

| ÉTLAP      |                                                                                                                                               | info@gasztvital.hu<br>gasztvital.hu                                                                                             |                                                                                                                                   | Szociális<br>Epekímélő, tejmentes                                                                                                      |                                                                                                                                    |                                                                                                                                | 19.hét 2025.05.05.-2025.05.11.<br>Budapest                                                                                                     |                   |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| Gasztvital |                                                                                                                                               | Hétfő<br>05.05                                                                                                                  | Kedd<br>05.06                                                                                                                     | Szerda<br>05.07                                                                                                                        | Csütörtök<br>05.08                                                                                                                 | Péntek<br>05.09                                                                                                                | Szombat<br>05.10                                                                                                                               | Vasárnap<br>05.11 |
| Ebéd       | <b>Tárkonyos csirkeragu leves (1;9;)</b><br>EN: 142.3 kcal; ZS: 2.8 g; TZS: 0.8 g; SZH: 13.0 g; CK: 1.4 g; FH: 15.3 g; SÓ: 3.1 g; CA: 0.0 mg; | <b>Reszelttészta leves (1;9;12;)</b><br>EN: 141.2 kcal; ZS: 3.2 g; TZS: 0.3 g; SZH: 22.0 g; CK: 4.4 g; FH: 4.4 g; SÓ: 1.6 g;    | <b>Fahéjas szilvaleves *</b><br>EN: 102.3 kcal; ZS: 0.7 g; TZS: 0.1 g; SZH: 22.0 g; CK: 10.1 g; FH: 1.4 g; SÓ: 0.2 g; CA: 0.0 mg; | <b>Kertész leves D (1;3;9;)</b><br>EN: 121.4 kcal; ZS: 4.6 g; TZS: 0.6 g; SZH: 16.3 g; CK: 3.3 g; FH: 3.3 g; SÓ: 0.5 g;                | <b>Karalábé leves (9;12;)</b><br>EN: 47.4 kcal; ZS: 2.6 g; TZS: 0.3 g; SZH: 5.3 g; FH: 1.2 g; SÓ: 0.0 g;                           | <b>Paszternák krémleves</b><br>EN: 160.2 kcal; ZS: 5.0 g; TZS: 0.7 g; SZH: 24.1 g; CK: 15.6 g; FH: 4.0 g; SÓ: 1.5 g;           | <b>Csontleves (9;12;)</b><br>EN: 26.1 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 5.4 g; CK: 0.0 g; FH: 0.6 g; SÓ: 1.7 g; CA: 0.0 mg;                    |                   |
|            | <b>Tejben dara DI-TM * (1;)</b><br>EN: 168.1 kcal; ZS: 2.2 g; TZS: 0.4 g; SZH: 34.6 g; CK: 7.2 g; FH: 2.5 g; SÓ: 0.3 g;                       | <b>Sertés aprópecsenye</b><br>EN: 225.0 kcal; ZS: 13.6 g; TZS: 2.6 g; SZH: 4.7 g; CK: 0.0 g; FH: 19.3 g; SÓ: 0.7 g; CA: 0.0 mg; | <b>Parajos-halas penne (1;4;)</b><br>EN: 352.6 kcal; ZS: 12.0 g; TZS: 1.8 g; SZH: 45.3 g; CK: 4.2 g; FH: 14.8 g; SÓ: 1.5 g;       | <b>Egyben sertésvagdalt (1;3;)</b><br>EN: 129.4 kcal; ZS: 5.3 g; TZS: 4.1 g; SZH: 6.0 g; CK: 0.3 g; FH: 13.5 g; SÓ: 1.3 g; CA: 0.0 mg; | <b>Bazsalikomos csirkeragu</b><br>EN: 169.6 kcal; ZS: 5.7 g; TZS: 1.8 g; SZH: 2.8 g; CK: 0.4 g; FH: 24.9 g; SÓ: 2.1 g; CA: 0.0 mg; | <b>Zöldséges húsos rizottó (3;9;)</b><br>EN: 465.3 kcal; ZS: 4.7 g; TZS: 1.6 g; SZH: 79.1 g; CK: 0.8 g; FH: 26.7 g; SÓ: 0.2 g; | <b>Sertéshúsos rakott vegyes zöldség</b><br>EN: 386.5 kcal; ZS: 18.3 g; TZS: 5.8 g; SZH: 34.6 g; CK: 4.7 g; FH: 19.1 g; SÓ: 0.4 g; CA: 0.0 mg; |                   |
|            | <b>Kakaó szórat *</b><br><br>EN: 159.9 kcal; ZS: 4.2 g; TZS: 2.6 g; SZH: 22.5 g; CK: 0.2 g; FH: 4.4 g; SÓ: 0.4 g;                             | <b>Kerti vegyesfőzelék</b><br><br>EN: 335.9 kcal; ZS: 19.9 g; TZS: 2.2 g; SZH: 32.9 g; CK: 13.9 g; FH: 3.8 g; SÓ: 1.1 g;        |                                                                                                                                   | <b>Burgonyafőzelék (1;12;)</b><br>EN: 301.6 kcal; ZS: 7.9 g; TZS: 0.9 g; SZH: 46.7 g; CK: 0.1 g; FH: 6.3 g; SÓ: 0.9 g;                 | <b>Rizs köret</b><br><br>EN: 240.8 kcal; ZS: 3.9 g; TZS: 0.5 g; SZH: 46.5 g; FH: 5.6 g; SÓ: 2.0 g;                                 | <b>Cékla saláta * (10;)</b><br><br>EN: 32.0 kcal; ZS: 0.2 g; SZH: 8.0 g; CK: 3.8 g; FH: 1.4 g; SÓ: 0.8 g;                      | <b>Kókuszgolyó Mester (3;8;)</b><br>EN: 231.0 kcal; ZS: 18.5 g; TZS: 12.1 g; SZH: 14.5 g; CK: 7.6 g; FH: 1.7 g; SÓ: 0.1 g;                     |                   |
|            | <b>alma</b><br>EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g; FH: 0.4 g;                                                                               |                                                                                                                                 |                                                                                                                                   |                                                                                                                                        |                                                                                                                                    |                                                                                                                                |                                                                                                                                                |                   |