

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

Obdobie: 07.10.2024 - 13.10.2024

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.***** Pondelok 07.10.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99719 Sardinky 0,0625 (0,5 ks) (E:408kj,B:7g,T:7g,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera..... 385135 Zemiakovy nakyp bez mlieka 400g (E:2998kj,B:23g,T:34g,S:89g) (Al:1,3,7),
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 08.10.2024 *****

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..... 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99345 Satocka s ovoc. napnou

Večera..... 55022 Granatiarsky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 09.10.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99118 Salama parizer 50g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
52513 Rajciakovy salat 150g (E:347kj,B:1g,T:5g,S:11g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99748 Keks Marina 0,1

Večera..... 90726 Brokolica varena 230g (E:150kj,B:5g,S:8g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Stvrtok 10.10.2024 *****

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..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
441125 Zemiak salat s majon bez mliek 400g (E:1563kj,B:6g,T:18g,S:59g) (Al:3,9,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 11.10.2024 *****

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

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

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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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 12.10.2024 ***

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. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99345 Satocka s ovoc. naplnou
 Večera. 902725 Bratis. rizoto zel. bezmlieka 300g (E:2335kj,B:18g,T:12g,S:98g) (Al:1,3,9,12),
 ----- 99520 Kompot 150g (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 13.10.2024 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,
 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),
 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),
 ----- 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 07.10.2024 - 13.10.2024

Str.: 3

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.***** Pondelok 07.10.2024 *****

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,
99719 Sardinky 0,0625 (0,5 ks) (E:408kj,B:7g,T:7g,S:1g), 63111 Caj pravy 0,25l

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

Olovrant..... 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

Večera..... 385135 Zemiakovy nakyp bez mlieka 400g (E:2998kj,B:23g,T:34g,S:89g) (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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Utorok 08.10.2024 *****

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..... 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),
63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Streda 09.10.2024 *****

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,
99118 Salama parizer 50g, 63111 Caj pravy 0,25l

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

Obed..... 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
99451 Rajciakovy salat dia 150g (E:281kj,B:1g,T:5g,S:7g) (Al:12), 63111 Caj pravy 0,25l

Olovrant..... 99323 Paqac

Večera..... 90726 Brokolica varena 230g (E:150kj,B:5g,S:8g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
63111 Caj pravy 0,25l

Il. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99604 Maslo mini delacreame 40g 40

***** Stvrtok 10.10.2024 *****

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

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
441125 Zemiak salat s majon bez mliek 400g (E:1563kj,B:6g,T:18g,S:59g) (Al:3,9,12),
63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (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),
99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

***** Piatok 11.10.2024 *****

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

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

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),

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Obdobie: 07.10.2024 - 13.10.2024

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99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,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),
 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 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), 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

*** Sobota 12.10.2024 ***

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. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
 Večera. 902725 Bratis. rizoto zel. bezmlieka 300g (E:2335kj,B:18g,T:12g,S:98g) (Al:1,3,9,12),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 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)

*** Nedela 13.10.2024 ***

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 pravy 0,25l
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),
 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 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),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 07.10.2024 - 13.10.2024

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DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 07.10.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

Večera. 38512 Zemiakovy nakyp 360g (E:2760kj,B:23g,T:33g,S:77g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63111 Caj pravy 0,25l

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

***** Utorok 08.10.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
 23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),
 46323 Kapusta kysla dusena 250g (E:953kj,B:6g,T:14g,S:22g) (Al:1,7,12),
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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

***** Streda 09.10.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99681 Mast domaca 50g (E:1876kj,T:50g),
 99560 Cibula (E:19kj,S:1g), 63111 Caj pravy 0,25l

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

Obed. 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 99451 Rajciakovy salat dia 150g (E:281kj,B:1g,T:5g,S:7g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. 99323 Pagac

Večera. 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7), 63111 Caj pravy 0,25l

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Stvrtok 10.10.2024 *****

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

Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 44112 Zemiakovy salat s majonezou 400g (E:1715kj,B:6g,T:21g,S:60g) (Al:3,7,9,12), 63111 Caj pravy 0,25l

Olovrant. 99738 Pernik DIA

Večera. 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

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

Obdobie: 07.10.2024 - 13.10.2024

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*** Piatok 11.10.2024 ***

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 63111 Caj pravy 0,25l

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

Obed. 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,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),
 63111 Caj pravy 0,25l

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

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), 63111 Caj pravy 0,25l

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

*** Sobota 12.10.2024 ***

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 tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),
 63111 Caj pravy 0,25l

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

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 48513 Transylvanska preklad. kapusta 400g (E:2560kj,B:24g,T:35g,S:52g) (Al:1,3,7,12),
 63111 Caj pravy 0,25l

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

Večera. 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l

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

*** Nedela 13.10.2024 ***

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

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

Obed. 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),
 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 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),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 07.10.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

Večera. 38512 Zemiakovy nakyp 360g (E:2760kj,B:23g,T:33g,S:77g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63111 Caj pravy 0,25l

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

***** Utorok 08.10.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
 23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),
 63111 Caj pravy 0,25l

Olovrant. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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

***** Streda 09.10.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99118 Salama parizer 50g, 63111 Caj pravy 0,25l

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

Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 99451 Rajciakovy salat dia 150g (E:281kj,B:1g,T:5g,S:7g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. 99323 Paqac

Večera. 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7), 63111 Caj pravy 0,25l

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Stvrtok 10.10.2024 *****

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

Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. 99738 Pernik DIA

Večera. 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

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

Obdobie: 07.10.2024 - 13.10.2024

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***** Piatok 11.10.2024 *****

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 63111 Caj pravy 0,25l

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

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,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),
 63111 Caj pravy 0,25l

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

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), 63111 Caj pravy 0,25l

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

***** Sobota 12.10.2024 *****

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 tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),
 63111 Caj pravy 0,25l

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

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravy 0,25l

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

Večera..... 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l

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

***** Nedela 13.10.2024 *****

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

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

Obed..... 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),
 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 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),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 07.10.2024 - 13.10.2024

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DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 07.10.2024 *****

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. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 08.10.2024 *****

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
 23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 55022 Granatiarsky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7), 63111 Caj pravy 0,25l
 II. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Streda 09.10.2024 *****

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. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7), 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 10.10.2024 *****

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. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 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. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 11.10.2024 *****

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. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 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)

***** Sobota 12.10.2024 *****

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

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Obdobie: 07.10.2024 - 13.10.2024

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Večera. 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (AI:7), 63111 Caj pravy 0,25l

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

***** Nedela 13.10.2024 *****

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) (AI:7)

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

Obed. 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (AI:1,3,9),

90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (AI:1,12),

51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (AI: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. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 07.10.2024 - 13.10.2024

Str.: 11

KASOV - KAŠOVITÁ 1 - 1 r.***** Pondelok 07.10.2024 *****

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..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera..... 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 08.10.2024 *****

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..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 09.10.2024 *****

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..... 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99748 Keks Marina 0,1

Večera..... 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Stvrtok 10.10.2024 *****

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..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
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)

***** Piatok 11.10.2024 *****

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

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Obdobie: 07.10.2024 - 13.10.2024

Str.: 12

*** Sobota 12.10.2024 ***

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. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99739 Piskoty dlhe

Večera. 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 13.10.2024 ***

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

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

Obed. 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),
 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. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 07.10.2024 - 13.10.2024

Str.: 13

RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 07.10.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera..... 38512 Zemiakovy nakyp 360g (E:2760kj,B:23g,T:33g,S:77g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 08.10.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99702 Mrkvova natierka 55g (E:1110kj,T:29g,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..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
 23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),
 46323 Kapusta kysla dusena 250g (E:953kj,B:6g,T:14g,S:22g) (Al:1,7,12),
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera..... 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 09.10.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99681 Mast domaca 50g (E:1876kj,T:50g),
 99560 Cibula (E:19kj,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 52513 Rajciakovy salat 150g (E:347kj,B:1g,T:5g,S:11g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99748 Keks Marina 0,1

Večera..... 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Stvrtok 10.10.2024 *****

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

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 44112 Zemiakovy salat s majonezou 400g (E:1715kj,B:6g,T:21g,S:60g) (Al:3,7,9,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 11.10.2024 *****

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

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

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 58311 Parene buchty s lekvar.a mak. 315g (E:6229kj,B:28g,T:61g,S:212g) (Al:1,3,7,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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Obdobie: 07.10.2024 - 13.10.2024

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Olovrant.	99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
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 12.10.2024 ***	
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), 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.	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
	48513 Transylvanska preklad. kapusta 400g (E:2560kj,B:24g,T:35g,S:52g) (Al:1,3,7,12),
	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99345 Satocka s ovoc. naplnou
Večera.	90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 13.10.2024 ***	
Raňajky.	99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
	99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),
	99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
	90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),
	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),
	99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 07.10.2024 - 13.10.2024

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SETR - ŠETRIACA 1 - 1 r.***** Pondelok 07.10.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera..... 38512 Zemiakovy nakyp 360g (E:2760kj,B:23g,T:33g,S:77g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 08.10.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99702 Mrkvova natierka 55g (E:1110kj,T:29g,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..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
 23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera..... 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 09.10.2024 *****

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),
 99118 Salama parizer 50g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 52513 Rajciakovy salat 150g (E:347kj,B:1g,T:5g,S:11g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99748 Keks Marina 0,1

Večera..... 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Stvrtok 10.10.2024 *****

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

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 11.10.2024 *****

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

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

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 58311 Parene buchty s lekvar.a mak. 315g (E:6229kj,B:28g,T:61g,S:212g) (Al:1,3,7,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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Obdobie: 07.10.2024 - 13.10.2024

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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 12.10.2024 ***

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), 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. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99345 Satocka s ovoc. naplnou

Večera. 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g) -----

*** Nedela 13.10.2024 ***

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

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

Obed. 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),
 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),
 ----- 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63112 Caj ovocny 0,25l (E:403kj,S:21g) -----

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 07.10.2024 - 13.10.2024

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TEKUT - TEKUTA STRAVA 1 - 1 r.

*** Pondelok 07.10.2024 ***

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. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera. 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Utorok 08.10.2024 ***

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. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Streda 09.10.2024 ***

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. 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Stvrtok 10.10.2024 ***

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. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
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)

*** Piatok 11.10.2024 ***

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

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*** Sobota 12.10.2024 ***

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. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99739 Piskoty dlhe

Večera. 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 13.10.2024 ***

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

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

Obed. 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

☐