

| Gasztvital | Hétfő<br>12.01                                                                                                                                                                                                                                                                                                                               | Kedd<br>12.02                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Szerda<br>12.03                                                                                                                                                                                                                                                                                                                                                                                          | Csütörtök<br>12.04                                                                                                                                                                                                                                                                                                                                                                     | Péntek<br>12.05                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| Tízórai    | <b>Citromos tea</b><br>EN:32.8kcal ZS:0.0g TZS:0.0g SZH:8.0g CK:8.0g FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Szendvicsskrém (7;)</b><br>EN:58.4kcal ZS:6.0g TZS:3.8g SZH:0.6g CK:0.6g FH:0.5g SÓ:0.2g CA:15.0mg<br><b>Vizes zsemle (1;)</b><br>EN:168.5kcal ZS:4.3g SZH:26.4g FH:5.1g<br><b>Paradicsom</b><br>EN:6.9kcal ZS:0.1g SZH:1.2g FH:0.3g     | <b>Forralt tej (7;)</b><br>EN:116.0kcal ZS:5.6g TZS:4.0g SZH:10.0g CK:10.0g FH:6.6g SÓ:0.2g CA:240.0mg<br><b>Kakaós csiga (1;3;6;13;)</b><br>EN:199.4kcal ZS:8.6g TZS:4.0g SZH:31.5g CK:11.5g FH:3.8g SÓ:0.2g                                                                                                                                                                                                                                                                          | <b>Gyümölcs tea</b><br>EN:32.8kcal ZS:0.0g TZS:0.0g SZH:8.0g CK:8.0g FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Sajtos baromfi párizsi (7;)</b><br>EN:55.2kcal ZS:4.7g TZS:1.5g SZH:0.3g CK:0.1g FH:4.0g SÓ:0.6g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SÓ:0.1g<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:146.4kcal ZS:0.6g TZS:0.2g SZH:30.0g FH:4.4g SÓ:0.9g                                          | <b>Forralt tej (7;)</b><br>EN:116.0kcal ZS:5.6g TZS:4.0g SZH:10.0g CK:10.0g FH:6.6g SÓ:0.2g CA:240.0mg<br><b>Méz</b><br>EN:45.6kcal SZH:12.4g CK:12.3g FH:0.0g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SÓ:0.1g<br><b>Félbarna kenyér (1;)</b><br>EN:131.5kcal ZS:0.5g TZS:0.1g SZH:26.9g CK:0.9g FH:5.0g SÓ:0.3g                                                            | <b>Epres tea</b><br>EN:32.8kcal ZS:0.0g TZS:0.0g SZH:8.0g CK:8.0g FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Fürdői sonka</b><br>EN:140.1kcal ZS:1.2g TZS:0.4g SZH:1.5g CK:0.2g FH:4.2g SÓ:0.8g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SÓ:0.1g<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:146.4kcal ZS:0.6g TZS:0.2g SZH:30.0g FH:4.4g SÓ:0.9g                                                                                      |
| Ebéd       | <b>Gombaleves (1;3;)</b><br>EN:129.4kcal ZS:7.5g TZS:1.0g SZH:9.4g CK:0.0g FH:5.8g SÓ:0.3g CA:29.3mg<br><b>Bolognai spagetti szárnyashúsból (1;)</b><br>EN:463.3kcal ZS:12.6g TZS:2.0g SZH:63.0g CK:11.9g FH:23.0g SÓ:0.4g CA:0.0mg<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 | <b>Téli Zöldségleves (1;3;9;)</b><br>EN:75.7kcal ZS:2.7g TZS:0.3g SZH:10.0g CK:0.9g FH:2.4g SÓ:1.1g CA:0.0mg<br><b>Fasírt golyó (1;6;)</b><br>EN:259.1kcal ZS:20.4g TZS:3.0g SZH:9.8g CK:0.8g FH:8.3g SÓ:1.3g<br><b>Sárgarépa főzelék (1;7;)</b><br>EN:105.6kcal ZS:3.1g TZS:0.6g SZH:16.3g CK:0.9g FH:2.8g SÓ:0.9g CA:21.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:78.9kcal ZS:0.3g TZS:0.1g SZH:16.1g CK:0.5g FH:3.0g SÓ:0.2g<br><b>Alma</b><br>EN:52.5kcal ZS:0.6g SZH:10.5g FH:0.6g | <b>Körte leves (1;7;)</b><br>EN:129.4kcal ZS:3.9g TZS:2.2g SZH:23.7g CK:18.7g FH:2.1g SÓ:2.0g CA:31.5mg<br><b>Rántott halrúd (1;4;)</b><br>EN:241.2kcal ZS:16.4g TZS:1.7g SZH:14.3g CK:0.4g FH:8.3g SÓ:0.4g<br><b>Petrezselymes burgonya (12;)</b><br>EN:294.3kcal ZS:12.4g TZS:5.6g SZH:36.8g CK:0.0g FH:5.0g SÓ:0.4g<br><b>Csalamádé (10;)</b><br>EN:18.0kcal ZS:0.1g SZH:3.5g CK:1.6g FH:0.5g SÓ:0.8g | <b>Daragaluska leves (1;3;)</b><br>EN:161.0kcal ZS:8.5g TZS:1.9g SZH:12.8g CK:2.4g FH:5.4g SÓ:0.3g<br><b>Főtt tojás (3;)</b><br>EN:63.0kcal ZS:4.5g TZS:1.4g FH:5.4g<br><b>Lencsefőzelék (1;7;10;)</b><br>EN:347.3kcal ZS:11.7g TZS:3.8g SZH:39.4g CK:4.0g FH:15.5g SÓ:0.3g CA:48.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:78.9kcal ZS:0.3g TZS:0.1g SZH:16.1g CK:0.5g FH:3.0g SÓ:0.2g | <b>Burgonyaleves (1;3;12;)</b><br>EN:185.8kcal ZS:7.7g TZS:1.1g SZH:22.9g CK:0.0g FH:4.4g SÓ:0.2g CA:0.0mg<br><b>Székelypáposzta (12;)</b><br>EN:226.1kcal ZS:11.0g TZS:2.2g SZH:11.4g CK:0.0g FH:18.9g SÓ:1.2g CA:0.0mg<br><b>Tejföl öntet (7;)</b><br>EN:41.4kcal ZS:3.6g TZS:2.3g SZH:1.0g CK:1.0g FH:0.9g SÓ:0.0g CA:36.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:78.9kcal ZS:0.3g TZS:0.1g SZH:16.1g CK:0.5g FH:3.0g SÓ:0.2g    |
| Ebéd B     | <b>Gombaleves (1;3;)</b><br>EN:129.4kcal ZS:7.5g TZS:1.0g SZH:9.4g CK:0.0g FH:5.8g SÓ:0.3g CA:29.3mg<br><b>Vega Bolognai spagetti (1;9;)</b><br>EN:307.4kcal ZS:2.9g TZS:0.5g SZH:58.5g CK:6.1g FH:10.1g SÓ:0.8g CA:0.0mg<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           | <b>Téli Zöldségleves (1;3;9;)</b><br>EN:75.7kcal ZS:2.7g TZS:0.3g SZH:10.0g CK:0.9g FH:2.4g SÓ:1.1g CA:0.0mg<br><b>Vega chilis bab</b><br>EN:365.5kcal ZS:7.9g TZS:0.8g SZH:48.4g CK:9.6g FH:18.1g SÓ:0.2g CA:0.0mg<br><b>Alma</b><br>EN:52.5kcal ZS:0.6g SZH:10.5g FH:0.6g                                                                                                                                                                                                            | <b>Körte leves (1;7;)</b><br>EN:129.4kcal ZS:3.9g TZS:2.2g SZH:23.7g CK:18.7g FH:2.1g SÓ:2.0g CA:31.5mg<br><b>Rántott halrúd (1;4;)</b><br>EN:241.2kcal ZS:16.4g TZS:1.7g SZH:14.3g CK:0.4g FH:8.3g SÓ:0.4g<br><b>Petrezselymes burgonya (12;)</b><br>EN:294.3kcal ZS:12.4g TZS:5.6g SZH:36.8g CK:0.0g FH:5.0g SÓ:0.4g<br><b>Csalamádé (10;)</b><br>EN:18.0kcal ZS:0.1g SZH:3.5g CK:1.6g FH:0.5g SÓ:0.8g | <b>Daragaluska leves (1;3;)</b><br>EN:161.0kcal ZS:8.5g TZS:1.9g SZH:12.8g CK:2.4g FH:5.4g SÓ:0.3g<br><b>Főtt tojás (3;)</b><br>EN:63.0kcal ZS:4.5g TZS:1.4g FH:5.4g<br><b>Lencsefőzelék (1;7;10;)</b><br>EN:347.3kcal ZS:11.7g TZS:3.8g SZH:39.4g CK:4.0g FH:15.5g SÓ:0.3g CA:48.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:78.9kcal ZS:0.3g TZS:0.1g SZH:16.1g CK:0.5g FH:3.0g SÓ:0.2g | <b>Burgonyaleves (1;3;12;)</b><br>EN:185.8kcal ZS:7.7g TZS:1.1g SZH:22.9g CK:0.0g FH:4.4g SÓ:0.2g CA:0.0mg<br><b>Székelypáposzta vega (12;)</b><br>EN:117.3kcal ZS:6.7g TZS:0.7g SZH:11.4g CK:0.0g FH:2.5g SÓ:1.0g CA:0.0mg<br><b>Tejföl öntet (7;)</b><br>EN:41.4kcal ZS:3.6g TZS:2.3g SZH:1.0g CK:1.0g FH:0.9g SÓ:0.0g CA:36.0mg<br><b>Félbarna kenyér (1;)</b><br>EN:78.9kcal ZS:0.3g TZS:0.1g SZH:16.1g CK:0.5g FH:3.0g SÓ:0.2g |
| Uzsonna    | <b>Zala felvágott</b><br>EN:72.0kcal ZS:6.0g TZS:2.4g SZH:0.6g CK:0.1g FH:3.9g SÓ:0.7g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SÓ:0.1g<br><br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:146.4kcal ZS:0.6g TZS:0.2g SZH:30.0g FH:4.4g SÓ:0.9g                                                                                        | <b>Padlizsánkrém (3;7;10;)</b><br>EN:79.0kcal ZS:7.8g TZS:4.3g SZH:1.3g CK:0.8g FH:0.7g SÓ:0.3g CA:16.5mg<br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:146.4kcal ZS:0.6g TZS:0.2g SZH:30.0g FH:4.4g SÓ:0.9g                                                                                                                                                                                                                                                                              | <b>Körözött (7;)</b><br>EN:52.8kcal ZS:3.6g TZS:2.3g SZH:1.5g CK:0.7g FH:3.6g SÓ:0.3g CA:24.0mg<br><b>Vizes zsemle (1;)</b><br>EN:168.5kcal ZS:4.3g SZH:26.4g FH:5.1g<br><br><b>Paprika</b><br>EN:9.0kcal ZS:0.0g SZH:1.4g FH:0.4g                                                                                                                                                                       | <b>Trappista sajt (7;)</b><br>EN:105.6kcal ZS:8.4g TZS:5.4g SZH:0.6g CK:0.6g FH:7.5g SÓ:0.4g CA:240.0mg<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SÓ:0.1g<br><br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:146.4kcal ZS:0.6g TZS:0.2g SZH:30.0g FH:4.4g SÓ:0.9g<br><b>Paradicsom</b><br>EN:6.9kcal ZS:0.1g SZH:1.2g FH:0.3g                                                     | <b>Kockasajt, natúr (7;)</b><br>EN:72.5kcal ZS:5.6g TZS:3.5g SZH:1.6g CK:1.4g FH:3.9g SÓ:0.3g CA:201.3mg<br><b>Kifli (1;7;)</b><br>EN:124.5kcal ZS:0.4g TZS:0.2g SZH:25.5g CK:0.1g FH:3.8g SÓ:0.7g<br><b>Kigyóborka</b><br>EN:3.6kcal ZS:0.0g SZH:0.5g FH:0.3g                                                                                                                                                                      |