

BEZML - ŠETRIACA BEZ MLIEČNA

1 - 1 r.

*** Pondelok 06.07.2026 ***

Raňajky.	99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40, 99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99501 Ovocie
Obed.	042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12), 21613 Telaci perkelt 212g(m.62g) (E:1227kj,B:16g,T:21g,S:12g) (Al:1,12), 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.	907285 Cuketa dusena bez mlieka 180g (E:150kj,B:3g,T:6g,S:6g), 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Utorok 07.07.2026 ***

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, 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99501 Ovocie
Obed.	05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12), 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.	99748 Keks Marina 0,1
Večera.	55022 Granatiersky pochod 360g (E:2380kj,B:16g,T:16g,S:95g) (Al:1,3), 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Streda 08.07.2026 ***

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.	04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 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.	99757 Keks Indian
Večera.	469215 Tekvica s koprom bez mlieka 180g (E:705kj,B:4g,T:8g,S:12g) (Al:1,12), 99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Stvrtok 09.07.2026 ***

Raňajky.	99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40, 99740 Med mini, 63112 Caj ovocny 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), 182135 Gulas mexicky s ryzou bez mlie 343g(m.63g,s.190g) (E:2801kj,B:26g,T:24g,S:87g) (Al:1,12), 52513 Rajciakovy salat 150g (E:347kj,B:1g,T:5g,S:11g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
Večera.	385135 Zemiakovy nakyp bez mlieka 400g (E:2999kj,B:23g,T:34g,S:89g) (Al:1,3), 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Piatok 10.07.2026 ***

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), 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), 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 2

	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99757 Keks Indian
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)
*** Sobota 11.07.2026 ***	
Raňajky.	99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
	99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata.	99501 Ovocie
Obed.	64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),
	90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
	49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),
	99434 Uhorky ster. (E:71kj) (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.	548125 Rezance s kakaom bezmliet. 300g (E:2479kj,B:15g,T:7g,S:118g) (Al:1,3),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
*** Nedela 12.07.2026 ***	
Raňajky.	99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,
	99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99501 Ovocie
Obed.	65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
	90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
	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.	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),
	99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Vyhotovil:Kaštilová Schválila:Stravovacia komisia	

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 3

BML-T - KAŠOVITÁ BEZ MLIEČNA

1 - 1 r.

*** Pondelok 06.07.2026 ***

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. 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
21613 Telaci perkelt 212g(m.62g) (E:1227kj,B:16g,T:21g,S:12g) (Al:1,12),
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. 907285 Cuketa dusena bez mlieka 180g (E:150kj,B:3g,T:6g,S:6g),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Utorok 07.07.2026 ***

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. 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
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. 99748 Keks Marina 0,1

Večera. 55022 Granatiersky pochod 360g (E:2380kj,B:16g,T:16g,S:95g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Streda 08.07.2026 ***

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. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
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. 99757 Keks Indian

Večera. 469215 Tekvica s koprom bez mlieka 180g (E:705kj,B:4g,T:8g,S:12g) (Al:1,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Stvrtok 09.07.2026 ***

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. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
182135 Gulas mexicky s ryzou bez mlie 343g(m.63g,s.190g) (E:2801kj,B:26g,T:24g,S:87g) (Al:1,12),
99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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)

*** Piatok 10.07.2026 ***

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. 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),
90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99757 Keks Indian

Večera. 902825 Karfiolove pyre bez mlieka 300g (E:501kj,B:6g,T:1g,S:31g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 4

*** Sobota 11.07.2026 ***

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. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
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. 548125 Rezance s kakaom bezmliet. 300g (E:2479kj,B:15g,T:7g,S:118g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 12.07.2026 ***

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. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
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. 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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 5

D-KBM - DIABET - KAŠOV. BEZMLIEČNA**1 - 1 r.******* Pondelok 06.07.2026 *****

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. 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
 21613 Telaci perkelt 212g(m.62g) (E:1227kj,B:16g,T:21g,S:12g) (Al:1,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 907285 Cuketa dusena bez mlieka 180g (E:150kj,B:3g,T:6g,S:6g),
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 II. večera. 95102 Mlieko bezlak. 250ml 0,25l

***** Utorok 07.07.2026 *****

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. 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
 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. 95102 Mlieko bezlak. 250ml 0,25l
 Večera. 55022 Granatiersky pochod 360g (E:2380kj,B:16g,T:16g,S:95g) (Al:1,3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 II. večera. 95103 Jogurt bez laktozy

***** Streda 08.07.2026 *****

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. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 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. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
 Večera. 469215 Tekvica s koprom bez mlieka 180g (E:705kj,B:4g,T:8g,S:12g) (Al:1,12),
 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 II. večera. 95102 Mlieko bezlak. 250ml 0,25l

***** Stvrtok 09.07.2026 *****

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. 04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
 182135 Gulas mexický s ryzou bez mlieka 343g(m.63g,s.190g) (E:2801kj,B:26g,T:24g,S:87g) (Al:1,12),
 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. 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. 95102 Mlieko bezlak. 250ml 0,25l

***** Piatok 10.07.2026 *****

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. 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 95102 Mlieko bezlak. 250ml 0,25l
 Večera. 902825 Karfiolove pyre bez mlieka 300g (E:501kj,B:6g,T:1g,S:31g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 II. večera. 95107 Smotana 14% bez laktozy

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 6

*** Sobota 11.07.2026 ***

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. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
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. 904065 Rezance s kakaom DIA bezmlieka 300 (E:2105kj,B:15g,T:7g,S:104g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. 95103 Jogurt bez laktozy

*** Nedela 12.07.2026 ***

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. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
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. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. 99555 Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. 95107 Smotana 14% bez laktozy

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 7

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 06.07.2026 *****

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,
 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

Desiata. 99501 Ovocie

Obed. 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
 21613 Telaci perkelt 212g(m.62g) (E:1227kj,B:16g,T:21g,S:12g) (Al:1,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 907285 Cuketa dusena bez mlieka 180g (E:150kj,B:3g,T:6g,S:6g),
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 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), 99604 Maslo mini delacreame 40g 40

***** Utorok 07.07.2026 *****

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,
 99118 Salama parizer 50g, 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

Desiata. 99501 Ovocie

Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
 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. 99738 Pernik DIA

Večera. 55022 Granatiersky pochod 360g (E:2380kj,B:16g,T:16g,S:95g) (Al:1,3),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Streda 08.07.2026 *****

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 pravy 0,25l

Desiata. 99501 Ovocie

Obed. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 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. 99738 Pernik DIA

Večera. 469215 Tekvica s koprom bez mlieka 180g (E:705kj,B:4g,T:8g,S:12g) (Al:1,12),
 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

***** Stvrtok 09.07.2026 *****

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, 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),
 182135 Gulas mexicky s ryzou bez mlie 343g(m.63g,s.190g) (E:2801kj,B:26g,T:24g,S:87g) (Al:1,12),
 99451 Rajciakovy salat dia 150g (E:281kj,B:1g,T:5g,S:7g) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 385135 Zemiakovy nakyp bez mlieka 400g (E:2999kj,B:23g,T:34g,S:89g) (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), 99604 Maslo mini delacreame 40g 40

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 8

*** Piatok 10.07.2026 ***

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, 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),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 95102 Mlieko bezlak. 250ml 0,25l

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)

II. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

*** Sobota 11.07.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,
 99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g), 63111 Caj pravý 0,25l

Desiata. 99501 Ovocie

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 904065 Rezance s kakaom DIA bezmlieka 300 (E:2105kj,B:15g,T:7g,S:104g) (Al:1,3),
 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), 99604 Maslo mini delacreame 40g 40

*** Nedela 12.07.2026 ***

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, 63111 Caj pravý 0,25l

Desiata. 99501 Ovocie

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
 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. 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),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 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),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 9

DIA-9 - DIABETICKA STRAVA

1 - 1 r.

*** Pondelok 06.07.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99605 Natierkove maslo 50g (Al:7),
99406 Redkovka 30g (E:24kj,S:1g), 63111 Caj pravy 0,25l

Desiata. 99501 Ovocie

Obed. 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
21613 Telaci perkelt 212g(m.62g) (E:1227kj,B:16g,T:21g,S:12g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90728 Cuketa dusena 180g (E:338kj,B:3g,T:11g,S:6g) (Al:7),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99433 Uhorky ster. DIA (E:26kj,S:1g),
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),
99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

*** Utorok 07.07.2026 ***

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, 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

Desiata. 99501 Ovocie

Obed. 04111 Polievka hubova s mrvancami 0,33L (E:691kj,B:4g,T:5g,S:26g) (Al:1,12),
27114 Bravcovy segedin 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (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. 99738 Pernik DIA

Večera. 55022 Granatiersky pochod 360g (E:2380kj,B:16g,T:16g,S:95g) (Al:1,3),
99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

*** Streda 08.07.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
63111 Caj pravy 0,25l

Desiata. 99501 Ovocie

Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,12),
90104 Morcaci rezen vyprazany 120g (E:5670kj,B:27g,T:125g,S:31g) (Al:1,3,7),
49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),
99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),
99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Stvrtok 09.07.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99681 Mast domaca 50g (E:1876kj,T:50g),
99560 Cibula 20g (E:25kj,S:2g), 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),
18213 Gulas mexicky s ryzou 343g(m.63g,s.190g) (E:2944kj,B:29g,T:26g,S:87g) (Al:1,7,12),
99451 Rajciakovy salat dia 150g (E:281kj,B:1g,T:5g,S:7g) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99620 Tvarohovy Mišo DIA

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),
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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7)

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 10

*** Piatok 10.07.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
 99710 Avokadova natierka 40g (E:1121kj,B:4g,T:27g,S:3g) (Al:7), 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),
 90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7),
 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. 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)

II. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

*** Sobota 11.07.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g), 63111 Caj pravy 0,25l

Desiata. 99501 Ovocie

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99318 Rites cesnakovy 70g

Večera. 90405 Rezance s orechmi DIA 300 (E:3126kj,B:15g,T:36g,S:100g) (Al:1,3,7,8),
 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), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

*** Nedela 12.07.2026 ***

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, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

Desiata. 99501 Ovocie

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
 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. 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),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 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),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 11

DIA-S - DIABETICKA STRAVA-SETRIACA**1 - 1 r.******* Pondelok 06.07.2026 *****

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99605 Natierkove maslo 50g (Al:7),
 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravý 0,25l

Desiata. 99501 Ovocie

Obed. 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
 21613 Telaci perkelt 212g(m.62g) (E:1227kj,B:16g,T:21g,S:12g) (Al:1,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90728 Cuketa dusena 180g (E:338kj,B:3g,T:11g,S:6g) (Al:7),
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 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),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Utorok 07.07.2026 *****

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, 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63111 Caj pravý 0,25l

Desiata. 99501 Ovocie

Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
 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. 99738 Pernik DIA

Večera. 55022 Granatiersky pochod 360g (E:2380kj,B:16g,T:16g,S:95g) (Al:1,3),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Streda 08.07.2026 *****

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
 63111 Caj pravý 0,25l

Desiata. 99501 Ovocie

Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,12),
 90115 Morcaci rezen peceny 120g (E:2593kj,B:27g,T:43g,S:31g) (Al:1,3,7),
 49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),
 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Stvrtok 09.07.2026 *****

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, 63111 Caj pravý 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),
 18213 Gulas mexicky s ryzou 343g(m.63g,s.190g) (E:2944kj,B:29g,T:26g,S:87g) (Al:1,7,12),
 99451 Rajciakovy salat dia 150g (E:281kj,B:1g,T:5g,S:7g) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99620 Tvarohovy Mišo DIA

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),
 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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99633 Syr tvrdý 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7)

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 12

*** Piatok 10.07.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
 99710 Avokadova natierka 40g (E:1121kj,B:4g,T:27g,S:3g) (Al:7), 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),
 90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7),
 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. 47012 Karfiol s vajcom 300g (E:1437kj,B:19g,T:27g,S:12g) (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)

II. večera. 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

*** Sobota 11.07.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g), 63111 Caj pravy 0,25l

Desiata. 99501 Ovocie

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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),
 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), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7)

*** Nedela 12.07.2026 ***

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, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

Desiata. 99501 Ovocie

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
 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. 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),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 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),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 13

DIA-T - DIABETICKA STRAVA - KAŠOVITA

1 - 1 r.

*** Pondelok 06.07.2026 ***

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. 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
 21613 Telaci perkelt 212g(m.62g) (E:1227kj,B:16g,T:21g,S:12g) (Al:1,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90728 Cuketa dusena 180g (E:338kj,B:3g,T:11g,S:6g) (Al:7),
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Utorok 07.07.2026 ***

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. 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
 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. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
 Večera. 55022 Granatiersky pochod 360g (E:2380kj,B:16g,T:16g,S:95g) (Al:1,3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Streda 08.07.2026 ***

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. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,12),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),
 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. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Stvrtok 09.07.2026 ***

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 ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
 18213 Gulas mexicky s ryzou 343g(m.63g,s.190g) (E:2944kj,B:29g,T:26g,S:87g) (Al:1,7,12),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99620 Tvarohovy Mišo DIA
 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)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Piatok 10.07.2026 ***

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. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
 Večera. 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 14

*** Sobota 11.07.2026 ***

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. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
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. 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),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

*** Nedela 12.07.2026 ***

Raňajky. 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,
63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)
Desiata. 99501 Ovocie
Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
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. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. 99555 Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 15

KASOV - KAŠOVITÁ**1 - 1 r.******* Pondelok 06.07.2026 *****

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. 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
21613 Telaci perkelt 212g(m.62g) (E:1227kj,B:16g,T:21g,S:12g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90728 Cuketa dusena 180g (E:338kj,B:3g,T:11g,S:6g) (Al:7),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 07.07.2026 *****

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. 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
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. 99748 Keks Marina 0,1

Večera. 55022 Granatiersky pochod 360g (E:2380kj,B:16g,T:16g,S:95g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 08.07.2026 *****

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. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,12),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99757 Keks Indian

Večera. 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 09.07.2026 *****

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. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
18213 Gulas mexicky s ryzou 343g(m.63g,s.190g) (E:2944kj,B:29g,T:26g,S:87g) (Al:1,7,12),
99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99618 Tvarohovy Mišo

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)

***** Piatok 10.07.2026 *****

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. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 16

*** Sobota 11.07.2026 ***

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. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
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. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 12.07.2026 ***

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

Desiata. 99501 Ovocie

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
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. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 17

PAN-4 - PANKREASOVÁ S OBMEDZENIM TUKU

1 - 1 r.

*** Pondelok 06.07.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
21613 Telaci perkelt 212g(m.62g) (E:1227kj,B:16g,T:21g,S:12g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90728 Cuketa dusena 180g (E:338kj,B:3g,T:11g,S:6g) (Al:7),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Utorok 07.07.2026 ***

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. 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
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. 99346 Kolac pudingovy

Večera. 55022 Granatiersky pochod 360g (E:2380kj,B:16g,T:16g,S:95g) (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)

*** Streda 08.07.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,12),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
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. 99757 Keks Indian

Večera. 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Stvrtok 09.07.2026 ***

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),
99740 Med mini, 63112 Caj ovocny 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),
18213 Gulas mexicky s ryzou 343g(m.63g,s.190g) (E:2944kj,B:29g,T:26g,S:87g) (Al:1,7,12),
99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99618 Tvarohovy Mišo

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)

*** Piatok 10.07.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99710 Avokadova natierka 40g (E:1121kj,B:4g,T:27g,S:3g) (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),
60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7),
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. 47012 Karfiol s vajcom 300g (E:1437kj,B:19g,T:27g,S:12g) (Al:3),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 18

*** Sobota 11.07.2026 ***

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),
99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
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. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 12.07.2026 ***

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

Desiata. 99501 Ovocie

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
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. 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),
99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 19

RAC-2 - RACIONALNA STRAVA

1 - 1 r.

*** Pondelok 06.07.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
99406 Redkovka 30g (E:24kj,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
21613 Telaci perkelt 212g(m.62g) (E:1227kj,B:16g,T:21g,S:12g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90728 Cuketa dusena 180g (E:338kj,B:3g,T:11g,S:6g) (Al:7),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99434 Uhorky ster. (E:71kj) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Utorok 07.07.2026 ***

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. 04111 Polievka hubova s mrvancami 0,33L (E:691kj,B:4g,T:5g,S:26g) (Al:1,12),
27114 Bravcovy segedin 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (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. 99346 Kolac pudingovy

Večera. 55022 Granatiersky pochod 360g (E:2380kj,B:16g,T:16g,S:95g) (Al:1,3),
99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Streda 08.07.2026 ***

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1),
44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,12),
90104 Morcaci rezen vyprazany 120g (E:5670kj,B:27g,T:125g,S:31g) (Al:1,3,7),
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. 99757 Keks Indian

Večera. 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Stvrtok 09.07.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99681 Mast domaca 50g (E:1876kj,T:50g),
99560 Cibula 20g (E:25kj,S:2g), 63112 Caj ovocny 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),
18213 Gulas mexicky s ryzou 343g(m.63g,s.190g) (E:2944kj,B:29g,T:26g,S:87g) (Al:1,7,12),
52513 Rajciakovy salat 150g (E:347kj,B:1g,T:5g,S:11g) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99618 Tvarohovy Mišo

Večera. 38512 Zemiakovy nakyp 360g (E:2760kj,B:23g,T:33g,S:77g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Piatok 10.07.2026 ***

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99710 Avokadova natierka 40g (E:1121kj,B:4g,T:27g,S:3g) (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),
60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 20

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

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)

*** Sobota 11.07.2026 ***

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),

99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),

90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),

49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),

99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99318 Rites cesnakovy 70g

Večera. 54722 Rezance s orechmi 300g (E:3690kj,B:15g,T:36g,S:126g) (Al:1,3,7,8),

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

*** Nedela 12.07.2026 ***

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),

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

Desiata. 99501 Ovocie

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),

90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),

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. 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),

99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 21

SETR - ŠETRIACA 1 - 1 r.***** Pondelok 06.07.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
21613 Telaci perkelt 212g(m.62g) (E:1227kj,B:16g,T:21g,S:12g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90728 Cuketa dusena 180g (E:338kj,B:3g,T:11g,S:6g) (Al:7),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99434 Uhorky ster. (E:71kj) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 07.07.2026 *****

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. 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
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. 99346 Kolac pudingovy

Večera. 55022 Granatiersky pochod 360g (E:2380kj,B:16g,T:16g,S:95g) (Al:1,3),
99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 08.07.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,12),
90115 Morcaci rezen peceny 120g (E:2593kj,B:27g,T:43g,S:31g) (Al:1,3,7),
49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99757 Keks Indian

Večera. 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 09.07.2026 *****

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),
99740 Med mini, 63112 Caj ovocny 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),
18213 Gulas mexicky s ryzou 343g(m.63g,s.190g) (E:2944kj,B:29g,T:26g,S:87g) (Al:1,7,12),
52513 Rajciakovy salat 150g (E:347kj,B:1g,T:5g,S:11g) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99618 Tvarohovy Mišo

Večera. 38512 Zemiakovy nakyp 360g (E:2760kj,B:23g,T:33g,S:77g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 10.07.2026 *****

Raňajky. 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99710 Avokadova natierka 40g (E:1121kj,B:4g,T:27g,S:3g) (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),
60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 22

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

Večera. 47012 Karfiol s vajcom 300g (E:1437kj,B:19g,T:27g,S:12g) (Al:3),

99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 11.07.2026 ***

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),

99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99501 Ovocie

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),

90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),

49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),

99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

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

*** Nedela 12.07.2026 ***

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),

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

Desiata. 99501 Ovocie

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),

90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),

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. 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),

99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 23

TEKUT - TEKUTA STRAVA

1 - 1 r.

*** Pondelok 06.07.2026 ***

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. 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
21613 Telaci perkelt 212g(m.62g) (E:1227kj,B:16g,T:21g,S:12g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90728 Cuketa dusena 180g (E:338kj,B:3g,T:11g,S:6g) (Al:7),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Utorok 07.07.2026 ***

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. 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
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. 99748 Keks Marina 0,1

Večera. 55022 Granatiersky pochod 360g (E:2380kj,B:16g,T:16g,S:95g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Streda 08.07.2026 ***

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. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,12),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99757 Keks Indian

Večera. 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Stvrtok 09.07.2026 ***

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. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
18213 Gulas mexicky s ryzou 343g(m.63g,s.190g) (E:2944kj,B:29g,T:26g,S:87g) (Al:1,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99618 Tvarohovy Mišo

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)

*** Piatok 10.07.2026 ***

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. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

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

Obdobie: 06.07.2026 - 12.07.2026

Str.: 24

*** Sobota 11.07.2026 ***

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. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 12.07.2026 ***

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

Desiata. 99501 Ovocie

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

Vyhotoval:Kaštilová Schválila:Stravovacia komisia

Stravovacia komisia: Stražovská

Kubrická
Kišková
Kaštilová