EN:8.8kcal ZS:0.1g SZH:1.4g CK:0.3g<br>FH:0.6g SÓ:1.4g | <b>Tojásleves (1;3;)</b><br><br>EN:55.9kcal ZS:4.0g TZS:0.7g<br>SZH:2.9g CK:0.0g FH:1.8g SÓ:1.5g<br>CA:0.0mg<br><b>Csirke mell roston sütve</b><br><br>EN:139.5kcal ZS:5.4g TZS:1.2g<br>SZH:0.1g CK:0.1g FH:21.2g SÓ:0.7g<br><br><b>Rizs köret</b><br><br>EN:398.5kcal ZS:7.6g TZS:0.9g<br>SZH:74.4g FH:8.9g SÓ:0.3g<br><br><b>Vegyes vágott savanyúság<br/>* (10;12;)</b><br><br>EN:18.0kcal ZS:0.1g SZH:2.4g<br>CK:1.0g FH:0.8g SÓ:2.0g | <b>Csontleves (9;)</b><br><br>EN:76.2kcal ZS:1.4g TZS:0.4g<br>SZH:9.7g CK:3.7g FH:5.8g SÓ:2.2g<br>CA:22.0mg<br><b>Levesbetét tészta (1;)</b><br><br>EN:15.8kcal ZS:0.1g SZH:3.2g<br>CK:0.1g FH:0.5g SÓ:0.4g<br><br><b>Fokhagymás sertésragu</b><br><br>EN:197.7kcal ZS:12.7g TZS:2.4g<br>SZH:2.6g CK:0.0g FH:17.1g SÓ:1.4g<br><br><b>Tört burgonya (12;)</b><br><br>EN:315.2kcal ZS:4.3g TZS:0.4g<br>SZH:55.2g FH:7.5g SÓ:1.2g<br><br><b>Cékla * (10;)</b><br>EN:32.0kcal ZS:0.2g SZH:8.0g<br>CK:3.8g FH:1.4g SÓ:0.8g | <b>Zöldségkrémleves (1;7;)</b><br><br>EN:68.6kcal ZS:0.5g TZS:0.2g<br>SZH:13.2g CK:2.6g FH:2.4g SÓ:2.8g<br>CA:22.0mg<br><b>Pirított kenyérkocka (1;)</b><br><br>EN:81.6kcal ZS:0.3g TZS:0.2g<br>SZH:16.6g CK:0.8g FH:2.7g SÓ:0.1g<br><br><b>Sertéshúsos rakott tészta<br/>(1;3;7;)</b><br><br>EN:663.8kcal ZS:24.2g TZS:8.5g<br>SZH:82.6g CK:6.3g FH:28.3g SÓ:1.9g<br>CA:49.5mg | <b>Vegyes gyümölcsleves<br/>(1;7;)</b><br><br>EN:206.7kcal ZS:0.6g TZS:0.4g<br>SZH:46.4g CK:37.8g FH:2.6g SÓ:0.8g<br>CA:36.0mg<br><b>Sajttal töltött panírozott<br/>halporció (1;7;9;)</b><br><br>EN:60.8kcal ZS:6.0g TZS:0.7g<br>SZH:1.1g CK:0.1g FH:0.6g SÓ:0.1g<br><br><b>Burgonyapüré (7;12;)</b><br><br>EN:271.9kcal ZS:6.2g TZS:3.0g<br>SZH:41.9g CK:5.0g FH:8.3g SÓ:1.6g<br>CA:120.0mg<br><b>Csemege uborka * (10;12;)</b><br><br>EN:8.8kcal ZS:0.1g SZH:1.4g CK:0.3g<br>FH:0.6g SÓ:1.4g | <b>Húsleves (9;)</b><br><br>EN:76.0kcal ZS:1.6g TZS:0.5g<br>SZH:8.0g CK:2.8g FH:6.7g SÓ:1.0g<br><br><b>Levesbetét tészta (1;)</b><br><br>EN:15.8kcal ZS:0.1g SZH:3.2g<br>CK:0.1g FH:0.5g SÓ:0.4g<br><br><b>Dubarry sertésszelet (1;7;)</b><br><br>EN:424.8kcal ZS:28.3g TZS:12.4g<br>SZH:9.6g CK:4.1g FH:31.3g SÓ:2.1g<br>CA:236.0mg<br><b>Rizi-bizi</b><br><br>EN:454.6kcal ZS:7.9g TZS:0.9g<br>SZH:83.1g CK:0.0g FH:12.6g SÓ:1.5g                                                                                                            |