

| Gasztvital      | Hétfő<br>03.23                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Kedd<br>03.24                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Szerda<br>03.25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Csütörtök<br>03.26                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Péntek<br>03.27                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| Tízórai         | <b>Gyümölcs tea</b><br>EN:32.8kcal ZS:0.0g TZS:0.0g SZH:8.0g CK:8.0g<br>FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Lapka sajt (7;)</b><br>EN:56.8kcal ZS:4.7g TZS:3.2g SZH:0.7g CK:0.7g<br>FH:3.0g SÓ:0.5g CA:107.8mg<br><b>margarin</b><br>EN:36.0kcal ZS:4.0g TZS:1.2g SÓ:0.1g<br><br><b>Kifli (1;7;)</b><br>EN:109.6kcal ZS:1.5g TZS:0.6g SZH:20.4g CK:1.1g<br>FH:2.9g SÓ:0.4g                                                                                             | <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>Csokis gabonagolyó (1;6;7;)</b><br>EN:150.8kcal ZS:1.3g TZS:0.6g SZH:30.8g CK:11.1g<br>FH:3.1g SÓ:0.2g<br><br><b>Barackos tea</b><br>EN:32.8kcal ZS:0.0g TZS:0.0g SZH:8.0g CK:8.0g<br>FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Lilahagymás tonhalkrém (4;7;10;)</b><br>EN:106.9kcal ZS:7.4g TZS:2.5g SZH:2.0g CK:0.3g<br>FH:8.0g SÓ:0.5g CA:7.5mg<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>Jégsaláta</b><br>EN:5.4kcal ZS:0.1g SZH:0.6g FH:0.4g | <b>Kakaó (7;)</b><br>EN:124.6kcal ZS:3.2g TZS:2.1g SZH:17.1g CK:17.0g<br>FH:6.8g SÓ:0.2g CA:240.0mg<br><b>Briós (1;3;6;7;)</b><br>EN:163.8kcal ZS:4.3g TZS:1.5g SZH:28.4g CK:4.7g<br>FH:4.4g SÓ:0.3g CA:0.0mg<br><br><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>Gépsonka</b><br>EN:35.1kcal ZS:1.4g TZS:0.5g SZH:1.0g CK:0.1g<br>FH:4.8g SÓ:0.7g<br><b>margarin</b><br>EN:36.0kcal ZS:4.0g TZS:1.2g SÓ:0.1g<br><br><b>Teljeskiőrlésű kifli (1;)</b><br>EN:125.0kcal ZS:1.6g TZS:0.7g SZH:23.5g CK:0.1g<br>FH:4.1g SÓ:0.7g<br><b>Kápia paprika</b><br>EN:9.0kcal ZS:0.0g SZH:1.4g CK:0.7g FH:0.4g |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Ebéd            | <b>Sertés gulyásleves (1;9;12;)</b><br>EN:270.3kcal ZS:16.7g TZS:4.4g SZH:15.0g CK:1.1g<br>FH:12.9g SÓ:1.3g CA:0.0mg<br><b>Gofri (1;3;5;7;8;)</b><br>EN:415.7kcal ZS:27.1g TZS:6.7g SZH:37.7g<br>CK:19.7g FH:6.3g SÓ:0.5g<br><b>Vanília sodó (6;7;)</b><br><br>EN:107.4kcal ZS:4.4g TZS:2.6g SZH:12.3g CK:9.7g<br>FH:5.0g SÓ:0.2g CA:180.0mg<br><b>teljeskiőrlésű kenyér (ebédhez) (1;)</b><br>EN:133.2kcal ZS:0.7g TZS:0.2g SZH:26.0g CK:0.0g<br>FH:4.8g SÓ:0.7g | <b>Magyaros tarhonyaleves (1;12;)</b><br>EN:209.8kcal ZS:9.6g TZS:1.1g SZH:25.4g CK:0.7g<br>FH:4.0g SÓ:0.5g CA:0.0mg<br><b>Sertés pörkölt</b><br>EN:201.3kcal ZS:11.0g TZS:2.5g SZH:3.0g CK:0.0g<br>FH:21.1g SÓ:1.4g CA:0.0mg<br><b>Fejtett babfőzelék (1;7;12;)</b><br><br>EN:305.6kcal ZS:9.6g TZS:2.6g SZH:32.0g CK:3.8g<br>FH:15.4g SÓ:0.9g CA:30.0mg<br><b>teljeskiőrlésű kenyér (ebédhez) (1;)</b><br>EN:133.2kcal ZS:0.7g TZS:0.2g SZH:26.0g CK:0.0g<br>FH:4.8g SÓ:0.7g<br><b>alma</b><br>EN:35.0kcal ZS:0.4g TZS:0.0g SZH:7.0g CK:4.0g<br>FH:0.4g SÓ:0.0g CA:0.0mg                                 | <b>Brokkoli krémleves (1;7;12;)</b><br>EN:163.0kcal ZS:4.6g TZS:3.2g SZH:23.5g CK:1.2g<br>FH:6.5g SÓ:1.3g CA:0.0mg<br><b>Pirított tökmag</b><br>EN:135.3kcal ZS:11.4g TZS:2.2g SZH:4.5g CK:0.3g<br>FH:6.1g SÓ:0.0g<br><b>Tejfölös-kukoricás csirkeragu (1;7;)</b><br><br>EN:171.7kcal ZS:7.4g TZS:5.3g SZH:8.9g CK:2.7g<br>FH:16.6g SÓ:0.8g CA:0.0mg<br><b>Bulgur köret (1;)</b><br>EN:294.0kcal ZS:3.0g TZS:0.1g SZH:56.0g CK:8.0g<br>FH:10.4g SÓ:0.0g CA:0.0mg                                                                                                                                                                                   | <b>Orjaleves (1;)</b><br>EN:104.9kcal ZS:3.0g TZS:0.9g SZH:12.9g CK:3.8g<br>FH:5.7g SÓ:2.5g CA:0.0mg<br><b>Fasírt golyó (1;3;6;)</b><br>EN:394.8kcal ZS:36.4g TZS:6.8g SZH:5.0g CK:0.8g<br>FH:11.0g SÓ:2.1g CA:0.0mg<br><b>Paradicsomos burgonyafőzelék (1;12;)</b><br><br>EN:320.1kcal ZS:5.3g TZS:0.6g SZH:55.9g CK:8.5g<br>FH:7.4g SÓ:3.2g CA:0.0mg<br><b>félbarna kenyér (ebédhez) (1;)</b><br>EN:106.3kcal ZS:0.6g TZS:0.0g SZH:20.7g CK:0.4g<br>FH:3.8g SÓ:0.6g CA:0.0mg | <b>Tejfölös karfiolleves (1;3;7;9;)</b><br>EN:101.2kcal ZS:6.0g TZS:2.1g SZH:8.3g CK:1.4g<br>FH:3.0g SÓ:0.8g CA:24.0mg<br><b>Spanyol rizseshús</b><br>EN:491.9kcal ZS:15.3g TZS:5.3g SZH:65.2g CK:2.0g<br>FH:22.8g SÓ:1.4g CA:0.0mg<br><b>Csemege uborka * (10;12;)</b><br><br>EN:7.7kcal ZS:0.1g TZS:0.0g SZH:1.3g CK:0.3g<br>FH:0.6g SÓ:1.2g CA:0.0mg<br><b>Narancs</b><br>EN:61.5kcal ZS:0.0g TZS:0.0g SZH:12.8g CK:9.8g<br>FH:0.9g SÓ:0.0g CA:0.0mg |
| Uzsonna         | <b>Mátrai csemege szalámi</b><br>EN:96.0kcal ZS:9.0g TZS:3.8g SZH:0.2g CK:0.1g<br>FH:3.6g SÓ:0.6g<br><b>margarin</b><br>EN:36.0kcal ZS:4.0g TZS:1.2g SÓ:0.1g<br><br><b>vizes zsemle (1;)</b><br>EN:139.4kcal ZS:0.6g TZS:0.0g SZH:30.0g CK:0.9g<br>FH:4.4g SÓ:0.6g CA:0.0mg<br><b>Paprika</b><br>EN:9.0kcal ZS:0.0g SZH:1.4g FH:0.4g                                                                                                                              | <b>Házi tojáskrém (3;7;10;)</b><br>EN:53.9kcal ZS:2.5g TZS:1.4g SZH:5.6g CK:2.1g<br>FH:2.3g SÓ:1.1g CA:51.0mg<br><b>Teljeskiőrlésű zsemle (1;6;)</b><br>EN:153.7kcal ZS:1.0g TZS:0.1g SZH:31.2g CK:0.7g<br>FH:5.9g SÓ:0.8g CA:0.0mg<br><b>Kígyóuborka</b><br>EN:3.6kcal ZS:0.0g TZS:0.0g SZH:0.5g CK:0.0g<br>FH:0.3g SÓ:0.0g CA:0.0mg                                                                                                                                                                                                                                                                      | <b>Ivó joghurt kajszis (7;)</b><br>EN:96.3kcal ZS:2.5g TZS:1.8g SZH:13.8g CK:13.8g<br>FH:3.1g SÓ:0.1g CA:125.0mg<br><b>Kifli (1;7;)</b><br>EN:109.6kcal ZS:1.5g TZS:0.6g SZH:20.4g CK:1.1g<br>FH:2.9g SÓ:0.4g                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Körözött (7;)</b><br>EN:57.1kcal ZS:3.6g TZS:2.3g SZH:1.5g CK:1.4g<br>FH:4.5g SÓ:0.8g CA:38.0mg<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>Kígyóuborka</b><br>EN:3.6kcal ZS:0.0g TZS:0.0g SZH:0.5g CK:0.0g<br>FH:0.3g SÓ:0.0g CA:0.0mg                                                                                                                                                                | <b>Túrós táska (1;6;7;)</b><br>EN:175.0kcal ZS:7.5g TZS:3.8g SZH:25.0g CK:8.0g<br>FH:2.9g SÓ:0.1g                                                                                                                                                                                                                                                                                                                                                       |
| Napi összesítés | EN: 1442.2 kcal; ZS: 72.8 g; TZS: 23.9 g; SZH: 151.7 g; CK: 41.2 g; FH: 43.3 g; SÓ: 4.9 g; CA: 287.8 mg;                                                                                                                                                                                                                                                                                                                                                          | EN: 1334.9 kcal; ZS: 39.2 g; TZS: 10.3 g; SZH: 170.9 g; CK: 22.4 g; FH: 63.1 g; SÓ: 5.7 g; CA: 321.0 mg;                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | EN: 1314.8 kcal; ZS: 39.1 g; TZS: 15.8 g; SZH: 176.5 g; CK: 35.4 g; FH: 61.3 g; SÓ: 4.2 g; CA: 132.5 mg;                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | EN: 1475.0 kcal; ZS: 57.5 g; TZS: 14.6 g; SZH: 181.0 g; CK: 36.6 g; FH: 51.0 g; SÓ: 10.7 g; CA: 278.0 mg;                                                                                                                                                                                                                                                                                                                                                                      | EN: 1130.5 kcal; ZS: 38.9 g; TZS: 15.6 g; SZH: 147.7 g; CK: 22.3 g; FH: 45.3 g; SÓ: 5.3 g; CA: 264.0 mg;                                                                                                                                                                                                                                                                                                                                                |