

| Gasztvital      | Hétfő<br>09.07                                                                                                                                                                                                                                                                                                                                                                   | Kedd<br>09.08                                                                                                                                                                                                                                                                                                                                                                          | Szerda<br>09.09                                                                                                                                                                                                                                                                                                                                                                                 | Csütörtök<br>09.10                                                                                                                                                                                                                                                                                                                                                                                | Péntek<br>09.11                                                                                                                                                                                                                                                                                                                                                                                                  |
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| Tízórai         | <b>Gyümölcs tea (12;)</b><br>EN:48.0kcal ZS:0.0g TZS:0.0g SZH:12.0g CK:12.0g FH:0.0g SÓ:0.0g<br><b>Füldői sonka</b><br>EN:33.6kcal 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:0.6g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.1g<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:199.8kcal ZS:1.1g TZS:0.2g SZH:39.0g CK:0.0g FH:7.2g SÓ:1.0g | <b>Hideg tej (7;)</b><br>EN:76.5kcal ZS:2.5g TZS:1.5g SZH:7.8g CK:7.8g FH:5.1g SÓ:0.2g<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:199.8kcal ZS:1.1g TZS:0.2g SZH:39.0g CK:0.0g FH:7.2g SÓ:1.0g<br><b>Olasz ricottakrém (7;)</b><br>EN:44.9kcal ZS:2.1g TZS:1.5g SZH:1.2g CK:1.2g FH:4.8g SÓ:0.0g<br><b>Paradicsom</b><br>EN:11.5kcal ZS:0.1g TZS:0.0g SZH:2.0g CK:1.3g FH:0.5g SÓ:0.0g | <b>Kakaó (7;)</b><br>EN:93.1kcal ZS:3.1g TZS:1.9g SZH:9.4g CK:9.3g FH:6.2g SÓ:0.2g<br><b>Briós (1;3;6;7;)</b><br>EN:163.8kcal ZS:4.3g TZS:1.5g SZH:28.4g CK:4.7g FH:4.4g SÓ:0.3g                                                                                                                                                                                                                | <b>Meggyes tea</b><br>EN:35.0kcal ZS:0.0g TZS:0.0g SZH:8.8g CK:8.8g FH:0.0g SÓ:0.0g<br><b>Karottás túrókrém (7;)</b><br>EN:48.1kcal ZS:2.1g TZS:1.5g SZH:1.9g CK:1.1g FH:4.9g SÓ:0.0g<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:199.8kcal ZS:1.1g TZS:0.2g SZH:39.0g CK:0.0g FH:7.2g SÓ:1.0g                                                                                                     | <b>Hideg tej (7;)</b><br>EN:76.5kcal ZS:2.5g TZS:1.5g SZH:7.8g CK:7.8g FH:5.1g SÓ:0.2g<br><b>Padlizsánkrem (3;7;10;)</b><br>EN:83.9kcal ZS:8.1g TZS:4.5g SZH:1.7g CK:0.9g FH:0.9g SÓ:1.0g<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:199.8kcal ZS:1.1g TZS:0.2g SZH:39.0g CK:0.0g FH:7.2g SÓ:1.0g<br><b>Paprika</b><br>EN:12.0kcal ZS:0.0g TZS:0.0g SZH:1.9g CK:0.0g FH:0.6g SÓ:0.0g                             |
| Ebéd            | <b>Sertésraguleves (1;7;)</b><br>EN:282.2kcal ZS:21.8g TZS:6.5g SZH:9.6g CK:2.9g FH:11.6g SÓ:2.3g<br><b>Tejbedara (1;7;)</b><br>EN:298.7kcal ZS:7.7g TZS:4.1g SZH:45.3g CK:16.1g FH:11.3g SÓ:0.3g<br><b>Fahéj szórát</b><br>EN:160.0kcal ZS:0.0g TZS:0.0g SZH:40.0g CK:38.8g FH:0.0g SÓ:0.0g<br><b>Alma</b><br>EN:38.5kcal ZS:0.4g TZS:0.0g SZH:7.7g CK:4.4g FH:0.4g SÓ:0.0g     | <b>Tojásleves (1;3;)</b><br>EN:167.0kcal ZS:15.0g TZS:2.1g SZH:4.3g CK:0.0g FH:3.4g SÓ:0.9g<br><b>Csirkehúsos zöldséges rizottó (9;)</b><br>EN:345.4kcal ZS:9.3g TZS:1.5g SZH:41.3g CK:0.0g FH:21.8g SÓ:2.2g<br><b>Szőlő</b><br>EN:93.6kcal SZH:21.7g CK:11.4g FH:0.7g                                                                                                                 | <b>Daragaluskaleves (1;3;)</b><br>EN:234.8kcal ZS:18.6g TZS:2.0g SZH:15.4g CK:2.4g FH:3.0g SÓ:0.1g<br><b>Főtt virsli</b><br>EN:296.8kcal ZS:23.8g TZS:10.8g SZH:3.9g FH:16.8g SÓ:2.9g<br><b>Paradicsomos káposzta (1;)</b><br>EN:304.7kcal ZS:4.2g TZS:0.5g SZH:58.8g CK:33.0g FH:5.9g SÓ:0.4g<br><b>Félbarna kenyér (1;)</b><br>EN:74.4kcal ZS:0.3g TZS:0.1g SZH:15.6g CK:0.0g FH:2.0g SÓ:0.3g | <b>Reszelt tésztales (1;)</b><br>EN:151.6kcal ZS:9.5g TZS:1.0g SZH:13.7g CK:2.8g FH:2.4g SÓ:0.9g<br><b>Provance csirkeragu (1;)</b><br>EN:174.3kcal ZS:10.6g TZS:1.9g SZH:6.7g CK:2.2g FH:13.5g SÓ:0.4g<br><b>Bulgur köret (1;)</b><br>EN:405.2kcal ZS:11.9g TZS:1.4g SZH:60.5g CK:1.9g FH:10.9g SÓ:0.7g<br><b>Gesztenyerúd</b><br>EN:89.4kcal ZS:3.1g TZS:2.8g SZH:14.0g CK:8.7g FH:1.1g SÓ:0.0g | <b>Haglaluskaleves (1;3;4;)</b><br>EN:113.5kcal ZS:3.7g TZS:0.7g SZH:15.3g CK:2.5g FH:5.1g SÓ:1.2g<br><b>Rántott sajt (1;3;7;)</b><br>EN:448.4kcal ZS:35.5g TZS:10.3g SZH:18.9g CK:1.3g FH:12.6g SÓ:1.1g<br><b>Petrezselymes burgonya (12;)</b><br>EN:434.8kcal ZS:26.7g TZS:2.9g SZH:38.8g CK:0.0g FH:5.3g SÓ:0.9g<br><b>Majonéz (3;10;)</b><br>EN:205.0kcal ZS:19.4g TZS:2.3g SZH:5.3g CK:3.5g FH:0.5g SÓ:0.8g |
| Uzsonna         | <b>Sajtkrém (7;)</b><br>EN:42.9kcal ZS:3.6g TZS:2.3g SZH:1.5g CK:1.5g FH:1.1g SÓ:0.4g<br><b>Császár zsemle (1;6;)</b><br>EN:152.7kcal ZS:1.7g TZS:0.0g SZH:29.4g CK:0.5g FH:4.7g SÓ:0.6g<br><b>Kaliforniai paprika</b><br>EN:12.0kcal ZS:0.0g TZS:0.0g SZH:1.9g CK:1.0g FH:0.6g SÓ:0.0g                                                                                          | <b>Baromfi párizsi</b><br>EN:60.9kcal ZS:5.1g TZS:1.8g SZH:0.5g CK:0.2g FH:3.3g SÓ:0.6g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.1g<br><b>Zsemle (1;)</b><br>EN:125.0kcal ZS:0.4g TZS:0.2g SZH:30.0g CK:0.1g FH:3.9g SÓ:0.6g                                                                                                                   | <b>Mozzarella (7;)</b><br>EN:163.5kcal ZS:12.5g TZS:8.1g SZH:0.3g CK:0.3g FH:13.0g SÓ:0.7g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.1g<br><b>Teljeskiőrlésű zsemle (1;6;)</b><br>EN:153.7kcal ZS:1.0g TZS:0.1g SZH:31.2g CK:0.7g FH:5.9g SÓ:0.8g<br><b>Kígyóuborka</b><br>EN:4.8kcal ZS:0.0g TZS:0.0g SZH:0.7g CK:0.0g FH:0.4g SÓ:0.0g                  | <b>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<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SZH:0.0g CK:0.0g FH:0.0g SÓ:0.1g<br><b>Császár zsemle (1;6;)</b><br>EN:152.7kcal ZS:1.7g TZS:0.0g SZH:29.4g CK:0.5g FH:4.7g SÓ:0.6g<br><b>Lilahagyma</b><br>EN:12.0kcal ZS:0.0g TZS:0.0g SZH:2.5g CK:0.0g FH:0.4g SÓ:0.0g                              | <b>Ivó joghurt epres (7;)</b><br>EN:103.8kcal ZS:2.5g TZS:1.4g SZH:13.8g CK:13.8g FH:3.1g SÓ:0.1g<br><b>Korpás kifli (1;7;)</b><br>EN:148.5kcal ZS:1.3g TZS:0.6g SZH:28.0g CK:1.1g FH:5.0g SÓ:0.7g                                                                                                                                                                                                               |
| Napi összesítés | EN: 1286.5 kcal; ZS: 39.6 g; TZS: 14.3 g; SZH: 188.0 g; CK: 77.4 g; FH: 41.1 g; SÓ: 5.5 g;                                                                                                                                                                                                                                                                                       | EN: 1142.6 kcal; ZS: 37.6 g; TZS: 9.5 g; SZH: 147.9 g; CK: 22.0 g; FH: 50.7 g; SÓ: 5.5 g;                                                                                                                                                                                                                                                                                              | EN: 1507.5 kcal; ZS: 69.9 g; TZS: 25.6 g; SZH: 163.6 g; CK: 50.4 g; FH: 57.6 g; SÓ: 5.7 g;                                                                                                                                                                                                                                                                                                      | EN: 1359.3 kcal; ZS: 46.4 g; TZS: 10.9 g; SZH: 176.8 g; CK: 26.3 g; FH: 50.0 g; SÓ: 4.0 g;                                                                                                                                                                                                                                                                                                        | EN: 1826.3 kcal; ZS: 101.0 g; TZS: 24.3 g; SZH: 170.4 g; CK: 30.9 g; FH: 45.3 g; SÓ: 7.1 g;                                                                                                                                                                                                                                                                                                                      |