

## \* 320 J E D A L N Y L I S T O K \*

Obdobie: 27.01.2025 - 02.02.2025

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 27.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),  
255145 Bravcove maso na papri bezmlie 184g(m.64g) (E:1290kj,B:16g,T:23g,S:9g) (Al:1,7),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99345 Satocka s ovoc. naplnou

Večera..... 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 28.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99718 Trescia pecen 55g 55g (E:142kj,T:4g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),  
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99757 Keks Indian

Večera..... 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Streda 29.01.2025 \*\*\***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99501 Ovocie

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),  
23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99330 Rozok celozmny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 903035 Zemiaky svajciarske bezmlieka 350g (E:1916kj,B:12g,T:13g,S:88g) (Al:1,3),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 30.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05411 Pol. zeleninova so struhankou 0,33l (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera..... 466215 Fazulove struky bez mlieka 200g (E:921kj,B:4g,T:12g,S:24g) (Al:1,7,12),  
99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 31.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),  
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera..... 557215 Vretena bolonske bez mlieka 320g (E:1113kj,B:5g,T:22g,S:12g) (Al:12),

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63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Sobota 01.02.2025 \*\*\***Raňajky. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),

99009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),

51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),

99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99739 Piskoty dlhe

Večera. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),

99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),

63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Nedela 02.02.2025 \*\*\***Raňajky. .... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 65113 Vývar z hov.mäsa 0,33l(m.0,62g) (E:868kj,B:19g,T:9g,S:13g) (Al:9),

90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),

49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),

99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

Večera. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99117 Sunka vak. 100g,

99604 Maslo mini delacreame 40g 40, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

## \* 320 J E D A L N Y L I S T O K \*

Obdobie: 27.01.2025 - 02.02.2025

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**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 27.01.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,  
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),  
255145 Bravcove maso na papri bezmlie 184g(m.64g) (E:1290kj,B:16g,T:23g,S:9g) (Al:1,7),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravy 0,25l

Olovrant..... 99323 Pagac

Večera..... 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99604 Maslo mini delacreame 40g 40

**\*\*\* Utorok 28.01.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,  
99718 Trescia pecen 55g 55g (E:142kj,T:4g), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),  
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

**\*\*\* Streda 29.01.2025 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99501 Ovocie

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),  
23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
63111 Caj pravy 0,25l

Olovrant..... 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 903035 Zemiaky svajciarske bezmlieka 350g (E:1916kj,B:12g,T:13g,S:88g) (Al:1,3),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99118 Salama parizer 50g,  
99604 Maslo mini delacreame 40g 40

**\*\*\* Stvrtok 30.01.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l

Olovrant..... 99323 Pagac

Večera..... 466215 Fazulove struky bez mlieka 200g (E:921kj,B:4g,T:12g,S:24g) (Al:1,7,12),  
99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99604 Maslo mini delacreame 40g 40

**\*\*\* Piatok 31.01.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,  
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),

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Obdobie: 27.01.2025 - 02.02.2025

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	90106	Morcacie na zelenine (m.64g)	(E:639kj,B:21g,T:6g,S:3g)	(Al:1,9),
	51112	Cestovinova ryza 190g	(E:1595kj,B:11g,T:8g,S:68g)	(Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
	63111	Caj pravý 0,25l		
Olovrant. ....	99551	Detska vyziva dia	(E:1670kj,B:4g,T:3g,S:117g)	
Večera. ....	557215	Vretena bolonske bez mlieka 320g	(E:1113kj,B:5g,T:22g,S:12g)	(Al:12), 63111 Caj pravý 0,25l
II. večera. ....	99303	Chlieb tmavý 2ks 75g	(E:836kj,B:7g,T:1g,S:39g),	99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)
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*** Sobota 01.02.2025 ***				
Raňajky. ....	99313	Pecivo graham 2 ks	(E:1429kj,B:10g,T:3g,S:65g)	(Al:1), 99604 Maslo mini delacreame 40g 40,
	99408	Mrkva 30	(E:21kj,S:2g),	63111 Caj pravý 0,25l
Desiata. ....	99501	Ovocie		
Obed. ....	649135	Polievka zelerova bez mlieka 0,33l	(E:554kj,B:2g,T:10g,S:10g)	(Al:1,9),
	90009	Kuracie prsia na rasci (m.64g)	(E:1094kj,B:30g,T:13g,S:5g)	(Al:1),
	51212	Ryza dusena 190g	(E:1633kj,B:7g,T:7g,S:76g)	(Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
	63111	Caj pravý 0,25l		
Olovrant. ....	99756	Piskoty DIA 120g	(E:1832kj,B:13g,T:5g,S:80g)	
Večera. ....	99304	Chlieb tmavý 3ks 110g	(E:1130kj,B:9g,T:1g,S:53g),	99110 Parky (E:1107kj,B:17g,T:22g,S:1g)
	99760	Horcica 20g	(E:107kj,B:1g,T:1g,S:3g)	(Al:10,12), 63111 Caj pravý 0,25l
II. večera. ....	99303	Chlieb tmavý 2ks 75g	(E:836kj,B:7g,T:1g,S:39g),	
	99107	Salama sucha 50g 50g	(E:992kj,B:11g,T:22g,S:1g),	99604 Maslo mini delacreame 40g 40
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*** Nedela 02.02.2025 ***				
Raňajky. ....	99304	Chlieb tmavý 3ks 110g	(E:1130kj,B:9g,T:1g,S:53g),	99604 Maslo mini delacreame 40g 40,
	99542	Dzem mini dia 20g,	63111 Caj pravý 0,25l	
Desiata. ....	99501	Ovocie		
Obed. ....	65113	Vývar z hov.mäsa 0,33l(m.0,62g)	(E:868kj,B:19g,T:9g,S:13g)	(Al:9),
	90113	Morcacie prsia na cesnaku (m.64g)	(E:1019kj,B:22g,T:15g,S:5g)	(Al:1),
	49712	Zemiaky varene 330g	(E:1334kj,B:8g,T:1g,S:83g),	99433 Uhorky ster. DIA (E:26kj,S:1g),
	63111	Caj pravý 0,25l		
Olovrant. ....	99744	Keks dia	(E:2267kj,B:11g,T:34g,S:46g)	
Večera. ....	99304	Chlieb tmavý 3ks 110g	(E:1130kj,B:9g,T:1g,S:53g),	99117 Sunka vak. 100g,
	99604	Maslo mini delacreame 40g 40,	63111 Caj pravý 0,25l	
II. večera. ....	99303	Chlieb tmavý 2ks 75g	(E:836kj,B:7g,T:1g,S:39g),	99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

## \* 320 J E D A L N Y L I S T O K \*

Obdobie: 27.01.2025 - 02.02.2025

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**DIA-9 - DIABETICKA STRAVA****1 - 1 r.****\*\*\* Pondelok 27.01.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
 99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
 25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Večera. . . . . 90416 Tvarohovy nakyp DIA 340g (E:2252kj,B:34g,T:35g,S:25g) (Al:1,3,7), 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

**\*\*\* Utorok 28.01.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 57622 Zemiakové placky 360g (E:3292kj,B:15g,T:34g,S:118g) (Al:1,3,7),  
 99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Streda 29.01.2025 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),  
 24213 Bravcovy moravsky vrabec 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
 46323 Kapusta kysla dusena 250g (E:953kj,B:6g,T:14g,S:22g) (Al:1,7,12),  
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99330 Rozok celozrnnny (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

Večera. . . . . 90303 Zemiaky zapekané svajciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99118 Salama parizer 50g,  
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Stvrtok 30.01.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),  
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Pagac

Večera. . . . . 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),  
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Piatok 31.01.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 06711 Polievka drzkova 0,33L(m.32g) (E:675kj,B:10g,T:10g,S:9g) (Al:1,7,12),

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Obdobie: 27.01.2025 - 02.02.2025

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	99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
	90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
	51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
	63111 Caj pravý 0,25l
Olovrant. ....	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. ....	55721 Vretena s bolonskou omackou 320g (E:1544kj,B:13g,T:30g,S:12g) (Al:7,12), 63111 Caj pravý 0,25l
II. večera. ....	99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)
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*** Sobota 01.02.2025 ***	
Raňajky. ....	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
	44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),
	63111 Caj pravý 0,25l
Desiata. ....	99501 Ovocie
Obed. ....	64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
	90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),
	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99435 Calamada 150g (Al:12),
	63111 Caj pravý 0,25l
Olovrant. ....	99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
Večera. ....	90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravý 0,25l
II. večera. ....	99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
	99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)
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*** Nedela 02.02.2025 ***	
Raňajky. ....	99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
	99542 Dzem mini dia 20g, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)
Desiata. ....	99501 Ovocie
Obed. ....	65113 Vývar z hov. mäsa 0,33l(m.0,62g) (E:868kj,B:19g,T:9g,S:13g) (Al:9),
	90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),
	90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
	99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l
Olovrant. ....	99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
Večera. ....	99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99117 Sunka vak. 100g,
	99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7), 63111 Caj pravý 0,25l
II. večera. ....	99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
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Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 27.01.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
 99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
 25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Večera. . . . . 90416 Tvarohovy nakyp DIA 340g (E:2252kj,B:34g,T:35g,S:25g) (Al:1,3,7), 63111 Caj pravy 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

**\*\*\* Utorok 28.01.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 45812 Karfiol na masle 220g (E:390kj,B:5g,T:6g,S:9g) (Al:7),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Streda 29.01.2025 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),  
 23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
 63111 Caj pravy 0,25l

Olovrant. . . . . 99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

Večera. . . . . 90303 Zemiaky zapekané svaiciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99118 Salama parizer 50g,  
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Stvrtok 30.01.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradaiky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),  
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Paqac

Večera. . . . . 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),  
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99680 Vaice (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 63111 Caj pravy 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

## \* 320 J E D A L N Y L I S T O K \*

Obdobie: 27.01.2025 - 02.02.2025

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## \*\*\* Piatok 31.01.2025 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99631 Syr tvrdý light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63111 Caj pravý 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravý 0,25l

Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)

Večera. . . . . 55721 Vretna s bolonskou omackou 320g (E:1544kj,B:13g,T:30g,S:12g) (Al:7,12), 63111 Caj pravý 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Sobota 01.02.2025 \*\*\*

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),  
 63111 Caj pravý 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravý 0,25l

Olovrant. . . . . 99330 Rozok celozmny (E:730kj,B:1g,T:4g,S:26g), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. . . . . 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravý 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

## \*\*\* Nedela 02.02.2025 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99542 Dzem mini dia 20g, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 65113 Vývar z hov.mäsa 0,33l(m.0,62g) (E:868kj,B:19g,T:9g,S:13g) (Al:9),  
 90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

Olovrant. . . . . 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99117 Sunka vak. 100g,  
 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7), 63111 Caj pravý 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



## \* 320 J E D A L N Y L I S T O K \*

Obdobie: 27.01.2025 - 02.02.2025

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**DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.****\*\*\* Pondelok 27.01.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
 25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 28.01.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Streda 29.01.2025 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,  
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),  
 23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Stvrtok 30.01.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),  
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Piatok 31.01.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 55721 Vretena s bolonskou omackou 320g (E:1544kj,B:13g,T:30g,S:12g) (Al:7,12), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Sobota 01.02.2025 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,  
 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

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Olovrant..... 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera..... 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravy 0,25l

II. večera..... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Nedela 02.02.2025 \*\*\***Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g,  
63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

Desiata..... 99501 Ovocie

Obed..... 65113 Vývar z hov.mäsa 0,33l(m.0,62g) (E:868kj,B:19g,T:9g,S:13g) (Al:9),

90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),

49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l

Olovrant..... 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)

Večera..... 99555 Detsky prikrm, 63111 Caj pravy 0,25l

II. večera..... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 27.01.2025 - 02.02.2025

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**KASOV - KAŠOVITÁ 1 - 1 r.****\*\*\* Pondelok 27.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera..... 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 28.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99740 Med mini,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99757 Keks Indian

Večera..... 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 29.01.2025 \*\*\***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),  
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata..... 99501 Ovocie

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),  
23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera..... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 30.01.2025 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99740 Med mini,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),  
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera..... 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 31.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera..... 55721 Vretena s bolonskou omackou 320g (E:1544kj,B:13g,T:30g,S:12g) (Al:7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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**\*\*\* Sobota 01.02.2025 \*\*\***

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. . . . . 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),  
 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

**\*\*\* Nedela 02.02.2025 \*\*\***

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,  
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 65113 Vývar z hov.mäsa 0,33l(m.0,62g) (E:868kj,B:19g,T:9g,S:13g) (Al:9),  
 90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99520 Kompot 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 99624 Mliecna ryza, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**PAN-4 - PANKREASOVÁ S OBMEDZENIM TUKU****1 - 1 r.****\*\*\* Pondelok 27.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera..... 60312 Tvarohovy nakyp 340g (E:3069kj,B:34g,T:35g,S:69g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 28.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99757 Keks Indian

Večera..... 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
45812 Karfiol na masle 220g (E:390kj,B:5g,T:6g,S:9g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Streda 29.01.2025 \*\*\***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera..... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 30.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),  
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera..... 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),  
99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 31.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera..... 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),

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63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 01.02.2025 \*\*\*

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. . . . . 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),

63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 02.02.2025 \*\*\*

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 65113 Vývar z hov.mäsa 0,33l(m.0,62g) (E:868kj,B:19g,T:9g,S:13g) (Al:9),  
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

Večera. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99117 Sunka vak. 100g,

99604 Maslo mini delacreame 40g 40, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 27.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
 99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
 25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera..... 60312 Tvarohovy nakyp 340g (E:3069kj,B:34g,T:35g,S:69g) (Al:1,3,7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 28.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99757 Keks Indian

Večera..... 57622 Zemiakove placky 360g (E:3292kj,B:15g,T:34g,S:118g) (Al:1,3,7),  
 99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Streda 29.01.2025 \*\*\***

Raňajky..... 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata..... 99501 Ovocie

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),  
 24213 Bravcovy moravsky vrabec 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
 46323 Kapusta kysla dusena 250g (E:953kj,B:6g,T:14g,S:22g) (Al:1,7,12),  
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

Večera..... 90303 Zemiaky zapekané svajciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 30.01.2025 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradaiky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),  
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera..... 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),  
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 31.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 06711 Polievka drzkova 0,33L(m.32g) (E:675kj,B:10g,T:10g,S:9g) (Al:1,7,12),  
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
 58611 Slivkovy osuch peceny 320g (E:5246kj,B:21g,T:39g,S:205g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\* 320 J E D A L N Y L I S T O K \***

Obdobie: 27.01.2025 - 02.02.2025

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Olovrant. .... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)  
 Večera. .... 55721 Vretena s bolonskou omackou 320g (E:1544kj,B:13g,T:30g,S:12g) (Al:7,12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Sobota 01.02.2025 \*\*\***

Raňajky. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99435 Calamada 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. .... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Nedela 02.02.2025 \*\*\***

Raňajky. .... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),  
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),  
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. .... 99501 Ovocie

Obed. .... 65113 Vývar z hov.mäsa 0,33l(m.0,62g) (E:868kj,B:19g,T:9g,S:13g) (Al:9),  
 90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

Večera. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99117 Sunka vak. 100g,  
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



## \* 320 J E D A L N Y L I S T O K \*

Obdobie: 27.01.2025 - 02.02.2025

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**SETR - ŠETRIACA 1 - 1 r.****\*\*\* Pondelok 27.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
 99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
 25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera..... 60312 Tvarohovy nakyp 340g (E:3069kj,B:34g,T:35g,S:69g) (Al:1,3,7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 28.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99757 Keks Indian

Večera..... 45812 Karfiol na masle 220g (E:390kj,B:5g,T:6g,S:9g) (Al:7),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Streda 29.01.2025 \*\*\***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata..... 99501 Ovocie

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),  
 23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

Večera..... 90303 Zemiaky zapekané svajciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 30.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradaiky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),  
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera..... 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),  
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 31.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
 58611 Slivkovy osuch peceny 320g (E:5246kj,B:21g,T:39g,S:205g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

## \* 320 J E D A L N Y L I S T O K \*

Obdobie: 27.01.2025 - 02.02.2025

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Večera. .... 55721 Vretna s bolonskou omackou 320g (E:1544kj,B:13g,T:30g,S:12g) (Al:7,12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 01.02.2025 \*\*\*

Raňajky. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. .... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 02.02.2025 \*\*\*

Raňajky. .... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),  
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),  
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. .... 99501 Ovocie

Obed. .... 65113 Vývar z hov.mäsa 0,33l(m.0,62g) (E:868kj,B:19g,T:9g,S:13g) (Al:9),  
 90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

Večera. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99117 Sunka vak. 100g,  
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

## \* 320 J E D A L N Y L I S T O K \*

Obdobie: 27.01.2025 - 02.02.2025

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**TEKUT - TEKUTA STRAVA** 1 - 1 r.**\*\*\* Pondelok 27.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera..... 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 28.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99740 Med mini,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99757 Keks Indian

Večera..... 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 29.01.2025 \*\*\***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),  
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata..... 99501 Ovocie

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),  
23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera..... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 30.01.2025 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99740 Med mini,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),  
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera..... 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 31.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera..... 55721 Vretena s bolonskou omackou 320g (E:1544kj,B:13g,T:30g,S:12g) (Al:7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \* 320 J E D A L N Y L I S T O K \*

Obdobie: 27.01.2025 - 02.02.2025

Str.: 20

## \*\*\* Sobota 01.02.2025 \*\*\*

Raňajky. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. .... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 02.02.2025 \*\*\*

Raňajky. .... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,  
99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. .... 99501 Ovocie

Obed. .... 65113 Vývar z hov.mäsa 0,33l(m.0,62g) (E:868kj,B:19g,T:9g,S:13g) (Al:9),  
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. .... 99624 Mliecna ryza, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková   
Hejbalová   
Kubrická   
Šimovcová   
Kaštilová