

| Gasztvital | Hétfő<br>03.30                                                                                                                                                                                                                                                                                           | Kedd<br>03.31                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Szerda<br>04.01                                                                                                                                                                                                                                                                                                                      | Csütörtök<br>04.02                                                                                                                                                                                                                                                                                                                                                                                           | Péntek<br>04.03 |
|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| Ebéd       | <b>Haséleves (1;7;9;)</b><br>EN:327.8kcal ZS:20.8g TZS:7.4g SZH:20.4g CK:0.7g<br>FH:14.1g SÓ:1.1g<br><b>Gránátos kocka (1;12;)</b><br>EN:454.3kcal ZS:8.6g TZS:1.2g SZH:79.0g CK:3.2g<br>FH:12.9g SÓ:0.5g<br><b>Savanyúság (10;)</b><br>EN:22.4kcal ZS:0.2g TZS:0.0g SZH:2.7g CK:1.6g<br>FH:2.0g SÓ:0.8g | <b>Csontleves</b><br>EN:97.4kcal ZS:4.2g TZS:1.2g SZH:8.2g CK:3.2g<br>FH:5.9g SÓ:0.6g<br><b>Levesbetét tészta (1;)</b><br>EN:35.1kcal ZS:0.1g TZS:0.0g SZH:7.2g CK:0.4g<br>FH:1.3g SÓ:0.0g<br><b>Főtt tojás (3;)</b><br>EN:73.3kcal ZS:4.4g TZS:1.4g SZH:0.3g CK:0.2g<br>FH:5.0g SÓ:0.2g<br><b>Zöldborsófőzelék (1;7;)</b><br>EN:300.8kcal ZS:7.2g TZS:1.3g SZH:36.6g CK:7.5g<br>FH:17.0g SÓ:0.6g<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN:97.6kcal ZS:0.4g TZS:0.2g SZH:20.0g FH:2.9g<br>SÓ:0.6g<br><b>Alma</b><br>EN:52.5kcal ZS:0.6g TZS:0.0g SZH:10.5g CK:6.0g<br>FH:0.6g SÓ:0.0g | <b>Tárkonyos zöldségleves (1;7;9;)</b><br>EN:163.0kcal ZS:4.4g TZS:2.8g SZH:24.0g CK:0.8g<br>FH:5.3g SÓ:2.7g<br><b>Milánói spagetti (1;6;)</b><br>EN:685.3kcal ZS:18.9g TZS:4.7g SZH:98.6g<br>CK:12.3g FH:28.1g SÓ:1.4g<br><b>Reszelt trappista sajt (7;)</b><br>EN:134.8kcal ZS:10.4g TZS:6.4g SZH:0.1g CK:0.1g<br>FH:10.2g SÓ:0.6g | <b>Tojásleves (1;3;)</b><br>EN:85.2kcal ZS:5.0g TZS:0.8g SZH:7.2g CK:0.0g<br>FH:2.5g SÓ:0.2g<br><b>Panírozott halrúd (1;4;)</b><br>EN:373.0kcal ZS:18.6g TZS:1.8g SZH:31.4g CK:1.0g<br>FH:18.2g SÓ:0.9g<br><b>Csiki mártás (3;7;10;)</b><br>EN:110.0kcal ZS:8.1g TZS:3.4g SZH:16.4g CK:15.1g<br>FH:1.3g SÓ:1.1g<br><b>Párolt rizs</b><br>EN:515.4kcal ZS:9.6g TZS:1.1g SZH:96.9g CK:0.0g<br>FH:11.6g SÓ:0.5g |                 |