

| ÉTLAP                               |                                                                                                                                                                                                                                                                                                                                                                                                                                           | Óvoda                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                    | 18.hét 2025.04.28.-2025.05.04. |          |
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| info@gasztvital.hu<br>gasztvital.hu |                                                                                                                                                                                                                                                                                                                                                                                                                                           | Olajosmag-, mustármentes                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                    |                                | Budapest |
| Tízórai                             | Hétfő<br>04.28                                                                                                                                                                                                                                                                                                                                                                                                                            | Kedd<br>04.29                                                                                                                                                                                                                                                                                                                                                                                                                             | Szerda<br>04.30                                                                                                                                                                                                                                                                                                                                                                                                                                       | Csütörtök<br>05.01 | Péntek<br>05.02                |          |
|                                     | <b>Erdei gyümölcs tea</b><br>EN: 28.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.0 g;<br>CK: 7.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Sertés párizsi</b><br>EN: 46.0 kcal; ZS: 4.0 g; TZS: 1.6 g; SZH: 0.5 g;<br>CK: 0.0 g; FH: 2.0 g; SÓ: 0.4 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;<br>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;<br>CK: 10.0 g; FH: 6.6 g; SÓ: 0.2 g; CA: 240.0 mg;<br><b>Csirkemell sonka</b><br>EN: 18.0 kcal; ZS: 0.2 g; TZS: 0.1 g; SZH: 1.0 g;<br>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><br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g;<br>CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g; | <b>Málna tea</b><br>EN: 30.7 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 7.5 g;<br>CK: 7.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Házi babkrém (7;)</b><br>EN: 61.3 kcal; ZS: 3.6 g; TZS: 2.3 g; SZH: 5.3 g;<br>CK: 0.2 g; FH: 2.7 g; SÓ: 0.4 g; CA: 5.0 mg;<br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g;<br>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>Kertész leves (9;)</b><br>EN: 48.9 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 5.1 g;<br>CK: 1.5 g; FH: 1.8 g; SÓ: 0.5 g;<br><b>Pincepörkölt (sertés) (12;)</b><br>EN: 290.1 kcal; ZS: 10.0 g; TZS: 1.8 g; SZH: 29.4 g;<br>CK: 0.0 g; FH: 16.4 g; SÓ: 0.9 g; CA: 0.0 mg;                                                                                                                                                                         | <b>Brokkoli krémleves (7;12;)</b><br>EN: 64.3 kcal; ZS: 2.9 g; TZS: 1.8 g; SZH: 6.6 g;<br>CK: 1.2 g; FH: 2.2 g; SÓ: 0.9 g; CA: 27.0 mg;<br><b>Bácskai rizseshús (szárnyas)</b><br>EN: 396.4 kcal; ZS: 15.3 g; TZS: 3.6 g; SZH: 48.1 g;<br>CK: 0.0 g; FH: 16.2 g; SÓ: 1.2 g; CA: 0.0 mg;<br><b>alma</b><br>EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g; FH: 0.4 g;                                                                                | <b>Magyaros karfiolleves (9;)</b><br>EN: 43.2 kcal; ZS: 2.6 g; TZS: 0.3 g; SZH: 2.7 g;<br>CK: 0.6 g; FH: 1.8 g; SÓ: 0.9 g; CA: 0.0 mg;<br><b>Bolognai spagetti (sertés)</b><br>EN: 312.0 kcal; ZS: 4.9 g; TZS: 3.7 g; SZH: 51.2 g;<br>CK: 2.1 g; FH: 15.1 g; SÓ: 0.7 g; CA: 0.0 mg;                                                                                                                                                                   |                    |                                |          |
|                                     | <b>Zöldhagymás vajkrém (7;)</b><br>EN: 34.8 kcal; ZS: 3.5 g; TZS: 2.3 g; SZH: 0.6 g;<br>CK: 0.2 g; FH: 0.2 g; SÓ: 0.1 g; CA: 5.0 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;<br>CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g;<br><b>Kigyóuborka</b><br>EN: 12.0 kcal; ZS: 0.1 g; SZH: 1.7 g; FH: 1.0 g;                                                                                         | <b>Magyaros szendvicskrém (7;)</b><br>EN: 87.6 kcal; ZS: 9.0 g; TZS: 5.7 g; SZH: 0.9 g;<br>CK: 0.8 g; FH: 0.8 g; SÓ: 0.3 g; CA: 22.5 mg;<br><b>Gluténmentes kenyér</b><br>EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g;<br>CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;<br><b>Jégcsapretek</b><br>EN: 4.5 kcal; ZS: 0.0 g; SZH: 0.7 g; FH: 0.4 g;                                                                                               | <b>Natúr joghurt (7;)</b><br>EN: 91.5 kcal; ZS: 5.3 g; TZS: 3.4 g; SZH: 5.7 g;<br>CK: 5.7 g; FH: 4.9 g; SÓ: 0.1 g; CA: 180.0 mg;<br><b>Abonett</b><br>EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g;<br>CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;                                                                                                                                                                                                           |                    |                                |          |
|                                     | <b>Uzsonna</b>                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                    |                                |          |