

| ÉTLAP                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Iskola alsó                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                              | 19.hét 2025.05.05.-2025.05.11.                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                              |                 |
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| info@gasztvital.hu<br>gasztvital.hu |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Olajosmag-, hüvelyesmentes                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                              |                 |
| Gasztvital                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Budapest                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                              |                 |
| Tízórai                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Hétfő<br>05.05                                                                                                                                                                                                                                                                                                                                                                                                                                              | Kedd<br>05.06                                                                                                                                                                                                                                                                                                                                                                                                                | Szerda<br>05.07                                                                                                                                                                                                                                                                                                                                                                                              | Csütörtök<br>05.08                                                                                                                                                                                                                                                                                                                                                                                                                           | Péntek<br>05.09 |
| Ebéd                                | <b>Citromos tea</b><br>EN: 36.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g; CK: 9.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Olasz felvágott</b><br>EN: 70.8 kcal; ZS: 6.0 g; TZS: 2.3 g; SZH: 0.6 g; CK: 0.0 g; FH: 3.6 g; SÓ: 0.7 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;                                                           | <b>Erdei gyümölcs tea</b><br>EN: 36.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g; CK: 9.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Padlizsánkrém (10;)</b><br>EN: 66.6 kcal; ZS: 6.2 g; TZS: 1.9 g; SZH: 2.0 g; CK: 0.1 g; FH: 0.6 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;<br><b>Kígyóuborka</b><br>EN: 12.0 kcal; ZS: 0.1 g; SZH: 1.7 g; FH: 1.0 g; | <b>Meggyes tea</b><br>EN: 35.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.8 g; CK: 8.8 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Tavaszi felvágott</b><br>EN: 83.1 kcal; ZS: 7.2 g; TZS: 3.0 g; SZH: 1.0 g; CK: 0.2 g; FH: 3.6 g; SÓ: 0.7 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 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>lekvár</b><br>EN: 66.0 kcal; ZS: 0.1 g; SZH: 16.0 g; CK: 15.8 g; FH: 0.1 g; SÓ: 0.0 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; | <b>Málna tea</b><br>EN: 35.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.8 g; CK: 8.8 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Házi szárnyaskrém</b><br>EN: 27.4 kcal; ZS: 1.0 g; TZS: 0.3 g; SZH: 0.3 g; CK: 0.0 g; FH: 4.0 g; SÓ: 0.1 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;<br><b>Paprika</b><br>EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.1 g; FH: 0.8 g; |                 |
|                                     | <b>Tárkonyos csirkeragu leves (9;12;)</b><br>EN: 139.3 kcal; ZS: 1.6 g; TZS: 0.6 g; SZH: 20.7 g; CK: 0.7 g; FH: 9.5 g; SÓ: 2.3 g; CA: 0.0 mg;<br><b>Tejben dara kukoricadarából (7;)</b><br>EN: 210.0 kcal; ZS: 3.6 g; TZS: 2.3 g; SZH: 36.1 g; CK: 17.6 g; FH: 7.6 g; SÓ: 0.3 g; CA: 270.0 mg;<br><b>Kakaó szórát</b><br><br>EN: 81.6 kcal; ZS: 0.4 g; TZS: 0.3 g; SZH: 18.3 g; CK: 18.0 g; FH: 0.4 g; SÓ: 0.0 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 (7;)</b><br>EN: 124.9 kcal; ZS: 7.7 g; TZS: 2.3 g; SZH: 9.2 g; CK: 0.8 g; FH: 3.7 g; SÓ: 1.1 g; CA: 26.2 mg;<br><b>Sertés aprópecsenye</b><br>EN: 160.5 kcal; ZS: 9.3 g; TZS: 1.9 g; SZH: 3.0 g; CK: 0.0 g; FH: 14.9 g; SÓ: 1.3 g; CA: 0.0 mg;<br><b>Kerti vegyesfőzelék</b><br><br>EN: 177.6 kcal; ZS: 3.0 g; TZS: 0.4 g; SZH: 32.1 g; CK: 12.5 g; FH: 3.4 g; SÓ: 0.8 g;                                                            | <b>Fahéjas szilvaleves</b><br>EN: 113.4 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 25.1 g; CK: 15.5 g; FH: 1.1 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Parajos-csirkés tészta</b><br>EN: 310.0 kcal; ZS: 5.2 g; TZS: 1.0 g; SZH: 51.6 g; CK: 1.8 g; FH: 13.4 g; SÓ: 1.0 g;                                                                                                                                                                    | <b>Kertész leves (9;)</b><br>EN: 57.0 kcal; ZS: 2.6 g; TZS: 0.3 g; SZH: 5.9 g; CK: 1.8 g; FH: 2.0 g; SÓ: 0.6 g;<br><b>Egyben sertésvagdalt (3;)</b><br>EN: 98.3 kcal; ZS: 3.3 g; TZS: 2.6 g; SZH: 8.2 g; CK: 0.0 g; FH: 8.5 g; SÓ: 0.8 g; CA: 0.0 mg;<br><b>Paradicsomos burgonyafőzelék (12;)</b><br>EN: 259.6 kcal; ZS: 4.6 g; TZS: 0.5 g; SZH: 45.7 g; CK: 6.7 g; FH: 5.6 g; SÓ: 2.9 g;                   | <b>Lencseleves (7;)</b><br>EN: 179.7 kcal; ZS: 4.7 g; TZS: 1.8 g; SZH: 22.7 g; CK: 2.2 g; FH: 8.6 g; SÓ: 0.9 g; CA: 15.7 mg;<br><b>Lecsós csirkeragu</b><br>EN: 89.8 kcal; ZS: 2.4 g; TZS: 0.8 g; SZH: 3.5 g; CK: 0.0 g; FH: 12.4 g; SÓ: 1.1 g; CA: 0.0 mg;<br><b>Rizs köret</b><br><br>EN: 409.6 kcal; ZS: 3.5 g; TZS: 0.5 g; SZH: 85.3 g; FH: 10.2 g; SÓ: 0.0 g;                                                                           |                 |
| Uzsonna                             | <b>Petrezselymes túrókrém (7;)</b><br>EN: 48.5 kcal; ZS: 2.5 g; TZS: 1.6 g; SZH: 1.5 g; CK: 1.4 g; FH: 5.1 g; SÓ: 0.0 g; CA: 36.0 mg;<br><b>Puffasztott rizs (ripsz-ropsz)</b><br>EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g; CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g;                                                                                                                                                                                                                 | <b>Csirkemell sonka</b><br>EN: 27.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.5 g; CK: 0.2 g; FH: 4.8 g; SÓ: 0.8 g;<br><b>margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;<br><br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 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>Abonett</b><br>EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g; CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 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: 43.2 kcal; ZS: 4.0 g; TZS: 2.6 g; SZH: 0.8 g; CK: 0.5 g; FH: 1.0 g; SÓ: 0.2 g; CA: 0.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g; CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;<br><b>Kígyóuborka</b><br>EN: 12.0 kcal; ZS: 0.1 g; SZH: 1.7 g; FH: 1.0 g;                                                                           | <b>Cukkínkrém</b><br>EN: 51.4 kcal; ZS: 4.8 g; TZS: 0.5 g; SZH: 1.1 g; CK: 0.4 g; FH: 0.8 g; SÓ: 0.8 g;<br><b>Puffasztott rizs (ripsz-ropsz)</b><br>EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g; CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g;                                                                                                                                                                                                      |                 |