

| ÉTLAP                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Óvoda                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                      | 19.hét 2025.05.05.-2025.05.11.                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| info@gasztvital.hu<br>gasztvital.hu |                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Budapest                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Gasztvital                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Natív cukormentes                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|                                     | Hétfő<br>05.05                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Kedd<br>05.06                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Szerda<br>05.07                                                                                                                                                                                                                                                                                                                                                                                                                   | Csütörtök<br>05.08                                                                                                                                                                                                                                                                                                                                                                                   | Péntek<br>05.09                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Tízórai                             | <b>Citromos tea *</b><br>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Olasz felvágott</b><br>EN: 47.2 kcal; ZS: 4.0 g; TZS: 1.5 g; SZH: 0.4 g; CK: 0.0 g; FH: 2.4 g; SÓ: 0.4 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g; CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g;                                   | <b>Erdei gyümölcs tea * (12;)</b><br>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Padlizsánkrem (10;)</b><br>EN: 60.3 kcal; ZS: 6.1 g; TZS: 1.9 g; SZH: 1.0 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.4 g; CA: 0.0 mg;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g; CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g;<br><b>Kígyóborka</b><br>EN: 12.0 kcal; ZS: 0.1 g; SZH: 1.7 g; FH: 1.0 g; | <b>Meggyes tea *</b><br>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Tavaszi felvágott</b><br>EN: 55.4 kcal; ZS: 4.8 g; TZS: 2.0 g; SZH: 0.7 g; CK: 0.1 g; FH: 2.4 g; SÓ: 0.4 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g; CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g; | <b>Tej 2dl (7;)</b><br>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;<br><b>diabetikus lekvár *</b><br>EN: 23.8 kcal; SZH: 5.4 g; CK: 5.4 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g; CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g;           | <b>Málna tea * (12;)</b><br>EN: 0.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Házi szárnyaskrém</b><br>EN: 11.9 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 0.3 g; CK: 0.0 g; FH: 1.5 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Teljes kiőrlésű kenyér (1;)</b><br>EN: 264.3 kcal; ZS: 1.2 g; TZS: 0.1 g; SZH: 51.7 g; CK: 0.9 g; FH: 9.8 g; SÓ: 0.0 g;<br><b>Paprika</b><br>EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.1 g; FH: 0.8 g; |
| Ebéd                                | <b>Tárkonyos csirkeragu leves (7;)</b><br>EN: 88.6 kcal; ZS: 2.6 g; TZS: 1.2 g; SZH: 5.1 g; CK: 0.4 g; FH: 9.5 g; SÓ: 2.0 g; CA: 11.4 mg;<br><b>Tejben dara * (1;7;)</b><br>EN: 185.6 kcal; ZS: 3.6 g; TZS: 2.4 g; SZH: 29.0 g; CK: 11.3 g; FH: 9.5 g; SÓ: 0.3 g; CA: 270.0 mg;<br><b>Kakaó szórát *</b><br>EN: 85.8 kcal; ZS: 2.1 g; TZS: 1.3 g; SZH: 12.7 g; CK: 0.1 g; FH: 2.2 g; SÓ: 0.2 g;<br><b>alma</b><br>EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g; FH: 0.4 g; | <b>Fokhagyma krémleves (1;7;12;)</b><br>EN: 120.1 kcal; ZS: 6.5 g; TZS: 0.9 g; SZH: 11.8 g; CK: 0.9 g; FH: 2.5 g; SÓ: 6.7 g; CA: 22.5 mg;<br><b>Sertés aprópecsenye</b><br>EN: 130.8 kcal; ZS: 7.7 g; TZS: 1.6 g; SZH: 2.6 g; CK: 0.0 g; FH: 11.8 g; SÓ: 1.1 g; CA: 0.0 mg;<br><b>Zöldbabfőzelék (1;7;)</b><br>EN: 97.6 kcal; ZS: 2.8 g; TZS: 2.1 g; SZH: 12.7 g; CK: 3.1 g; FH: 4.3 g; SÓ: 0.8 g; CA: 0.0 mg;                                                            | <b>Fahéjas szilvaleves D * (1;7;)</b><br>EN: 78.0 kcal; ZS: 2.8 g; TZS: 1.8 g; SZH: 10.7 g; CK: 6.5 g; FH: 1.7 g; SÓ: 0.1 g; CA: 27.0 mg;<br><b>Parajos-halás penne (1;4;7;)</b><br>EN: 315.1 kcal; ZS: 6.7 g; TZS: 1.3 g; SZH: 45.0 g; CK: 3.7 g; FH: 17.4 g; SÓ: 0.9 g; CA: 27.0 mg;                                                                                                                                            | <b>Kertész leves (1;3;9;)</b><br>EN: 67.2 kcal; ZS: 2.5 g; TZS: 0.3 g; SZH: 8.4 g; CK: 1.5 g; FH: 2.4 g; SÓ: 0.0 g;<br><b>Egyben sertésvagdalt (1;3;)</b><br>EN: 67.7 kcal; ZS: 2.9 g; TZS: 2.2 g; SZH: 2.7 g; CK: 0.1 g; FH: 7.3 g; SÓ: 0.7 g; CA: 0.0 mg;<br><b>Paradicsomos burgonyafőzelék * (1;12;)</b><br>EN: 215.9 kcal; ZS: 4.1 g; TZS: 0.4 g; SZH: 36.5 g; CK: 3.5 g; FH: 5.4 g; SÓ: 2.5 g; | <b>Lencseleves * (1;7;)</b><br>EN: 127.2 kcal; ZS: 3.0 g; TZS: 0.5 g; SZH: 15.4 g; CK: 0.4 g; FH: 7.2 g; SÓ: 0.8 g; CA: 13.5 mg;<br><b>Lecsós csirkeragu</b><br>EN: 65.1 kcal; ZS: 1.6 g; TZS: 0.5 g; SZH: 3.4 g; CK: 0.0 g; FH: 8.3 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Rizs köret</b><br>EN: 370.9 kcal; ZS: 3.1 g; TZS: 0.4 g; SZH: 77.5 g; FH: 9.3 g; SÓ: 0.0 g;                                                                                            |
| Uzsonna                             | <b>Petrezselymes túrókrém (7;)</b><br>EN: 36.0 kcal; ZS: 1.8 g; TZS: 1.2 g; SZH: 1.1 g; CK: 1.1 g; FH: 3.8 g; SÓ: 0.0 g; CA: 27.2 mg;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g; CK: 0.9 g; FH: 4.4 g;                                                                                                                                                                                                                     | <b>Csirkemell sonka</b><br>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;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><b>vizes kifli (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g; CK: 0.9 g; FH: 4.4 g;                                                                                                                                                                                         | <b>Kockasajt, natúr (7;)</b><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;<br><b>vizes kifli (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g; CK: 0.9 g; FH: 4.4 g;<br><b>Jégcsapretek</b><br>EN: 4.5 kcal; ZS: 0.0 g; SZH: 0.7 g; FH: 0.4 g;                                                                                                                | <b>Zöldfűszeres vajkrém (7;)</b><br>EN: 32.4 kcal; ZS: 3.0 g; TZS: 2.0 g; SZH: 0.6 g; CK: 0.4 g; FH: 0.8 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g; CK: 0.9 g; FH: 4.4 g;<br><b>Kígyóborka</b><br>EN: 12.0 kcal; ZS: 0.1 g; SZH: 1.7 g; FH: 1.0 g;                                                                                 | <b>Cukkíníkrém</b><br>EN: 22.0 kcal; ZS: 1.9 g; TZS: 0.2 g; SZH: 0.6 g; CK: 0.2 g; FH: 0.4 g; SÓ: 0.4 g;<br><b>vizes kifli (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 28.2 g; CK: 0.9 g; FH: 4.4 g;                                                                                                                                                                                                                                            |

Az étlap változtatásának jogát fenntartjuk. Módosítást kizárólag a minőség legmagasabb biztosítása érdekében eszközölünk. Tápanyagtartalom jelölés magyarázata: EN(energia: kcal/adag); ZS(zsír: g/adag); TZS(telített zsírsav: g/adag); SZH(szénhidrát: g/adag); CK(cukor: g/adag); FH(fehérje: g/adag); SÓ(só: g/adag); CA(kalcium: mg/adag). Allergének: 1-Glutén; 2-Rákfélék; 3-Tojás; 4-Halak; 5-Földimogyoró; 6-Szójabab; 7-Tej, laktóz; 8-Diófélék (mandula, mogyoró, diófélék, pisztácia); 9-Zeller; 10-Mustár; 11-Szezámmag; 12-Kén-dioxid, szulfitok; 13-Csillagfűrt; 14-Puhatestűek. \* - édesítőszer tartalmaz.