

| ÉTLAP      |                                                                                                                             | info@gasztvital.hu<br>gasztvital.hu                                                                                                  |                                                                                                                                       | Óvoda                                                                                                                           |                                                                                                                                       | 29.hét 2025.07.14.-2025.07.20. |  |
|------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|--|
| Gasztvital |                                                                                                                             | Hétfő<br>07.14                                                                                                                       | Kedd<br>07.15                                                                                                                         | Szerda<br>07.16                                                                                                                 | Csütörtök<br>07.17                                                                                                                    | Péntek<br>07.18                |  |
| Tízórai    | Limonádé<br>EN: 27.3 kcal; SZH: 6.1 g; CK: 5.2 g; FH: 0.1 g;                                                                | Tejeskávé (1;7;)<br>EN: 96.5 kcal; ZS: 2.3 g; TZS: 1.5 g; SZH: 13.8 g; CK: 12.5 g; FH: 5.1 g; SÓ: 0.2 g; CA: 180.0 mg;               | Citromos tea<br>EN: 28.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.0 g; CK: 7.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;                        | Csipkebogyó tea<br>EN: 41.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;             | Gyümölcsös joghurt (7;)<br>EN: 82.5 kcal; ZS: 1.4 g; TZS: 1.0 g; SZH: 13.8 g; CK: 12.5 g; FH: 3.8 g; SÓ: 0.1 g; CA: 150.0 mg;         |                                |  |
|            | Kockasajt, natúr (7;)<br>EN: 70.5 kcal; ZS: 5.5 g; TZS: 3.8 g; SZH: 1.8 g; CK: 1.4 g; FH: 3.3 g; SÓ: 0.5 g; CA: 172.5 mg;   | margarin<br>EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SZH: 0.1 g;                                                                        | Vajas méz (7;)<br>EN: 134.6 kcal; ZS: 9.8 g; TZS: 6.4 g; SZH: 12.4 g; CK: 12.4 g; FH: 0.1 g; SÓ: 0.0 g; CA: 3.0 mg;                   | Briós (1;3;6;7;)<br>EN: 163.8 kcal; ZS: 4.3 g; TZS: 1.5 g; SZH: 28.4 g; CK: 4.7 g; FH: 4.4 g; SÓ: 0.3 g;                        | Korpás kifli (1;7;)<br>EN: 148.5 kcal; ZS: 1.3 g; TZS: 0.6 g; SZH: 28.0 g; CK: 1.1 g; FH: 5.0 g; SÓ: 0.7 g;                           |                                |  |
| Ebéd       | Kifli (1;7;)<br>EN: 109.6 kcal; ZS: 1.5 g; TZS: 0.6 g; SZH: 20.4 g; CK: 1.1 g; FH: 2.9 g; SÓ: 0.4 g;                        | vizes zsemle (1;)<br>EN: 168.5 kcal; ZS: 4.3 g; SZH: 26.4 g; FH: 5.1 g;                                                              | Foszlós kalács (1;3;6;7;13;)<br>EN: 119.0 kcal; ZS: 3.0 g; TZS: 1.2 g; SZH: 20.8 g; CK: 3.4 g; FH: 3.3 g; SÓ: 0.2 g;                  | alma<br>EN: 42.0 kcal; ZS: 0.5 g; SZH: 8.4 g; FH: 0.5 g;                                                                        |                                                                                                                                       |                                |  |
|            | Tarhonyaleves (1;3;)<br>EN: 81.4 kcal; ZS: 1.0 g; TZS: 0.1 g; SZH: 15.5 g; CK: 0.3 g; FH: 2.5 g; SÓ: 0.9 g; CA: 0.0 mg;     | Csirke becsináltleves (1;3;7;9;)<br>EN: 185.7 kcal; ZS: 8.1 g; TZS: 2.9 g; SZH: 17.6 g; CK: 1.5 g; FH: 9.7 g; SÓ: 1.1 g; CA: 4.8 mg; | Csontleves tésztával (1;3;7;9;10;)<br>EN: 76.5 kcal; ZS: 1.3 g; TZS: 0.4 g; SZH: 11.8 g; CK: 0.9 g; FH: 3.2 g; SÓ: 0.1 g; CA: 0.0 mg; | Citromos almaleves (1;7;)<br>EN: 127.5 kcal; ZS: 4.6 g; TZS: 2.5 g; SZH: 18.9 g; CK: 14.6 g; FH: 1.5 g; SÓ: 0.0 g; CA: 27.0 mg; | Tavaszi zöldségleves (1;3;)<br>EN: 90.1 kcal; ZS: 2.4 g; TZS: 0.3 g; SZH: 14.0 g; CK: 3.5 g; FH: 2.7 g; SÓ: 1.1 g;                    |                                |  |
|            | Sült virsli (6;)<br>EN: 161.4 kcal; ZS: 14.4 g; TZS: 5.9 g; SZH: 1.3 g; FH: 6.6 g; SÓ: 1.3 g;                               | Mák szórat<br>EN: 141.0 kcal; ZS: 5.7 g; TZS: 0.8 g; SZH: 18.6 g; CK: 15.4 g; FH: 3.1 g;                                             | Halasgombóc (3;4;)<br>EN: 165.3 kcal; ZS: 7.4 g; TZS: 2.2 g; SZH: 11.7 g; CK: 0.0 g; FH: 12.6 g; SÓ: 0.9 g;                           | Mexikói csirkeragu (1;)<br>EN: 113.7 kcal; ZS: 4.9 g; TZS: 0.9 g; SZH: 6.1 g; CK: 0.7 g; FH: 9.8 g; SÓ: 0.4 g;                  | Bolognai spagetti sertés (1;3;)<br>EN: 392.2 kcal; ZS: 13.1 g; TZS: 4.5 g; SZH: 49.2 g; CK: 3.7 g; FH: 19.3 g; SÓ: 0.8 g; CA: 0.0 mg; |                                |  |
|            | Tökfőzelék (1;7;12;)<br>EN: 161.4 kcal; ZS: 8.1 g; TZS: 2.5 g; SZH: 19.0 g; CK: 3.7 g; FH: 2.9 g; SÓ: 0.8 g; CA: 0.0 mg;    | Nudli (1;3;)<br>EN: 346.3 kcal; ZS: 3.3 g; TZS: 0.2 g; SZH: 48.6 g; FH: 7.9 g; SÓ: 1.4 g;                                            | Paradicsom mártás (1;9;)<br>EN: 203.8 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 43.6 g; CK: 28.5 g; FH: 4.5 g; SÓ: 0.7 g;                     | Rizs köret<br>EN: 370.9 kcal; ZS: 3.1 g; TZS: 0.4 g; SZH: 77.5 g; FH: 9.3 g; SÓ: 0.9 g;                                         | Reszelt sajt (1;7;)<br>EN: 77.1 kcal; ZS: 5.6 g; TZS: 3.6 g; SZH: 1.8 g; CK: 0.4 g; FH: 5.2 g; SÓ: 0.3 g; CA: 160.0 mg;               |                                |  |
|            | Túró desszert (6;7;)<br>EN: 105.6 kcal; ZS: 5.1 g; TZS: 4.2 g; SZH: 11.7 g; CK: 10.8 g; FH: 3.0 g; SÓ: 0.0 g;               | alma<br>EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g; FH: 0.4 g;                                                                             | Főtt burgonya 1/2<br>EN: 126.9 kcal; ZS: 0.3 g; SZH: 24.8 g; FH: 3.4 g; SÓ: 0.8 g;                                                    | teljeskiőrlésű kenyér (ebédhez) (1;)<br>EN: 66.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 13.0 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g;     | teljeskiőrlésű kenyér (ebédhez) (1;)<br>EN: 66.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 13.0 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g;           |                                |  |
|            | teljeskiőrlésű kenyér (ebédhez) (1;)<br>EN: 66.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 13.0 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g; | fehér kenyér (1;6;)<br>EN: 48.2 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 9.6 g; CK: 0.3 g; FH: 1.7 g; SÓ: 0.3 g;                            | teljeskiőrlésű kenyér (ebédhez) (1;)<br>EN: 66.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 13.0 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g;           |                                                                                                                                 |                                                                                                                                       |                                |  |
| Uzsonna    | Snidlinges vajkrém (7;)<br>EN: 81.3 kcal; ZS: 7.2 g; TZS: 4.7 g; SZH: 3.4 g; CK: 0.9 g; FH: 0.8 g; SÓ: 0.2 g; CA: 22.0 mg;  | Sertés párizsi<br>EN: 46.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.5 g; CK: 0.0 g; FH: 2.0 g; SÓ: 0.4 g;                                 | Pritaminos túrókrém (7;)<br>EN: 31.5 kcal; ZS: 1.8 g; TZS: 1.2 g; SZH: 1.3 g; CK: 1.3 g; FH: 2.3 g; SÓ: 0.5 g; CA: 16.8 mg;           | Natúr sajtkrém (7;)<br>EN: 17.4 kcal; ZS: 1.0 g; TZS: 0.7 g; SZH: 1.5 g; CK: 0.7 g; FH: 0.5 g; SÓ: 0.1 g; CA: 47.8 mg;          | Fatörzs kifli (1;3;7;)<br>EN: 244.1 kcal; ZS: 4.8 g; TZS: 4.1 g; SZH: 44.9 g; CK: 11.5 g; FH: 6.4 g; SÓ: 0.4 g;                       |                                |  |
|            | fehér kenyér (1;6;)<br>EN: 96.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 19.2 g; CK: 0.6 g; FH: 3.4 g; SÓ: 0.6 g;                  | margarin<br>EN: 18.0 kcal; ZS: 2.0 g; TZS: 0.6 g; SÓ: 0.1 g;                                                                         | fehér kenyér (1;6;)<br>EN: 96.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 19.2 g; CK: 0.6 g; FH: 3.4 g; SÓ: 0.6 g;                            | fehér kenyér (1;6;)<br>EN: 96.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 19.2 g; CK: 0.6 g; FH: 3.4 g; SÓ: 0.6 g;                      | Sárgabarack<br>EN: 28.7 kcal; ZS: 0.1 g; SZH: 6.3 g; CK: 6.3 g; FH: 0.5 g;                                                            |                                |  |
|            | Paradicsom<br>EN: 6.9 kcal; ZS: 0.1 g; SZH: 1.2 g; FH: 0.3 g;                                                               | teljeskiőrlésű kenyér (1;)<br>EN: 166.5 kcal; ZS: 0.9 g; TZS: 0.2 g; SZH: 32.5 g; CK: 0.0 g; FH: 6.0 g; SÓ: 0.9 g;                   | Kígyóuborka<br>EN: 3.6 kcal; ZS: 0.0 g; SZH: 0.5 g; FH: 0.3 g;                                                                        | Paprika<br>EN: 9.0 kcal; ZS: 0.0 g; SZH: 1.4 g; FH: 0.4 g;                                                                      |                                                                                                                                       |                                |  |
|            |                                                                                                                             | Rágórépa<br>EN: 12.0 kcal; ZS: 0.0 g; SZH: 2.5 g; FH: 0.4 g; SÓ: 0.0 g;                                                              |                                                                                                                                       |                                                                                                                                 |                                                                                                                                       |                                |  |

| ÉTLAP      |                                                                                                                                | info@gasztvital.hu<br>gasztvital.hu                                                                                                    |                                                                                                                                        | Iskola felső                                                                                                                    |                                                                                                                                       | 29.hét 2025.07.14.-2025.07.20. |  |
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| Gasztvital |                                                                                                                                | Hétfő<br>07.14                                                                                                                         | Kedd<br>07.15                                                                                                                          | Szerda<br>07.16                                                                                                                 | Csütörtök<br>07.17                                                                                                                    | Péntek<br>07.18                |  |
| Tízórai    | Limonádé<br>EN: 27.3 kcal; SZH: 6.1 g; CK: 5.2 g; FH: 0.1 g;                                                                   | Tejeskávé (1;7;)<br>EN: 129.8 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 18.8 g; CK: 17.5 g; FH: 6.8 g; SÓ: 0.2 g; CA: 240.0 mg;                | Citromos tea<br>EN: 41.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 10.0 g; CK: 10.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;                       | Csipkebogyó tea<br>EN: 82.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 20.0 g; CK: 20.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;             | Gyümölcsös joghurt (7;)<br>EN: 82.5 kcal; ZS: 1.4 g; TZS: 1.0 g; SZH: 13.8 g; CK: 12.5 g; FH: 3.8 g; SÓ: 0.1 g; CA: 150.0 mg;         |                                |  |
|            | Kockasajt, natúr (7;)<br>EN: 70.5 kcal; ZS: 5.5 g; TZS: 3.8 g; SZH: 1.8 g; CK: 1.4 g; FH: 3.3 g; SÓ: 0.5 g; CA: 172.5 mg;      | margarin<br>EN: 27.0 kcal; ZS: 3.0 g; TZS: 0.9 g; SÓ: 0.1 g;                                                                           | Vajas méz (7;)<br>EN: 172.1 kcal; ZS: 12.3 g; TZS: 7.9 g; SZH: 16.6 g; CK: 16.5 g; FH: 0.1 g; SÓ: 0.0 g; CA: 3.8 mg;                   | Briós (1;3;6;7;)<br>EN: 163.8 kcal; ZS: 4.3 g; TZS: 1.5 g; SZH: 28.4 g; CK: 4.7 g; FH: 4.4 g; SÓ: 0.3 g;                        | Korpás kifli (1;7;)<br>EN: 148.5 kcal; ZS: 1.3 g; TZS: 0.6 g; SZH: 28.0 g; CK: 1.1 g; FH: 5.0 g; SÓ: 0.7 g;                           |                                |  |
| Ebéd       | Kifli (1;7;)<br>EN: 109.6 kcal; ZS: 1.5 g; TZS: 0.6 g; SZH: 20.4 g; CK: 1.1 g; FH: 2.9 g; SÓ: 0.4 g;                           | vizes zsemle (1;)<br>EN: 168.5 kcal; ZS: 4.3 g; SZH: 26.4 g; FH: 5.1 g;                                                                | Foszlós kalács (1;3;6;7;13;)<br>EN: 178.5 kcal; ZS: 4.5 g; TZS: 1.8 g; SZH: 31.2 g; CK: 5.1 g; FH: 5.0 g; SÓ: 0.4 g;                   | alma<br>EN: 42.0 kcal; ZS: 0.5 g; SZH: 8.4 g; FH: 0.5 g;                                                                        |                                                                                                                                       |                                |  |
|            | Tarhonyaleves (1;3;)<br>EN: 108.6 kcal; ZS: 1.3 g; TZS: 0.2 g; SZH: 20.6 g; CK: 0.3 g; FH: 3.3 g; SÓ: 1.2 g; CA: 0.0 mg;       | Csirke becsináltleves (1;3;7;9;)<br>EN: 244.0 kcal; ZS: 10.7 g; TZS: 3.9 g; SZH: 22.9 g; CK: 1.9 g; FH: 12.9 g; SÓ: 1.4 g; CA: 6.0 mg; | Csontleves tésztával (1;3;7;9;10;)<br>EN: 108.2 kcal; ZS: 1.7 g; TZS: 0.5 g; SZH: 17.2 g; CK: 1.2 g; FH: 4.4 g; SÓ: 0.1 g; CA: 0.0 mg; | Citromos almaleves (1;7;)<br>EN: 169.3 kcal; ZS: 6.2 g; TZS: 3.3 g; SZH: 25.0 g; CK: 19.3 g; FH: 2.0 g; SÓ: 0.0 g; CA: 36.0 mg; | Tavaszi zöldségleves (1;3;)<br>EN: 126.4 kcal; ZS: 3.3 g; TZS: 0.4 g; SZH: 20.0 g; CK: 4.7 g; FH: 3.8 g; SÓ: 1.2 g;                   |                                |  |
|            | Sült virsli (6;)<br>EN: 161.4 kcal; ZS: 14.4 g; TZS: 5.9 g; SZH: 1.3 g; FH: 6.6 g; SÓ: 1.3 g;                                  | Mák szórat<br>EN: 188.0 kcal; ZS: 7.6 g; TZS: 1.0 g; SZH: 24.8 g; CK: 20.6 g; FH: 4.2 g;                                               | Halasgombóc (3;4;)<br>EN: 203.6 kcal; ZS: 8.5 g; TZS: 2.5 g; SZH: 15.5 g; CK: 0.0 g; FH: 15.7 g; SÓ: 1.2 g;                            | Mexikói csirkeragu (1;)<br>EN: 174.2 kcal; ZS: 7.5 g; TZS: 1.5 g; SZH: 8.1 g; CK: 0.9 g; FH: 16.2 g; SÓ: 0.6 g;                 | Bolognai spagetti sertés (1;3;)<br>EN: 521.7 kcal; ZS: 17.4 g; TZS: 6.0 g; SZH: 65.3 g; CK: 4.8 g; FH: 25.7 g; SÓ: 1.0 g; CA: 0.0 mg; |                                |  |
|            | Tököfzelék (1;7;12;)<br>EN: 209.5 kcal; ZS: 10.7 g; TZS: 3.4 g; SZH: 24.1 g; CK: 4.4 g; FH: 3.8 g; SÓ: 1.0 g; CA: 0.0 mg;      | Nudli (1;3;)<br>EN: 388.9 kcal; ZS: 4.2 g; TZS: 0.3 g; SZH: 54.0 g; FH: 8.8 g; SÓ: 1.6 g;                                              | Paradicsom mártás (1;9;)<br>EN: 299.0 kcal; ZS: 1.6 g; TZS: 0.1 g; SZH: 60.8 g; CK: 33.2 g; FH: 8.8 g; SÓ: 0.9 g;                      | Rizs köret<br>EN: 532.7 kcal; ZS: 9.6 g; TZS: 1.1 g; SZH: 100.8 g; FH: 12.1 g; SÓ: 1.0 g;                                       | Reszelt sajt (1;7;)<br>EN: 115.7 kcal; ZS: 8.4 g; TZS: 5.4 g; SZH: 2.7 g; CK: 0.6 g; FH: 7.8 g; SÓ: 0.4 g; CA: 240.0 mg;              |                                |  |
|            | Túró desszert (6;7;)<br>EN: 105.6 kcal; ZS: 5.1 g; TZS: 4.2 g; SZH: 11.7 g; CK: 10.8 g; FH: 3.0 g; SÓ: 0.0 g;                  | alma<br>EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g; FH: 0.4 g;                                                                               | Főtt burgonya 1/2<br>EN: 169.2 kcal; ZS: 0.4 g; SZH: 33.1 g; FH: 4.5 g; SÓ: 1.0 g;                                                     | teljeskiőrlésű kenyér (ebédhez) (1;)<br>EN: 66.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 13.0 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g;     | teljeskiőrlésű kenyér (ebédhez) (1;)<br>EN: 66.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 13.0 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g;           |                                |  |
|            | teljeskiőrlésű kenyér (1;3;6;7;9;10;)<br>EN: 373.5 kcal; ZS: 2.2 g; TZS: 0.6 g; SZH: 70.8 g; CK: 2.1 g; FH: 12.9 g; SÓ: 1.9 g; | fehér kenyér (1;6;)<br>EN: 72.3 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 14.4 g; CK: 0.5 g; FH: 2.6 g; SÓ: 0.4 g;                             | teljeskiőrlésű kenyér (ebédhez) (1;)<br>EN: 66.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 13.0 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g;            |                                                                                                                                 |                                                                                                                                       |                                |  |
| Uzsonna    | Snidlinges vajkrém (7;)<br>EN: 98.7 kcal; ZS: 8.9 g; TZS: 5.8 g; SZH: 3.7 g; CK: 1.1 g; FH: 0.9 g; SÓ: 0.3 g; CA: 24.5 mg;     | Sertés párizsi<br>EN: 69.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 0.8 g; CK: 0.0 g; FH: 3.0 g; SÓ: 0.6 g;                                   | Pritaminos túrókrém (7;)<br>EN: 46.4 kcal; ZS: 2.5 g; TZS: 1.8 g; SZH: 2.0 g; CK: 1.9 g; FH: 3.8 g; SÓ: 0.5 g; CA: 24.8 mg;            | Natúr sajtkrém (7;)<br>EN: 19.3 kcal; ZS: 1.4 g; TZS: 0.9 g; SZH: 1.1 g; CK: 1.0 g; FH: 0.7 g; SÓ: 0.2 g; CA: 63.7 mg;          | Fatörzs kifli (1;3;7;)<br>EN: 244.1 kcal; ZS: 4.8 g; TZS: 4.1 g; SZH: 44.9 g; CK: 11.5 g; FH: 6.4 g; SÓ: 0.4 g;                       |                                |  |
|            | fehér kenyér (1;6;)<br>EN: 120.5 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 24.0 g; CK: 0.8 g; FH: 4.3 g; SÓ: 0.8 g;                    | margarin<br>EN: 27.0 kcal; ZS: 3.0 g; TZS: 0.9 g; SÓ: 0.1 g;                                                                           | fehér kenyér (1;6;)<br>EN: 120.5 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 24.0 g; CK: 0.8 g; FH: 4.3 g; SÓ: 0.8 g;                            | fehér kenyér (1;6;)<br>EN: 120.5 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 24.0 g; CK: 0.8 g; FH: 4.3 g; SÓ: 0.8 g;                     | alma<br>EN: 42.0 kcal; ZS: 0.5 g; SZH: 8.4 g; FH: 0.5 g;                                                                              |                                |  |
|            | Paradicsom<br>EN: 11.5 kcal; ZS: 0.1 g; SZH: 2.0 g; FH: 0.5 g;                                                                 | teljeskiőrlésű kenyér (1;)<br>EN: 199.8 kcal; ZS: 1.1 g; TZS: 0.2 g; SZH: 39.0 g; CK: 0.0 g; FH: 7.2 g; SÓ: 1.0 g;                     | Kígyóuborka<br>EN: 6.0 kcal; ZS: 0.1 g; SZH: 0.9 g; FH: 0.5 g;                                                                         | Paprika<br>EN: 15.0 kcal; ZS: 0.1 g; SZH: 2.4 g; FH: 0.7 g;                                                                     |                                                                                                                                       |                                |  |
|            |                                                                                                                                | Rágórépa<br>EN: 20.0 kcal; ZS: 0.1 g; SZH: 4.2 g; FH: 0.6 g; SÓ: 0.0 g;                                                                |                                                                                                                                        |                                                                                                                                 |                                                                                                                                       |                                |  |

|         | Hétfő<br>07.14                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Kedd<br>07.15                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Szerda<br>07.16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Csütörtök<br>07.17                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Péntek<br>07.18                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| Reggeli | <b>Limonádé</b><br>EN: 27.3 kcal; SZH: 6.1 g; CK: 5.2 g; FH: 0.1 g;<br><br><b>Kockasajt, natúr (7;)</b><br>EN: 141.0 kcal; ZS: 11.1 g; TZS: 7.5 g; SZH: 3.6 g;<br>CK: 2.8 g; FH: 6.6 g; SÓ: 1.0 g; CA: 345.0 mg;<br><b>Kifli (1;7;)</b><br>EN: 219.2 kcal; ZS: 3.1 g; TZS: 1.2 g; SZH: 40.7 g;<br>CK: 2.2 g; FH: 5.8 g; SÓ: 0.9 g;                                                                                                                                                                                                                                                                                                                 | <b>Tejeskávé (1;7;)</b><br>EN: 152.8 kcal; ZS: 3.8 g; TZS: 2.5 g; SZH: 21.3 g;<br>CK: 20.0 g; FH: 8.4 g; SÓ: 0.3 g; CA: 300.0 mg;<br><b>margarin</b><br>EN: 36.0 kcal; ZS: 4.0 g; TZS: 1.2 g; SÓ: 0.1 g;<br><br><b>vizes zsemle (1;)</b><br>EN: 337.0 kcal; ZS: 8.5 g; SZH: 52.9 g; FH: 10.2 g;                                                                                                                                                                                                                                                            | <b>Kakaó (7;)</b><br>EN: 124.2 kcal; ZS: 3.2 g; TZS: 2.1 g; SZH: 17.1 g;<br>CK: 17.0 g; FH: 6.8 g; SÓ: 0.2 g; CA: 240.0 mg;<br><b>Vajas méz (7;)</b><br>EN: 187.3 kcal; ZS: 12.3 g; TZS: 7.9 g; SZH: 20.7 g;<br>CK: 20.6 g; FH: 0.1 g; SÓ: 0.0 g; CA: 3.8 mg;<br><b>Foszlós kalács (1;3;6;7;13;)</b><br>EN: 238.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 41.6 g;<br>CK: 6.7 g; FH: 6.7 g; SÓ: 0.5 g;                                                                                                                                                                                                                                                 | <b>Tej (7;)</b><br>EN: 145.0 kcal; ZS: 7.0 g; TZS: 5.0 g; SZH: 12.5 g;<br>CK: 12.5 g; FH: 8.3 g; SÓ: 0.3 g; CA: 300.0 mg;<br><b>Briós (1;3;6;7;)</b><br>EN: 327.6 kcal; ZS: 8.5 g; TZS: 3.0 g; SZH: 56.7 g;<br>CK: 9.3 g; FH: 8.8 g; SÓ: 0.6 g;                                                                                                                                                                                                                                                                                          | <b>Gyümölcsös joghurt (7;)</b><br>EN: 82.5 kcal; ZS: 1.4 g; TZS: 1.0 g; SZH: 13.8 g; CK: 12.5 g; FH: 3.8 g; SÓ: 0.1 g; CA: 150.0 mg;<br><b>Korpás kifli (1;7;)</b><br>EN: 297.0 kcal; ZS: 2.5 g; TZS: 1.1 g; SZH: 56.0 g;<br>CK: 2.3 g; FH: 10.0 g; SÓ: 1.4 g;                                                                                                                                                                                                                                                                                                 |
| Ebéd    | <b>Tarhonyaleves (1;3;)</b><br>EN: 122.1 kcal; ZS: 1.5 g; TZS: 0.2 g; SZH: 23.2 g;<br>CK: 0.4 g; FH: 3.7 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Sült virsli (6;)</b><br>EN: 322.8 kcal; ZS: 28.8 g; TZS: 11.8 g; SZH: 2.6 g;<br>FH: 13.2 g; SÓ: 2.6 g;<br><b>Tökfőzelék (1;7;12;)</b><br>EN: 188.5 kcal; ZS: 7.6 g; TZS: 3.5 g; SZH: 25.5 g;<br>CK: 5.1 g; FH: 4.0 g; SÓ: 1.1 g; CA: 0.0 mg;<br><b>Túró desszert (6;7;)</b><br>EN: 105.6 kcal; ZS: 5.1 g; TZS: 4.2 g; SZH: 11.7 g;<br>CK: 10.8 g; FH: 3.0 g; SÓ: 0.0 g;<br><b>teljeskiőrlésű kenyér (1;)</b><br>EN: 666.0 kcal; ZS: 3.6 g; TZS: 0.8 g; SZH: 130.0 g;<br>CK: 0.0 g; FH: 24.0 g; SÓ: 3.4 g; | <b>Csirke becsináltleves (1;3;7;9;)</b><br>EN: 280.1 kcal; ZS: 11.9 g; TZS: 4.3 g; SZH: 27.1 g;<br>CK: 2.4 g; FH: 14.7 g; SÓ: 1.6 g; CA: 6.0 mg;<br><b>Mák szórat</b><br>EN: 241.0 kcal; ZS: 11.4 g; TZS: 1.5 g; SZH: 27.2 g;<br>CK: 20.9 g; FH: 6.3 g;<br><b>Nudli (1;3;)</b><br>EN: 428.3 kcal; ZS: 4.6 g; TZS: 0.3 g; SZH: 59.4 g;<br>FH: 9.7 g; SÓ: 1.8 g;<br><b>alma</b><br>EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g; FH: 0.4 g;<br><br><b>fehér kenyér (1;6;)</b><br>EN: 96.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 19.2 g; CK: 0.6 g; FH: 3.4 g; SÓ: 0.6 g; | <b>Csontleves tésztával (1;3;7;9;10;)</b><br>EN: 112.0 kcal; ZS: 1.8 g; TZS: 0.5 g; SZH: 17.5 g;<br>CK: 1.3 g; FH: 4.6 g; SÓ: 0.2 g; CA: 0.0 mg;<br><b>Halasgombóc (3;4;)</b><br>EN: 190.0 kcal; ZS: 7.4 g; TZS: 2.2 g; SZH: 17.5 g;<br>CK: 0.0 g; FH: 13.0 g; SÓ: 1.2 g;<br><b>Paradicsom mártás (1;9;)</b><br>EN: 385.9 kcal; ZS: 10.8 g; TZS: 1.1 g; SZH: 61.6 g;<br>CK: 33.2 g; FH: 9.0 g; SÓ: 1.0 g;<br><b>Főtt burgonya 1/2</b><br>EN: 190.3 kcal; ZS: 0.4 g; SZH: 37.3 g; FH: 5.1 g;<br>SÓ: 1.1 g;<br><b>teljeskiőrlésű kenyér (ebédhez) (1;)</b><br>EN: 66.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 13.0 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g; | <b>Citromos almaleves (1;7;)</b><br>EN: 237.1 kcal; ZS: 11.2 g; TZS: 6.1 g; SZH: 29.4 g;<br>CK: 23.0 g; FH: 2.8 g; SÓ: 0.0 g; CA: 66.0 mg;<br><b>Mexikói csirkeragu (1;)</b><br>EN: 192.9 kcal; ZS: 8.4 g; TZS: 1.7 g; SZH: 8.6 g; CK: 1.0 g; FH: 18.3 g; SÓ: 0.7 g;<br><b>Rizs köret</b><br>EN: 521.7 kcal; ZS: 4.6 g; TZS: 0.6 g; SZH: 108.5 g;<br>FH: 13.0 g; SÓ: 1.5 g;<br><b>teljeskiőrlésű kenyér (ebédhez) (1;)</b><br>EN: 66.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 13.0 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g;                        | <b>Tavaszi zöldségleves (1;3;)</b><br>EN: 147.9 kcal; ZS: 3.7 g; TZS: 0.5 g; SZH: 23.7 g;<br>CK: 4.8 g; FH: 4.5 g; SÓ: 1.2 g;<br><b>Bolognai spagetti sertés (1;3;)</b><br>EN: 558.3 kcal; ZS: 17.6 g; TZS: 6.0 g; SZH: 73.6 g;<br>CK: 5.5 g; FH: 27.1 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>Reszelt sajt (1;7;)</b><br>EN: 154.3 kcal; ZS: 11.2 g; TZS: 7.2 g; SZH: 3.6 g;<br>CK: 0.8 g; FH: 10.4 g; SÓ: 0.5 g; CA: 320.0 mg;<br><b>teljeskiőrlésű kenyér (ebédhez) (1;)</b><br>EN: 66.6 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 13.0 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.3 g; |
| Vacsora | <b>margarin</b><br>EN: 36.0 kcal; ZS: 4.0 g; TZS: 1.2 g; SÓ: 0.1 g;<br><b>vizes zsemle (1;)</b><br>EN: 337.0 kcal; ZS: 8.5 g; SZH: 52.9 g; FH: 10.2 g;<br><br><b>Paprikás vastagkolbász (6;7;10;)</b><br><br><br><b>Paradicsom</b><br>EN: 13.8 kcal; ZS: 0.1 g; SZH: 2.4 g; FH: 0.6 g;<br><br><b>alma</b><br>EN: 42.0 kcal; ZS: 0.5 g; SZH: 8.4 g; FH: 0.5 g;                                                                                                                                                                                                                                                                                      | <b>margarin</b><br>EN: 36.0 kcal; ZS: 4.0 g; TZS: 1.2 g; SÓ: 0.1 g;<br><b>Teljeskiőrlésű zsemle (1;6;)</b><br>EN: 307.4 kcal; ZS: 2.1 g; TZS: 0.1 g; SZH: 62.4 g;<br>CK: 1.4 g; FH: 11.8 g; SÓ: 1.5 g;<br><b>Túrista szalámi</b><br>EN: 86.3 kcal; ZS: 7.8 g; TZS: 3.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 4.0 g; SÓ: 0.6 g;<br><b>Trappista sajt (7;)</b><br>EN: 148.5 kcal; ZS: 10.8 g; TZS: 7.0 g; SZH: 0.8 g;<br>CK: 0.0 g; FH: 12.5 g; SÓ: 1.0 g; CA: 325.0 mg;<br><b>Kígyóuborka</b><br>EN: 7.2 kcal; ZS: 0.1 g; SZH: 1.0 g; FH: 0.6 g;                    | <b>margarin</b><br>EN: 36.0 kcal; ZS: 4.0 g; TZS: 1.2 g; SÓ: 0.1 g;<br><b>Korpás kifli (1;7;)</b><br>EN: 297.0 kcal; ZS: 2.5 g; TZS: 1.1 g; SZH: 56.0 g;<br>CK: 2.3 g; FH: 10.0 g; SÓ: 1.4 g;<br><b>Téli szalámi</b><br>EN: 129.3 kcal; ZS: 11.8 g; TZS: 4.8 g; FH: 5.8 g;<br>SÓ: 1.1 g;<br><b>Zöldhagyma</b><br>EN: 7.6 kcal; ZS: 0.1 g; SZH: 0.2 g; FH: 0.4 g;<br><br><b>alma</b><br>EN: 42.0 kcal; ZS: 0.5 g; SZH: 8.4 g; FH: 0.5 g;                                                                                                                                                                                                         | <b>margarin</b><br>EN: 36.0 kcal; ZS: 4.0 g; TZS: 1.2 g; SÓ: 0.1 g;<br><b>Császár zsemle (1;6;)</b><br>EN: 305.4 kcal; ZS: 3.4 g; TZS: 0.1 g; SZH: 58.9 g;<br>CK: 1.1 g; FH: 9.4 g; SÓ: 1.2 g;<br><b>Mátrai csemege szalámi</b><br>EN: 120.0 kcal; ZS: 11.3 g; TZS: 4.8 g; SZH: 0.2 g;<br>CK: 0.1 g; FH: 4.5 g; SÓ: 0.7 g;<br><b>Trappista sajt (7;)</b><br>EN: 148.5 kcal; ZS: 10.8 g; TZS: 7.0 g; SZH: 0.8 g;<br>CK: 0.0 g; FH: 12.5 g; SÓ: 1.0 g; CA: 325.0 mg;<br><b>Paprika</b><br>EN: 18.0 kcal; ZS: 0.1 g; SZH: 2.8 g; FH: 0.8 g; |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |