

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

Obdobie: 08.06.2026 - 14.06.2026

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA

1 - 1 r.

*** Pondelok 08.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99718 Trescia pecen 55g 55g (E:142kj,T:4g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 644225 Polievka hráš.so zem.bezmlika 0,33l (E:362kj,B:4g,T:1g,S:15g) (Al:3,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90726 Brokolica varena 230g (E:150kj,B:5g,S:8g), 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Utorok 09.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99740 Med mini, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99501 Ovocie

Obed. 022215 Hov. pol. s liatym cest bezmle 0,33L (p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),
901165 Morcac. svedsky rezen bezmlika 148g(m.60g) (E:821kj,B:21g,T:12g,S:1g) (Al:1),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),
52623 Uhorkovy salat 160g (E:496kj,B:1g,S:29g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99343 Siska

Večera. 90725 Cuketa s vajcom 300g (E:1398kj,B:16g,T:33g,S:7g) (Al:3),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Streda 10.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
667195 Hov. dus. s koprom bezmlika 160g(m.62g) (E:1094kj,B:18g,T:19g,S:6g) (Al:1),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 472125 Karfiol zapekany bez mlika 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)

*** Stvrtok 11.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99118 Salama parizer 50g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 052215 Polievka z tekvice bez mlika 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),
90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99739 Piskoty dlhe

Večera. 477235 Zeleninovy rezen bez mlika 300g (E:2734kj,B:14g,T:42g,S:58g) (Al:1,3,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Piatok 12.06.2026 ***

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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*** Sobota 13.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,9),
26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99345 Satocka s ovoc. naplnou

Večera. 381135 Parok vyprazany v cest.bezmlik 180g (E:2836kj,B:27g,T:54g,S:23g) (Al:1,3),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99434 Uhorky ster. (E:71kj) (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 14.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99501 Ovocie

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 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 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99124 Sunkovy narez,
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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BML-T - KAŠOVITÁ BEZ MLIEČNA**1 - 1 r.******* Pondelok 08.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 644225 Polievka hráš.so zem.bezmlika 0,33l (E:362kj,B:4g,T:1g,S:15g) (Al:3,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 95103 Jogurt bez laktozy

Večera. 902835 Brokolicove pyre bez mlieka 300g (E:528kj,B:6g,S:32g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 09.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99740 Med mini,
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99501 Ovocie

Obed. 022215 Hov. pol. s liatym cest bezmle 0,33L (p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),
901165 Morcac. svedsky rezen bezmlika 148g(m.60g) (E:821kj,B:21g,T:12g,S:1g) (Al:1),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 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. 902815 Mrkvove pyre bez mlieka 300g (E:637kj,B:4g,T:1g,S:42g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 10.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
667195 Hov. dus. s koprom bezmlika 160g(m.62g) (E:1094kj,B:18g,T:19g,S:6g) (Al:1),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

***** Stvrtok 11.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),
90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99739 Piskoty dlhe

Večera. 477235 Zeleninovy rezen bez mlieka 300g (E:2734kj,B:14g,T:42g,S:58g) (Al:1,3,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 12.06.2026 *****

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

Desiata. 99501 Ovocie

Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 99555 Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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*** Sobota 13.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,9),
26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99739 Piskoty dlhe

Večera. 902845 Zeleninove pyre bezmlieka 300g (E:638kj,B:4g,T:5g,S:29g) (Al:9),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 14.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99501 Ovocie

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 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. 99555 Detsky prikrm, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 08.06.2026 - 14.06.2026

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D-KBM - DIABET - KAŠOV. BEZMLIEČNA**1 - 1 r.******* Pondelok 08.06.2026 *****

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata. 99501 Ovocie
Obed. 644225 Polievka hráš.so zem.bezmlieka 0,33l (E:362kj,B:4g,T:1g,S:15g) (Al:3,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. 95103 Jogurt bez laktozy
Večera. 902835 Brokolicove pyre bez mlieka 300g (E:528kj,B:6g,S:32g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. 95102 Mlieko bezlak. 250ml 0,25l

***** Utorok 09.06.2026 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
63111 Caj pravy 0,25l
Desiata. 99501 Ovocie
Obed. 022215 Hov. pol. s liatym cest bezmle 0,33L (p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),
901165 Morcac. svedsky rezen bezmliek 148g(m.60g) (E:821kj,B:21g,T:12g,S:1g) (Al:1),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. 902815 Mrkvove pyre bez mlieka 300g (E:637kj,B:4g,T:1g,S:42g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. 95103 Jogurt bez laktozy

***** Streda 10.06.2026 *****

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata. 99501 Ovocie
Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
667195 Hov. dus. s koprom bezmlieka 160g(m.62g) (E:1094kj,B:18g,T:19g,S:6g) (Al:1),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. 472125 Karfiol zapekany bez mlieka 280g (E:775kj,B:10g,T:11g,S:18g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. 95102 Mlieko bezlak. 250ml 0,25l

***** Stvrtok 11.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata. 99501 Ovocie
Obed. 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),
90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
Večera. 477235 Zeleninovy rezen bez mlieka 300g (E:2734kj,B:14g,T:42g,S:58g) (Al:1,3,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. 95103 Jogurt bez laktozy

***** Piatok 12.06.2026 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
63111 Caj pravy 0,25l
Desiata. 99501 Ovocie
Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
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)

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II. večera. 95102 Mlieko bezlak. 250ml 0,25l

*** Sobota 13.06.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l

Desiata. 99501 Ovocie

Obed. 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,9),
26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 902845 Zeleninove pyre bezmlieka 300g (E:638kj,B:4g,T:5g,S:29g) (Al:9), 63111 Caj pravy 0,25l

II. večera. 95107 Smotana 14% bez laktozy

*** Nedela 14.06.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99501 Ovocie

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),
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, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

II. večera. 95102 Mlieko bezlak. 250ml 0,25l

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 08.06.2026 *****

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,
 99718 Trescia pecen 55g 55g (E:142kj,T:4g), 63111 Caj pravý 0,25l

Desiata. 99501 Ovocie

Obed. 644225 Polievka hráš.so zem.bezmlika 0,33l (E:362kj,B:4g,T:1g,S:15g) (Al:3,12),
 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 95103 Jogurt bez laktozy

Večera. 90726 Brokolica varena 230g (E:150kj,B:5g,S:8g), 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99604 Maslo mini delacreame 40g 40

***** Utorok 09.06.2026 *****

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

Desiata. 99501 Ovocie

Obed. 022215 Hov. pol. s liatym cest bezmle 0,33L(,p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),
 901165 Morcac. svedsky rezen bezmlika 148g(m.60g) (E:821kj,B:21g,T:12g,S:1g) (Al:1),
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),
 99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99318 Rites cesnakovy 70g

Večera. 90725 Cuketa s vajcom 300g (E:1398kj,B:16g,T:33g,S:7g) (Al:3),
 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 95103 Jogurt bez laktozy

***** Streda 10.06.2026 *****

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravý 0,25l

Desiata. 99501 Ovocie

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
 667195 Hov. dus. s koprom bezmlika 160g(m.62g) (E:1094kj,B:18g,T:19g,S:6g) (Al:1),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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)

Il. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Stvrtok 11.06.2026 *****

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,
 99118 Salama parizer 50g, 63111 Caj pravý 0,25l

Desiata. 99501 Ovocie

Obed. 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),
 90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
 99441 Mrkvovy salat s jablkom DIA 150g (E:199kj,B:1g,S:16g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 477235 Zeleninovy rezen bez mlieka 300g (E:2734kj,B:14g,T:42g,S:58g) (Al:1,3,12),
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99604 Maslo mini delacreame 40g 40

***** Piatok 12.06.2026 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 40g 40,
 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63111 Caj pravý 0,25l

Desiata. 99501 Ovocie

Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),

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50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
 Večera. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 II. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g),
 99604 Maslo mini delacreame 40g 40

*** Sobota 13.06.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravý 0,25l
 Desiata. 99501 Ovocie
 Obed. 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,9),
 26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99738 Pernik DIA
 Večera. 381135 Parok vyprazany v cest.bezmlík 180g (E:2836kj,B:27g,T:54g,S:23g) (Al:1,3),
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63111 Caj pravý 0,25l
 II. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99604 Maslo mini delacreame 40g 40

*** Nedela 14.06.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,
 99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99501 Ovocie
 Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 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 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99124 Sunkovy narez, 63111 Caj pravý 0,25l
 II. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99604 Maslo mini delacreame 40g 40,
 99107 Salama sucha 50g 50g (E:1052kj,B:11g,T:23g,S:1g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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DIA-9 - DIABETICKA STRAVA

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*** Pondelok 08.06.2026 ***

Raňajky.	99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99501 Ovocie
Obed.	64422 Polievka hrášková so zemiakmi 0,33l (E:616kj,B:6g,T:6g,S:17g) (Al:3,7,12), 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	90410 Lievance DIA 310g (E:3905kj,B:28g,T:32g,S:143g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Utorok 09.06.2026 ***

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7), 99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.	99501 Ovocie
Obed.	02221 Hov. polievka s liatym cestom 0,33L (p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 90116 Morcaci svedsky rezen 148g(m.60g) (E:1075kj,B:24g,T:17g,S:1g) (Al:1,7), 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99318 Rites cesnakovy 70g
Večera.	47122 Leco s vajcom 350g (E:1500kj,B:15g,T:28g,S:21g) (Al:3), 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

*** Streda 10.06.2026 ***

Raňajky.	99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7), 99406 Redkovka 30g (E:24kj,S:1g), 63111 Caj pravy 0,25l
Desiata.	99501 Ovocie
Obed.	06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,9,12), 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g), 65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12), 50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (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.	47212 Karfiol zapekany 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.	99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

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Raňajky.	99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7), 99118 Salama parizer 50g, 63111 Caj pravy 0,25l
Desiata.	99501 Ovocie
Obed.	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99441 Mrkvovy salat s jablkom DIA 150g (E:199kj,B:1g,S:16g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
Večera.	47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12), 90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

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*** Piatok 12.06.2026 ***

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

Desiata. 99501 Ovocie

Obed. 06011 Polievka fazulova s rezancami 0,33L(.p.24g) (E:845kj,B:8g,T:9g,S:28g) (Al:1,3,9,12),
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Sobota 13.06.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
 99716 Oskvarkova natierka 60g (E:1073kj,B:11g,T:23g,S:1g) (Al:3,7,10,12), 63111 Caj pravy 0,25l

Desiata. 99501 Ovocie

Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
 26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Nedela 14.06.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99501 Ovocie

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (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 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99107 Salama sucha 50g 50g (E:1052kj,B:11g,T:23g,S:1g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 08.06.2026 - 14.06.2026

Str.: 11

DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 08.06.2026 *****

Raňajky.	99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99501 Ovocie
Obed.	64422 Polievka hrášková so zemiakmi 0,33l (E:616kj,B:6g,T:6g,S:17g) (Al:3,7,12), 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	90410 Lievance DIA 310g (E:3905kj,B:28g,T:32g,S:143g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7) -----

***** Utorok 09.06.2026 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7), 99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.	99501 Ovocie
Obed.	02221 Hov. polievka s liatym cestom 0,33L (p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 90116 Morcaci svedsky rezen 148g(m.60g) (E:1075kj,B:24g,T:17g,S:1g) (Al:1,7), 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (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.	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.	90725 Cuketa s vajcom 300g (E:1398kj,B:16g,T:33g,S:7g) (Al:3), 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g) -----

***** Streda 10.06.2026 *****

Raňajky.	99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l
Desiata.	99501 Ovocie
Obed.	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12), 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g), 65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12), 50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (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.	47212 Karfiol zapekany 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.	99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g) -----

***** Stvrtok 11.06.2026 *****

Raňajky.	99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7), 99118 Salama parizer 50g, 63111 Caj pravy 0,25l
Desiata.	99501 Ovocie
Obed.	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99441 Mrkvovy salat s jablkom DIA 150g (E:199kj,B:1g,S:16g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
Večera.	47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12), 90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7) -----

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Obdobie: 08.06.2026 - 14.06.2026

Str.: 12

*** Piatok 12.06.2026 ***

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

Desiata. 99501 Ovocie

Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Sobota 13.06.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

Desiata. 99501 Ovocie

Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
 26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Nedela 14.06.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99501 Ovocie

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (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 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99107 Salama sucha 50g 50g (E:1052kj,B:11g,T:23g,S:1g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 08.06.2026 - 14.06.2026

Str.: 13

DIA-T - DIABETICKA STRAVA - KAŠOVITA

1 - 1 r.

*** Pondelok 08.06.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
Desiata. 99501 Ovocie
Obed. 64422 Polievka hrášková so zemiakmi 0,33l (E:616kj,B:6g,T:6g,S:17g) (Al:3,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera. 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7),
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)

*** Utorok 09.06.2026 ***

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. 99501 Ovocie
Obed. 02221 Hov. polievka s liatym cestom 0,33L (p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),
90116 Morcaci svedsky rezen 148g(m.60g) (E:1075kj,B:24g,T:17g,S:1g) (Al:1,7),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (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. 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

*** Streda 10.06.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
Desiata. 99501 Ovocie
Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),
50421 Knedle kysnuté 160g (E:2057kj,B:13g,T:15g,S:78g) (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. 47212 Karfiol zapiekany 280g (E:1153kj,B:13g,T:19g,S:21g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

*** Štvrtok 11.06.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
Desiata. 99501 Ovocie
Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
Večera. 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

*** Piatok 12.06.2026 ***

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. 99501 Ovocie
Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)

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

Obdobie: 08.06.2026 - 14.06.2026

Str.: 14

Večera. 99555 Detsky prikrm, 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 13.06.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l

Desiata. 99501 Ovocie

Obed. 04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),

26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1),

51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),

99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l

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

*** Nedela 14.06.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,

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

Desiata. 99501 Ovocie

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),

90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),

90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (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. 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)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 08.06.2026 - 14.06.2026

Str.: 15

KASOV - KAŠOVITÁ

1 - 1 r.

*** Pondelok 08.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 64422 Polievka hrášková so zemiakmi 0,33l (E:616kj,B:6g,T:6g,S:17g) (Al:3,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Utorok 09.06.2026 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99501 Ovocie

Obed. 02221 Hov. polievka s liatym cestom 0,33L (p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),
90116 Morcaci svedsky rezen 148g(m.60g) (E:1075kj,B:24g,T:17g,S:1g) (Al:1,7),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99748 Keks Marina 0,1

Večera. 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Streda 10.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),
50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

*** Stvrtok 11.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Piatok 12.06.2026 ***

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

Desiata. 99501 Ovocie

Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

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Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 04811 Polievka z ovsenych vlocek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 14.06.2026 ***

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

Desiata. 99501 Ovocie

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (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, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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PAN-4 - PANKREASOVÁ S OBMEDZENIM TUKU**1 - 1 r.******* Pondelok 08.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 64422 Polievka hrášková so zemiakmi 0,33l (E:616kj,B:6g,T:6g,S:17g) (Al:3,7,12),
 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90726 Brokolica varena 230g (E:150kj,B:5g,S:8g), 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 09.06.2026 *****

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

Desiata. 99501 Ovocie

Obed. 02221 Hov. polievka s liatym cestom 0,33L (p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99748 Keks Marina 0,1

Večera. 46121 Karotka dusena 180g (E:618kj,B:3g,T:10g,S:18g) (Al:1,7),
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 10.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
 65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

***** Stvrtok 11.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
 90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),
 90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 12.06.2026 *****

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

Desiata. 99501 Ovocie

Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),

99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 13.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),

99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),

26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1),

51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99520 Kompot 150g (Al:12),

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

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

Večera. 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 14.06.2026 ***

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. 99501 Ovocie

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),

90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),

90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (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 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),

99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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RAC-2 - RACIONALNA STRAVA

1 - 1 r.

*** Pondelok 08.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 64422 Polievka hrášková so zemiakmi 0,33l (E:616kj,B:6g,T:6g,S:17g) (Al:3,7,12),
 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 57912 Lievance 310g (E:4678kj,B:28g,T:33g,S:178g) (Al:1,3,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Utorok 09.06.2026 ***

Raňajky. 99325 Zavin tvarohovy 100g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99501 Ovocie

Obed. 02221 Hov. polievka s liatym cestom 0,33L (p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),
 90116 Morcaci svedsky rezen 148g(m.60g) (E:1075kj,B:24g,T:17g,S:1g) (Al:1,7),
 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),
 52623 Uhorkovy salat 160g (E:496kj,B:1g,S:29g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99318 Rites cesnakovy 70g

Večera. 47122 Leco s vajcom 350g (E:1500kj,B:15g,T:28g,S:21g) (Al:3),
 99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Streda 10.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99406 Redkovka 30g (E:24kj,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,9,12),
 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
 65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),
 50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 47212 Karfiol zapiekany 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)

*** Stvrtok 11.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (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. 99501 Ovocie

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
 90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
 99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),
 90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Piatok 12.06.2026 ***

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 06011 Polievka fazulova s rezancami 0,33L (p.24g) (E:845kj,B:8g,T:9g,S:28g) (Al:1,3,9,12),
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),

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	99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
*** Sobota 13.06.2026 ***	
Raňajky.	99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99716 Oskvarkova natierka 60g (E:1073kj,B:11g,T:23g,S:1g) (Al:3,7,10,12), 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)
Desiata.	99501 Ovocie
Obed.	04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 26414 Bravcové maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1), 51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99621 Smotana pochutková (E:1512kj,B:6g,T:32g,S:8g)
Večera.	55822 Ryzová kaša 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7), 63112 Caj ovocný 0,25l (E:403kj,S:21g)
*** Nedela 14.06.2026 ***	
Raňajky.	99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99720 Dzemová nátierka 50g (E:1247kj,T:29g,S:86g) (Al:7,12), 63411 Kava z kávy - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.	99501 Ovocie
Obed.	06611 Polievka drobková 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12), 90013 Kuracie prsia na šampiónoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12), 90302 Zemiaky varené s vlnkou 260g (E:1334kj,B:7g,T:9g,S:63g) (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 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63112 Caj ovocný 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 08.06.2026 - 14.06.2026

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SETR - ŠETRIACA 1 - 1 r.***** Pondelok 08.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 64422 Polievka hrášková so zemiakmi 0,33l (E:616kj,B:6g,T:6g,S:17g) (Al:3,7,12),
 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 57912 Lievance 310g (E:4678kj,B:28g,T:33g,S:178g) (Al:1,3,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 09.06.2026 *****

Raňajky. 99325 Zavin tvarohovy 100g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99501 Ovocie

Obed. 02221 Hov. polievka s liatym cestom 0,33L (p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),
 90116 Morcaci svedsky rezen 148g(m.60g) (E:1075kj,B:24g,T:17g,S:1g) (Al:1,7),
 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99343 Siska

Večera. 90725 Cuketa s vajcom 300g (E:1398kj,B:16g,T:33g,S:7g) (Al:3),
 99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 10.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
 65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),
 50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 47212 Karfiol zapiekany 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)

***** Stvrtok 11.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (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. 99501 Ovocie

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
 90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
 99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),
 90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 12.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
 99401 Paradaika 0,5 ks (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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Obdobie: 08.06.2026 - 14.06.2026

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Večera. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
..... 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 13.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
..... 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
..... 26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1),
..... 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),
..... 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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. 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 14.06.2026 ***

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. 99501 Ovocie

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
..... 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
..... 90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (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 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
..... 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 08.06.2026 - 14.06.2026

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TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 08.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 64422 Polievka hrášková so zemiakmi 0,33l (E:616kj,B:6g,T:6g,S:17g) (Al:3,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 09.06.2026 *****

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99501 Ovocie

Obed. 02221 Hov. polievka s liatym cestom 0,33L (p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),
90116 Morcaci svedsky rezen 148g(m.60g) (E:1075kj,B:24g,T:17g,S:1g) (Al:1,7),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99748 Keks Marina 0,1

Večera. 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 10.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),
50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

***** Stvrtok 11.06.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 12.06.2026 *****

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

Desiata. 99501 Ovocie

Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

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Obdobie: 08.06.2026 - 14.06.2026

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*** Sobota 13.06.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 04811 Polievka z ovsenych vlocek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 14.06.2026 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99501 Ovocie

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (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, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Stražovská

☐

Kubrická

Kišková

Kaštilová

☐