

| Gasztvital | Hétfő<br>09.14                                                                                                                                                                                                                                                                                                                                                                                                                             | Kedd<br>09.15                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Szerda<br>09.16                                                                                                                                                                                                                                                                                                                                                                                     | Csütörtök<br>09.17                                                                                                                                                                                                                                                                                                                                                                                                                                           | Péntek<br>09.18                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| Tízórai    | <b>Tej (7;)</b><br>EN:88.0kcal ZS:3.0g TZS:2.0g SZH:9.4g FH:5.8g SÓ:0.2g<br><b>Marha párizsi</b><br>EN:72.0kcal ZS:6.3g TZS:2.5g SZH:0.5g CK:0.1g FH:3.3g SÓ:0.5g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SZH:0.0g CK:0.0g FH:0.0g 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<br><b>Paradicsom</b><br>EN:6.9kcal ZS:0.1g TZS:0.0g SZH:1.2g CK:0.8g FH:0.3g SÓ:0.0g | <b>Tej (7;)</b><br>EN:88.0kcal ZS:3.0g TZS:2.0g SZH:9.4g FH:5.8g SÓ:0.2g<br><b>Magvas csirkemájkrém (7;)</b><br>EN:114.8kcal ZS:9.6g TZS:2.8g SZH:1.6g CK:0.5g FH:5.6g SÓ:0.1g<br><b>Félbarna kenyér (1;)</b><br>EN:156.4kcal ZS:0.5g TZS:0.2g SZH:32.6g CK:0.1g FH:4.6g SÓ:1.0g                                                                                                                                                                                                                                     | <b>Vaníliás tej (7;)</b><br>EN:113.5kcal ZS:3.0g TZS:1.8g SZH:15.1g CK:14.2g FH:6.0g SÓ:0.2g<br><b>Teavaj (7;)</b><br>EN:56.6kcal ZS:6.2g TZS:4.0g SZH:0.1g CK:0.0g FH:0.1g SÓ:0.1g<br><b>Foszlós kalács (1;3;)</b><br>EN:154.8kcal ZS:3.3g TZS:0.8g SZH:27.1g CK:3.5g FH:3.7g SÓ:0.3g                                                                                                              | <b>Gyümölcs tea</b><br>EN:32.0kcal ZS:0.0g TZS:0.0g SZH:8.0g CK:8.0g FH:0.0g SÓ:0.0g<br><b>Mátrai csemege szalámi</b><br>EN:96.0kcal ZS:9.0g TZS:3.8g SZH:0.2g CK:0.1g FH:3.6g SÓ:0.6g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SZH:0.0g CK:0.0g FH:0.0g 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<br><b>Paprika</b><br>EN:9.0kcal ZS:0.0g TZS:0.0g SZH:1.4g CK:0.0g FH:0.4g SÓ:0.0g | <b>Tej (7;)</b><br>EN:88.0kcal ZS:3.0g TZS:2.0g SZH:9.4g FH:5.8g SÓ:0.2g<br><b>Trappista sajt (7;)</b><br>EN:101.1kcal ZS:7.8g TZS:4.8g SZH:0.1g CK:0.1g FH:7.7g SÓ:0.4g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SZH:0.0g CK:0.0g FH:0.0g 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<br><b>Kígyóuborka</b><br>EN:3.6kcal ZS:0.0g TZS:0.0g SZH:0.5g CK:0.0g FH:0.3g SÓ:0.0g |
| Ebéd A     | <b>Bagolyborsóleves sertéshússal (1;3;7;9;)</b><br>EN:292.4kcal ZS:15.1g TZS:5.9g SZH:20.7g CK:2.3g FH:15.7g SÓ:0.4g<br><b>Tejfölös túró (7;)</b><br>EN:185.3kcal ZS:12.9g TZS:8.8g SZH:3.6g CK:3.6g FH:12.3g SÓ:0.8g<br><b>Főtt tészta (1;)</b><br>EN:303.7kcal ZS:7.3g TZS:1.0g SZH:50.4g CK:2.5g FH:8.5g SÓ:0.2g                                                                                                                        | <b>Zöldségkrémleves (1;7;)</b><br>EN:76.6kcal ZS:3.3g TZS:1.8g SZH:8.2g CK:1.3g FH:2.6g SÓ:0.3g<br><b>Levesgyöngy (1;3;7;)</b><br>EN:50.0kcal ZS:2.8g TZS:1.3g SZH:5.3g CK:0.6g FH:0.8g SÓ:0.1g<br><b>Kapros sertésapró (7;)</b><br>EN:176.1kcal ZS:10.0g TZS:4.5g SZH:2.4g CK:0.4g FH:17.6g SÓ:1.3g<br><b>Főtt burgonya (12;)</b><br>EN:197.4kcal ZS:0.4g TZS:0.0g SZH:38.6g CK:0.0g FH:5.3g SÓ:0.3g<br><b>Alma</b><br>EN:52.5kcal ZS:0.6g TZS:0.0g SZH:10.5g CK:6.0g FH:0.6g SÓ:0.0g                               | <b>Csontleves tésztával (1;)</b><br>EN:112.5kcal ZS:6.0g TZS:0.7g SZH:11.2g CK:2.7g FH:3.0g SÓ:0.4g<br><b>Pulykapörkölt</b><br>EN:124.6kcal ZS:6.8g TZS:1.3g SZH:2.6g CK:0.0g FH:12.9g SÓ:0.3g<br><b>Zöldbabfőzelék (1;7;)</b><br>EN:210.4kcal ZS:12.2g TZS:4.5g SZH:15.9g CK:5.6g FH:7.0g SÓ:0.2g<br><b>Félbarna kenyér (1;)</b><br>EN:78.2kcal ZS:0.2g TZS:0.1g SZH:16.3g CK:0.1g FH:2.3g SÓ:0.5g | <b>Olasz paradicsomleves sajt szórattal (1;7;)</b><br>EN:178.0kcal ZS:6.8g TZS:2.3g SZH:22.8g CK:8.2g FH:6.3g SÓ:0.4g<br><b>Gombás sertésragu (1;)</b><br>EN:207.9kcal ZS:12.1g TZS:2.8g SZH:4.4g CK:0.0g FH:18.9g SÓ:0.4g<br><b>Rizs köret</b><br>EN:282.6kcal ZS:5.0g TZS:0.5g SZH:53.9g CK:0.0g FH:4.9g SÓ:0.2g                                                                                                                                           | <b>Körtekrémleves (1;7;12;)</b><br>EN:134.9kcal ZS:3.4g TZS:2.1g SZH:23.2g CK:16.7g FH:2.0g SÓ:0.0g<br><b>Bolognai spagetti (1;)</b><br>EN:415.3kcal ZS:10.7g TZS:1.9g SZH:52.7g CK:8.5g FH:25.6g SÓ:0.5g<br><b>Reszelt sajt (7;)</b><br>EN:69.4kcal ZS:5.4g TZS:3.4g SZH:0.4g CK:0.4g FH:5.2g SÓ:1.3g                                                                                                                                             |
| Ebéd B     | <b>Bagolyborsóleves sertéshússal (1;3;7;9;)</b><br>EN:292.4kcal ZS:15.1g TZS:5.9g SZH:20.7g CK:2.3g FH:15.7g SÓ:0.4g<br><b>Tejberizs (7;)</b><br>EN:367.0kcal ZS:6.3g TZS:4.0g SZH:65.6g CK:19.1g FH:12.0g SÓ:0.4g<br><b>Erdei gyümölcs öntet (7;12;)</b><br>EN:52.2kcal ZS:0.1g TZS:0.0g SZH:12.5g CK:11.5g FH:0.3g SÓ:0.9g                                                                                                               | <b>Zöldségkrémleves (1;7;)</b><br>EN:76.6kcal ZS:3.3g TZS:1.8g SZH:8.2g CK:1.3g FH:2.6g SÓ:0.3g<br><b>Levesgyöngy (1;3;7;)</b><br>EN:50.0kcal ZS:2.8g TZS:1.3g SZH:5.3g CK:0.6g FH:0.8g SÓ:0.1g<br><b>Gyros csirkemell csíkok</b><br>EN:161.8kcal ZS:11.6g TZS:1.8g SZH:1.3g CK:0.7g FH:11.9g SÓ:0.9g<br><b>Bulgur köret 1/2 (1;)</b><br>EN:174.0kcal ZS:4.5g TZS:0.4g SZH:28.0g CK:4.0g FH:5.2g SÓ:0.2g<br><b>Mexikói párolt zöldségköret 1/2</b><br>EN:99.8kcal ZS:4.3g TZS:0.5g SZH:12.6g CK:3.7g FH:2.8g SÓ:0.3g | <b>Csontleves tésztával (1;)</b><br>EN:112.5kcal ZS:6.0g TZS:0.7g SZH:11.2g CK:2.7g FH:3.0g SÓ:0.4g<br><b>Csőben sült brokkoli sertéshússal (1;3;7;)</b><br>EN:206.1kcal ZS:9.0g TZS:3.8g SZH:15.1g CK:3.7g FH:19.0g SÓ:1.1g<br><b>Félbarna kenyér (1;)</b><br>EN:78.2kcal ZS:0.2g TZS:0.1g SZH:16.3g CK:0.1g FH:2.3g SÓ:0.5g                                                                       | <b>Olasz paradicsomleves sajt szórattal (1;7;)</b><br>EN:178.0kcal ZS:6.8g TZS:2.3g SZH:22.8g CK:8.2g FH:6.3g SÓ:0.4g<br><b>Sajttal töltött pulykaérme (1;6;7;)</b><br>EN:360.0kcal ZS:22.8g TZS:5.0g SZH:21.4g CK:1.0g FH:13.2g SÓ:2.2g<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>Csemege uborka * (10;)</b><br>EN:7.8kcal ZS:0.1g TZS:0.0g SZH:1.0g CK:0.9g FH:0.6g SÓ:1.2g         | <b>Körtekrémleves (1;7;12;)</b><br>EN:134.9kcal ZS:3.4g TZS:2.1g SZH:23.2g CK:16.7g FH:2.0g SÓ:0.0g<br><b>Parajos tejszínes halragu (1;4;7;)</b><br>EN:164.1kcal ZS:11.3g TZS:3.7g SZH:6.3g CK:1.8g FH:9.7g SÓ:1.1g<br><b>Főtt tészta (1;)</b><br>EN:303.7kcal ZS:7.3g TZS:1.0g SZH:50.4g CK:2.5g FH:8.5g SÓ:0.2g                                                                                                                                  |
| Uzsonna    | <b>Zöldfűszeres vajkrém (7;)</b><br>EN:21.6kcal ZS:2.0g TZS:1.3g SZH:0.4g CK:0.3g FH:0.5g SÓ:0.1g                                                                                                                                                                                                                                                                                                                                          | <b>Pucolt főtt tojás (3;)</b><br>EN:73.3kcal ZS:4.4g TZS:1.4g SZH:0.3g CK:0.2g FH:5.0g SÓ:0.2g                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Csirkemell sonka</b><br>EN:32.7kcal ZS:1.4g TZS:0.4g SZH:0.6g CK:0.1g FH:4.5g SÓ:0.7g                                                                                                                                                                                                                                                                                                            | <b>Mozzarellás sajtkrém (7;)</b><br>EN:45.6kcal ZS:3.8g TZS:2.4g SZH:1.3g CK:1.3g FH:1.7g SÓ:0.4g                                                                                                                                                                                                                                                                                                                                                            | <b>Túrós batyu (1;6;7;)</b><br>EN:175.0kcal ZS:7.5g TZS:3.8g SZH:25.0g CK:8.0g FH:2.9g SÓ:0.1g                                                                                                                                                                                                                                                                                                                                                     |

| Gasztvital | Hétfő<br>09.14                                                                                                                                                            | Kedd<br>09.15                                                                                                                                                                                                                                                         | Szerda<br>09.16                                                                                                                                                                                                                                                                   | Csütörtök<br>09.17                                                                                                                                                                         | Péntek<br>09.18 |
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| Uzsonna    | <b>Vizes zsemle (1;)</b><br>EN:138.5kcal ZS:0.5g TZS:0.2g SZH:26.4g FH:5.1g SÓ:0.6g<br><b>Kígyóuborka</b><br>EN:3.6kcal ZS:0.0g TZS:0.0g SZH:0.5g CK:0.0g FH:0.3g SÓ:0.0g | <b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SZH:0.0g CK:0.0g FH:0.0g 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<br><b>Lilahagyma</b><br>EN:8.0kcal ZS:0.0g TZS:0.0g SZH:1.7g CK:0.0g FH:0.2g SÓ:0.0g | <b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.7g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.1g<br><b>Teljeskiőrlésű zsemle (1;6;)</b><br>EN:139.7kcal ZS:0.9g TZS:0.1g SZH:28.4g CK:0.6g FH:5.4g SÓ:0.7g<br><b>Jégcsapretek</b><br>EN:4.5kcal ZS:0.0g TZS:0.0g SZH:0.7g CK:0.0g FH:0.4g SÓ:0.0g | <b>Félbarna kenyér (1;)</b><br>EN:156.4kcal ZS:0.5g TZS:0.2g SZH:32.6g CK:0.1g FH:4.6g SÓ:1.0g<br><b>Sárgarépa csíkok</b><br>EN:12.0kcal ZS:0.0g TZS:0.0g SZH:2.5g CK:0.0g FH:0.4g SÓ:0.0g |                 |