

| ÉTLAP                               |                                                                                                                                                                                                                                                                                                                                                                        | Iskola alsó Pépes                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 41.hét 2026.10.05.-2026.10.11. |  |
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| info@gasztvital.hu<br>gasztvital.hu |                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                |  |
| Gasztvital                          | Hétfő<br>10.05                                                                                                                                                                                                                                                                                                                                                         | Kedd<br>10.06                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Szerda<br>10.07                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Csütörtök<br>10.08                                                                                                                                                                                                                                                                                                                                                      | Péntek<br>10.09                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                |  |
| Tízórai                             | <b>Barackos tea (12;)</b><br>EN: 32.1 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Füstölt csirkemell sonkakrém</b><br>EN: 54.0 kcal; ZS: 4.2 g; TZS: 1.3 g; SZH: 1.0 g; CK: 0.1 g; FH: 3.2 g; SÓ: 1.0 g;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;       | <b>Citromos tea (12;)</b><br>EN: 32.1 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Házi szárnyasmájkrém</b><br>EN: 48.2 kcal; ZS: 3.5 g; TZS: 2.6 g; SZH: 0.6 g; CK: 0.0 g; FH: 3.4 g; SÓ: 1.2 g;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;<br><b>Paprika reszelt</b><br>EN: 9.0 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 1.4 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; | <b>Poharas tej (7;)</b><br>EN: 560.0 kcal; ZS: 28.0 g; TZS: 20.0 g; SZH: 46.0 g; CK: 46.0 g; FH: 30.0 g; SÓ: 1.3 g;<br><b>Padlizsános krém</b><br>EN: 37.9 kcal; ZS: 3.8 g; TZS: 1.1 g; SZH: 0.6 g; CK: 0.0 g; FH: 0.3 g; SÓ: 0.6 g;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;                                                                                                                                                                                                                          | <b>Poharas kakaó (7;)</b><br>EN: 134.0 kcal; ZS: 4.0 g; TZS: 3.0 g; SZH: 16.2 g; CK: 16.2 g; FH: 7.0 g; SÓ: 0.1 g;<br><b>Margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;                         | <b>Meggyes tea (12;)</b><br>EN: 32.1 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.0 g; CK: 8.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Provance margarinkrém</b><br>EN: 90.2 kcal; ZS: 10.0 g; TZS: 2.8 g; SZH: 0.1 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.2 g;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;<br><b>Reszelt sárgarépa</b><br>EN: 12.0 kcal; ZS: 0.1 g; TZS: 0.0 g; SZH: 2.4 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g; |                                |  |
| Ebéd                                | <b>Babgulyás (1;9;)</b><br>EN: 172.7 kcal; ZS: 8.9 g; TZS: 1.5 g; SZH: 11.0 g; CK: 0.6 g; FH: 11.1 g; SÓ: 0.7 g;<br><b>Tejbendara kókuszreszeléssel (1;)</b><br>EN: 382.5 kcal; ZS: 14.1 g; TZS: 9.1 g; SZH: 58.0 g; CK: 24.8 g; FH: 4.0 g; SÓ: 0.2 g;<br><b>Kakaó szórát</b><br>EN: 104.8 kcal; ZS: 1.6 g; TZS: 1.0 g; SZH: 16.9 g; CK: 15.1 g; FH: 3.5 g; SÓ: 0.3 g; | <b>Almás-paszternák krémleves (1;)</b><br>EN: 167.3 kcal; ZS: 10.6 g; TZS: 3.6 g; SZH: 15.2 g; CK: 4.3 g; FH: 2.5 g; SÓ: 1.0 g;<br><b>Erdei gombás pulykaragu</b><br>EN: 169.6 kcal; ZS: 10.7 g; TZS: 1.7 g; SZH: 4.6 g; CK: 0.7 g; FH: 13.6 g; SÓ: 0.3 g;<br><b>Bulgur köret (1;)</b><br>EN: 253.9 kcal; ZS: 2.4 g; TZS: 0.4 g; SZH: 47.0 g; CK: 1.5 g; FH: 8.5 g; SÓ: 0.7 g;                                                                                          | <b>Zöldségleves (1;)</b><br>EN: 120.2 kcal; ZS: 4.5 g; TZS: 0.5 g; SZH: 16.6 g; CK: 2.4 g; FH: 3.0 g; SÓ: 0.1 g;<br><b>Csirkepörkölt</b><br>EN: 165.2 kcal; ZS: 9.0 g; TZS: 1.6 g; SZH: 3.0 g; CK: 0.0 g; FH: 17.1 g; SÓ: 1.1 g;<br><b>Tökfőzelék</b><br>EN: 249.2 kcal; ZS: 7.4 g; TZS: 0.7 g; SZH: 42.2 g; CK: 9.7 g; FH: 3.9 g; SÓ: 0.8 g;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;<br><b>Gesztenye Marci</b><br>EN: 62.6 kcal; ZS: 2.9 g; TZS: 2.6 g; SZH: 7.6 g; CK: 6.1 g; FH: 0.7 g; SÓ: 0.0 g; | <b>Magyaros karalábéleves (1;)</b><br>EN: 126.7 kcal; ZS: 7.7 g; TZS: 0.8 g; SZH: 11.5 g; CK: 1.2 g; FH: 2.3 g; SÓ: 0.8 g;<br><b>Natúr csirkemell (1;)</b><br>EN: 159.6 kcal; ZS: 6.8 g; TZS: 1.3 g; SZH: 5.7 g; CK: 0.0 g; FH: 17.7 g; SÓ: 1.1 g;<br><b>Burgonyapüre (12;)</b><br>EN: 257.6 kcal; ZS: 9.4 g; TZS: 5.0 g; SZH: 34.4 g; CK: 0.2 g; FH: 5.0 g; SÓ: 1.2 g; | <b>Meggyleves</b><br>EN: 154.2 kcal; ZS: 4.6 g; TZS: 4.0 g; SZH: 26.8 g; CK: 20.3 g; FH: 1.2 g; SÓ: 0.2 g;<br><b>Halas bolognai spagetti (1;4;)</b><br>EN: 434.8 kcal; ZS: 12.5 g; TZS: 2.3 g; SZH: 64.6 g; CK: 12.9 g; FH: 18.7 g; SÓ: 1.3 g;                                                                                                                                                                                                                              |                                |  |
| Uzsonna                             | <b>Kockasajt (7;)</b><br>EN: 41.6 kcal; ZS: 3.7 g; TZS: 1.9 g; SZH: 0.6 g; CK: 0.7 g; FH: 1.5 g; SÓ: 0.3 g;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;<br><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>Baromfi párizsi darált</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;<br><b>Margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;                                                                                                                        | <b>Csirkemell sonkakrém</b><br>EN: 57.8 kcal; ZS: 4.9 g; TZS: 1.5 g; SZH: 0.4 g; CK: 0.1 g; FH: 3.0 g; SÓ: 0.6 g;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;<br><b>Jégcsapretek reszelt</b><br>EN: 4.5 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 0.7 g; CK: 0.0 g; FH: 0.4 g; SÓ: 0.0 g;                                                                                                                                                                                                                         | <b>Sajtkrém db (7;)</b><br>EN: 91.0 kcal; ZS: 7.0 g; TZS: 4.5 g; SZH: 3.0 g; CK: 2.5 g; FH: 4.2 g; SÓ: 0.3 g;<br><b>Margarin</b><br>EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;                              | <b>Jam</b><br>EN: 52.8 kcal; ZS: 0.1 g; SZH: 12.8 g; CK: 12.6 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; SZH: 0.0 g; CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g;<br><b>Vizes zsemle (1;)</b><br>EN: 138.1 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 28.6 g; CK: 0.6 g; FH: 5.0 g; SÓ: 0.8 g;                                                                                                                                                         |                                |  |

Az étlap változtatásának jogát fenntartjuk. Módosítást kizárólag a minőség legmagasabb biztosítása érdekében eszközölünk. Tápanyagtartalom jelölés magyarázata: EN(energia: kcal/adag); ZS(zsír: g/adag); TZS(telített zsírsav: g/adag); SZH(szénhidrát: g/adag); CK(cukor: g/adag); FH(fehérje: g/adag); SÓ(só: g/adag); CA(kalcium: mg/adag). Allergének: 1-Glutén; 2-Rákfélék; 3-Tojás; 4-Halak; 5-Földimogyoró; 6-Szójabab; 7-Tej, laktóz; 8-Diófélék (mandula, mogyoró, diófélék, pisztácia); 9-Zeller; 10-Mustár; 11-Szezám; 12-Kén-dioxid, szulfitok; 13-Csillagfűrt; 14-Puhatestűek. \* - édesítőszer tartalmaz.