

| Gasztvital | Hétfő<br>05.26                                                                                                                                                                                                                                                                                                                                                                                                                      | Kedd<br>05.27                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Szerda<br>05.28                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Csütörtök<br>05.29                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Péntek<br>05.30                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| Tízórai    | <b>Citromos tea (12;)</b><br>EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.2 g; CK: 6.2 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Zöldfűszeres ligakrém tm</b><br>EN: 144.6 kcal; ZS: 15.8 g; TZS: 7.0 g; SZH: 0.5 g; FH: 0.2 g; SÓ: 0.0 g;<br><b>vizes zsemle (1;)</b><br>EN: 125.0 kcal; ZS: 0.4 g; TZS: 0.2 g; SZH: 26.5 g; CK: 0.1 g; FH: 3.9 g; SÓ: 0.6 g;                                                                     | <b>Tej 1/5% (7;)</b><br>EN: 50.0 kcal; ZS: 1.5 g; TZS: 1.0 g; SZH: 4.6 g; CK: 4.6 g; FH: 2.9 g; SÓ: 0.0 g; CA: 120.0 mg;<br><b>Csirkemellsonka</b><br>EN: 21.8 kcal; ZS: 0.9 g; TZS: 0.3 g; SZH: 0.4 g; CK: 0.1 g; FH: 3.0 g; SÓ: 0.4 g;<br><b>Liga Margarin</b><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SÓ: 0.0 g;<br><br><b>vizes zsemle (1;)</b><br>EN: 125.0 kcal; ZS: 0.4 g; TZS: 0.2 g; SZH: 26.5 g; CK: 0.1 g; FH: 3.9 g; SÓ: 0.6 g;                                                        | <b>Tej 1/5% (7;)</b><br>EN: 50.0 kcal; ZS: 1.5 g; TZS: 1.0 g; SZH: 4.6 g; CK: 4.6 g; FH: 2.9 g; SÓ: 0.0 g; CA: 120.0 mg;<br><b>kockasajt (7;)</b><br>EN: 24.3 kcal; ZS: 1.2 g; TZS: 0.9 g; SZH: 0.9 g; CK: 0.7 g; FH: 2.5 g; SÓ: 0.1 g; CA: 100.6 mg;<br><b>vizes zsemle (1;)</b><br>EN: 125.0 kcal; ZS: 0.4 g; TZS: 0.2 g; SZH: 26.5 g; CK: 0.1 g; FH: 3.9 g; SÓ: 0.6 g;                                                                                                                             | <b>Tej 1/5% (7;)</b><br>EN: 50.0 kcal; ZS: 1.5 g; TZS: 1.0 g; SZH: 4.6 g; CK: 4.6 g; FH: 2.9 g; SÓ: 0.0 g; CA: 120.0 mg;<br><b>Magyaros sajtkrém (7;)</b><br>EN: 97.5 kcal; ZS: 9.8 g; TZS: 5.1 g; SZH: 0.2 g; CK: 0.2 g; FH: 2.5 g; SÓ: 0.1 g; CA: 80.0 mg;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 140.0 kcal; ZS: 1.9 g; TZS: 0.1 g; SZH: 26.5 g; CK: 0.4 g; FH: 2.9 g; SÓ: 0.8 g;<br><b>Jégcsapretek</b><br>EN: 2.3 kcal; ZS: 0.0 g; SZH: 0.3 g; FH: 0.2 g; | <b>Citromos tea (12;)</b><br>EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.2 g; CK: 6.2 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>kapros túró krém lm (7;)</b><br>EN: 50.3 kcal; ZS: 3.3 g; TZS: 2.2 g; SZH: 1.1 g; CK: 0.3 g; FH: 3.9 g; SÓ: 0.5 g; CA: 27.4 mg;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 140.0 kcal; ZS: 1.9 g; TZS: 0.1 g; SZH: 26.5 g; CK: 0.4 g; FH: 2.9 g; SÓ: 0.8 g;                                                                                                                                  |
| Ebéd       | <b>Húsgaluska leves - csirkehúsból gm (9;12;)</b><br>EN: 56.3 kcal; ZS: 0.6 g; TZS: 0.2 g; SZH: 8.5 g; CK: 0.0 g; FH: 3.9 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Spenótos metélt (12;)</b><br>EN: 276.0 kcal; ZS: 5.1 g; TZS: 0.8 g; SZH: 53.4 g; CK: 2.2 g; FH: 4.1 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Alma</b><br>EN: 18.6 kcal; ZS: 0.2 g; SZH: 4.2 g;                                                                                     | <b>Zöldséges lebbencsleves (9;12;)</b><br>EN: 114.2 kcal; ZS: 5.2 g; TZS: 0.6 g; SZH: 13.9 g; CK: 0.0 g; FH: 1.9 g; SÓ: 0.4 g; CA: 0.0 mg;<br><b>Sertéssült gm</b><br>EN: 147.1 kcal; ZS: 9.3 g; TZS: 2.2 g; SZH: 3.6 g; CK: 0.4 g; FH: 12.4 g; SÓ: 0.5 g;<br><b>Burgonya féladag (12;)</b><br>EN: 94.0 kcal; ZS: 0.2 g; SZH: 18.4 g; FH: 2.5 g; SÓ: 1.3 g;<br><b>Paradicsommártás gm, zm</b><br>EN: 107.3 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 24.5 g; CK: 13.6 g; FH: 1.5 g; SÓ: 0.7 g; CA: 0.0 mg; | <b>Tavaszi zöldségleves rizsbetéttel zm (12;)</b><br>EN: 154.8 kcal; ZS: 10.3 g; TZS: 1.3 g; SZH: 10.6 g; CK: 0.0 g; FH: 4.6 g; SÓ: 0.4 g;<br><b>Ízes aprópecsenye (12;)</b><br>EN: 134.2 kcal; ZS: 8.2 g; TZS: 1.7 g; SZH: 1.6 g; CK: 0.1 g; FH: 12.5 g; SÓ: 1.0 g; CA: 0.0 mg;<br><b>Petrezselymes rizs</b><br>EN: 297.4 kcal; ZS: 6.3 g; TZS: 0.7 g; SZH: 54.3 g; FH: 6.5 g; SÓ: 1.3 g;<br><b>Csemege uborka (10;12;)</b><br>EN: 5.5 kcal; ZS: 0.1 g; SZH: 0.9 g; CK: 0.2 g; FH: 0.4 g; SÓ: 0.9 g; | <b>Fokhagymakrémleves tm,gm</b><br>EN: 78.8 kcal; ZS: 4.6 g; TZS: 1.1 g; SZH: 8.4 g; CK: 0.7 g; FH: 0.9 g; SÓ: 0.8 g;<br><b>Lencsefőzelék tm-gm (10;12;)</b><br>EN: 283.7 kcal; ZS: 6.3 g; TZS: 0.6 g; SZH: 37.2 g; CK: 2.7 g; FH: 14.4 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Vagdalt</b><br>EN: 64.1 kcal; ZS: 2.3 g; TZS: 0.8 g; SZH: 1.9 g; CK: 0.0 g; FH: 8.4 g; SÓ: 1.1 g; CA: 0.0 mg;                                                                                | <b>Zellerkrémleves tm,gm (9;12;)</b><br>EN: 46.5 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 10.0 g; CK: 0.8 g; FH: 1.1 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>Pirított zsemlekocka (1;)</b><br>EN: 26.6 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.2 g; CK: 0.1 g; FH: 0.9 g; SÓ: 0.0 g;<br><b>Magyaros csirkemáj gm</b><br>EN: 150.3 kcal; ZS: 9.5 g; TZS: 1.8 g; SZH: 3.0 g; CK: 0.0 g; FH: 12.1 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Sárgarépás bulgur (1;)</b><br>EN: 369.5 kcal; ZS: 10.4 g; TZS: 1.0 g; SZH: 57.8 g; CK: 7.8 g; FH: 10.6 g; SÓ: 1.2 g; |
| Uzsonna    | <b>Kedvenc ízek Pulykapárizsi füst ízesítéssel KREL</b><br>EN: 42.4 kcal; ZS: 3.6 g; TZS: 1.3 g; SZH: 0.3 g; CK: 0.0 g; FH: 2.2 g; SÓ: 0.4 g;<br><b>Liga Margarin</b><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SÓ: 0.0 g;<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 140.0 kcal; ZS: 1.9 g; TZS: 0.1 g; SZH: 26.5 g; CK: 0.4 g; FH: 2.9 g; SÓ: 0.8 g;<br><b>Kígyóuborka</b><br>EN: 2.4 kcal; ZS: 0.0 g; SZH: 0.3 g; FH: 0.2 g; | <b>Póréz zala felvágott krém (10;)</b><br>EN: 51.9 kcal; ZS: 2.3 g; TZS: 1.6 g; SZH: 1.0 g; CK: 0.1 g; FH: 1.7 g; SÓ: 0.4 g;<br><b>Tv paprika</b><br>EN: 6.0 kcal; ZS: 0.0 g; SZH: 0.9 g; FH: 0.3 g;<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 140.0 kcal; ZS: 1.9 g; TZS: 0.1 g; SZH: 26.5 g; CK: 0.4 g; FH: 2.9 g; SÓ: 0.8 g;                                                                                                                                                             | <b>Abaúj natúr sajtkrém (7;)</b><br>EN: 47.4 kcal; ZS: 2.4 g; TZS: 1.6 g; SZH: 3.3 g; CK: 2.7 g; FH: 3.1 g; SÓ: 0.5 g; CA: 172.5 mg;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 140.0 kcal; ZS: 1.9 g; TZS: 0.1 g; SZH: 26.5 g; CK: 0.4 g; FH: 2.9 g; SÓ: 0.8 g;<br><b>Lilahagyma</b><br>EN: 8.0 kcal; ZS: 0.0 g; SZH: 1.7 g; FH: 0.2 g; SÓ: 0.0 g;                                                                                                                                                 | <b>Zöldséges felvágott</b><br>EN: 46.8 kcal; ZS: 3.8 g; TZS: 1.4 g; SZH: 1.0 g; CK: 0.1 g; FH: 2.2 g; SÓ: 0.6 g;<br><b>Liga Margarin</b><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SÓ: 0.0 g;<br><br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 140.0 kcal; ZS: 1.9 g; TZS: 0.1 g; SZH: 26.5 g; CK: 0.4 g; FH: 2.9 g; SÓ: 0.8 g;                                                                                                                                        | <b>Szendvicssonka</b><br>EN: 24.8 kcal; ZS: 1.1 g; TZS: 0.5 g; SZH: 0.8 g; CK: 0.4 g; FH: 3.0 g; SÓ: 0.5 g;<br><b>Liga Margarin</b><br>EN: 9.0 kcal; ZS: 1.0 g; TZS: 0.3 g; SÓ: 0.0 g;<br><br><b>vizes zsemle (1;)</b><br>EN: 125.0 kcal; ZS: 0.4 g; TZS: 0.2 g; SZH: 26.5 g; CK: 0.1 g; FH: 3.9 g; SÓ: 0.6 g;<br><b>Narancs</b><br>EN: 82.0 kcal; SZH: 17.0 g; FH: 1.2 g;                                                                                                                                                       |