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

Obdobie: 31.08.2026 - 06.09.2026

BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.

***** Pondelok 31.08.2026 *****

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. . . . . 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),
90209 Brav. stehno znojemske 193g(m.63g) (E:1359kj,B:16g,T:25g,S:8g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
Večera. . . . . 90726 Brokolica varena 230g (E:150kj,B:5g,S:8g), 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 01.09.2026 *****

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. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,9,12),
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (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. . . . . 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 02.09.2026 *****

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. . . . . 039115 Pol. z fazul.strukov bezmlieka 0,33L (E:458kj,B:2g,T:6g,S:13g) (Al:1,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99748 Keks Marina 0,1
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)

***** Stvrtok 03.09.2026 *****

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1954kj,B:18g,T:22g,S:49g) (Al:1,3,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99748 Keks Marina 0,1
Večera. . . . . 55112 Kapustove fliacky 350g (E:2793kj,B:15g,T:31g,S:87g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 04.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),

99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Sobota 05.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 907365 Polievka zemiakova bezmliecna 0,33l (E:595kj,B:3g,T:4g,S:27g) (Al:1,9),
900105 Kuracie prs. na zeleri bez mli 200g(m.64g) (E:1122kj,B:31g,T:11g,S:11g) (Al:1,9),
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. . . . . 99323 Pagac

Večera. . . . . 49921 Zemiaky bratislavske 250g (E:1237kj,B:7g,T:6g,S:63g) (Al:12), 99434 Uhorky ster. (E:71kj) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Nedela 06.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
14214 Hov. pecienka ciganska 213g(m.63g) (E:1189kj,B:23g,T:17g,S:10g) (Al:1,12),
90280 Zemiaky dusene s paprikou 260g (E:1624kj,B:6g,T:17g,S:64g),
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

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

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

BML-T - KAŠOVITÁ BEZ MLIEČNA 1 - 1 r.

***** Pondelok 31.08.2026 *****

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. . . . . 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),
90209 Brav. stehno znojemske 193g(m.63g) (E:1359kj,B:16g,T:25g,S:8g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
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)

***** Utorok 01.09.2026 *****

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. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,9,12),
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (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. . . . . 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 02.09.2026 *****

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. . . . . 039115 Pol. z fazul.strukov bezmlieka 0,33L (E:458kj,B:2g,T:6g,S:13g) (Al:1,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (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)

***** Stvrtok 03.09.2026 *****

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99541 Dzem mini (Al:12),
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1954kj,B:18g,T:22g,S:49g) (Al:1,3,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99748 Keks Marina 0,1
Večera. . . . . 902725 Bratis. rizoto zel. bezmlieka 300g (E:2335kj,B:18g,T:12g,S:98g) (Al:1,3,9,12),
99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 04.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (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)
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)

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

***** Sobota 05.09.2026 *****

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. . . . . 907365 Polievka zemiakova bezmliecna 0,33l (E:595kj,B:3g,T:4g,S:27g) (Al:1,9),
900105 Kuracie prs. na zeleri bez mli 200g(m.64g) (E:1122kj,B:31g,T:11g,S:11g) (Al:1,9),
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. . . . . 95107 Smotana 14% bez laktozy

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)

***** Nedela 06.09.2026 *****

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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 31.08.2026 *****

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. . . . . 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),
90209 Brav. stehno znojemske 193g(m.63g) (E:1359kj,B:16g,T:25g,S:8g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 95103 Jogurt bez laktozy
Večera. . . . . 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)
II. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

***** Utorok 01.09.2026 *****

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. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,9,12),
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (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. . . . . 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,12),
99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

***** Streda 02.09.2026 *****

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. . . . . 039115 Pol. z fazul.strukov bezmlieka 0,33L (E:458kj,B:2g,T:6g,S:13g) (Al:1,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (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. . . . . 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. . . . . 95102 Mlieko bezlak. 250ml 0,25l

***** Stvrtok 03.09.2026 *****

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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1954kj,B:18g,T:22g,S:49g) (Al:1,3,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
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)
II. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

***** Piatok 04.09.2026 *****

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. . . . . 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (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)
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. . . . . 95107 Smotana 14% bez laktozy

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

Obdobie: 31.08.2026 - 06.09.2026

***** Sobota 05.09.2026 *****

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. . . . . 907365 Polievka zemiakova bezmliecna 0,33l (E:595kj,B:3g,T:4g,S:27g) (Al:1,9),
900105 Kuracie prs. na zeleri bez mli 200g(m.64g) (E:1122kj,B:31g,T:11g,S:11g) (Al:1,9),
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. . . . . 95107 Smotana 14% bez laktozy
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

***** Nedela 06.09.2026 *****

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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. . . . . 95102 Mlieko bezlak. 250ml 0,25l

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

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

***** Pondelok 31.08.2026 *****

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. . . . . 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),
90209 Brav. stehno znojemske 193g(m.63g) (E:1359kj,B:16g,T:25g,S:8g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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)

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 01.09.2026 *****

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. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,9,12),
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (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. . . . . 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,12),
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), 99604 Maslo mini delacreame 40g 40,
99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g)

***** Streda 02.09.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,
99719 Sardinky 0,0625 (0,5 ks) (E:408kj,B:7g,T:7g,S:1g), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 039115 Pol. z fazul.strukov bezmlieka 0,33L (E:458kj,B:2g,T:6g,S:13g) (Al:1,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12),
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), 99604 Maslo mini delacreame 40g 40

***** Stvrtok 03.09.2026 *****

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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1954kj,B:18g,T:22g,S:49g) (Al:1,3,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 90403 Kapustove fliacky DIA (,s.380g) (E:2847kj,B:14g,T:31g,S:93g) (Al:1,3), 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99604 Maslo mini delacreame 40g 40,
99106 Salama makka 50g 50g (E:445kj,B:5g,T:9g,S:1g) (Al:1,3)

***** Piatok 04.09.2026 *****

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. . . . . 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),

26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
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)

***** Sobota 05.09.2026 *****

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 907365 Polievka zemiakova bezmliecna 0,33l (E:595kj,B:3g,T:4g,S:27g) (Al:1,9),
900105 Kuracie prs. na zeleri bez mli 200g(m.64g) (E:1122kj,B:31g,T:11g,S:11g) (Al:1,9),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99323 Pagac

Večera. . . . . 49921 Zemiaky bratislavske 250g (E:1237kj,B:7g,T:6g,S:63g) (Al:12), 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),
99107 Salama sucha 50g 50g (E:1052kj,B:11g,T:23g,S:1g), 99604 Maslo mini delacreame 40g 40

***** Nedela 06.09.2026 *****

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
14214 Hov. pecienka ciganska 213g(m.63g) (E:1189kj,B:23g,T:17g,S:10g) (Al:1,12),
90280 Zemiaky dusene s paprikou 260g (E:1624kj,B:6g,T:17g,S:64g), 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), 99124 Sunkovy narez,
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), 95102 Mlieko bezlak. 250ml 0,25l

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

DIA-9 - DIABETICKA STRAVA 1 - 1 r.

***** Pondelok 31.08.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
99722 Syrovo - mrkvova natireka 50 (E:829kj,B:3g,T:20g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
90209 Brav. stehno znojemske 193g(m.63g) (E:1359kj,B:16g,T:25g,S:8g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)
Večera. . . . . 90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (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 01.09.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
44621 Drozdova natierka 50g (E:757kj,B:9g,T:12g,S:10g) (Al:1,3,7), 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,9,12),
90294 Syr vyprazany 110g (E:4504kj,T:120g),
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. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. . . . . 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,12),
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),
99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g)

***** Streda 02.09.2026 *****

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. . . . . 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12),
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), 99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Stvrtok 03.09.2026 *****

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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1954kj,B:18g,T:22g,S:49g) (Al:1,3,12),
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. . . . . 90403 Kapustove fliacky DIA (,s.380g) (E:2847kj,B:14g,T:31g,S:93g) (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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99106 Salama makka 50g 50g (E:445kj,B:5g,T:9g,S:1g) (Al:1,3)

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

***** Piatok 04.09.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
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)

***** Sobota 05.09.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 90736 Polievka zemiakova so syrom 0,33l (E:720kj,B:4g,T:7g,S:27g) (Al:1,7,9),
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99323 Pagac
Večera. . . . . 90408 Ryzovy nakyp so slivkami DIA 360g (E:2275kj,B:19g,T:12g,S:94g) (Al: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),
99107 Salama sucha 50g 50g (E:1052kj,B:11g,T:23g,S:1g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Nedela 06.09.2026 *****

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
14214 Hov. pecienka ciganska 213g(m.63g) (E:1189kj,B:23g,T:17g,S:10g) (Al:1,12),
90280 Zemiaky dusene s paprikou 260g (E:1624kj,B:6g,T:17g,S:64g), 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), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,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),
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 31.08.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
99722 Syrovo - mrkvova natireka 50 (E:829kj,B:3g,T:20g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
90209 Brav. stehno znojemske 193g(m.63g) (E:1359kj,B:16g,T:25g,S:8g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)
Večera. . . . . 90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (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 01.09.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
44621 Drozdova natierka 50g (E:757kj,B:9g,T:12g,S:10g) (Al:1,3,7), 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,9,12),
90295 Syr peceny 110g (E:938kj,T:25g),
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. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. . . . . 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,12),
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),
99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g)

***** Streda 02.09.2026 *****

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. . . . . 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12),
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), 99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Stvrtok 03.09.2026 *****

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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1954kj,B:18g,T:22g,S:49g) (Al:1,3,12),
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. . . . . 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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99106 Salama makka 50g 50g (E:445kj,B:5g,T:9g,S:1g) (Al:1,3)

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***** Piatok 04.09.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
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)

***** Sobota 05.09.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 90736 Polievka zemiakova so syrom 0,33l (E:720kj,B:4g,T:7g,S:27g) (Al:1,7,9),
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99323 Pagac

Večera. . . . . 90408 Ryzovy nakyp so slivkami DIA 360g (E:2275kj,B:19g,T:12g,S:94g) (Al: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),
99107 Salama sucha 50g 50g (E:1052kj,B:11g,T:23g,S:1g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Nedela 06.09.2026 *****

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
90280 Zemiaky dusene s paprikou 260g (E:1624kj,B:6g,T:17g,S:64g), 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), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,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),
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 31.08.2026 *****

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. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
90209 Brav. stehno znojemske 193g(m.63g) (E:1359kj,B:16g,T:25g,S:8g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 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)
II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 01.09.2026 *****

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. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,9,12),
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (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. . . . . 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,12),
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. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Streda 02.09.2026 *****

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. . . . . 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (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. . . . . 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. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 03.09.2026 *****

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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1954kj,B:18g,T:22g,S:49g) (Al:1,3,12),
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. . . . . 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)
II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 04.09.2026 *****

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. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,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. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),

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

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

***** Sobota 05.09.2026 *****

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. . . . . 90736 Polievka zemiakova so syrom 0,33l (E:720kj,B:4g,T:7g,S:27g) (Al:1,7,9),
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7),
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 06.09.2026 *****

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

KASOV - KAŠOVITÁ 1 - 1 r.

***** Pondelok 31.08.2026 *****

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. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
90209 Brav. stehno znojemske 193g(m.63g) (E:1359kj,B:16g,T:25g,S:8g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 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 01.09.2026 *****

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. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,9,12),
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 02.09.2026 *****

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. . . . . 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (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. . . . . 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
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)

***** Stvrtok 03.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1954kj,B:18g,T:22g,S:49g) (Al:1,3,12),
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. . . . . 99748 Keks Marina 0,1
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)

***** Piatok 04.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),

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

***** Sobota 05.09.2026 *****

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. . . . . 90736 Polievka zemiakova so syrom 0,33l (E:720kj,B:4g,T:7g,S:27g) (Al:1,7,9),
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),
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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. . . . . 55821 Ryzova kasa 300g (E:2561kj,B:15g,T:22g,S:88g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Nedela 06.09.2026 *****

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
90280 Zemiaky dusene s paprikou 260g (E:1624kj,B:6g,T:17g,S:64g), 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 31.08.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99722 Syrovo - mrkvova natireka 50 (E:829kj,B:3g,T:20g,S:1g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (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. . . . . 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

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

***** Utorok 01.09.2026 *****

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),
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. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,9,12),
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (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. . . . . 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 02.09.2026 *****

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. . . . . 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (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. . . . . 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

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)

***** Stvrtok 03.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1954kj,B:18g,T:22g,S:49g) (Al:1,3,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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)

***** Piatok 04.09.2026 *****

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

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

99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Sobota 05.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
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. . . . . 90736 Polievka zemiakova so syrom 0,33l (E:720kj,B:4g,T:7g,S:27g) (Al:1,7,9),
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),
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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. . . . . 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Nedela 06.09.2026 *****

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (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), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

RAC-2 - RACIONALNA STRAVA 1 - 1 r.

***** Pondelok 31.08.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99722 Syrovo - mrkvova natireka 50 (E:829kj,B:3g,T:20g,S:1g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
90209 Brav. stehno znojemske 193g(m.63g) (E:1359kj,B:16g,T:25g,S:8g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 57712 Palacinky s dzemom 350g (E:3979kj,B:20g,T:32g,S:503g) (Al:1,3,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 01.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
44621 Drozdova natierka 50g (E:757kj,B:9g,T:12g,S:10g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,9,12),
90294 Syr vyprazany 110g (E:4504kj,T:120g),
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 02.09.2026 *****

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. . . . . 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 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)

***** Stvrtok 03.09.2026 *****

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1954kj,B:18g,T:22g,S:49g) (Al:1,3,12),
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. . . . . 99748 Keks Marina 0,1

Večera. . . . . 55112 Kapustove fliacky 350g (E:2793kj,B:15g,T:31g,S:87g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 04.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
58311 Parene buchty s lekvar.a mak. 315g (E:6222kj,B:27g,T:61g,S:212g) (Al:1,3,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . .99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera. . . . . .99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Sobota 05.09.2026 *****

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),
99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 90736 Polievka zemiakova so syrom 0,33l (E:720kj,B:4g,T:7g,S:27g) (Al:1,7,9),
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),
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. . . . . .99323 Pagac
Večera. . . . . .60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Nedela 06.09.2026 *****

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
14214 Hov. pecienka ciganska 213g(m.63g) (E:1189kj,B:23g,T:17g,S:10g) (Al:1,12),
90280 Zemiaky dusene s paprikou 260g (E:1624kj,B:6g,T:17g,S:64g), 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), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

SETR - ŠETRIACA 1 - 1 r.

***** Pondelok 31.08.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99722 Syrovo - mrkvova natireka 50 (E:829kj,B:3g,T:20g,S:1g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
90209 Brav. stehno znojemske 193g(m.63g) (E:1359kj,B:16g,T:25g,S:8g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 57712 Palacinky s dzemom 350g (E:3979kj,B:20g,T:32g,S:503g) (Al:1,3,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 01.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
44621 Drozdova natierka 50g (E:757kj,B:9g,T:12g,S:10g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,9,12),
90295 Syr peceny 110g (E:938kj,T:25g),
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 02.09.2026 *****

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. . . . . 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 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)

***** Stvrtok 03.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1954kj,B:18g,T:22g,S:49g) (Al:1,3,12),
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. . . . . 99748 Keks Marina 0,1

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)

***** Piatok 04.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
90260 Parene buchty lekvar a kakao 315g (E:6151kj,B:26g,T:54g,S:220g) (Al:1,3,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Sobota 05.09.2026 *****

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),
99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 90736 Polievka zemiakova so syrom 0,33l (E:720kj,B:4g,T:7g,S:27g) (Al:1,7,9),
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),
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. . . . . 99323 Pagac
Večera. . . . . 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Nedela 06.09.2026 *****

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
90280 Zemiaky dusene s paprikou 260g (E:1624kj,B:6g,T:17g,S:64g), 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), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

TEKUT - TEKUTA STRAVA 1 - 1 r.

***** Pondelok 31.08.2026 *****

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. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
90209 Brav. stehno znojemske 193g(m.63g) (E:1359kj,B:16g,T:25g,S:8g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 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 01.09.2026 *****

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. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,9,12),
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (Al:1,3,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 02.09.2026 *****

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. . . . . 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (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. . . . . 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
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)

***** Stvrtok 03.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1954kj,B:18g,T:22g,S:49g) (Al:1,3,12),
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. . . . . 99748 Keks Marina 0,1
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)

***** Piatok 04.09.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Sobota 05.09.2026 *****

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. . . . . 90736 Polievka zemiakova so syrom 0,33l (E:720kj,B:4g,T:7g,S:27g) (Al:1,7,9),
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),
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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. . . . . 55821 Ryzova kasa 300g (E:2561kj,B:15g,T:22g,S:88g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Nedela 06.09.2026 *****

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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. . . . . 99624 Mliecna ryza, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

Stravovacia komisia: Stražovská
Kubrická
Kišková
Kaštílová