

| ÉTLAP      |  | info@gasztvital.hu<br>gasztvital.hu                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                  | Óvoda                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                          | 19.hét 2025.05.05.-2025.05.11.                                                                                                                                                                                                                                                                                                    |  |
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| Gasztvital |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                  | PKU                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                          | Budapest                                                                                                                                                                                                                                                                                                                          |  |
| Ebéd       |  | Hétfő<br>05.05                                                                                                                                                                                                                                                                                                                                                                                                                                             | Kedd<br>05.06                                                                                                                                                                                                                                                                                                                                                                    | Szerda<br>05.07                                                                                                                                                                                                                                                                                                                                                                                       | Csütörtök<br>05.08                                                                                                                                                                                                                                                                                                                                                                       | Péntek<br>05.09                                                                                                                                                                                                                                                                                                                   |  |
|            |  | <b>Tárkonyos zöldségleves (9;)</b><br>EN: 23.7 kcal; ZS: 0.8 g; TZS: 0.1 g; SZH: 3.4 g;<br>CK: 1.4 g; FH: 0.5 g; SÓ: 0.6 g; CA: 0.0 mg;<br><b>Tejben dara rizsitalból</b><br>EN: 271.2 kcal; ZS: 3.2 g; TZS: 0.5 g; SZH: 58.1 g;<br>CK: 31.8 g; FH: 2.0 g; SÓ: 0.2 g;<br><b>Kakaó szórat</b><br>EN: 81.6 kcal; ZS: 0.4 g; TZS: 0.3 g; SZH: 18.3 g;<br>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>Zellerkrémleves (9;12;)</b><br>EN: 56.1 kcal; ZS: 1.7 g; TZS: 0.2 g; SZH: 9.1 g;<br>CK: 0.8 g; FH: 1.1 g; SÓ: 0.9 g;<br><b>Zöldség vagdalt</b><br>EN: 38.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 8.0 g;<br>CK: 1.8 g; FH: 0.9 g; SÓ: 0.6 g; CA: 0.0 mg;<br><b>Kerti vegyesfőzelék</b><br>EN: 142.3 kcal; ZS: 2.5 g; TZS: 0.3 g; SZH: 25.1 g;<br>CK: 11.3 g; FH: 2.9 g; SÓ: 0.7 g; | <b>Fahéjas szilvaleves</b><br>EN: 105.3 kcal; ZS: 0.6 g; TZS: 0.1 g; SZH: 23.3 g;<br>CK: 13.7 g; FH: 1.0 g; SÓ: 0.0 g; CA: 0.0 mg;<br><b>Gombapörkölt fehérjeszegény</b><br>EN: 52.7 kcal; ZS: 2.9 g; TZS: 0.3 g; SZH: 3.7 g;<br>CK: 0.0 g; FH: 2.8 g; SÓ: 1.1 g; CA: 0.0 mg;<br><b>Tészta köret (fehérjeszegény)</b><br>EN: 259.6 kcal; ZS: 5.5 g; TZS: 0.6 g; SZH: 51.6 g;<br>FH: 0.4 g; SÓ: 0.7 g; | <b>Kertész leves (fehérjeszegény)</b><br>EN: 43.8 kcal; ZS: 2.2 g; TZS: 0.2 g; SZH: 4.6 g;<br>CK: 1.8 g; FH: 1.2 g; SÓ: 0.5 g;<br><b>Zöldség vagdalt</b><br>EN: 38.0 kcal; ZS: 0.2 g; TZS: 0.0 g; SZH: 8.0 g;<br>CK: 1.8 g; FH: 0.9 g; SÓ: 0.6 g; CA: 0.0 mg;<br><b>Burgonyafőzelék (12;)</b><br>EN: 131.8 kcal; ZS: 0.3 g; TZS: 0.0 g; SZH: 26.3 g;<br>CK: 0.0 g; FH: 3.4 g; SÓ: 0.5 g; | <b>Karalábé leves (9;12;)</b><br>EN: 23.3 kcal; ZS: 1.0 g; TZS: 0.1 g; SZH: 3.3 g;<br>FH: 0.7 g; SÓ: 0.0 g;<br><b>Zöldségpörkölt</b><br>EN: 66.7 kcal; ZS: 4.3 g; TZS: 0.5 g; SZH: 5.9 g;<br>CK: 2.0 g; FH: 1.1 g; SÓ: 0.9 g;<br><b>Rizs köret</b><br>EN: 94.8 kcal; ZS: 1.0 g; TZS: 0.1 g; SZH: 19.4 g;<br>FH: 2.3 g; SÓ: 0.5 g; |  |