

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

Obdobie: 15.09.2025 - 21.09.2025

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 15.09.2025 \*\*\***

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:185kj,B:6g,T:1g,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,9),  
90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 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),  
99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Utorok 16.09.2025 \*\*\***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99501 Ovocie

Obed..... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 99434 Uhorky ster. (E:71kj) (Al:12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99323 Pagac

Večera..... 46521 Miesana zelenina 180g (E:462kj,B:4g,T:5g,S:15g) (Al:1,12),  
49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Streda 17.09.2025 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),  
900075 Kuraci stroganov bezmlieka 180g(m.64g) (E:1343kj,B:32g,T:13g,S:16g) (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..... 99748 Keks Marina 0,1

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)

**\*\*\* Stvrtok 18.09.2025 \*\*\***

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..... 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,9,12),  
35823 Sekana pecienka 240g(m.160g) (E:1879kj,B:22g,T:32g,S:18g) (Al:1,3,12),  
46823 Kel so zemiakmi zapravany 300g (E:1023kj,B:8g,T:13g,S:32g) (Al:1),  
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12),  
99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Piatok 19.09.2025 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 08211 Polievka sosovic. s parkom 0,5L(m.50g) (E:2308kj,B:25g,T:34g,S:43g) (Al:1,3,12),  
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1),  
90214 Bravcova ciganska 290g(m.63g) (E:1609kj,B:16g,T:32g,S:8g) (Al:1,12),  
49811 Zemiaky var. s cibul.-stuchane 260g (E:1198kj,B:6g,T:6g,S:63g),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99757 Keks Indian

Večera..... 557115 Spačety po talian. bez mlieka 320g (E:2716kj,B:16g,T:21g,S:100g) (Al:1,3,12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Obdobie: 15.09.2025 - 21.09.2025

Str.: 2

## \*\*\* Sobota 20.09.2025 \*\*\*

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. .... 650225 Polievka zemiak. II bez mlieka 0,33l (E:332kj,B:2g,S:21g) (Al:12),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99335 Croissant cokoladovy

Večera. .... 281125 Prazske zemiaky bezmlieka 400g (E:2503kj,B:19g,T:35g,S:62g) (Al:1,3),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 21.09.2025 \*\*\*

Raňajky. .... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
 99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. .... 99501 Ovocie

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,12),  
 49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 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),  
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 15.09.2025 - 21.09.2025

Str.: 3

**BML-T - KAŠOVITÁ BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 15.09.2025 \*\*\***

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,9),  
90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 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)

**\*\*\* Utorok 16.09.2025 \*\*\***

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 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. . . . . 46521 Miesana zelenina 180g (E:462kj,B:4g,T:5g,S:15g) (Al:1,12),  
49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Streda 17.09.2025 \*\*\***

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),  
900075 Kuraci stroganov bezmlika 180g(m.64g) (E:1343kj,B:32g,T:13g,S:16g) (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. . . . . 99748 Keks Marina 0,1

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)

**\*\*\* Stvrtok 18.09.2025 \*\*\***

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. . . . . 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,9,12),  
35823 Sekana pecienka 240g(m.160g) (E:1879kj,B:22g,T:32g,S:18g) (Al:1,3,12),  
49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12),  
99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Piatok 19.09.2025 \*\*\***

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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),  
90214 Bravcova ciganska 290g(m.63g) (E:1609kj,B:16g,T:32g,S:8g) (Al:1,12),  
49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 95107 Smotana 14% bez laktozy

Večera. . . . . 557115 Spačety po talian. bez mlieka 320g (E:2716kj,B:16g,T:21g,S:100g) (Al:1,3,12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Obdobie: 15.09.2025 - 21.09.2025

Str.: 4

## \*\*\* Sobota 20.09.2025 \*\*\*

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. .... 650225 Polievka zemiak. II bez mlieka 0,33l (E:332kj,B:2g,S:21g) (Al:12),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99520 Kompot 150g (Al:12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. .... 281125 Prazske zemiaky bezmlieka 400g (E:2503kj,B:19g,T:35g,S:62g) (Al:1,3),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 21.09.2025 \*\*\*

Raňajky. .... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),  
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. .... 99501 Ovocie

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,12),  
 49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 99520 Kompot 150g (Al:12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 15.09.2025 - 21.09.2025

Str.: 5

**D-KBM - DIABET - KAŠOV. BEZMLIEČNA 1 - 1 r.****\*\*\* Pondelok 15.09.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (AI:1,9),  
 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (AI:1,9),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63100 Voda so sirupom (E:337kj,S:20g) (AI:12)  
 Olovrant. . . . . 95103 Jogurt bez laktozy  
 Večera. . . . . 99555 Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (AI:12)  
 II. večera. . . . . 95103 Jogurt bez laktozy

**\*\*\* Utorok 16.09.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,  
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (AI:12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (AI:1),  
 49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
 63100 Voda so sirupom (E:337kj,S:20g) (AI:12)  
 Olovrant. . . . . 95107 Smotana 14% bez laktozy  
 Večera. . . . . 46521 Miesana zelenina 180g (E:462kj,B:4g,T:5g,S:15g) (AI:1,12),  
 49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (AI:12)  
 II. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

**\*\*\* Streda 17.09.2025 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (AI:1), 99542 Dzem mini dia 20g,  
 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (AI:1,3,12),  
 900075 Kuraci stroganov bezmlieka 180g(m.64g) (E:1343kj,B:32g,T:13g,S:16g) (AI:1,10,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (AI:12)  
 Olovrant. . . . . 95103 Jogurt bez laktozy  
 Večera. . . . . 08011 Pol. frankfurt. s par. a zem. 0,5L(m.20g) (E:1125kj,B:8g,T:17g,S:24g) (AI:1,3,12),  
 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63100 Voda so sirupom (E:337kj,S:20g) (AI:12)  
 II. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

**\*\*\* Stvrtok 18.09.2025 \*\*\***

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. . . . . 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (AI:1,3,9,12),  
 35823 Sekana pecienka 240g(m.160g) (E:1879kj,B:22g,T:32g,S:18g) (AI:1,3,12),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63100 Voda so sirupom (E:337kj,S:20g) (AI:12)  
 Olovrant. . . . . 95107 Smotana 14% bez laktozy  
 Večera. . . . . 902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (AI:9,12),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (AI:12)  
 II. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

**\*\*\* Piatok 19.09.2025 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (AI:1), 99542 Dzem mini dia 20g,  
 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (AI:9,12),  
 90214 Bravcova ciganska 290g(m.63g) (E:1609kj,B:16g,T:32g,S:8g) (AI:1,12),  
 49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (AI:12)  
 Olovrant. . . . . 95107 Smotana 14% bez laktozy  
 Večera. . . . . 557115 Spagety po talian. bez mlieka 320g (E:2716kj,B:16g,T:21g,S:100g) (AI:1,3,12),  
 63100 Voda so sirupom (E:337kj,S:20g) (AI:12)  
 II. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

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

Obdobie: 15.09.2025 - 21.09.2025

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## \*\*\* Sobota 20.09.2025 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l  
 Desiata. .... 99501 Ovocie  
 Obed. .... 650225 Polievka zemiak. II bez mlieka 0,33l (E:332kj,B:2g,S:21g) (Al:12),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. .... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 Večera. .... 281125 Prazske zemiaky bezmlieka 400g (E:2503kj,B:19g,T:35g,S:62g) (Al:1,3),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 II. večera. .... 95107 Smotana 14% bez laktozy

## \*\*\* Nedela 21.09.2025 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,  
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,12),  
 49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 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:Kaštilová

Schválila:Stravovacia komisia

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**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 15.09.2025 \*\*\***

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:185kj,B:6g,T:1g,S:2g), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,9),  
90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99738 Pernik DIA

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

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

**\*\*\* Utorok 16.09.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,  
99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99501 Ovocie

Obed..... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 95107 Smotana 14% bez laktozy

Večera..... 46521 Miesana zelenina 180g (E:462kj,B:4g,T:5g,S:15g) (Al:1,12),  
49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

**\*\*\* Streda 17.09.2025 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),  
900075 Kuraci stroganov bezmlika 180g(m.64g) (E:1343kj,B:32g,T:13g,S:16g) (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..... 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)

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

**\*\*\* Stvrtok 18.09.2025 \*\*\***

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..... 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,9,12),  
35823 Sekana pecienka 240g(m.160g) (E:1879kj,B:22g,T:32g,S:18g) (Al:1,3,12),  
46823 Kel so zemiakmi zapravany 300g (E:1023kj,B:8g,T:13g,S:32g) (Al:1),  
99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12),  
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99604 Maslo mini delacreame 40g 40

**\*\*\* Piatok 19.09.2025 \*\*\***

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..... 08211 Polievka sosovic. s parkom 0,5L(m.50g) (E:2308kj,B:25g,T:34g,S:43g) (Al:1,3,12),  
99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),  
90214 Bravcova ciganska 290g(m.63g) (E:1609kj,B:16g,T:32g,S:8g) (Al:1,12),  
49811 Zemiaky var. s cibul.-stuchane 260g (E:1198kj,B:6g,T:6g,S:63g),

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	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. ....	99738 Pernik DIA
Večera. ....	557115 Spažety po talian. bez mlieka 320g (E:2716kj,B:16g,T:21g,S:100g) (Al:1,3,12), 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, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g)
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<b>*** Sobota 20.09.2025 ***</b>	
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 pravý 0,25l
Desiata. ....	99501 Ovocie
Obed. ....	90743 Polievka syrová s opek. zemiou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7), 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. ....	99738 Pernik DIA
Večera. ....	281125 Prazske zemiaky bezmlieka 400g (E:2503kj,B:19g,T:35g,S:62g) (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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
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<b>*** Nedela 21.09.2025 ***</b>	
Raňajky. ....	99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40, 99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata. ....	99501 Ovocie
Obed. ....	02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,12), 49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 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), 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al: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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**DIA-9 - DIABETICKA STRAVA****1 - 1 r.****\*\*\* Pondelok 15.09.2025 \*\*\***

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

Desiata..... 99501 Ovocie

Obed..... 04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99738 Pernik DIA

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

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

**\*\*\* Utorok 16.09.2025 \*\*\***

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

Desiata..... 99501 Ovocie

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
17914 Hov. maso dus. na madar. spos. 212g(m.62g) (E:1197kj,B:18g,T:21g,S:7g) (Al:1),  
50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99323 Pačac

Večera..... 90410 Lievance DIA 310g (E:3905kj,B:28g,T:32g,S:143g) (Al:1,3,7),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera..... 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),  
99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Streda 17.09.2025 \*\*\***

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),  
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravý 0,25l

Desiata..... 99501 Ovocie

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),  
90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 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)

**\*\*\* Stvrtok 18.09.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),  
44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7),  
99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63111 Caj pravý 0,25l

Desiata..... 99501 Ovocie

Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,9,12),  
35823 Sekana pecienka 240g(m.160g) (E:1879kj,B:22g,T:32g,S:18g) (Al:1,3,12),  
46823 Kel so zemiakmi zapravany 300g (E:1023kj,B:8g,T:13g,S:32g) (Al:1),  
99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7),  
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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Piatok 19.09.2025 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (Al:7), 63111 Caj pravý 0,25l

Desiata..... 99501 Ovocie

Obed..... 08211 Polievka sosovic. s parkom 0,5L(m.50g) (E:2308kj,B:25g,T:34g,S:43g) (Al:1,3,12),  
99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),

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

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	90214 Bravcova ciganska 290g(m.63g) (E:1609kj,B:16g,T:32g,S:8g) (Al:1,12),
	49811 Zemiaky var. s cibul.-stuchane 260g (E:1198kj,B:6g,T:6g,S:63g),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. ....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera. ....	55711 Spagety po taliansky 320g (E:3146kj,B:23g,T:29g,S:101g) (Al:1,3,7,12),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. ....	99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
	99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g)
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<b>*** Sobota 20.09.2025 ***</b>	
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 tvrdý light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),
	63111 Caj pravy 0,25l
Desiata. ....	99501 Ovocie
Obed. ....	90743 Polievka syrová s opek. zemiakmi 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
	90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),
	51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99433 Uhorky ster. DIA (E:26kj,S:1g),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. ....	99738 Pernik DIA
Večera. ....	28112 Prazske zemiaky zapecene 400g (E:2484kj,B:19g,T:34g,S:63g) (Al:1,3,7),
	99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. ....	99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
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<b>*** Nedela 21.09.2025 ***</b>	
Raňajky. ....	99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
	99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. ....	99501 Ovocie
Obed. ....	02311 Hov. polievka so struhankou 0,33L(p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
	15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,12),
	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),
	99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,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)
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Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

Obdobie: 15.09.2025 - 21.09.2025

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**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 15.09.2025 \*\*\***

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

Desiata..... 99501 Ovocie

Obed..... 04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99738 Pernik DIA

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

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

**\*\*\* Utorok 16.09.2025 \*\*\***

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

Desiata..... 99501 Ovocie

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
50421 Knedle kysnuté 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99323 Pačac

Večera..... 90410 Lievance DIA 310g (E:3905kj,B:28g,T:32g,S:143g) (Al:1,3,7),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera..... 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),  
99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Streda 17.09.2025 \*\*\***

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),  
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravý 0,25l

Desiata..... 99501 Ovocie

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),  
90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 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)

**\*\*\* Stvrtok 18.09.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),  
44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7),  
99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 63111 Caj pravý 0,25l

Desiata..... 99501 Ovocie

Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,9,12),  
35823 Sekana pecienka 240g(m.160g) (E:1879kj,B:22g,T:32g,S:18g) (Al:1,3,12),  
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),  
99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7),  
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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Piatok 19.09.2025 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (Al:7), 63111 Caj pravý 0,25l

Desiata..... 99501 Ovocie

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),  
90214 Bravcova ciganska 290g(m.63g) (E:1609kj,B:16g,T:32g,S:8g) (Al:1,12),

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

Obdobie: 15.09.2025 - 21.09.2025

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	49811 Zemiaky var. s cibul.-stuchane 260g (E:1198kj,B:6g,T:6g,S:63g),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. ....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera. ....	55711 Spagety po taliansky 320g (E:3146kj,B:23g,T:29g,S:101g) (Al:1,3,7,12),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. ....	99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
	99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g)
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<b>*** Sobota 20.09.2025 ***</b>	
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 tvrdý light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),
	63111 Caj pravý 0,25l
Desiata. ....	99501 Ovocie
Obed. ....	90743 Polievka syrová s opek. zmlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
	90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),
	51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99433 Uhorky ster. DIA (E:26kj,S:1g),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. ....	99738 Pernik DIA
Večera. ....	28112 Prazske zemiaky zapecene 400g (E:2484kj,B:19g,T:34g,S:63g) (Al:1,3,7),
	99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. ....	99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
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<b>*** Nedela 21.09.2025 ***</b>	
Raňajky. ....	99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
	99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. ....	99501 Ovocie
Obed. ....	02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
	15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,12),
	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),
	99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,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)
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Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 15.09.2025 - 21.09.2025

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**DIA-T - DIABETICKA STRAVA - KAŠOVITA****1 - 1 r.****\*\*\* Pondelok 15.09.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
 25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 99555 Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 II. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Utorok 16.09.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,  
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 50421 Knedle kysnuté 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)  
 Večera. . . . . 46521 Miesana zelenina 180g (E:462kj,B:4g,T:5g,S:15g) (Al:1,12),  
 49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 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)

**\*\*\* Streda 17.09.2025 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,  
 63111 Caj pravý 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),  
 90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. . . . . 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)

**\*\*\* Stvrtok 18.09.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,9,12),  
 35823 Sekana pecienka 240g(m.160g) (E:1879kj,B:22g,T:32g,S:18g) (Al:1,3,12),  
 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. . . . . 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. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Piatok 19.09.2025 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,  
 63111 Caj pravý 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),  
 90214 Bravcova ciganska 290g(m.63g) (E:1609kj,B:16g,T:32g,S:8g) (Al:1,12),  
 49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 55711 Spagety po taliansky 320g (E:3146kj,B:23g,T:29g,S:101g) (Al:1,3,7,12),  
 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)

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

Obdobie: 15.09.2025 - 21.09.2025

Str.: 14

**\*\*\* Sobota 20.09.2025 \*\*\***

Raňajky. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l  
 Desiata. .... 99501 Ovocie  
 Obed. .... 90743 Polievka syrová s opek. zmlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. .... 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. .... 28112 Prazske zemiaky zapecene 400g (E:2484kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
 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 21.09.2025 \*\*\***

Raňajky. .... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,  
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,12),  
 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. .... 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. .... 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:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 15.09.2025 - 21.09.2025

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**KASOV - KAŠOVITÁ 1 - 1 r.****\*\*\* Pondelok 15.09.2025 \*\*\***

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. . . . . 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 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)

**\*\*\* Utorok 16.09.2025 \*\*\***

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. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 46521 Miesana zelenina 180g (E:462kj,B:4g,T:5g,S:15g) (Al:1,12),  
49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Streda 17.09.2025 \*\*\***

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),  
90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 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)

**\*\*\* Stvrtok 18.09.2025 \*\*\***

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:826kj,B:12g,T:8g,S:21g) (Al:1,3,9,12),  
35823 Sekana pecienka 240g(m.160g) (E:1879kj,B:22g,T:32g,S:18g) (Al:1,3,12),  
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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. . . . . 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Piatok 19.09.2025 \*\*\***

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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),  
90214 Bravcova ciganska 290g(m.63g) (E:1609kj,B:16g,T:32g,S:8g) (Al:1,12),  
49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 55711 Spagety po taliansky 320g (E:3146kj,B:23g,T:29g,S:101g) (Al:1,3,7,12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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**\*\*\* Sobota 20.09.2025 \*\*\***

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. . . . . 90743 Polievka syrová s opek. zmlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99520 Kompot 150g (Al:12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 28112 Prazske zemiaky zapecene 400g (E:2484kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Nedela 21.09.2025 \*\*\***

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. . . . . 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,12),  
 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:Kaštilová

Schválila:Stravovacia komisia

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**PAN-4 - PANKREASOVÁ S OBMEDZENIM TUKU****1 - 1 r.****\*\*\* Pondelok 15.09.2025 \*\*\***

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

Desiata..... 99501 Ovocie

Obed..... 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 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),  
 99634 Syr v crievku 100g (E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Utorok 16.09.2025 \*\*\***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
 99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata..... 99501 Ovocie

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 99520 Kompot 150g (Al:12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera..... 46521 Miesana zelenina 180g (E:462kj,B:4g,T:5g,S:15g) (Al:1,12),  
 49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Streda 17.09.2025 \*\*\***

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..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),  
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99520 Kompot 150g (Al:12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 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)

**\*\*\* Stvrtok 18.09.2025 \*\*\***

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:826kj,B:12g,T:8g,S:21g) (Al:1,3,9,12),  
 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), 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)

**\*\*\* Piatok 19.09.2025 \*\*\***

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..... 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),  
 90214 Bravcova ciganska 290g(m.63g) (E:1609kj,B:16g,T:32g,S:8g) (Al:1,12),  
 49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99757 Keks Indian

Večera..... 55711 Spagety po taliansky 320g (E:3146kj,B:23g,T:29g,S:101g) (Al:1,3,7,12),

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

## \*\*\* Sobota 20.09.2025 \*\*\*

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. .... 90743 Polievka syrová s opek. zemiou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),

90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),

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

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

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

Večera. .... 28112 Prazske zemiaky zapecene 400g (E:2484kj,B:19g,T:34g,S:63g) (Al:1,3,7),

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

## \*\*\* Nedela 21.09.2025 \*\*\*

Raňajky. .... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),

66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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. .... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

Večera. .... 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 15.09.2025 \*\*\***

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

Desiata..... 99501 Ovocie

Obed..... 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
 25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 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),  
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Utorok 16.09.2025 \*\*\***

Raňajky..... 99342 Zavin orechovy 100g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata..... 99501 Ovocie

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
 17914 Hov. maso dus. na madar. spos. 212g(m.62g) (E:1197kj,B:18g,T:21g,S:7g) (Al:1),  
 50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

**\*\*\* Streda 17.09.2025 \*\*\***

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),  
 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),  
 90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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)

**\*\*\* Stvrtok 18.09.2025 \*\*\***

Raňajky..... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
 44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,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..... 06611 Polievka drobkova 0,33L(m.20g) (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,9,12),  
 35823 Sekana pecienka 240g(m.160g) (E:1879kj,B:22g,T:32g,S:18g) (Al:1,3,12),  
 46823 Kel so zemiakmi zapravany 300g (E:1023kj,B:8g,T:13g,S:32g) (Al:1),  
 99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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)

**\*\*\* Piatok 19.09.2025 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (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..... 08211 Polievka sosovic. s parkom 0,5L(m.50g) (E:2308kj,B:25g,T:34g,S:43g) (Al:1,3,12),  
 99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1),  
 90214 Bravcova ciganska 290g(m.63g) (E:1609kj,B:16g,T:32g,S:8g) (Al:1,12),  
 49811 Zemiaky var. s cibul.-stuchane 260g (E:1198kj,B:6g,T:6g,S:63g),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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Večera. .... 55711 Spagety po taliansky 320g (E:3146kj,B:23g,T:29g,S:101g) (Al:1,3,7,12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Sobota 20.09.2025 \*\*\*

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

Desiata. .... 99501 Ovocie

Obed. .... 90743 Polievka syrová s opek. zmlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99335 Croissant cokoladovy

Večera. .... 28112 Prazske zemiaky zapecene 400g (E:2484kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 21.09.2025 \*\*\*

Raňajky. .... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),  
 99720 Dzemová nátierka 50g (E:1247kj,T:29g,S:86g) (Al:7,12),  
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. .... 99501 Ovocie

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,12),  
 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),  
 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),  
 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 15.09.2025 - 21.09.2025

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**SETR - ŠETRIACA 1 - 1 r.****\*\*\* Pondelok 15.09.2025 \*\*\***

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

Desiata..... 99501 Ovocie

Obed..... 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
 25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 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),  
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Utorok 16.09.2025 \*\*\***

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..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

**\*\*\* Streda 17.09.2025 \*\*\***

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),  
 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),  
 90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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)

**\*\*\* Stvrtok 18.09.2025 \*\*\***

Raňajky..... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
 44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,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..... 06611 Polievka drobkova 0,33L(m.20g) (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,9,12),  
 35823 Sekana pecienka 240g(m.160g) (E:1879kj,B:22g,T:32g,S:18g) (Al:1,3,12),  
 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (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..... 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)

**\*\*\* Piatok 19.09.2025 \*\*\***

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..... 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),  
 90214 Bravcova ciganska 290g(m.63g) (E:1609kj,B:16g,T:32g,S:8g) (Al:1,12),  
 49811 Zemiaky var. s cibul.-stuchane 260g (E:1198kj,B:6g,T:6g,S:63g),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

Obdobie: 15.09.2025 - 21.09.2025

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Večera. .... 55711 Spagety po taliansky 320g (E:3146kj,B:23g,T:29g,S:101g) (Al:1,3,7,12),  
 ----- 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Sobota 20.09.2025 \*\*\*

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

Desiata. .... 99501 Ovocie

Obed. .... 90743 Polievka syrová s opek. zmlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99520 Kompot 150g (Al:12),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. .... 99335 Croissant cokoladovy

Večera. .... 28112 Prazske zemiaky zapecene 400g (E:2484kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
 ----- 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 21.09.2025 \*\*\*

Raňajky. .... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),  
 99720 Dzemová nátierka 50g (E:1247kj,T:29g,S:86g) (Al:7,12),  
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. .... 99501 Ovocie

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,12),  
 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),  
 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),  
 ----- 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 15.09.2025 - 21.09.2025

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**TEKUT - TEKUTA STRAVA 1 - 1 r.****\*\*\* Pondelok 15.09.2025 \*\*\***

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. . . . . 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
25514 Bravcove maso na paprike 184g(m.64g) (E:1386kj,B:17g,T:25g,S:10g) (Al:1,7),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 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)

**\*\*\* Utorok 16.09.2025 \*\*\***

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. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 46521 Miesana zelenina 180g (E:462kj,B:4g,T:5g,S:15g) (Al:1,12),  
49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Streda 17.09.2025 \*\*\***

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),  
90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 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)

**\*\*\* Stvrtok 18.09.2025 \*\*\***

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:826kj,B:12g,T:8g,S:21g) (Al:1,3,9,12),  
35823 Sekana pecienka 240g(m.160g) (E:1879kj,B:22g,T:32g,S:18g) (Al:1,3,12),  
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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. . . . . 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Piatok 19.09.2025 \*\*\***

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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:403kj,B:2g,T:5g,S:11g) (Al:9,12),  
90214 Bravcova ciganska 290g(m.63g) (E:1609kj,B:16g,T:32g,S:8g) (Al:1,12),  
49711 Zemiaky varene 260g (E:988kj,B:6g,T:1g,S:62g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 55711 Spagety po taliansky 320g (E:3146kj,B:23g,T:29g,S:101g) (Al:1,3,7,12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Obdobie: 15.09.2025 - 21.09.2025

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## \*\*\* Sobota 20.09.2025 \*\*\*

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..... 90743 Polievka syrová s opek. zemiou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),  
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 28112 Prazske zemiaky zapecene 400g (E:2484kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 21.09.2025 \*\*\*

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..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,12),  
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:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková Kubrická Šimovcová Kaštilová