

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

Obdobie: 19.08.2024 - 25.08.2024

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.***** Pondelok 19.08.2024 *****

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3,7),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99335 Croissant cokoladovy

Večera. 462115 Karotka s hraskom bez mlieka 180g (E:555kj,B:4g,T:5g,S:19g) (Al:1,7,12),
49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 20.08.2024 *****

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. 99510 Nektarinka

Obed. 039115 Pol. z fazul.strukov bezmlieka 0,33L (E:458kj,B:2g,T:6g,S:13g) (Al:1,7,12),
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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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. 472125 Karfiol zapekany bez mlieka 280g (E:775kj,B:10g,T:11g,S:18g) (Al:1,3),
99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 21.08.2024 *****

Raňajky. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99715 Tuniak 70g (E:767kj,B:9g,T:18g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99739 Piskoty dlhe

Večera. 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 22.08.2024 *****

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. 99510 Nektarinka

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
52513 Rajciakovy salat 150g (E:347kj,B:1g,T:5g,S:11g) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99345 Satocka s ovoc. naplnou

Večera. 902535 Rezance so struh bez mlieka 300g (E:4994kj,B:18g,T:62g,S:144g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 23.08.2024 *****

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. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,7,12),
99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),

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99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99748 Keks Marina 0,1
 Večera. 462115 Karotka s hraskom bez mlieka 180g (E:555kj,B:4g,T:5g,S:19g) (Al:1,7,12),
 ----- 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12) -----

*** Sobota 24.08.2024 ***

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 907335 Polievka portugalska bezmlieka 0,33l (E:507kj,B:2g,T:6g,S:16g) (Al:1,9,12),
 14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 37823 Salama pecena 80g (E:1646kj,B:10g,T:38g,S:2g) (Al:1,3,7),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g), 99434 Uhorky ster. (E:71kj) (Al:12),
 ----- 63100 Voda so sirupom (E:337kj,S:20g) (Al:12) -----

*** Nedela 25.08.2024 ***

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 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),
 ----- 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12) -----

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 19.08.2024 *****

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 pravý 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3,7),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

Večera. 462115 Karotka s hraskom bez mlieka 180g (E:555kj,B:4g,T:5g,S:19g) (Al:1,7,12),
49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Utorok 20.08.2024 *****

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. 99510 Nektarinka

Obed. 039115 Pol. z fazul.strukov bezmlieka 0,33L (E:458kj,B:2g,T:6g,S:13g) (Al:1,7,12),
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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 472125 Karfiol zapekany bez mlieka 280g (E:775kj,B:10g,T:11g,S:18g) (Al:1,3),
99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
99604 Maslo mini delacreame 40g 40

***** Streda 21.08.2024 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99715 Tuniak 70g (E:767kj,B:9g,T:18g), 63111 Caj pravý 0,25l

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90415 Rezance s dzemom DIA 300g (E:1891kj,B:13g,T:5g,S:99g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

***** Stvrtok 22.08.2024 *****

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, 63111 Caj pravý 0,25l

Desiata. 99510 Nektarinka

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
99451 Rajciakovy salat dia 150g (E:281kj,B:1g,T:5g,S:7g) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 904115 Rezance so struh. DIA bezmliek 300g (E:3780kj,B:18g,T:37g,S:135g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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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*** Piatok 23.08.2024 ***

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. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,7,12),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99738 Pernik DIA

Večera. 462115 Karotka s hraskom bez mlieka 180g (E:555kj,B:4g,T:5g,S:19g) (Al:1,7,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

*** Sobota 24.08.2024 ***

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,
 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 907335 Polievka portugalska bezmlieka 0,33l (E:507kj,B:2g,T:6g,S:16g) (Al:1,9,12),
 14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 37823 Salama pecena 80g (E:1646kj,B:10g,T:38g,S:2g) (Al:1,3,7),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

*** Nedela 25.08.2024 ***

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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),
 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 19.08.2024 *****

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 pravý 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3,7),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

Večera. 90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Utorok 20.08.2024 *****

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),
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravý 0,25l

Desiata. 99510 Nektarinka

Obed. 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 47212 Karfiol zapiekany 280g (E:1153kj,B:13g,T:19g,S:21g) (Al:1,3,7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Streda 21.08.2024 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravý 0,25l

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 27114 Bravcovy segedinsky gulas 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (Al:1,7,12),
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90416 Tvarohovy nakyp DIA 340g (E:2252kj,B:34g,T:35g,S:25g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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)

***** Stvrtok 22.08.2024 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 99706 Cesnaková natierka 50g (E:942kj,B:5g,T:22g,S:2g) (Al:7), 63111 Caj pravý 0,25l

Desiata. 99510 Nektarinka

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
 24913 Bravcovy rezen vyprazany 120g (E:2536kj,B:20g,T:45g,S:31g) (Al:1,3,7),
 49822 Zemiaková kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
 99451 Rajciakovy salat dia 150g (E:281kj,B:1g,T:5g,S:7g) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90404 Rezance s makom DIA 300 (E:3155kj,B:17g,T:36g,S:100g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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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Obdobie: 19.08.2024 - 25.08.2024

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*** Piatok 23.08.2024 ***

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 pravý 0,25l

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,7,12),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99738 Pernik DIA

Večera. 46211 Karotka dusena s hraskom 180g (E:752kj,B:5g,T:10g,S:20g) (Al:1,7,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. 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)

*** Sobota 24.08.2024 ***

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 63111 Caj pravý 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
 14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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)

*** Nedela 25.08.2024 ***

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 90205 Obratený rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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),
 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 19.08.2024 - 25.08.2024

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DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 19.08.2024 *****

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 pravý 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3,7),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

Večera. 90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Utorok 20.08.2024 *****

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),
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravý 0,25l

Desiata. 99510 Nektarinka

Obed. 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 47212 Karfiol zapiekany 280g (E:1153kj,B:13g,T:19g,S:21g) (Al:1,3,7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Streda 21.08.2024 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravý 0,25l

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90416 Tvarohovy nakyp DIA 340g (E:2252kj,B:34g,T:35g,S:25g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. 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)

***** Stvrtok 22.08.2024 *****

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, 63111 Caj pravý 0,25l

Desiata. 99510 Nektarinka

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
 90208 Bravcovy rezen peceny 120g (E:2536kj,B:20g,T:45g,S:31g) (Al:1,3,7),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
 99451 Rajciakovy salat dia 150g (E:281kj,B:1g,T:5g,S:7g) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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. 90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. 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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Obdobie: 19.08.2024 - 25.08.2024

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*** Piatok 23.08.2024 ***

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 pravý 0,25l

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,7,12),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99738 Pernik DIA

Večera. 46211 Karotka dusena s hraskom 180g (E:752kj,B:5g,T:10g,S:20g) (Al:1,7,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. 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)

*** Sobota 24.08.2024 ***

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 63111 Caj pravý 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
 14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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)

*** Nedela 25.08.2024 ***

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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),
 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 19.08.2024 - 25.08.2024

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DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 19.08.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3,7),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 20.08.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
 Desiata. 99510 Nektarinka
 Obed. 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Streda 21.08.2024 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
 63111 Caj pravý 0,25l
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90415 Rezance s dzemom DIA 300g (E:1891kj,B:13g,T:5g,S:99g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Stvrtok 22.08.2024 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
 63111 Caj pravý 0,25l
 Desiata. 99510 Nektarinka
 Obed. 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 23.08.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,7,12),
 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9),

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	63100	Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera	63521	Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
*** Sobota 24.08.2024 ***		
Raňajky	99304	Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
Desiata	99506	Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed	90733	Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
	14614	Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
	50712	Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
	63100	Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant	99611	Jogurt dia (E:200kj,B:3g,S:8g)
Večera	90453	Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7),
	63100	Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera	99621	Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
*** Nedela 25.08.2024 ***		
Raňajky	99304	Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g,
	63411	Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata	99506	Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed	02311	Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
	24414	Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
	90302	Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
	63100	Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant	99551	Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera	99555	Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera	99611	Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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KASOV - KAŠOVITÁ 1 - 1 r.

*** Pondelok 19.08.2024 ***

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3,7),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Utorok 20.08.2024 ***

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. 99510 Nektarinka

Obed. 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Streda 21.08.2024 ***

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. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99739 Piskoty dlhe

Večera. 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Stvrtok 22.08.2024 ***

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. 99510 Nektarinka

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Piatok 23.08.2024 ***

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. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,7,12),
90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99748 Keks Marina 0,1

Večera. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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*** Sobota 24.08.2024 ***

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 25.08.2024 ***

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (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),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 99624 Mliecna ryza, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 19.08.2024 *****

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3,7),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)

Večera. 57712 Palacinky s dzemom 350g (E:3979kj,B:20g,T:32g,S:503g) (Al:1,3,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 20.08.2024 *****

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),
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99510 Nektarinka

Obed. 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 47212 Karfiol zapekany 280g (E:1153kj,B:13g,T:19g,S:21g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 21.08.2024 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1),
 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 27114 Bravcovy segedinsky gulas 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (Al:1,7,12),
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99739 Piskoty dlhe

Večera. 60312 Tvarohovy nakyp 340g (E:3069kj,B:34g,T:35g,S:69g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 22.08.2024 *****

Raňajky. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99706 Cesnaková natierka 50g (E:942kj,B:5g,T:22g,S:2g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99510 Nektarinka

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
 24913 Bravcovy rezen vyprazany 120g (E:2536kj,B:20g,T:45g,S:31g) (Al:1,3,7),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
 52513 Rajciakovy salat 150g (E:347kj,B:1g,T:5g,S:11g) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99336 Moravsky kolac

Večera. 54712 Rezance s makom 300g (E:3482kj,B:17g,T:36g,S:113g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 23.08.2024 *****

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 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,7,12),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 58511 Buchty domace plnene lekvarom 300g (E:4877kj,B:20g,T:40g,S:181g) (Al:1,3,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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Olovrant. 99748 Keks Marina 0,1
 Večera. 46211 Karotka dusena s hraskom 180g (E:752kj,B:5g,T:10g,S:20g) (Al:1,7,12),
 ----- 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 24.08.2024 ***

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), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
 14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),
 ----- 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 25.08.2024 ***

Raňajky. 99320 Vianocka 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),
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 02311 Hov. polievka so struhankou 0,33l(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 19.08.2024 - 25.08.2024

Str.: 15

SETR - ŠETRIACA 1 - 1 r.***** Pondelok 19.08.2024 *****

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3,7),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)

Večera. 57712 Palacinky s dzemom 350g (E:3979kj,B:20g,T:32g,S:503g) (Al:1,3,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 20.08.2024 *****

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),
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99510 Nektarinka

Obed. 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 47212 Karfiol zapekany 280g (E:1153kj,B:13g,T:19g,S:21g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 21.08.2024 *****

Raňajky. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99739 Piskoty dlhe

Večera. 60312 Tvarohovy nakyp 340g (E:3069kj,B:34g,T:35g,S:69g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 22.08.2024 *****

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),
 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99510 Nektarinka

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
 90208 Bravcovy rezen peceny 120g (E:2536kj,B:20g,T:45g,S:31g) (Al:1,3,7),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
 52513 Rajciakovy salat 150g (E:347kj,B:1g,T:5g,S:11g) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99336 Moravsky kolac

Večera. 90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 23.08.2024 *****

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 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,7,12),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 58511 Buchty domace plnene lekvarom 300g (E:4877kj,B:20g,T:40g,S:181g) (Al:1,3,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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Obdobie: 19.08.2024 - 25.08.2024

Str.: 16

Olovrant. 99748 Keks Marina 0,1
 Večera. 46211 Karotka dusena s hraskom 180g (E:752kj,B:5g,T:10g,S:20g) (Al:1,7,12),
 ----- 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12) -----

*** Sobota 24.08.2024 ***

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), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
 14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),
 ----- 63100 Voda so sirupom (E:337kj,S:20g) (Al:12) -----

*** Nedela 25.08.2024 ***

Raňajky. 99320 Vianocka 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),
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 02311 Hov. polievka so struhankou 0,33l(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12) -----

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 19.08.2024 - 25.08.2024

Str.: 17

TEKUT - TEKUTA STRAVA 1 - 1 r.

*** Pondelok 19.08.2024 ***

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3,7),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Utorok 20.08.2024 ***

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. 99510 Nektarinka

Obed. 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Streda 21.08.2024 ***

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. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99739 Piskoty dlhe

Večera. 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Stvrtok 22.08.2024 ***

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. 99510 Nektarinka

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Piatok 23.08.2024 ***

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. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,7,12),
90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99748 Keks Marina 0,1

Večera. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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Obdobie: 19.08.2024 - 25.08.2024

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*** Sobota 24.08.2024 ***

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..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 25.08.2024 ***

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..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 99624 Mliecna ryza, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková☐
Hejbalová☐
Kubrická☐
Šimovcová☐
Kaštilová☐

☐