

| ÉTLAP                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Bölcsőde<br>BÖLCSŐDE                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 10.hét 2026.03.02.-2026.03.08.                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| info@gasztvital.hu<br>gasztvital.hu |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Gasztvital                          | Hétfő<br>03.02                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Kedd<br>03.03                                                                                                                                                                                                                                                                                                                                                                                                                            | Szerda<br>03.04                                                                                                                                                                                                                                                                                                                                                                                                                                               | Csütörtök<br>03.05                                                                                                                                                                                                                                                                                                                                                                                                                                         | Péntek<br>03.06                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Reggeli                             | <b>Citromos tea</b><br>EN:20.5kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>Forralt tej (7;)</b><br>EN:58.0kcal ZS:2.8g TZS:2.0g SZH:5.0g CK:5.0g FH:3.3g SÓ:0.1g<br><b>Natúr szendvicskrém (7;)</b><br>EN:43.8kcal ZS:4.5g TZS:2.8g SZH:0.4g CK:0.4g FH:0.4g SÓ:0.1g<br><b>Falusi kenyér (1;)</b><br>EN:105.2kcal ZS:0.4g TZS:0.1g SZH:21.5g CK:0.7g FH:4.0g SÓ:0.2g<br><b>Kígyóborka</b><br>EN:2.4kcal ZS:0.0g TZS:0.0g SZH:0.3g CK:0.0g FH:0.2g SÓ:0.0g | <b>Citromos tea</b><br>EN:20.5kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>Kakaó (7;)</b><br>EN:110.9kcal ZS:4.4g TZS:3.1g SZH:12.6g CK:12.5g FH:5.2g SÓ:0.2g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>Sajtos kifli (1;7;)</b><br>EN:160.5kcal ZS:3.6g SZH:23.8g FH:6.7g SÓ:0.5g                                                                                                             | <b>Gyümölcs tea (12;)</b><br>EN:20.0kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>Forralt tej (7;)</b><br>EN:58.0kcal ZS:2.8g TZS:2.0g SZH:5.0g CK:5.0g FH:3.3g SÓ:0.1g<br><b>Körözött (7;)</b><br>EN:26.4kcal ZS:1.8g TZS:1.2g SZH:0.8g CK:0.4g FH:1.8g SÓ:0.1g<br><b>Teljes kiőrlésű kifli (1;6;)</b><br>EN:125.7kcal ZS:0.8g TZS:0.1g SZH:25.5g CK:0.6g FH:4.8g SÓ:0.6g<br><b>Lilahagyma</b><br>EN:8.0kcal ZS:0.0g SZH:1.7g FH:0.2g SÓ:0.0g | <b>Gyümölcs tea (12;)</b><br>EN:20.0kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>Forralt tej (7;)</b><br>EN:58.0kcal ZS:2.8g TZS:2.0g SZH:5.0g CK:5.0g FH:3.3g SÓ:0.1g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>Foszlós kalács (1;3;6;7;13;)</b><br>EN:119.0kcal ZS:3.0g TZS:1.2g SZH:20.8g CK:3.4g FH:3.3g SÓ:0.2g                                                                                            | <b>Citromos tea</b><br>EN:20.5kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>Forralt tej (7;)</b><br>EN:58.0kcal ZS:2.8g TZS:2.0g SZH:5.0g CK:5.0g FH:3.3g SÓ:0.1g<br><b>Trappista sajt (7;)</b><br>EN:67.4kcal ZS:5.2g TZS:3.2g SZH:0.0g CK:0.0g FH:5.1g SÓ:0.3g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>Teljeskiőrlésű kenyér (1;)</b><br>EN:97.6kcal ZS:0.4g TZS:0.2g SZH:20.0g FH:2.9g SÓ:0.6g<br><b>Jégcsapretek</b><br>EN:3.0kcal ZS:0.0g SZH:0.4g FH:0.2g |
| Tízórai                             | <b>Mandarin</b><br>EN:45.0kcal ZS:0.0g TZS:0.0g SZH:9.8g CK:0.0g FH:0.7g SÓ:0.0g                                                                                                                                                                                                                                                                                                                                                                                          | <b>Körte</b><br>EN:31.2kcal ZS:0.0g TZS:0.0g SZH:7.2g CK:0.9g FH:0.2g SÓ:0.0g                                                                                                                                                                                                                                                                                                                                                            | <b>Alma</b><br>EN:52.5kcal ZS:0.6g TZS:0.0g SZH:10.5g CK:6.0g FH:0.6g SÓ:0.0g                                                                                                                                                                                                                                                                                                                                                                                 | <b>Mandarin</b><br>EN:45.0kcal ZS:0.0g TZS:0.0g SZH:9.8g CK:0.0g FH:0.7g SÓ:0.0g                                                                                                                                                                                                                                                                                                                                                                           | <b>Narancs</b><br>EN:61.5kcal ZS:0.0g TZS:0.0g SZH:12.8g CK:9.8g FH:0.9g SÓ:0.0g<br><b>Babapiskóta (1;3;)</b><br>EN:81.6kcal ZS:0.9g SZH:16.6g CK:7.5g FH:1.8g                                                                                                                                                                                                                                                                                                                                              |
| Ebéd                                | <b>Hamis palócleves (1;7;12;)</b><br>EN:72.4kcal ZS:4.0g TZS:1.5g SZH:7.4g CK:0.6g FH:1.1g SÓ:0.2g<br><b>Paprikás burgonya virslivel (12;)</b><br>EN:303.6kcal ZS:14.4g TZS:4.5g SZH:30.3g CK:0.0g FH:10.0g SÓ:1.7g<br><b>Savanyúság (10;)</b><br>EN:8.4kcal ZS:0.1g TZS:0.0g SZH:1.0g CK:0.6g FH:0.8g SÓ:0.3g                                                                                                                                                            | <b>Húsgombóc (3;12;)</b><br>EN:118.6kcal ZS:6.5g TZS:2.2g SZH:8.3g CK:0.0g FH:6.9g SÓ:0.2g<br><b>Paradicsommártás (1;9;)</b><br>EN:98.4kcal ZS:0.4g TZS:0.1g SZH:20.4g CK:10.6g FH:2.3g SÓ:0.2g<br><b>Főtt burgonya 1/2 (12;)</b><br>EN:89.2kcal ZS:2.2g TZS:0.2g SZH:13.8g CK:0.0g FH:1.9g SÓ:0.5g<br><b>Kiwi</b><br>EN:41.6kcal ZS:0.0g TZS:0.0g SZH:9.0g CK:4.8g FH:0.8g SÓ:0.0g                                                      | <b>Csirke aprópecsenye feltét (1;)</b><br>EN:141.5kcal ZS:10.3g TZS:2.9g SZH:3.6g CK:0.0g FH:8.0g SÓ:0.3g<br><b>Finomfőzelék (1;7;)</b><br>EN:148.8kcal ZS:3.8g TZS:0.8g SZH:22.9g CK:10.5g FH:5.1g SÓ:0.9g<br><b>Menü süti (7;)</b><br>EN:105.8kcal ZS:3.7g SZH:16.9g FH:1.3g                                                                                                                                                                                | <b>Vadas pulykaragu (1;7;10;)</b><br>EN:180.2kcal ZS:9.7g TZS:3.7g SZH:10.9g CK:5.6g FH:11.7g SÓ:0.4g<br><b>Főtt tészta (1;)</b><br>EN:214.3kcal ZS:4.9g TZS:0.7g SZH:36.0g CK:1.8g FH:6.1g SÓ:0.6g<br><b>Alma</b><br>EN:52.5kcal ZS:0.6g TZS:0.0g SZH:10.5g CK:6.0g FH:0.6g SÓ:0.0g                                                                                                                                                                       | <b>Pirított csirkemáj</b><br>EN:125.0kcal ZS:6.8g TZS:1.5g SZH:3.5g CK:0.0g FH:12.2g SÓ:0.3g<br><b>Karfiolfőzelék (1;7;)</b><br>EN:121.9kcal ZS:8.3g TZS:2.0g SZH:8.0g CK:0.3g FH:3.4g SÓ:0.2g<br><b>Kiwi</b><br>EN:41.6kcal ZS:0.0g TZS:0.0g SZH:9.0g CK:4.8g FH:0.8g SÓ:0.0g                                                                                                                                                                                                                              |
| Uzsonna                             | <b>Citromos tea</b><br>EN:20.5kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>Forralt tej (7;)</b><br>EN:58.0kcal ZS:2.8g TZS:2.0g SZH:5.0g CK:5.0g FH:3.3g SÓ:0.1g<br><b>Zöldfűszeres vajkrém (7;)</b><br>EN:32.4kcal ZS:3.0g TZS:2.0g SZH:0.6g CK:0.4g FH:0.8g SÓ:0.1g<br><b>Teljes kiőrlésű kifli (1;6;)</b><br>EN:125.7kcal ZS:0.8g TZS:0.1g SZH:25.5g CK:0.6g FH:4.8g SÓ:0.6g<br><b>Kápia paprika</b><br>EN:6.0kcal ZS:0.0g SZH:0.9g CK:0.5g FH:0.3g    | <b>Citromos tea</b><br>EN:20.5kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>Forralt tej (7;)</b><br>EN:58.0kcal ZS:2.8g TZS:2.0g SZH:5.0g CK:5.0g FH:3.3g SÓ:0.1g<br><b>Sajtkrém (7;)</b><br>EN:21.4kcal ZS:1.8g TZS:1.2g SZH:0.8g CK:0.8g FH:0.6g SÓ:0.2g<br><b>Vizes zsemle (1;)</b><br>EN:168.5kcal ZS:4.3g SZH:26.4g FH:5.1g<br><br><b>Kígyóborka</b><br>EN:2.4kcal ZS:0.0g TZS:0.0g SZH:0.3g CK:0.0g FH:0.2g SÓ:0.0g | <b>Gyümölcs tea (12;)</b><br>EN:20.0kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>Forralt tej (7;)</b><br>EN:58.0kcal ZS:2.8g TZS:2.0g SZH:5.0g CK:5.0g FH:3.3g SÓ:0.1g<br><b>Zelleres szendvicskrém (7;9;)</b><br>EN:29.8kcal ZS:3.0g TZS:1.9g SZH:0.4g CK:0.3g FH:0.3g SÓ:0.1g<br><b>Falusi kenyér (1;)</b><br>EN:105.2kcal ZS:0.4g TZS:0.1g SZH:21.5g CK:0.7g FH:4.0g SÓ:0.2g<br><b>TV paprika</b><br>EN:6.0kcal ZS:0.0g SZH:0.9g FH:0.3g   | <b>Gyümölcs tea (12;)</b><br>EN:20.0kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>Forralt tej (7;)</b><br>EN:58.0kcal ZS:2.8g TZS:2.0g SZH:5.0g CK:5.0g FH:3.3g SÓ:0.1g<br><b>Baromfipárizsi</b><br>EN:30.4kcal ZS:2.5g TZS:0.9g SZH:0.2g CK:0.1g FH:1.6g SÓ:0.3g<br><b>Margarin</b><br>EN:18.0kcal ZS:2.0g TZS:0.6g SÓ:0.1g<br><br><b>Teljes kiőrlésű zsemle (1;6;)</b><br>EN:139.7kcal ZS:0.9g TZS:0.1g SZH:28.4g CK:0.6g FH:5.4g SÓ:0.7g | <b>Citromos tea</b><br>EN:20.5kcal ZS:0.0g TZS:0.0g SZH:5.0g CK:5.0g FH:0.0g SÓ:0.0g<br><b>Forralt tej (7;)</b><br>EN:58.0kcal ZS:2.8g TZS:2.0g SZH:5.0g CK:5.0g FH:3.3g SÓ:0.1g<br><b>Túrós táska (1;3;6;7;13;)</b><br>EN:174.4kcal ZS:8.8g TZS:3.8g SZH:24.0g CK:7.6g FH:2.9g SÓ:0.1g                                                                                                                                                                                                                     |

| Gasztvital | Hétfő<br>03.02 | Kedd<br>03.03 | Szerda<br>03.04 | Csütörtök<br>03.05                                | Péntek<br>03.06 |
|------------|----------------|---------------|-----------------|---------------------------------------------------|-----------------|
| Uzsonna    |                |               |                 | Paradicsom<br>EN:4.6kcal ZS:0.0g SZH:0.8g FH:0.2g |                 |