

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.***** Pondelok 03.02.2025 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3), 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),
 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera..... 90480 Omeleta bez mlieka 85g (E:1050kj,B:13g,T:22g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 04.02.2025 *****

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 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..... 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12),
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (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..... 99739 Piskoty dlhe

Večera..... 47012 Karfiol s vajcom 300g (E:1437kj,B:19g,T:27g,S:12g) (Al:3,7),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 05.02.2025 *****

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99604 Maslo mini delacreame 40g 40,
 99408 Mrkva 30 (E:21kj,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99501 Ovocie

Obed..... 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12),
 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
 65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera..... 562125 Sunkove fliacky bez mlieka 300g (E:2422kj,B:21g,T:24g,S:71g) (Al:1,3,7),
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 06.02.2025 *****

Raňajky..... 99341 Zavin makovy 100g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99501 Ovocie

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 35823 Sekana pecienka 240g(m.160g) (E:1878kj,B:23g,T:32g,S:18g) (Al:1,3,7,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99318 Rites cesnakovy 70g

Večera..... 509125 Cestovina so spenat.bezmlika 225g (E:427kj,B:1g,T:10g,S:2g),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Piatok 07.02.2025 *****

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),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 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..... 99748 Keks Marina 0,1

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),

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 2

63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Sobota 08.02.2025 ***

Raňajky. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,
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. 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),
14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99335 Croissant cokoladovy

Večera. 548125 Rezance s kakaom bezmliec. 300g (E:2479kj,B:15g,T:7g,S:118g) (Al:1,3),

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

*** Nedela 09.02.2025 ***

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. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
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. 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),
99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),

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: 03.02.2025 - 09.02.2025

Str.: 3

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 03.02.2025 *****

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 99115 Pecenovy syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3), 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),
 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera..... 90480 Omeleta bez mlieka 85g (E:1050kj,B:13g,T:22g,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

***** Utorok 04.02.2025 *****

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 40g 40,
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12),
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

Olovrant..... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

Večera..... 47012 Karfiol s vajcom 300g (E:1437kj,B:19g,T:27g,S:12g) (Al:3,7),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 63111 Caj pravy 0,25l

Il. večera..... 99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99604 Maslo mini delacreame 40g 40

***** Streda 05.02.2025 *****

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), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99501 Ovocie

Obed..... 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12),
 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
 65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l

Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera..... 562125 Sunkove fliacky bez mlieka 300g (E:2422kj,B:21g,T:24g,S:71g) (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),
 99115 Pecenovy syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Stvrtok 06.02.2025 *****

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..... 05011 Polievka rascova s vajcom 0,33l (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 35823 Sekana pecienka 240g(m.160g) (E:1878kj,B:23g,T:32g,S:18g) (Al:1,3,7,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant..... 99318 Rites cesnakovy 70g

Večera..... 509125 Cestovina so spenat.bezmlieka 225g (E:427kj,B:1g,T:10g,S:2g), 63111 Caj pravy 0,25l

Il. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99604 Maslo mini delacreame 40g 40

***** Piatok 07.02.2025 *****

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 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),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 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),

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 4

63111 Caj pravý 0,25l
 Olovrant. 99738 Pernik DIA
 Večera. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 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), 63111 Caj pravý 0,25l
 II. večera. 99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99604 Maslo mini delacreame 40g 40

*** Sobota 08.02.2025 ***

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravý 0,25l
 Desiata. 99501 Ovocie
 Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravý 0,25l
 Olovrant. 99323 Pačac
 Večera. 904065 Rezance s kakaom DIA bezmlieka 300 (E:2105kj,B:15g,T:7g,S:104g) (Al:1,3), 63111 Caj pravý 0,25l
 II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99604 Maslo mini delacreame 40g 40

*** Nedela 09.02.2025 ***

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. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 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 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),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63111 Caj pravý 0,25l
 II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99604 Maslo mini delacreame 40g 40

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 5

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 03.02.2025 *****

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 99406 Redkovka 30g (E:24kj,S:1g),
 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),
 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera..... 90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (Al:1,3,7), 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) -----

***** Utorok 04.02.2025 *****

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),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12),
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

Olovrant..... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

Večera..... 47012 Karfiol s vajcom 300g (E:1437kj,B:19g,T:27g,S:12g) (Al:3,7),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 63111 Caj pravy 0,25l

Il. večera..... 99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g) -----

***** Streda 05.02.2025 *****

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99501 Ovocie

Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
 65713 Raičiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera..... 56212 Sunkove fliacky zapekane 300g (E:2566kj,B:22g,T:26g,S:73g) (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),
 99115 Pecenyov syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3) -----

***** Stvrtok 06.02.2025 *****

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..... 90743 Polievka syrová s opek. zmlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
 35823 Sekana pecienka 240g(m.160g) (E:1878kj,B:23g,T:32g,S:18g) (Al:1,3,7,12),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant..... 99620 Tvarohovy Mišo DIA

Večera..... 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7), 63111 Caj pravy 0,25l

Il. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7) -----

***** Piatok 07.02.2025 *****

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 06511 Polievka borsc 0,35L(m.40g) (E:766kj,B:14g,T:11g,S:8g) (Al:7,9,12),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 6

	90100	Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
	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 pravý 0,25l
Olovrant.	99738	Pernik DIA
Večera.	99304	Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 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), 63111 Caj pravý 0,25l
II. večera.	99330	Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)
*** Sobota 08.02.2025 ***		
Raňajky.	99304	Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
	99562	Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravý 0,25l
Desiata.	99501	Ovocie
Obed.	04821	Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
	14514	Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
	49712	Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravý 0,25l
Olovrant.	99323	Paqac
Večera.	90407	Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7), 63111 Caj pravý 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)
*** Nedela 09.02.2025 ***		
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.	65223	Slepačia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
	90205	Obratený rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
	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 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),
	99120	Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63111 Caj pravý 0,25l
II. večera.	99303	Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 7

DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 03.02.2025 *****

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
 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),
 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera..... 90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (Al:1,3,7), 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) -----

***** Utorok 04.02.2025 *****

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),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7),
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

Olovrant..... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

Večera..... 47012 Karfiol s vajcom 300g (E:1437kj,B:19g,T:27g,S:12g) (Al:3,7),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 63111 Caj pravy 0,25l

Il. večera..... 99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g) -----

***** Streda 05.02.2025 *****

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99501 Ovocie

Obed..... 06611 Polievka drobkova 0,33l(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
 65713 Raičiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera..... 56212 Sunkove fliacky zapekane 300g (E:2566kj,B:22g,T:26g,S:73g) (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),
 99115 Pecenyov syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3) -----

***** Stvrtok 06.02.2025 *****

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..... 90743 Polievka syrová s opek. zmlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
 35823 Sekana pecienka 240g(m.160g) (E:1878kj,B:23g,T:32g,S:18g) (Al:1,3,7,12),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant..... 99620 Tvarohovy Mišo DIA

Večera..... 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7), 63111 Caj pravy 0,25l

Il. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7) -----

***** Piatok 07.02.2025 *****

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 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),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 8

	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.	99738 Pernik DIA
Večera.	99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 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), 63111 Caj pravy 0,25l
II. večera.	99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)
*** Sobota 08.02.2025 ***	
Raňajky.	99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l
Desiata.	99501 Ovocie
Obed.	04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l
Olovrant.	99323 Pagac
Večera.	90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7), 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)
*** Nedela 09.02.2025 ***	
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.	65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7), 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.	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), 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 03.02.2025 *****

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),
 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63111 Caj pravy 0,25l
 II. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Utorok 04.02.2025 *****

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. 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7),
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
 Večera. 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7), 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Streda 05.02.2025 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99501 Ovocie
 Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
 65713 Raičiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 90415 Rezance s dzemom DIA 300g (E:1891kj,B:13g,T:5g,S:99g) (Al:1,3,7), 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 06.02.2025 *****

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. 90743 Polievka syrová s opek. zmlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
 35823 Sekana pecienka 240g(m.160g) (E:1878kj,B:23g,T:32g,S:18g) (Al:1,3,7,12),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99620 Tvarohovy Mišo DIA
 Večera. 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7), 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 07.02.2025 *****

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. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 10

*** Sobota 08.02.2025 ***

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. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
 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. 90406 Rezance s kakaom DIA 300 (E:2966kj,B:15g,T:30g,S:105g) (Al:1,3,7), 63111 Caj pravy 0,25l
 II. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

*** Nedela 09.02.2025 ***

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. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
 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. 99555 Detsky prikrm, 63111 Caj pravy 0,25l
 II. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 11

KASOV - KAŠOVITÁ 1 - 1 r.***** Pondelok 03.02.2025 *****

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..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 04.02.2025 *****

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7),
90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (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..... 99739 Piskoty dlhe

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 05.02.2025 *****

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99541 Dzem mini (Al:12),
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99501 Ovocie

Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
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..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera..... 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,7,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 06.02.2025 *****

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..... 90743 Polievka syrová s opek. zmlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
35823 Sekana pecienka 240g(m.160g) (E:1878kj,B:23g,T:32g,S:18g) (Al:1,3,7,12),
49822 Zemiaková kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99618 Tvarohovy Mišo

Večera..... 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Piatok 07.02.2025 *****

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..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
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..... 99748 Keks Marina 0,1

Večera..... 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63111 Caj pravy 0,25l

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 12

*** Sobota 08.02.2025 ***

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. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 09.02.2025 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),
99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. 99501 Ovocie

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
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. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. 99624 Mliecna ryza, 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: 03.02.2025 - 09.02.2025

Str.: 13

PAN-4 - PANKREASOVÁ S OBMEDZENIM TUKU**1 - 1 r.******* Pondelok 03.02.2025 *****

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. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 04.02.2025 *****

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. 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7),
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (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. 99739 Piskoty dlhe

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), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Streda 05.02.2025 *****

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. 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
65713 Raičiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,7,12),
63113 Caj pravý s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 06.02.2025 *****

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. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99618 Tvarohovy Mišo

Večera. 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Piatok 07.02.2025 *****

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. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
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. 99748 Keks Marina 0,1

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 14

Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (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)

***** Sobota 08.02.2025 *****

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. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),
 ----- 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Nedela 09.02.2025 *****

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), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. 99501 Ovocie

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 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. 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),
 ----- 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 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: 03.02.2025 - 09.02.2025

Str.: 15

RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 03.02.2025 *****

Raňajky. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 99406 Redkovka 30g (E:24kj,S:1g),
 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),
 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. 57712 Palacinky s dzemom 350g (E:3979kj,B:20g,T:32g,S:503g) (Al:1,3,7,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 04.02.2025 *****

Raňajky. 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 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. 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12),
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (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. 99739 Piskoty dlhe

Večera. 47012 Karfiol s vajcom 300g (E:1437kj,B:19g,T:27g,S:12g) (Al:3,7),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 05.02.2025 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1),
 44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99501 Ovocie

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
 65713 Raičiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
 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. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. 56212 Sunkove fliacky zapekane 300g (E:2566kj,B:22g,T:26g,S:73g) (Al:1,3,7),
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 06.02.2025 *****

Raňajky. 99341 Zavin makovy 100g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99501 Ovocie

Obed. 90743 Polievka syrová s opek. zmlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
 35823 Sekana pecienka 240g(m.160g) (E:1878kj,B:23g,T:32g,S:18g) (Al:1,3,7,12),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99618 Tvarohovy Mišo

Večera. 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Piatok 07.02.2025 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 06511 Polievka borsc 0,35L(m.40g) (E:766kj,B:14g,T:11g,S:8g) (Al:7,9,12),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 59012 Dukat.buchticky s vanil.kremom 450g(,s.200g,p.250g) (E:4408kj,B:25g,T:36g,S:158g) (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: 03.02.2025 - 09.02.2025

Str.: 16

Olovrant. 99748 Keks Marina 0,1
 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),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Sobota 08.02.2025 ***

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),
 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. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99335 Croissant cokoladovy
 Večera. 54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),
 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

*** Nedela 09.02.2025 ***

Raňajky. 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 99720 Dzemová nátierka 50g (E:1247kj,T:29g,S:86g) (Al:7,12),
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata. 99501 Ovocie
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
 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. 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),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 17

SETR - ŠETRIACA 1 - 1 r.***** Pondelok 03.02.2025 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
 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),
 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera..... 57712 Palacinky s dzemom 350g (E:3979kj,B:20g,T:32g,S:503g) (Al:1,3,7,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 04.02.2025 *****

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), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7),
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (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..... 99739 Piskoty dlhe

Večera..... 47012 Karfiol s vajcom 300g (E:1437kj,B:19g,T:27g,S:12g) (Al:3,7),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 05.02.2025 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99501 Ovocie

Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
 65713 Raičiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
 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..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera..... 56212 Sunkove fliacky zapekane 300g (E:2566kj,B:22g,T:26g,S:73g) (Al:1,3,7),
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 06.02.2025 *****

Raňajky..... 99320 Vianočka 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..... 90743 Polievka syrová s opek. zmlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
 35823 Sekana pecienka 240g(m.160g) (E:1878kj,B:23g,T:32g,S:18g) (Al:1,3,7,12),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99618 Tvarohovy Mišo

Večera..... 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Piatok 07.02.2025 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 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),
 59012 Dukat.buchticky s vanil.kremom 450g(,s.200g,p.250g) (E:4408kj,B:25g,T:36g,S:158g) (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: 03.02.2025 - 09.02.2025

Str.: 18

Olovrant. 99748 Keks Marina 0,1
 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),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Sobota 08.02.2025 ***

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),
 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. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99335 Croissant cokoladovy
 Večera. 54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),
 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

*** Nedela 09.02.2025 ***

Raňajky. 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 99720 Dzemová nátierka 50g (E:1247kj,T:29g,S:86g) (Al:7,12),
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata. 99501 Ovocie
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
 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. 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),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 19

TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 03.02.2025 *****

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. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 04.02.2025 *****

Raňajky. 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7),
90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (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. 99739 Piskoty dlhe

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 05.02.2025 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99541 Dzem mini (Al:12),
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99501 Ovocie

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
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. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,7,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 06.02.2025 *****

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. 90743 Polievka syrová s opek. zmlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
35823 Sekana pecienka 240g(m.160g) (E:1878kj,B:23g,T:32g,S:18g) (Al:1,3,7,12),
49822 Zemiaková kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99618 Tvarohovy Mišo

Večera. 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Piatok 07.02.2025 *****

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. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99748 Keks Marina 0,1

Večera. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obdobie: 03.02.2025 - 09.02.2025

Str.: 20

*** Sobota 08.02.2025 ***

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. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 09.02.2025 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),
99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. 99501 Ovocie

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 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, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková
Hejbalová
Kubrická
Šimovcová
Kaštilová