

Gasztvital	Hétfő 02.16	Kedd 02.17	Szerda 02.18	Csütörtök 02.19	Péntek 02.20
Tízórai	Tej 2dl (7;) EN: 92.0 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g; CA: 240.0 mg; Edami sajt (7;) EN: 126.4 kcal; ZS: 9.4 g; TZS: 6.4 g; SZH: 0.8 g; CK: 0.8 g; FH: 10.4 g; SÓ: 0.3 g; CA: 320.0 mg; margarin EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg; Paprika EN: 23.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 4.1 g; CK: 0.0 g; FH: 0.8 g; SÓ: 0.0 g; CA: 0.0 mg;	Erdei gyümölcs tea EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Házi csirkehúskrém (7;) EN: 69.3 kcal; ZS: 6.4 g; TZS: 3.9 g; SZH: 0.9 g; CK: 0.6 g; FH: 2.0 g; SÓ: 0.3 g; CA: 15.0 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg; Rágórépa EN: 8.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 0.2 g; SÓ: 0.0 g; CA: 0.0 mg;	Karamellás tej (7;) EN: 104.3 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 13.0 g; CK: 13.0 g; FH: 6.6 g; SÓ: 0.2 g; CA: 240.0 mg; lekvár EN: 66.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 16.0 g; CK: 15.8 g; FH: 0.1 g; SÓ: 0.0 g; margarin EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;	Gyümölcs tea EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Barackos túrókrém (7;) EN: 48.1 kcal; ZS: 2.3 g; TZS: 1.7 g; SZH: 4.3 g; CK: 4.2 g; FH: 2.7 g; SÓ: 0.0 g; CA: 12.0 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;	Citromos tea EN: 26.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 6.5 g; CK: 6.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Csirkemell sonka EN: 18.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.0 g; CK: 0.1 g; FH: 3.2 g; SÓ: 0.5 g; margarin EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg; Paprika EN: 23.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 4.1 g; CK: 0.0 g; FH: 0.8 g; SÓ: 0.0 g; CA: 0.0 mg;
Ebéd	Virslis kelkáposzta leves (7;12;) EN: 290.8 kcal; ZS: 18.7 g; TZS: 6.1 g; SZH: 20.4 g; CK: 0.8 g; FH: 9.2 g; SÓ: 1.6 g; CA: 0.0 mg; Piskóta kocka (3;) EN: 207.7 kcal; ZS: 4.1 g; TZS: 1.3 g; SZH: 36.6 g; CK: 22.4 g; FH: 5.9 g; SÓ: 0.2 g; Csokiöntet EN: 231.9 kcal; ZS: 2.5 g; TZS: 0.6 g; SZH: 50.3 g; CK: 27.2 g; FH: 1.2 g; SÓ: 0.2 g; CA: 0.0 mg;	Körtekrémleves (7;) EN: 100.1 kcal; ZS: 3.1 g; TZS: 1.8 g; SZH: 17.7 g; CK: 13.0 g; FH: 1.4 g; SÓ: 1.1 g; CA: 27.0 mg; Borsos sertés tokány (9;) EN: 98.0 kcal; ZS: 3.3 g; TZS: 1.1 g; SZH: 3.5 g; CK: 0.0 g; FH: 12.7 g; SÓ: 0.8 g; CA: 0.0 mg; Főtt burgonya (12;) EN: 169.2 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 33.1 g; CK: 0.0 g; FH: 4.5 g; SÓ: 0.6 g; CA: 0.0 mg; Káposztasaláta EN: 14.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 1.0 g; FH: 1.3 g; SÓ: 0.5 g;	Zöldséges fejtettbableves (12;) EN: 122.2 kcal; ZS: 2.0 g; TZS: 0.2 g; SZH: 20.4 g; CK: 2.8 g; FH: 4.0 g; SÓ: 0.6 g; CA: 0.0 mg; Csirkepörkölt EN: 116.4 kcal; ZS: 6.5 g; TZS: 1.3 g; SZH: 1.6 g; CK: 0.0 g; FH: 11.9 g; SÓ: 1.1 g; CA: 0.0 mg; Tököfzelék (7;) EN: 152.0 kcal; ZS: 7.9 g; TZS: 2.5 g; SZH: 17.6 g; CK: 2.9 g; FH: 2.4 g; SÓ: 0.7 g; CA: 0.0 mg;	Karfiolleves (9;) EN: 56.8 kcal; ZS: 2.5 g; TZS: 0.3 g; SZH: 6.2 g; CK: 0.6 g; FH: 1.9 g; SÓ: 0.7 g; CA: 0.0 mg; Tonhalas penne (4;) EN: 325.1 kcal; ZS: 10.4 g; TZS: 1.3 g; SZH: 43.5 g; CK: 3.2 g; FH: 13.5 g; SÓ: 0.9 g; CA: 0.0 mg;	Csontleves tésztával (9;) EN: 98.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 19.6 g; CK: 2.6 g; FH: 2.8 g; SÓ: 1.9 g; CA: 0.0 mg; Székelykáposzta (12;) EN: 259.4 kcal; ZS: 12.2 g; TZS: 5.0 g; SZH: 20.7 g; CK: 0.1 g; FH: 15.9 g; SÓ: 3.3 g; CA: 0.0 mg;
Uzsonna	Fürdői sonka EN: 93.4 kcal; ZS: 0.8 g; TZS: 0.3 g; SZH: 1.0 g; CK: 0.1 g; FH: 2.8 g; SÓ: 0.5 g; margarin EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Abonett EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;	Metéőhagymás sajtkrém (7;) EN: 54.6 kcal; ZS: 4.2 g; TZS: 2.7 g; SZH: 1.7 g; CK: 1.4 g; FH: 2.5 g; SÓ: 0.3 g; CA: 172.5 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg;	Natúr vajkrém (7;) EN: 52.2 kcal; ZS: 5.3 g; TZS: 3.4 g; SZH: 0.9 g; CK: 0.3 g; FH: 0.4 g; SÓ: 0.1 g; CA: 7.5 mg; Puffasztott rizs (ripsz-ropsz) EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g; CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g; Kígyóuborka EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 1.7 g; CK: 0.0 g; FH: 1.0 g; SÓ: 0.0 g; CA: 0.0 mg;	Mátrai csemege szalámi EN: 72.0 kcal; ZS: 6.7 g; TZS: 2.8 g; SZH: 0.1 g; CK: 0.1 g; FH: 2.7 g; SÓ: 0.4 g; margarin EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg; Gluténmentes kenyér EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; CA: 0.0 mg; Jégcsapretek EN: 4.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; CA: 0.0 mg;	Gyümölcsös joghurt (7;) EN: 103.8 kcal; ZS: 2.5 g; TZS: 1.4 g; SZH: 13.8 g; CK: 13.8 g; FH: 3.1 g; SÓ: 0.1 g; CA: 125.0 mg; Abonett EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;