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

Obdobie: 17.08.2026 - 23.08.2026

BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.

***** Pondelok 17.08.2026 *****

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. . . . . 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),
901025 Morcacie prsia na papr. bezml. 184g(m.64g) (E:1010kj,B:22g,T:13g,S:9g) (Al:1),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99757 Keks Indian
Večera. . . . . 458225 Karotka dusena bez mlieka 220g (E:459kj,B:2g,T:7g,S:16g),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 18.08.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 02111 Hov. polievka krupicova s vaj. 0,33L (E:170kj,B:2g,S:8g) (Al:1,3,9,12),
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. . . . . 99739 Piskoty dlhe
Večera. . . . . 548125 Rezance s kakaom bezmliec. 300g (E:2479kj,B:15g,T:7g,S:118g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 19.08.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera. . . . . 903035 Zemiaky svajciarske bezmlieka 350g (E:1916kj,B:12g,T:13g,S:88g) (Al:1,3),
99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 20.08.2026 *****

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), 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:12),
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),
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)
Olovrant. . . . . 99343 Siska
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)

***** Piatok 21.08.2026 *****

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. . . . . 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
Večera. . . . . 49921 Zemiaky bratislavske 250g (E:1237kj,B:7g,T:6g,S:63g) (Al:12),
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Sobota 22.08.2026 *****

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),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
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. . . . . 99323 Pagac
Večera. . . . . 37823 Salama pecena 80g (E:1646kj,B:10g,T:38g,S:2g) (Al:1,3),
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)

***** Nedela 23.08.2026 *****

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 Slepačia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),
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)
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,
99604 Maslo mini delacreame 40g 40, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

BML-T - KAŠOVITÁ BEZ MLIEČNA 1 - 1 r.

***** Pondelok 17.08.2026 *****

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. . . . . 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),
901025 Morcacie prsia na papr. bezml. 184g(m.64g) (E:1010kj,B:22g,T:13g,S:9g) (Al:1),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99757 Keks Indian
Večera. . . . . 458225 Karotka dusena bez mlieka 220g (E:459kj,B:2g,T:7g,S:16g),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 18.08.2026 *****

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. . . . . 02111 Hov. polievka krupicova s vaj. 0,33L (E:170kj,B:2g,S:8g) (Al:1,3,9,12),
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. . . . . 548125 Rezance s kakaom bezmliec. 300g (E:2479kj,B:15g,T:7g,S:118g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 19.08.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 902835 Brokolicove pyre bez mlieka 300g (E:528kj,B:6g,S:32g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 20.08.2026 *****

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. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:12),
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (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. . . . . 95107 Smotana 14% bez laktozy
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)

***** Piatok 21.08.2026 *****

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. . . . . 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 49921 Zemiaky bratislavske 250g (E:1237kj,B:7g,T:6g,S:63g) (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 ***

***** Sobota 22.08.2026 *****

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. . . . . 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
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. . . . . 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
Večera. . . . . 902835 Brokolicove pyre bez mlieka 300g (E:528kj,B:6g,S:32g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Nedela 23.08.2026 *****

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. . . . . 65223 Slepačia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (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. . . . . 99555 Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

D-KBM - DIABET - KAŠOV. BEZMLIEČNA 1 - 1 r.

***** Pondelok 17.08.2026 *****

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. . . . . 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),
901025 Morcacie prsia na papr. bezml. 184g(m.64g) (E:1010kj,B:22g,T:13g,S:9g) (Al:1),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 95107 Smotana 14% bez laktozy
Večera. . . . . 458225 Karotka dusena bez mlieka 220g (E:459kj,B:2g,T:7g,S:16g),
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 18.08.2026 *****

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. . . . . 02111 Hov. polievka krupicova s vaj. 0,33L (E:170kj,B:2g,S:8g) (Al:1,3,9,12),
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. . . . . 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

***** Streda 19.08.2026 *****

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (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. . . . . 902835 Brokolicove pyre bez mlieka 300g (E:528kj,B:6g,S:32g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

***** Stvrtok 20.08.2026 *****

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. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:12),
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (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. . . . . 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)
II. večera. . . . . 95103 Jogurt bez laktozy

***** Piatok 21.08.2026 *****

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. . . . . 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
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. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. . . . . 49921 Zemiaky bratislavske 250g (E:1237kj,B:7g,T:6g,S:63g) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

***** Sobota 22.08.2026 *****

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. . . . . 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
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. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

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

II. večera. . . . . 95103 Jogurt bez laktozy

***** Nedela 23.08.2026 *****

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 Slepačia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (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. . . . . 99555 Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. . . . . 95107 Smotana 14% bez laktozy

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.

***** Pondelok 17.08.2026 *****

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. . . . . 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),
901025 Morcacie prsia na papr. bezml. 184g(m.64g) (E:1010kj,B:22g,T:13g,S:9g) (Al:1),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 95107 Smotana 14% bez laktozy

Večera. . . . . 458225 Karotka dusena bez mlieka 220g (E:459kj,B:2g,T:7g,S:16g),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Utorok 18.08.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 02111 Hov. polievka krupicova s vaj. 0,33L (E:170kj,B:2g,S:8g) (Al:1,3,9,12),
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. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

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,
99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g)

***** Streda 19.08.2026 *****

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. . . . . 903035 Zemiaky svajciarske bezmlieka 350g (E:1916kj,B:12g,T:13g,S:88g) (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)

***** Stvrtok 20.08.2026 *****

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:12),
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),
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)

Olovrant. . . . . 99738 Pernik DIA

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)

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)

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

Obdobie: 17.08.2026 - 23.08.2026

***** Piatok 21.08.2026 *****

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 49921 Zemiaky bratislavske 250g (E:1237kj,B:7g,T:6g,S:63g) (Al:12),
99439 Cvikla DIA (E:197kj,B:1g,S:10g), 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,
99107 Salama sucha 50g 50g (E:1052kj,B:11g,T:23g,S:1g)

***** Sobota 22.08.2026 *****

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. . . . . 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
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. . . . . 99323 Pagac

Večera. . . . . 37823 Salama pecena 80g (E:1646kj,B:10g,T:38g,S:2g) (Al:1,3),
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. . . . . 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99604 Maslo mini delacreame 40g 40

***** Nedela 23.08.2026 *****

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. . . . . 65223 Slepačia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),
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)

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,
99604 Maslo mini delacreame 40g 40, 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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

DIA-9 - DIABETICKA STRAVA 1 - 1 r.

***** Pondelok 17.08.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 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),
90102 Morcacie prsia na paprike 184g(m.64g) (E:1106kj,B:23g,T:15g,S:10g) (Al:1,7),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
Večera. . . . . 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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Utorok 18.08.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
44721 Vajcovy krem [jemna natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12), 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 02111 Hov. polievka krupicova s vaj. 0,33L (E:170kj,B:2g,S:8g) (Al:1,3,9,12),
12112 Treska vyprazana 150g (E:5562kj,B:27g,T:122g,S:31g) (Al:1,3,4,7),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,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. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)
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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g)

***** Streda 19.08.2026 *****

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera. . . . . 90303 Zemiaky zapekané svajciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),
99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Stvrtok 20.08.2026 *****

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), 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g),
63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:12),
24213 Bravcovy moravsky vrabec 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),
46323 Kapusta kysla dusena 250g (E:953kj,B:6g,T:14g,S:22g) (Al:1,12),
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. . . . . 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)
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)

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

***** Piatok 21.08.2026 *****

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),
99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05811 Polievka fazulova so zeleninou 0,33L (E:691kj,B:8g,T:6g,S:26g) (Al:1,9,12),
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

***** Sobota 22.08.2026 *****

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),
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),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
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. . . . . 99323 Pagac

Večera. . . . . 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravy 0,25l

II. večera. . . . . 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Nedela 23.08.2026 *****

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 Slepačia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,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 taveny 35g (E:343kj,B:6g,T:6g) (Al: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)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.

***** Pondelok 17.08.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 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),
90102 Morcacie prsia na paprike 184g(m.64g) (E:1106kj,B:23g,T:15g,S:10g) (Al:1,7),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
Večera. . . . . 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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Utorok 18.08.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
44721 Vajcovy krem [jemna natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12), 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 02111 Hov. polievka krupicova s vaj. 0,33L (E:170kj,B:2g,S:8g) (Al:1,3,9,12),
90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,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. . . . . 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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g)

***** Streda 19.08.2026 *****

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera. . . . . 90303 Zemiaky zapekané svajciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),
99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Stvrtok 20.08.2026 *****

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), 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g),
63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:12),
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99738 Pernik DIA
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)
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)

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

***** Piatok 21.08.2026 *****

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),
99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

***** Sobota 22.08.2026 *****

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),
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),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
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. . . . . 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)

II. večera. . . . . 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Nedela 23.08.2026 *****

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 Slepačia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,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 taveny 35g (E:343kj,B:6g,T:6g) (Al: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)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

DIA-T - DIABETICKA STRAVA - KAŠOVITA 1 - 1 r.

***** Pondelok 17.08.2026 *****

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),
90102 Morcacie prsia na paprike 184g(m.64g) (E:1106kj,B:23g,T:15g,S:10g) (Al:1,7),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
Večera. . . . . 45822 Karotka na masle 220g (E:415kj,B:2g,T:6g,S:16g) (Al:7),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 18.08.2026 *****

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. . . . . 02111 Hov. polievka krupicova s vaj. 0,33L (E:170kj,B:2g,S:8g) (Al:1,3,9,12),
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
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. . . . . 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)

***** Streda 19.08.2026 *****

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (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. . . . . 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 20.08.2026 *****

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. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:12),
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),
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. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)
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)
II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 21.08.2026 *****

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. . . . . 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
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. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)

Večera. . . . . 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Sobota 22.08.2026 *****

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. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
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. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
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)
II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Nedela 23.08.2026 *****

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 Slepačia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),
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. . . . . 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. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

KASOV - KAŠOVITÁ 1 - 1 r.

***** Pondelok 17.08.2026 *****

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. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
90102 Morcacie prsia na paprike 184g(m.64g) (E:1106kj,B:23g,T:15g,S:10g) (Al:1,7),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99757 Keks Indian
Večera. . . . . 45822 Karotka na masle 220g (E:415kj,B:2g,T:6g,S:16g) (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 18.08.2026 *****

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. . . . . 02111 Hov. polievka krupicova s vaj. 0,33L (E:170kj,B:2g,S:8g) (Al:1,3,9,12),
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera. . . . . 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 19.08.2026 *****

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
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)

***** Stvrtok 20.08.2026 *****

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. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:12),
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),
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. . . . . 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)

***** Piatok 21.08.2026 *****

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. . . . . 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),

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

***** Sobota 22.08.2026 *****

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. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
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. . . . . 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 23.08.2026 *****

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 Slepačia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 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

PAN-4 - PANKREASOVÁ S OBMEDZENIM TUKU 1 - 1 r.

***** Pondelok 17.08.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 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),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99757 Keks Indian
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 18.08.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
44721 Vajcovy krem [jemna natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 02111 Hov. polievka krupicova s vaj. 0,33L (E:170kj,B:2g,S:8g) (Al:1,3,9,12),
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera. . . . . 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 19.08.2026 *****

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99541 Dzem mini (Al:12), 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),
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 90726 Brokolica varena 230g (E:150kj,B:5g,S:8g), 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 20.08.2026 *****

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. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:12),
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
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. . . . . 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)

***** Piatok 21.08.2026 *****

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),
99631 Syr tvrdy light 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. . . . . 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Sobota 22.08.2026 *****

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), 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),
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. . . . . 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 23.08.2026 *****

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 Slepačia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99434 Uhorky ster. (E:71kj) (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,
99604 Maslo mini delacreame 40g 40, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

RAC-2 - RACIONALNA STRAVA 1 - 1 r.

***** Pondelok 17.08.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 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),
90102 Morcacie prsia na paprike 184g(m.64g) (E:1106kj,B:23g,T:15g,S:10g) (Al:1,7),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99757 Keks Indian
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 18.08.2026 *****

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1),
44721 Vajcovy krem [jemna natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 02111 Hov. polievka krupicova s vaj. 0,33L (E:170kj,B:2g,S:8g) (Al:1,3,9,12),
12112 Treska vyprazana 150g (E:5562kj,B:27g,T:122g,S:31g) (Al:1,3,4,7),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
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)

***** Streda 19.08.2026 *****

Raňajky. . . . . 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera. . . . . 90303 Zemiaky zapekané svajciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),
99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 20.08.2026 *****

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), 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:12),
24213 Bravcovy moravsky vrabec 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),
46323 Kapusta kysla dusena 250g (E:953kj,B:6g,T:14g,S:22g) (Al:1,12),
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. . . . . 99343 Siska
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)

***** Piatok 21.08.2026 *****

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),
99631 Syr tvrdy light 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. . . . . 05811 Polievka fazulova so zeleninou 0,33L (E:691kj,B:8g,T:6g,S:26g) (Al:1,9,12),
58511 Buchty domace plnene lekvarom 300g (E:4878kj,B:20g,T:40g,S:181g) (Al:1,3,7,12),

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

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

Večera. . . . . 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Sobota 22.08.2026 *****

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), 99408 Mrkva 30 (E:21kj,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),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
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. . . . . 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 23.08.2026 *****

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 Slepačia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99434 Uhorky ster. (E:71kj) (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:Kaštílová Schválila:Stravovacia komisia

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

SETR - ŠETRIACA 1 - 1 r.

***** Pondelok 17.08.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 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),
90102 Morcacie prsia na paprike 184g(m.64g) (E:1106kj,B:23g,T:15g,S:10g) (Al:1,7),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99757 Keks Indian
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 18.08.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
44721 Vajcovy krem [jemna natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 02111 Hov. polievka krupicova s vaj. 0,33L (E:170kj,B:2g,S:8g) (Al:1,3,9,12),
90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera. . . . . 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 19.08.2026 *****

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera. . . . . 90303 Zemiaky zapekané svajciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),
99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 20.08.2026 *****

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), 99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:12),
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99434 Uhorky ster. (E:71kj) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99343 Siska
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)

***** Piatok 21.08.2026 *****

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),
99631 Syr tvrdy light 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. . . . . 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),
58511 Buchty domace plnene lekvarom 300g (E:4878kj,B:20g,T:40g,S:181g) (Al:1,3,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . .99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
Večera. . . . . .05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Sobota 22.08.2026 *****

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), 99408 Mrkva 30 (E:21kj,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),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
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. . . . . .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 23.08.2026 *****

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 Slepačia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99434 Uhorky ster. (E:71kj) (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:Kaštílová Schválila:Stravovacia komisia

TEKUT - TEKUTA STRAVA 1 - 1 r.

***** Pondelok 17.08.2026 *****

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. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
90102 Morcacie prsia na paprike 184g(m.64g) (E:1106kj,B:23g,T:15g,S:10g) (Al:1,7),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99757 Keks Indian
Večera. . . . . 45822 Karotka na masle 220g (E:415kj,B:2g,T:6g,S:16g) (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 18.08.2026 *****

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. . . . . 02111 Hov. polievka krupicova s vaj. 0,33L (E:170kj,B:2g,S:8g) (Al:1,3,9,12),
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera. . . . . 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 19.08.2026 *****

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:15g,S:18g) (Al:1,7),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
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)

***** Stvrtok 20.08.2026 *****

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. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:12),
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),
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. . . . . 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)

***** Piatok 21.08.2026 *****

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. . . . . 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
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 ***

***** Sobota 22.08.2026 *****

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. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
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 23.08.2026 *****

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 Slepačia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),
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. . . . . 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□

□