

| ÉTLAP                               |                                                                                                                           | Iskola felső                                                                                                            |                                                                                                                               | 37.hét 2026.09.07.-2026.09.13.                                                                                          |                                                                                                                             |
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| info@gasztvital.hu<br>gasztvital.hu |                                                                                                                           | Natív cukormentes                                                                                                       |                                                                                                                               |                                                                                                                         |                                                                                                                             |
| Gasztvital                          |                                                                                                                           | Hétfő<br>09.07                                                                                                          | Kedd<br>09.08                                                                                                                 | Szerda<br>09.09                                                                                                         | Csütörtök<br>09.10                                                                                                          |
| Tízórai                             |                                                                                                                           | Péntek<br>09.11                                                                                                         |                                                                                                                               |                                                                                                                         |                                                                                                                             |
| Tízórai                             | <b>Erdei gyümölcs tea *</b><br>EN: 0.2 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;          | <b>Citromos tea *</b><br>EN: 0.7 kcal; SZH: 0.1 g; CK: 0.1 g; FH: 0.0 g; SÓ: 0.0 g;                                     | <b>Erdei gyümölcs tea *</b><br>EN: 0.2 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;              | <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;               | <b>Barackos tea * (12;)</b><br>EN: 0.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;            |
|                                     | <b>Füldői sonka</b><br>EN: 33.6 kcal; ZS: 1.2 g; TZS: 0.4 g; SZH: 1.5 g; CK: 0.2 g; FH: 4.2 g; SÓ: 0.8 g;                 | <b>Házi zöldségkrém</b><br>EN: 197.2 kcal; ZS: 21.1 g; TZS: 10.5 g; SZH: 1.2 g; CK: 0.7 g; FH: 0.3 g; SÓ: 0.7 g;        | <b>diabetikus lekvár *</b><br>EN: 51.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g; CK: 8.0 g; FH: 0.1 g; SÓ: 0.0 g;              | <b>Petrezselymes margarin</b><br>EN: 45.0 kcal; ZS: 5.0 g; TZS: 1.4 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.1 g;     | <b>eurofood csirkepástétom</b><br>EN: 132.0 kcal; ZS: 10.9 g; TZS: 2.8 g; SZH: 2.5 g; FH: 5.7 g; SÓ: 0.7 g;                 |
|                                     | <b>Margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;                     | <b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;        | <b>Margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;                         | <b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;        | <b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;            |
| Ebéd                                | <b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;          | <b>Jégcsapretek</b><br>EN: 6.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.9 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g;                | <b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;              | <b>Sárgarépa csíkok</b><br>EN: 16.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 3.2 g; CK: 0.0 g; FH: 0.5 g; SÓ: 0.0 g;           | <b>Kígyóborka</b><br>EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g;                      |
|                                     | <b>Sertés raguleves (1;)</b><br>EN: 109.0 kcal; ZS: 4.1 g; TZS: 1.4 g; SZH: 5.7 g; CK: 0.0 g; FH: 11.4 g; SÓ: 1.1 g;      | <b>Fokhagyma krémleves (1;)</b><br>EN: 158.5 kcal; ZS: 6.5 g; TZS: 0.8 g; SZH: 19.6 g; CK: 2.4 g; FH: 4.4 g; SÓ: 1.2 g; | <b>Tárkonyos zöldségleves (1;9;)</b><br>EN: 81.2 kcal; ZS: 3.0 g; TZS: 0.3 g; SZH: 11.5 g; CK: 2.1 g; FH: 2.2 g; SÓ: 1.2 g;   | <b>Csontleves tésztával (1;)</b><br>EN: 82.9 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 16.5 g; CK: 2.8 g; FH: 3.1 g; SÓ: 2.4 g; | <b>Kertész leves D (9;)</b><br>EN: 53.1 kcal; ZS: 2.9 g; TZS: 0.3 g; SZH: 5.6 g; CK: 2.4 g; FH: 1.0 g; SÓ: 1.2 g;           |
|                                     | <b>Sült csirkemell</b><br>EN: 138.9 kcal; ZS: 5.4 g; TZS: 1.2 g; SZH: 0.0 g; CK: 0.0 g; FH: 21.2 g; SÓ: 1.1 g;            | <b>Pirított kenyérkocka (1;)</b><br>EN: 26.2 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.1 g; CK: 0.1 g; FH: 1.0 g; SÓ: 0.2 g;  | <b>Rakott karfiolos tészta (1;)</b><br>EN: 394.8 kcal; ZS: 11.9 g; TZS: 2.9 g; SZH: 44.9 g; CK: 3.6 g; FH: 25.3 g; SÓ: 0.3 g; | <b>Provance csirkeragu</b><br>EN: 188.6 kcal; ZS: 11.1 g; TZS: 2.1 g; SZH: 7.2 g; CK: 2.0 g; FH: 15.5 g; SÓ: 0.5 g;     | <b>Halvagdalt (4;)</b><br>EN: 199.9 kcal; ZS: 7.1 g; TZS: 1.7 g; SZH: 24.9 g; CK: 0.5 g; FH: 10.6 g; SÓ: 1.7 g;             |
| Uzsonna                             | <b>Mexikói párolt zöldség 1/2</b><br>EN: 123.1 kcal; ZS: 2.4 g; TZS: 0.2 g; SZH: 19.6 g; CK: 6.6 g; FH: 4.3 g; SÓ: 0.6 g; | <b>Csirkehúsos rizottó</b><br>EN: 548.2 kcal; ZS: 12.5 g; TZS: 2.5 g; SZH: 80.4 g; CK: 0.8 g; FH: 28.5 g; SÓ: 0.2 g;    |                                                                                                                               | <b>Bulgur köret (1;)</b><br>EN: 288.4 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 53.8 g; CK: 1.7 g; FH: 9.7 g; SÓ: 0.0 g;        | <b>Petrezselymes burgonya (12;)</b><br>EN: 255.7 kcal; ZS: 2.8 g; TZS: 0.3 g; SZH: 46.0 g; CK: 0.0 g; FH: 6.3 g; SÓ: 1.2 g; |
|                                     | <b>Kuszkusz köret (1;)</b><br>EN: 479.7 kcal; ZS: 2.6 g; TZS: 0.5 g; SZH: 94.8 g; CK: 3.9 g; FH: 17.2 g; SÓ: 1.2 g;       | <b>Körte</b><br>EN: 67.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 15.6 g; CK: 2.0 g; FH: 0.5 g; SÓ: 0.0 g;                     |                                                                                                                               | <b>Almás tápiókapuding *</b><br>EN: 46.7 kcal; ZS: 0.8 g; TZS: 0.8 g; SZH: 9.9 g; CK: 0.3 g; FH: 0.1 g; SÓ: 0.0 g;      | <b>Cékla saláta *</b><br>EN: 44.1 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 9.7 g; CK: 5.5 g; FH: 0.9 g; SÓ: 1.8 g;                 |
|                                     | <b>Alma</b><br>EN: 35.0 kcal; ZS: 0.4 g; TZS: 0.0 g; SZH: 7.0 g; CK: 4.0 g; FH: 0.4 g; SÓ: 0.0 g;                         |                                                                                                                         |                                                                                                                               |                                                                                                                         |                                                                                                                             |
| Uzsonna                             | <b>Sonkás padlizsánkrém (10;)</b><br>EN: 88.4 kcal; ZS: 7.1 g; TZS: 2.2 g; SZH: 2.4 g; CK: 0.1 g; FH: 3.6 g; SÓ: 1.3 g;   | <b>Baromfi párizsi</b><br>EN: 47.4 kcal; ZS: 3.5 g; TZS: 1.1 g; SZH: 0.8 g; CK: 0.1 g; FH: 3.1 g; SÓ: 0.6 g;            | <b>Tonhalkrém (4;)</b><br>EN: 91.2 kcal; ZS: 6.8 g; TZS: 1.3 g; SZH: 0.0 g; CK: 0.0 g; FH: 7.5 g; SÓ: 0.4 g;                  | <b>Zala felvágott</b><br>EN: 72.0 kcal; ZS: 6.0 g; TZS: 2.4 g; SZH: 0.6 g; CK: 0.1 g; FH: 3.9 g; SÓ: 0.7 g;             | <b>Házi sertés húskrém</b><br>EN: 96.7 kcal; ZS: 6.7 g; TZS: 1.9 g; SZH: 0.1 g; CK: 0.0 g; FH: 8.4 g; SÓ: 0.1 g;            |
|                                     | <b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;          | <b>Margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;                   | <b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;              | <b>Margarin</b><br>EN: 63.0 kcal; ZS: 7.0 g; TZS: 1.6 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;                   | <b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;            |
|                                     | <b>Paprika</b><br>EN: 36.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 5.6 g; CK: 0.0 g; FH: 1.7 g; SÓ: 0.0 g;                      | <b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;        | <b>Kígyóborka</b><br>EN: 3.6 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.5 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.0 g;                        | <b>vizes zsemle (1;)</b><br>EN: 139.4 kcal; ZS: 0.6 g; TZS: 0.0 g; SZH: 30.0 g; CK: 0.9 g; FH: 4.4 g; SÓ: 0.6 g;        |                                                                                                                             |
| Uzsonna                             |                                                                                                                           |                                                                                                                         |                                                                                                                               | <b>Lilahagyma</b><br>EN: 12.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 2.5 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;                 |                                                                                                                             |
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