

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

Obdobie: 20.07.2026 - 26.07.2026

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 20.07.2026 \*\*\***

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

Desiata. .... 99501 Ovocie

Obed. .... 645225 Polievka kaler.so zem.bezmliiek 0,33l (E:184kj,B:2g,T:1g,S:7g) (Al:3),  
27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 46521 Miesana zelenina 180g (E:462kj,B:4g,T:5g,S:15g) (Al:1,12),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Utorok 21.07.2026 \*\*\***

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. .... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,12),  
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1),  
90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99335 Croissant cokoladovy

Večera. .... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3), 99434 Uhorky ster. (E:71kj) (Al:12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Streda 22.07.2026 \*\*\***

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. .... 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),  
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),  
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 902725 Bratis. rizoto zel. bezmliieka 300g (E:2335kj,B:18g,T:12g,S:98g) (Al:1,3,9,12),  
99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Stvrtok 23.07.2026 \*\*\***

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. .... 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
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. .... 99757 Keks Indian

Večera. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99124 Sunkovy narez,  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Piatok 24.07.2026 \*\*\***

Raňajky. .... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99408 Mrkva 30 (E:21kj,S:2g), 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),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (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. .... 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

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

Obdobie: 20.07.2026 - 26.07.2026

Str.: 2

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)

## \*\*\* Sobota 25.07.2026 \*\*\*

Raňajky. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99719 Sardinky 0,0625 (0,5 ks) (E:408kj,B:7g,T:7g,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),  
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 26.07.2026 \*\*\*

Raňajky. .... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),  
13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (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),  
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: 20.07.2026 - 26.07.2026

Str.: 3

**BML-T - KAŠOVITÁ BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 20.07.2026 \*\*\***

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. .... 645225 Polievka kaler.so zem.bezmliiek 0,33l (E:184kj,B:2g,T:1g,S:7g) (Al:3),  
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 902845 Zeleninove pyre bezmliieka 300g (E:638kj,B:4g,T:5g,S:29g) (Al:9),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Utorok 21.07.2026 \*\*\***

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. .... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,12),  
 99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1),  
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

**\*\*\* Streda 22.07.2026 \*\*\***

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. .... 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),  
 90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99739 Piskoty dlhe

Večera. .... 902725 Bratis. rizoto zel. bezmliieka 300g (E:2335kj,B:18g,T:12g,S:98g) (Al:1,3,9,12),  
 99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Stvrtok 23.07.2026 \*\*\***

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. .... 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 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. .... 99757 Keks Indian

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

**\*\*\* Piatok 24.07.2026 \*\*\***

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

Desiata. .... 99501 Ovocie

Obed. .... 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12),  
 90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (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. .... 548125 Rezance s kakaom bezmliiec. 300g (E:2479kj,B:15g,T:7g,S:118g) (Al:1,3),  
 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: 20.07.2026 - 26.07.2026

Str.: 4

## \*\*\* Sobota 25.07.2026 \*\*\*

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. .... 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),  
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (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. .... 902825 Karfiolove pyre bez mlieka 300g (E:501kj,B:6g,T:1g,S:31g),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 26.07.2026 \*\*\*

Raňajky. .... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,  
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),  
13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (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, 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: 20.07.2026 - 26.07.2026

Str.: 5

**D-KBM - DIABET - KAŠOV. BEZMLIEČNA****1 - 1 r.****\*\*\* Pondelok 20.07.2026 \*\*\***

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. .... 645225 Polievka kaler.so zem.bezmliek 0,33l (E:184kj,B:2g,T:1g,S:7g) (Al:3),  
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
 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. .... 902845 Zeleninove pyre bezmlieka 300g (E:638kj,B:4g,T:5g,S:29g) (Al:9),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Il. večera. .... 95102 Mlieko bezlak. 250ml 0,25l

**\*\*\* Utorok 21.07.2026 \*\*\***

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. .... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,12),  
 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),  
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. .... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 Večera. .... 90415 Rezance s dzemom DIA 300g (E:1891kj,B:13g,T:5g,S:99g) (Al:1,3),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Il. večera. .... 95102 Mlieko bezlak. 250ml 0,25l

**\*\*\* Streda 22.07.2026 \*\*\***

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. .... 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),  
 90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. .... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 Večera. .... 902725 Bratis. rizoto zel. bezmlieka 300g (E:2335kj,B:18g,T:12g,S:98g) (Al:1,3,9,12),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Il. večera. .... 95102 Mlieko bezlak. 250ml 0,25l

**\*\*\* Stvrtok 23.07.2026 \*\*\***

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. .... 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 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)  
 Il. večera. .... 95102 Mlieko bezlak. 250ml 0,25l

**\*\*\* Piatok 24.07.2026 \*\*\***

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. .... 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12),  
 90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (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. .... 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)

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

Obdobie: 20.07.2026 - 26.07.2026

Str.: 6

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

## \*\*\* Sobota 25.07.2026 \*\*\*

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. .... 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),

90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (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. .... 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)

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

## \*\*\* Nedela 26.07.2026 \*\*\*

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),

13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (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, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 20.07.2026 - 26.07.2026

Str.: 7

**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 20.07.2026 \*\*\***

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 pravy 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 645225 Polievka kaler.so zem.bezmliiek 0,33l (E:184kj,B:2g,T:1g,S:7g) (Al:3),  
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99738 Pernik DIA

Večera. .... 46521 Miesana zelenina 180g (E:462kj,B:4g,T:5g,S:15g) (Al:1,12),  
 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

**\*\*\* Utorok 21.07.2026 \*\*\***

Raňajky. .... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 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. .... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,12),  
 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),  
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (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

**\*\*\* Streda 22.07.2026 \*\*\***

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. .... 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),  
 90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),  
 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 902725 Bratis. rizoto zel. bezmliieka 300g (E:2335kj,B:18g,T:12g,S:98g) (Al:1,3,9,12),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 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), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

**\*\*\* Stvrtok 23.07.2026 \*\*\***

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. .... 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 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. .... 99738 Pernik DIA

Večera. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99124 Sunkovy narez,  
 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), 95102 Mlieko bezlak 250ml 0,25l

**\*\*\* Piatok 24.07.2026 \*\*\***

Raňajky. .... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
 99408 Mrkva 30 (E:21kj,S:2g), 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),  
 90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),

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

Obdobie: 20.07.2026 - 26.07.2026

Str.: 8

|                                                                        |                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                        | 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),<br>63100 Voda so sirupom (E:337kj,S:20g) (Al:12)                                                                                                                                                         |
| Olovrant. ....                                                         | 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)                                                                                                                                                                                                              |
| Večera. ....                                                           | 904065 Rezance s kakaom DIA bezmlieka 300 (E:2105kj,B:15g,T:7g,S:104g) (Al:1,3),<br>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                                                                                                                                                                                                                       |
| *** Sobota 25.07.2026 ***                                              |                                                                                                                                                                                                                                                                                                                |
| Raňajky. ....                                                          | 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,<br>99719 Sardinky 0,0625 (0,5 ks) (E:408kj,B:7g,T:7g,S:1g), 63111 Caj pravy 0,25l                                                                                                                                 |
| Desiata. ....                                                          | 99501 Ovocie                                                                                                                                                                                                                                                                                                   |
| Obed. ....                                                             | 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),<br>90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),<br>51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99433 Uhorky ster. DIA (E:26kj,S:1g),<br>63100 Voda so sirupom (E:337kj,S:20g) (Al:12) |
| Olovrant. ....                                                         | 99738 Pernik DIA                                                                                                                                                                                                                                                                                               |
| Večera. ....                                                           | 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),<br>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,<br>99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g)                                                                                                                                                                      |
| *** Nedela 26.07.2026 ***                                              |                                                                                                                                                                                                                                                                                                                |
| Raňajky. ....                                                          | 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,<br>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),<br>13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,12),<br>49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99433 Uhorky ster. DIA (E:26kj,S:1g),<br>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),<br>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), 99604 Maslo mini delacreame 40g 40                                                                                                                                                                                                                       |
| Vyhotovil:Kaštilová                      Schválila:Stravovacia komisia |                                                                                                                                                                                                                                                                                                                |



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

Obdobie: 20.07.2026 - 26.07.2026

Str.: 9

## DIA-9 - DIABETICKA STRAVA

1 - 1 r.

## \*\*\* Pondelok 20.07.2026 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),  
 99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12), 63111 Caj pravý 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 64522 Polievka kalerábová so zemiak. 0,33l (E:438kj,B:4g,T:6g,S:10g) (Al:3,7),  
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99738 Pernik DIA

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

II. večera. .... 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),  
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

## \*\*\* Utorok 21.07.2026 \*\*\*

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),  
 99118 Salama parizer 50g, 99401 Paradaika 0,5 ks (E:42kj,B:1g,S:3g), 63111 Caj pravý 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 06811 Polievka gulasova 0,33l(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,12),  
 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),  
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3), 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), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7)

## \*\*\* Streda 22.07.2026 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99633 Syr tvrdý 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99402 Paprika 50g (E:30kj,S:2g),  
 63111 Caj pravý 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
 12112 Treska vyprazana 150g (E:5562kj,B:27g,T:122g,S:31g) (Al:1,3,4,7),  
 49821 Zemiaková kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),  
 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 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), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Štvrtok 23.07.2026 \*\*\*

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 pravý 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
 18814 Dolnozemyjsky gulas 183g(m.63g) (E:1211kj,B:18g,T:21g,S:8g) (Al:1),  
 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. .... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Večera. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99124 Sunkovy narez,  
 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),  
 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: 20.07.2026 - 26.07.2026

Str.: 10

## \*\*\* Piatok 24.07.2026 \*\*\*

Raňajky. .... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99605 Natierkove maslo 50g (Al:7),  
99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 46721 Polievka kapustova rajciakova 200g (E:858kj,B:4g,T:8g,S:33g) (Al:1,12),  
99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (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. .... 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. .... 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

## \*\*\* Sobota 25.07.2026 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),  
99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99323 Pagac

Večera. .... 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7),  
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),  
99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g)

## \*\*\* Nedela 26.07.2026 \*\*\*

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),  
13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,12),  
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7), 99435 Calamada 150g (Al:12),  
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), 99117 Sunka vak. 100g,  
99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 20.07.2026 - 26.07.2026

Str.: 11

**DIA-S - DIABETICKA STRAVA-SETRIACA****1 - 1 r.****\*\*\* Pondelok 20.07.2026 \*\*\***

Raňajky. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),  
 99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12), 63111 Caj pravý 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 64522 Polievka kalerábová so zemiak. 0,33l (E:438kj,B:4g,T:6g,S:10g) (Al:3,7),  
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99738 Pernik DIA

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

II. večera. .... 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),  
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 21.07.2026 \*\*\***

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),  
 99118 Salama parizer 50g, 99401 Paradaika 0,5 ks (E:42kj,B:1g,S:3g), 63111 Caj pravý 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 06811 Polievka gulasova 0,33l(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,12),  
 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),  
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3), 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), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7)

**\*\*\* Streda 22.07.2026 \*\*\***

Raňajky. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99633 Syr tvrdý 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),  
 63111 Caj pravý 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),  
 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),  
 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 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), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

**\*\*\* Stvrtok 23.07.2026 \*\*\***

Raňajky. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravý 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 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. .... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Večera. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99124 Sunkovy narez,  
 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),  
 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: 20.07.2026 - 26.07.2026

Str.: 12

## \*\*\* Piatok 24.07.2026 \*\*\*

Raňajky. .... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99605 Natierkove maslo 50g (Al:7),  
 99408 Mrkva 30 (E:21kj,S:2g), 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),  
 90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (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. .... 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. .... 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

## \*\*\* Sobota 25.07.2026 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),  
 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63111 Caj pravý 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99323 Pagac

Večera. .... 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7),  
 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),  
 99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g)

## \*\*\* Nedela 26.07.2026 \*\*\*

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),  
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,12),  
 90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99117 Sunka vak. 100g,  
 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 20.07.2026 - 26.07.2026

Str.: 13

## DIA-T - DIABETICKA STRAVA - KAŠOVITA

1 - 1 r.

## \*\*\* Pondelok 20.07.2026 \*\*\*

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. .... 64522 Polievka kalerábová so zemiak. 0,33l (E:438kj,B:4g,T:6g,S:10g) (Al:3,7),  
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
 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. .... 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Il. večera. .... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

## \*\*\* Utorok 21.07.2026 \*\*\*

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. .... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,12),  
 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),  
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. .... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 Večera. .... 90415 Rezance s dzemom DIA 300g (E:1891kj,B:13g,T:5g,S:99g) (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 22.07.2026 \*\*\*

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. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
 90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
 49821 Zemiaková kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. .... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 Večera. .... 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 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 23.07.2026 \*\*\*

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. .... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 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. .... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)  
 Večera. .... 99555 Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Il. večera. .... 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

## \*\*\* Piatok 24.07.2026 \*\*\*

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. .... 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,12),  
 90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (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. .... 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),

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

Obdobie: 20.07.2026 - 26.07.2026

Str.: 14

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 25.07.2026 \*\*\*

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. .... 04121 Polievka hraskový krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),

90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),

51212 Ryža dusená 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99323 Pagac

Večera. .... 90452 Krupicová kaša DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7),

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)

## \*\*\* Nedela 26.07.2026 \*\*\*

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),

13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,12),

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

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

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

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

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: 20.07.2026 - 26.07.2026

Str.: 15

## KASOV - KAŠOVITÁ

1 - 1 r.

## \*\*\* Pondelok 20.07.2026 \*\*\*

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. .... 64522 Polievka kalerábová so zemiak. 0,33l (E:438kj,B:4g,T:6g,S:10g) (Al:3,7),  
27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

## \*\*\* Utorok 21.07.2026 \*\*\*

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. .... 06811 Polievka gulasova 0,33l(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,12),  
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1),  
90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

## \*\*\* Streda 22.07.2026 \*\*\*

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. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
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. .... 99739 Piskoty dlhe

Večera. .... 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),  
99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Stvrtok 23.07.2026 \*\*\*

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. .... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
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. .... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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

## \*\*\* Piatok 24.07.2026 \*\*\*

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

Desiata. .... 99501 Ovocie

Obed. .... 04921 Polievka rajciakova so syrom 0,33l (E:1055kj,B:9g,T:9g,S:35g) (Al:1,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (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. .... 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
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: 20.07.2026 - 26.07.2026

Str.: 16

## \*\*\* Sobota 25.07.2026 \*\*\*

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. .... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (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. .... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. .... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 26.07.2026 \*\*\*

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),  
13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (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, 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: 20.07.2026 - 26.07.2026

Str.: 17

## PAN-4 - PANKREASOVÁ S OBMEDZENIM TUKU

1 - 1 r.

## \*\*\* Pondelok 20.07.2026 \*\*\*

Raňajky. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 64522 Polievka kalerábová so zemiak. 0,33l (E:438kj,B:4g,T:6g,S:10g) (Al:3,7),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (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. .... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera. .... 60312 Tvarohovy nakyp 340g (E:3166kj,B:36g,T:36g,S:72g) (Al:1,3,7),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Utorok 21.07.2026 \*\*\*

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. .... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,12),  
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1),  
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99520 Kompot 150g (Al:12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

## \*\*\* Streda 22.07.2026 \*\*\*

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),  
99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
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. .... 99739 Piskoty dlhe

Večera. .... 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),  
99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Stvrtok 23.07.2026 \*\*\*

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),  
99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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. .... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Večera. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99124 Sunkovy narez,  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Piatok 24.07.2026 \*\*\*

Raňajky. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99605 Natierkove maslo 50g (Al:7),  
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),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (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)

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

Obdobie: 20.07.2026 - 26.07.2026

Str.: 18

Olovrant. .... 99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)  
 Večera. .... 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Sobota 25.07.2026 \*\*\*

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),  
 99719 Sardinky 0,0625 (0,5 ks) (E:408kj,B:7g,T:7g,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (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. .... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)  
 Večera. .... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 26.07.2026 \*\*\*

Raňajky. .... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),  
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),  
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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), 99117 Sunka vak. 100g,  
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 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: 20.07.2026 - 26.07.2026

Str.: 19

**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 20.07.2026 \*\*\***

Raňajky. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
 99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 64522 Polievka kalerábová so zemiak. 0,33l (E:438kj,B:4g,T:6g,S:10g) (Al:3,7),  
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 60312 Tvarohovy nakyp 340g (E:3166kj,B:36g,T:36g,S:72g) (Al:1,3,7),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Utorok 21.07.2026 \*\*\***

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, 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 06811 Polievka gulasova 0,33l(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,12),  
 99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1),  
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99335 Croissant cokoladovy

Večera. .... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Streda 22.07.2026 \*\*\***

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),  
 99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99402 Paprika 50g (E:30kj,S:2g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
 12112 Treska vyprazana 150g (E:5562kj,B:27g,T:122g,S:31g) (Al:1,3,4,7),  
 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),  
 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),  
 99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Stvrtok 23.07.2026 \*\*\***

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

Desiata. .... 99501 Ovocie

Obed. .... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
 18814 Dolnozemsky gulas 183g(m.63g) (E:1211kj,B:18g,T:21g,S:8g) (Al:1),  
 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. .... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Večera. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99124 Sunkovy narez,  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Piatok 24.07.2026 \*\*\***

Raňajky. .... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (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. .... 46721 Polievka kapustova rajciakova 200g (E:858kj,B:4g,T:8g,S:33g) (Al:1,12),  
 99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1),

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

Obdobie: 20.07.2026 - 26.07.2026

Str.: 20

90250 Buchty tvarohove 300g (E:4928kj,B:30g,T:51g,S:149g) (Al:1,3,7),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. .... 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)  
 Večera. .... 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Sobota 25.07.2026 \*\*\*

Raňajky. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. .... 99323 Pagac  
 Večera. .... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 26.07.2026 \*\*\*

Raňajky. .... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),  
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),  
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),  
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,12),  
 90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7), 99435 Calamada 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), 99117 Sunka vak. 100g,  
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 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: 20.07.2026 - 26.07.2026

Str.: 21

**SETR - ŠETRIACA 1 - 1 r.****\*\*\* Pondelok 20.07.2026 \*\*\***

Raňajky. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
 99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 64522 Polievka kalerábová so zemiak. 0,33l (E:438kj,B:4g,T:6g,S:10g) (Al:3,7),  
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 60312 Tvarohovy nakyp 340g (E:3166kj,B:36g,T:36g,S:72g) (Al:1,3,7),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Utorok 21.07.2026 \*\*\***

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, 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 06811 Polievka gulasova 0,33l(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,12),  
 99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1),  
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99335 Croissant cokoladovy

Večera. .... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Streda 22.07.2026 \*\*\***

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),  
 99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),  
 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),  
 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),  
 99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Stvrtok 23.07.2026 \*\*\***

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),  
 99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 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. .... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Večera. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99124 Sunkovy narez,  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Piatok 24.07.2026 \*\*\***

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. .... 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,12),  
 90250 Buchty tvarohove 300g (E:4928kj,B:30g,T:51g,S:149g) (Al:1,3,7),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

Obdobie: 20.07.2026 - 26.07.2026

Str.: 22

Večera. .... 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Sobota 25.07.2026 \*\*\*

Raňajky. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99434 Uhorky ster. (E:71kj) (Al:12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99323 Paqac

Večera. .... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 26.07.2026 \*\*\*

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

Desiata. .... 99501 Ovocie

Obed. .... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),  
13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (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), 99117 Sunka vak. 100g,  
99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 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: 20.07.2026 - 26.07.2026

Str.: 23

## TEKUT - TEKUTA STRAVA

1 - 1 r.

## \*\*\* Pondelok 20.07.2026 \*\*\*

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. . . . . 64522 Polievka kalerábová so zemiak. 0,33l (E:438kj,B:4g,T:6g,S:10g) (Al:3,7),  
27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

## \*\*\* Utorok 21.07.2026 \*\*\*

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. . . . . 06811 Polievka gulasova 0,33l(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,12),  
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1),  
90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

## \*\*\* Streda 22.07.2026 \*\*\*

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. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
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. . . . . 99739 Piskoty dlhe

Večera. . . . . 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Stvrtok 23.07.2026 \*\*\*

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. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
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. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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

## \*\*\* Piatok 24.07.2026 \*\*\*

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04921 Polievka rajciakova so syrom 0,33l (E:1055kj,B:9g,T:9g,S:35g) (Al:1,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

\*\*\* Sobota 25.07.2026 \*\*\*

|                |                                                                                                                                                                                                                                                          |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. ....     | 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (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. .... | 99615 Termix (E:615kj,B:4g,T:4g,S:8g)                                                                                                                                                                                                                    |
| Večera. ....   | 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)                                                                                                                                           |

\*\*\* Nedela 26.07.2026 \*\*\*

|                |                                                                                                                                                                                                                                                                            |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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), 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (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, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)                                                                                                                                                                                                          |

Vyhotovil:Kaštílová                      Schválila:Stravovacia komisia

Stravovacia komisia: Stražovská

- ☐
- Kubrická

Kišková

Kaštílová

☐