

| Gasztvital | Hétfő<br>10.06                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Kedd<br>10.07                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Szerda<br>10.08                                                                                                                                                                                                                                                                                                                                                                                                      | Csütörtök<br>10.09                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Péntek<br>10.10                                                                                                                                                                                                                                                                                                                                                                     |
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| Tízórai    | <b>Karamellás tej (7;)</b><br>EN:96.0kcal ZS:3.0g TZS:2.0g SZH:11.0g CK:11.0g FH:6.6g SÓ:0.2g CA:240.0mg<br><b>Vaj (7;)</b><br>EN:75.3kcal ZS:8.3g TZS:5.4g SZH:0.1g CK:0.1g FH:0.1g CA:1.7mg<br><b>Stangli (1;6;7;)</b><br>EN:164.5kcal ZS:3.8g TZS:2.4g SZH:25.5g CK:0.5g FH:7.0g SÓ:0.8g                                                                                                                                                                                               | <b>Citromos tea</b><br>EN:8.0kcal ZS:0.0g TZS:0.0g SZH:2.0g CK:2.0g FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Zöldhagymás tejszínkrém (7;)</b><br>EN:95.7kcal ZS:9.0g TZS:5.7g SZH:1.1g CK:0.8g FH:0.7g SÓ:0.1g CA:22.5mg<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>Paradicsom</b><br>EN:11.5kcal ZS:0.1g SZH:2.0g FH:0.5g                                                                                              | <b>Hideg tej (7;)</b><br>EN:78.2kcal ZS:2.5g TZS:1.7g SZH:8.5g CK:8.5g FH:5.6g SÓ:0.2g CA:204.0mg<br><b>Kenőmájas</b><br>EN:87.6kcal ZS:7.4g TZS:3.3g SZH:1.7g CK:0.5g FH:3.6g SÓ:0.9g<br><b>Félbarna kenyér (1;)</b><br>EN:148.8kcal ZS:0.6g TZS:0.2g SZH:31.1g CK:0.1g FH:4.1g SÓ:0.7g<br><b>Kígyóborka</b><br>EN:7.2kcal ZS:0.1g SZH:1.0g FH:0.6g                                                                 | <b>Forralt tej (7;)</b><br>EN:78.2kcal ZS:2.5g TZS:1.7g SZH:8.5g CK:8.5g FH:5.6g SÓ:0.2g CA:204.0mg<br><b>Magvas szendvicskrém (7;)</b><br>EN:105.3kcal ZS:10.4g TZS:5.9g SZH:1.4g CK:0.8g FH:1.3g SÓ:0.3g CA:22.5mg<br><b>Félbarna kenyér (1;)</b><br>EN:148.8kcal ZS:0.6g TZS:0.2g SZH:31.1g CK:0.1g FH:4.1g SÓ:0.7g                                                                                                                                                                                                                                                      | <b>Málna tea</b><br>EN:40.0kcal ZS:0.0g TZS:0.0g SZH:10.0g CK:10.0g FH:0.0g SÓ:0.0g CA:0.0mg<br><b>Házi sertéssülthúskrém (7;)</b><br>EN:70.7kcal ZS:5.5g TZS:2.8g SZH:0.6g CK:0.2g FH:4.4g SÓ:0.1g CA:5.0mg<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>Paradicsom</b><br>EN:11.5kcal ZS:0.1g SZH:2.0g FH:0.5g |
| Ebéd A     | <b>Lencsegulyás sertéshússal (1;3;)</b><br>EN:404.0kcal ZS:15.9g TZS:3.4g SZH:38.6g CK:1.1g FH:21.5g SÓ:1.3g CA:0.0mg<br><b>Tejberizs (7;)</b><br>EN:355.0kcal ZS:4.6g TZS:3.0g SZH:64.7g CK:26.0g FH:14.6g SÓ:0.8g CA:360.0mg<br><b>Fahéj szórat</b><br>EN:68.0kcal ZS:0.0g TZS:0.0g SZH:17.0g CK:16.5g FH:0.0g SÓ:0.0g CA:0.0mg<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<br><b>Alma</b><br>EN:35.0kcal ZS:0.4g SZH:7.0g FH:0.4g | <b>Tojásleves (1;3;)</b><br>EN:187.2kcal ZS:16.9g TZS:2.4g SZH:4.8g CK:0.0g FH:3.8g SÓ:1.0g CA:0.0mg<br><b>Sült csirkemell</b><br>EN:119.8kcal ZS:4.2g TZS:1.0g SZH:0.1g CK:0.1g FH:19.1g SÓ:0.6g<br><b>Vegyesfőzelék (1;7;)</b><br>EN:185.2kcal ZS:2.7g TZS:0.8g SZH:30.9g CK:7.5g FH:3.0g SÓ:0.9g CA:60.0mg<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:99.9kcal ZS:0.5g TZS:0.1g SZH:19.5g CK:0.0g FH:3.6g SÓ:0.5g<br><b>Körte</b><br>EN:114.4kcal SZH:26.4g CK:3.3g FH:0.9g     | <b>Paradicsomleves (1;)</b><br>EN:233.9kcal ZS:4.6g TZS:0.5g SZH:41.6g CK:10.4g FH:6.2g SÓ:0.9g<br><b>Panírozott halpárna (1;4;)</b><br>EN:337.4kcal ZS:19.3g TZS:2.2g SZH:25.7g CK:0.9g FH:14.5g SÓ:2.0g<br><b>Párolt zöldségköret fél adag</b><br>EN:116.5kcal ZS:2.8g TZS:0.3g SZH:18.9g CK:5.5g FH:4.2g SÓ:0.7g<br><b>Kuszkusz köret (1;)</b><br>EN:221.4kcal ZS:1.2g TZS:0.2g SZH:43.7g CK:1.8g FH:7.9g SÓ:1.2g | <b>Orjaleves (1;)</b><br>EN:88.9kcal ZS:2.7g TZS:0.8g SZH:10.7g CK:2.8g FH:4.9g SÓ:2.5g CA:0.0mg<br><b>Levesbetét tészta (1;)</b><br>EN:14.2kcal ZS:0.1g SZH:2.9g CK:0.1g FH:0.5g SÓ:0.3g<br><b>Sertéspörkölt</b><br>EN:435.0kcal ZS:35.5g TZS:8.7g SZH:8.8g CK:0.0g FH:19.7g SÓ:1.8g CA:0.0mg<br><b>Zöldborsófőzelék (1;7;)</b><br>EN:405.2kcal ZS:10.1g TZS:2.3g SZH:56.1g CK:14.0g FH:18.0g SÓ:1.4g CA:96.0mg<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:99.9kcal ZS:0.5g TZS:0.1g SZH:19.5g CK:0.0g FH:3.6g SÓ:0.5g<br><b>Mandarin</b><br>EN:67.5kcal SZH:14.7g FH:1.1g | <b>Magyaros laskagombaleves (1;3;)</b><br>EN:235.8kcal ZS:12.6g TZS:1.5g SZH:22.0g CK:0.3g FH:7.7g SÓ:0.6g CA:31.5mg<br><b>Cukkinis-csirkés penne (1;)</b><br>EN:411.1kcal ZS:4.8g TZS:1.1g SZH:67.1g CK:3.6g FH:24.6g SÓ:1.2g CA:0.0mg<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:0.3g CA:160.0mg                                     |
| Ebéd B     | <b>Lencsegulyás sertéshússal (1;3;)</b><br>EN:404.0kcal ZS:15.9g TZS:3.4g SZH:38.6g CK:1.1g FH:21.5g SÓ:1.3g CA:0.0mg<br><b>Tehéntúró (7;)</b><br>EN:42.3kcal ZS:2.1g TZS:1.4g SZH:1.1g CK:1.1g FH:4.8g SÓ:0.0g CA:24.0mg<br><b>Tejföl (7;)</b><br>EN:39.6kcal ZS:3.6g TZS:3.0g SZH:1.1g CK:1.1g FH:0.8g SÓ:0.0g CA:0.0mg<br><b>Fodros nagykocka (1;)</b><br>EN:575.5kcal ZS:20.0g TZS:2.3g SZH:82.9g CK:5.1g FH:15.9g SÓ:0.9g<br><b>Alma</b><br>EN:35.0kcal ZS:0.4g SZH:7.0g FH:0.4g     | <b>Tojásleves (1;3;)</b><br>EN:187.2kcal ZS:16.9g TZS:2.4g SZH:4.8g CK:0.0g FH:3.8g SÓ:1.0g CA:0.0mg<br><b>Húsgombóc (3;)</b><br>EN:279.1kcal ZS:11.2g TZS:3.8g SZH:31.0g CK:0.0g FH:14.0g SÓ:1.1g<br><b>Karalábefőzelék (1;7;)</b><br>EN:165.0kcal ZS:7.1g TZS:1.0g SZH:19.8g CK:11.1g FH:3.8g SÓ:1.2g CA:24.0mg<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:99.9kcal ZS:0.5g TZS:0.1g SZH:19.5g CK:0.0g FH:3.6g SÓ:0.5g<br><b>Körte</b><br>EN:114.4kcal SZH:26.4g CK:3.3g FH:0.9g | <b>Paradicsomleves (1;)</b><br>EN:233.9kcal ZS:4.6g TZS:0.5g SZH:41.6g CK:10.4g FH:6.2g SÓ:0.9g<br><b>Sült csirkemell</b><br>EN:119.8kcal ZS:4.2g TZS:1.0g SZH:0.1g CK:0.1g FH:19.1g SÓ:0.6g<br><b>Bulgur köret (1;)</b><br>EN:423.3kcal ZS:13.6g TZS:1.3g SZH:63.0g CK:9.0g FH:11.7g SÓ:0.8g<br><b>Barbecue öntet</b><br>EN:73.6kcal ZS:5.6g TZS:0.6g SZH:5.5g CK:3.2g FH:0.4g SÓ:1.4g                              | <b>Orjaleves (1;)</b><br>EN:88.9kcal ZS:2.7g TZS:0.8g SZH:10.7g CK:2.8g FH:4.9g SÓ:2.5g CA:0.0mg<br><b>Levesbetét tészta (1;)</b><br>EN:14.2kcal ZS:0.1g SZH:2.9g CK:0.1g FH:0.5g SÓ:0.3g<br><b>Rakott kelkáposzta (7;)</b><br>EN:392.1kcal ZS:19.7g TZS:6.7g SZH:33.7g CK:0.9g FH:19.8g SÓ:1.2g CA:0.0mg<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN:99.9kcal ZS:0.5g TZS:0.1g SZH:19.5g CK:0.0g FH:3.6g SÓ:0.5g<br><b>Mandarin</b><br>EN:67.5kcal SZH:14.7g FH:1.1g                                                                                                        | <b>Magyaros laskagombaleves (1;3;)</b><br>EN:235.8kcal ZS:12.6g TZS:1.5g SZH:22.0g CK:0.3g FH:7.7g SÓ:0.6g CA:31.5mg<br><b>Sertésrizottó (9;)</b><br>EN:493.4kcal ZS:25.8g TZS:7.2g SZH:43.8g CK:0.0g FH:21.9g SÓ:2.6g CA:0.0mg<br><b>Cékla saláta * (10;)</b><br>EN:34.0kcal ZS:0.2g SZH:8.5g CK:4.1g FH:1.4g SÓ:0.9g                                                              |
| Uzsonna    | <b>Edami sajt (7;)</b><br>EN:158.0kcal ZS:11.8g TZS:8.0g SZH:1.0g CK:1.0g FH:13.0g SÓ:0.4g CA:400.0mg<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g                                                                                                                                                                                                                                                                                                                          | <b>Diákcsemege szalámi</b><br>EN:226.8kcal ZS:21.6g TZS:8.8g SZH:1.4g CK:0.2g FH:7.2g SÓ:1.6g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g                                                                                                                                                                                                                                                                                                                           | <b>Kockasajt, natúr (7;)</b><br>EN:70.5kcal ZS:5.5g TZS:3.8g SZH:1.8g CK:1.4g FH:3.3g SÓ:0.5g CA:172.5mg<br><b>Teljeskiőrlésű kifli (1;6;)</b><br>EN:125.7kcal ZS:0.8g TZS:0.1g SZH:25.5g CK:0.6g FH:4.8g SÓ:0.6g                                                                                                                                                                                                    | <b>Kakaós csiga (1;7;)</b><br>EN:219.5kcal ZS:9.8g TZS:6.2g SZH:29.3g CK:11.3g FH:3.1g SÓ:0.3g                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Gyümölcsjoghurt (7;)</b><br>EN:103.8kcal ZS:2.5g TZS:1.4g SZH:13.8g CK:13.8g FH:3.1g SÓ:0.1g CA:125.0mg<br><b>Kifli (1;7;)</b><br>EN:115.6kcal ZS:0.9g TZS:0.4g SZH:22.9g CK:1.1g FH:3.5g SÓ:0.4g                                                                                                                                                                                |

| <div>GasztVital</div> | Hétfő<br>10.06                                                                                                                                                          | Kedd<br>10.07                                                                                             | Szerda<br>10.08                                                                                           | Csütörtök<br>10.09                                                                                        | Péntek<br>10.10                                                                                          |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| Uzsonna               | teljeskiőrlésű kenyér (1;)<br>EN:199.8kcal ZS:1.1g TZS:0.2g SZH:39.0g CK:0.0g<br>FH:7.2g SÓ:1.0g<br>Kaliforniai paprika<br>EN:15.0kcal ZS:0.1g SZH:2.4g CK:1.2g FH:0.7g | Félbarna kenyér (1;)<br>EN:148.8kcal ZS:0.6g TZS:0.2g SZH:31.1g CK:0.1g<br>FH:4.1g SÓ:0.7g                |                                                                                                           |                                                                                                           |                                                                                                          |
| Napi összesítés       | EN: 2759.5 kcal; ZS: 93.2 g; TZS: 35.3 g; SZH: 352.5 g; CK: 65.8 g; FH: 116.5 g; SÓ: 7.1 g; CA: 1025.7 mg;                                                              | EN: 2214.6 kcal; ZS: 94.3 g; TZS: 27.0 g; SZH: 252.0 g; CK: 29.1 g; FH: 74.8 g; SÓ: 10.0 g; CA: 106.5 mg; | EN: 2277.8 kcal; ZS: 72.8 g; TZS: 15.7 g; SZH: 310.0 g; CK: 52.4 g; FH: 92.2 g; SÓ: 11.4 g; CA: 376.5 mg; | EN: 2325.2 kcal; ZS: 95.2 g; TZS: 33.5 g; SZH: 264.5 g; CK: 41.4 g; FH: 91.6 g; SÓ: 12.4 g; CA: 322.5 mg; | EN: 1974.8 kcal; ZS: 71.4 g; TZS: 19.3 g; SZH: 244.3 g; CK: 34.4 g; FH: 86.0 g; SÓ: 7.5 g; CA: 353.0 mg; |