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

Obdobie: 12.10.2026 - 18.10.2026

BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.

***** Pondelok 12.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99718 Trescia pecen 55g 55g (E:142kj,T:4g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 644125 Polievka hrášková bez mlieka 0,33l (E:541kj,B:3g,T:1g,S:25g) (Al:1,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 49921 Zemiaky bratislavske 250g (E:1237kj,B:7g,T:6g,S:63g) (Al:12),
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 13.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99740 Med mini, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 022215 Hov. pol. s liatym cest bezmle 0,33L(,p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),
901165 Morcac. svedsky rezen bezmliek 148g(m.60g) (E:985kj,B:22g,T:12g,S:9g) (Al:1),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99343 Siska
Večera. . . . . 382225 Zapek. cest. so salam bez mlie 300g (E:3064kj,B:22g,T:33g,S:89g) (Al:1,3),
99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 14.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
667195 Hov. dus. s koprom bezmlieka 160g(m.62g) (E:1094kj,B:18g,T:19g,S:6g) (Al:1),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99434 Uhorky ster. (E:71kj) (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 99682 Chlieb vo vajci (E:3988kj,B:13g,T:71g,S:57g) (Al:1,3),
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 15.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99118 Salama parizer 50g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 052115 Polievka spenatova bez mlieka 0,33l (E:248kj,B:1g,T:3g,S:6g) (Al:1,12),
90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99739 Piskoty dlhe
Večera. . . . . 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Piatok 16.10.2026 *****

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (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. . . . . 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
44011 Zemiakovy salat prirodny 300g (E:1053kj,B:5g,T:7g,S:48g) (Al:9,12),
99743 Zakusok (Al:1,3,5,7,8,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
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), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Sobota 17.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99323 Pagac

Večera. . . . . 381135 Parok vyprazany v cest.bezmlik 180g (E:2836kj,B:27g,T:54g,S:23g) (Al:1,3),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99434 Uhorky ster. (E:71kj) (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Nedela 18.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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,
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

BML-T - KAŠOVITÁ BEZ MLIEČNA 1 - 1 r.

***** Pondelok 12.10.2026 *****

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. . . . . 644125 Polievka hrášková bez mlieka 0,33l (E:541kj,B:3g,T:1g,S:25g) (Al:1,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 95103 Jogurt bez laktozy
Večera. . . . . 49921 Zemiaky bratislavske 250g (E:1237kj,B:7g,T:6g,S:63g) (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 13.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99740 Med mini,
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 022215 Hov. pol. s liatym cest bezmle 0,33L(,p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),
901165 Morcac. svedsky rezen bezmliek 148g(m.60g) (E:985kj,B:22g,T:12g,S:9g) (Al:1),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 14.10.2026 *****

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. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
667195 Hov. dus. s koprom bezmlieka 160g(m.62g) (E:1094kj,B:18g,T:19g,S:6g) (Al:1),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
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),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 15.10.2026 *****

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. . . . . 052115 Polievka spenatova bez mlieka 0,33l (E:248kj,B:1g,T:3g,S:6g) (Al:1,12),
90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
99520 Kompot 150g (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99739 Piskoty dlhe
Večera. . . . . 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Piatok 16.10.2026 *****

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99520 Kompot 150g (Al:12),
99743 Zakusok (Al:1,3,5,7,8,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
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), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obdobie: 12.10.2026 - 18.10.2026

***** Sobota 17.10.2026 *****

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. . . . . 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 902845 Zeleninove pyre bezmlieka 300g (E:638kj,B:4g,T:5g,S:29g) (Al:9),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Nedela 18.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 99555 Detsky prikrm, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

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

***** Pondelok 12.10.2026 *****

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. . . . . 644125 Polievka hrášková bez mlieka 0,33l (E:541kj,B:3g,T:1g,S:25g) (Al:1,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g), 63111 Caj pravy 0,25l
Olovrant. . . . . 95103 Jogurt bez laktozy
Večera. . . . . 49921 Zemiaky bratislavske 250g (E:1237kj,B:7g,T:6g,S:63g) (Al:12), 63111 Caj pravy 0,25l
II. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

***** Utorok 13.10.2026 *****

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 022215 Hov. pol. s liatym cest bezmle 0,33L(,p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),
901165 Morcac. svedsky rezen bezmliek 148g(m.60g) (E:985kj,B:22g,T:12g,S:9g) (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),
63111 Caj pravy 0,25l
Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. . . . . 90415 Rezance s dzemom DIA 300g (E:1891kj,B:13g,T:5g,S:99g) (Al:1,3), 63111 Caj pravy 0,25l
II. večera. . . . . 95103 Jogurt bez laktozy

***** Streda 14.10.2026 *****

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. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
667195 Hov. dus. s koprom bezmlieka 160g(m.62g) (E:1094kj,B:18g,T:19g,S:6g) (Al:1),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 63111 Caj pravy 0,25l
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), 63111 Caj pravy 0,25l
II. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

***** Stvrtok 15.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 052115 Polievka spenatova bez mlieka 0,33l (E:248kj,B:1g,T:3g,S:6g) (Al:1,12),
90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g), 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), 63111 Caj pravy 0,25l
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), 63111 Caj pravy 0,25l
II. večera. . . . . 95103 Jogurt bez laktozy

***** Piatok 16.10.2026 *****

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),
99750 Zakusok DIA, 63111 Caj pravy 0,25l
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), 63111 Caj pravy 0,25l
II. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

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

***** Sobota 17.10.2026 *****

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. . . . . 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
Olovrant. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
Večera. . . . . 902845 Zeleninove pyre bezmlieka 300g (E:638kj,B:4g,T:5g,S:29g) (Al:9), 63111 Caj pravy 0,25l
II. večera. . . . . 95107 Smotana 14% bez laktozy

***** Nedela 18.10.2026 *****

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),
63111 Caj pravy 0,25l
Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. . . . . 99555 Detsky prikrm, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
II. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

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

***** Pondelok 12.10.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,
99718 Trescia pecen 55g 55g (E:142kj,T:4g), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 644125 Polievka hrášková bez mlieka 0,33l (E:541kj,B:3g,T:1g,S:25g) (Al:1,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g), 63111 Caj pravy 0,25l

Olovrant. . . . . 95103 Jogurt bez laktozy

Večera. . . . . 49921 Zemiaky bratislavske 250g (E:1237kj,B:7g,T:6g,S:63g) (Al:12),
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al: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

***** Utorok 13.10.2026 *****

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. . . . . 022215 Hov. pol. s liatym cest bezmle 0,33L(,p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),
901165 Morcac. svedsky rezen bezmliek 148g(m.60g) (E:985kj,B:22g,T:12g,S:9g) (Al:1),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. . . . . 99318 Rites cesnakovy 70g

Večera. . . . . 382225 Zapek. cest. so salam bez mlie 300g (E:3064kj,B:22g,T:33g,S:89g) (Al:1,3),
99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63111 Caj pravy 0,25l

II. večera. . . . . 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 95103 Jogurt bez laktozy

***** Streda 14.10.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
667195 Hov. dus. s koprom bezmlieka 160g(m.62g) (E:1094kj,B:18g,T:19g,S:6g) (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),
63111 Caj pravy 0,25l

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

Večera. . . . . 99682 Chlieb vo vajci (E:3988kj,B:13g,T:71g,S:57g) (Al:1,3),
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l

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)

***** Stvrtok 15.10.2026 *****

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 052115 Polievka spenatova bez mlieka 0,33l (E:248kj,B:1g,T:3g,S:6g) (Al:1,12),
90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
99441 Mrkvovy salat s jablkom DIA 150g (E:199kj,B:1g,S:16g), 63111 Caj pravy 0,25l

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), 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

***** Piatok 16.10.2026 *****

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 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. . . . . 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
44011 Zemiakovy salat prirodny 300g (E:1053kj,B:5g,T:7g,S:48g) (Al:9,12), 99750 Zakusok DIA,
63111 Caj pravy 0,25l

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

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), 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g),
99604 Maslo mini delacreame 40g 40

***** Sobota 17.10.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Pagac

Večera. . . . . 381135 Parok vyprazany v cest.bezmlik 180g (E:2836kj,B:27g,T:54g,S:23g) (Al:1,3),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63111 Caj pravy 0,25l

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

***** Nedela 18.10.2026 *****

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, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),
63111 Caj pravy 0,25l

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, 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,
99107 Salama sucha 50g 50g (E:1052kj,B:11g,T:23g,S:1g)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

DIA-9 - DIABETICKA STRAVA 1 - 1 r.

***** Pondelok 12.10.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 64412 Polievka hrášková 0,33l (E:795kj,B:5g,T:5g,S:27g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g), 63111 Caj pravy 0,25l
Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera. . . . . 50122 Zemiaky na smotane - privarok 360g (E:1854kj,B:9g,T:18g,S:69g) (Al:1,7,12),
99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
63111 Caj pravy 0,25l
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 13.10.2026 *****

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. . . . . 90743 Polievka syrová s opek. zemlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
90116 Morcaci svedsky rezen 148g(m.60g) (E:1239kj,B:26g,T:17g,S:10g) (Al:1,7),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l
Olovrant. . . . . 99318 Rites cesnakovy 70g
Večera. . . . . 38222 Zapekane cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7),
99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63111 Caj pravy 0,25l
II. večera. . . . . 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Streda 14.10.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99406 Redkovka 30g (E:24kj,S:1g), 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,9,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),
50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7), 63111 Caj pravy 0,25l
Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. . . . . 99682 Chlieb vo vajci (E:3988kj,B:13g,T:71g,S:57g) (Al:1,3),
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l
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)

***** Stvrtok 15.10.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99118 Salama parizer 50g, 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
99441 Mrkvovy salat s jablkom DIA 150g (E:199kj,B:1g,S:16g), 63111 Caj pravy 0,25l
Olovrant. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
Večera. . . . . 90502 Cestov. so sampion-smot. omac. 320g(,s.220g,p.100g) (E:805kj,B:4g,T:14g,S:12g) (Al:1,7),
63111 Caj pravy 0,25l
II. večera. . . . . 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Piatok 16.10.2026 *****

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 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),
24913 Bravcovy rezen vyprazany 120g (E:6101kj,B:20g,T:139g,S:31g) (Al:1,3,7),

44011 Zemiakovy salat prirodny 300g (E:1053kj,B:5g,T:7g,S:48g) (Al:9,12), 99750 Zakusok DIA,
63111 Caj pravy 0,25l

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

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), 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g),
99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Sobota 17.10.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
99716 Oskvarkova natierka 60g (E:1073kj,B:11g,T:23g,S:1g) (Al:3,7,10,12), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Pagac

Večera. . . . . 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7), 63111 Caj pravy 0,25l

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

***** Nedela 18.10.2026 *****

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, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (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),
24824 Brav. belehrad.rezen so zemiak 364g(m.64g) (E:2705kj,B:21g,T:38g,S:65g) (Al:1,12),
63111 Caj pravy 0,25l

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 crievku 100g (E:971kj,B:16g,T:18g,S:1g), 63111 Caj pravy 0,25l

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

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

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

***** Pondelok 12.10.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),
99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 64412 Polievka hrášková 0,33l (E:795kj,B:5g,T:5g,S:27g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g), 63111 Caj pravy 0,25l
Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera. . . . . 50122 Zemiaky na smotane - privarok 360g (E:1854kj,B:9g,T:18g,S:69g) (Al:1,7,12),
99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
63111 Caj pravy 0,25l
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 13.10.2026 *****

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. . . . . 90743 Polievka syrová s opek. zemlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
90116 Morcaci svedsky rezen 148g(m.60g) (E:1239kj,B:26g,T:17g,S:10g) (Al:1,7),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l
Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. . . . . 38222 Zapekane cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7),
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l
II. večera. . . . . 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Streda 14.10.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 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),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),
50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7), 63111 Caj pravy 0,25l
Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. . . . . 99682 Chlieb vo vajci (E:3988kj,B:13g,T:71g,S:57g) (Al:1,3),
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l
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)

***** Stvrtok 15.10.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99118 Salama parizer 50g, 63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
99441 Mrkvovy salat s jablkom DIA 150g (E:199kj,B:1g,S:16g), 63111 Caj pravy 0,25l
Olovrant. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
Večera. . . . . 90502 Cestov. so sampion-smot. omac. 320g(,s.220g,p.100g) (E:805kj,B:4g,T:14g,S:12g) (Al:1,7),
63111 Caj pravy 0,25l
II. večera. . . . . 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Piatok 16.10.2026 *****

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
99401 Paradajka 0,5 ks (E:42kj,B:1g,S:3g), 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),
90208 Bravcovy rezen peceny 120g (E:2536kj,B:20g,T:45g,S:31g) (Al:1,3,7),

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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), 99750 Zakusok DIA, 63111 Caj pravy 0,25l

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

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), 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99108 Sunka 50g 50g (E:203kj,B:6g,T:1g,S:3g),
99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Sobota 17.10.2026 *****

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Pagac

Večera. . . . . 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7), 63111 Caj pravy 0,25l

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

***** Nedela 18.10.2026 *****

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, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (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),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7),
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

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 crievku 100g (E:971kj,B:16g,T:18g,S:1g), 63111 Caj pravy 0,25l

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

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

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

***** Pondelok 12.10.2026 *****

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. . . . . 64412 Polievka hrášková 0,33l (E:795kj,B:5g,T:5g,S:27g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g), 63111 Caj pravy 0,25l
Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera. . . . . 50122 Zemiaky na smotane - privarok 360g (E:1854kj,B:9g,T:18g,S:69g) (Al:1,7,12),
99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63111 Caj pravy 0,25l
II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 13.10.2026 *****

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. . . . . 90743 Polievka syrová s opek. zemlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
90116 Morcaci svedsky rezen 148g(m.60g) (E:1239kj,B:26g,T:17g,S:10g) (Al:1,7),
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), 63111 Caj pravy 0,25l
Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. . . . . 90415 Rezance s dzemom DIA 300g (E:1891kj,B:13g,T:5g,S:99g) (Al:1,3), 63111 Caj pravy 0,25l
II. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Streda 14.10.2026 *****

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. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),
50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7), 63111 Caj pravy 0,25l
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), 63111 Caj pravy 0,25l
II. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Stvrtok 15.10.2026 *****

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. . . . . 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
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),
63111 Caj pravy 0,25l
Olovrant. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
Večera. . . . . 90502 Cestov. so sampion-smot. omac. 320g(,s.220g,p.100g) (E:805kj,B:4g,T:14g,S:12g) (Al:1,7),
63111 Caj pravy 0,25l
II. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Piatok 16.10.2026 *****

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
63111 Caj pravy 0,25l
Desiata. . . . . 99501 Ovocie
Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
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), 99750 Zakusok DIA, 63111 Caj pravy 0,25l
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), 63111 Caj pravy 0,25l
II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Sobota 17.10.2026 *****

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),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
Olovrant. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
Večera. . . . . 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7), 63111 Caj pravy 0,25l
II. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Nedela 18.10.2026 *****

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7),
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. . . . . 99555 Detsky prikrm, 63111 Caj pravy 0,25l
II. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

KASOV - KAŠOVITÁ 1 - 1 r.

***** Pondelok 12.10.2026 *****

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. . . . . 64412 Polievka hrášková 0,33l (E:795kj,B:5g,T:5g,S:27g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
Večera. . . . . 50122 Zemiaky na smotane - privarok 360g (E:1854kj,B:9g,T:18g,S:69g) (Al:1,7,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 13.10.2026 *****

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 90743 Polievka syrová s opek. zemlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
90116 Morcaci svedsky rezen 148g(m.60g) (E:1239kj,B:26g,T:17g,S:10g) (Al:1,7),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99748 Keks Marina 0,1
Večera. . . . . 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 14.10.2026 *****

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. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),
50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 15.10.2026 *****

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. . . . . 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
Večera. . . . . 90502 Cestov. so sampion-smot. omac. 320g(,s.220g,p.100g) (E:805kj,B:4g,T:14g,S:12g) (Al:1,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Piatok 16.10.2026 *****

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),
99743 Zakusok (Al:1,3,5,7,8,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

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

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), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Sobota 17.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99739 Piskoty dlhe
Večera. . . . . 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Nedela 18.10.2026 *****

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 99624 Mliecna ryza, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

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

***** Pondelok 12.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 64412 Polievka hrášková 0,33l (E:795kj,B:5g,T:5g,S:27g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
Večera. . . . . 50122 Zemiaky na smotane - privarok 360g (E:1854kj,B:9g,T:18g,S:69g) (Al:1,7,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 13.10.2026 *****

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 90743 Polievka syrová s opek. zemlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99748 Keks Marina 0,1
Večera. . . . . 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 14.10.2026 *****

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),
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 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),
66719 Hov. dusené s kôprom 160g(m.62g) (E:1334kj,B:19g,T:23g,S:10g) (Al:1,7),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 15.10.2026 *****

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. . . . . 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
Večera. . . . . 90502 Cestov. so sampion-smot. omac. 320g(,s.220g,p.100g) (E:805kj,B:4g,T:14g,S:12g) (Al:1,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Piatok 16.10.2026 *****

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99605 Natierkove maslo 50g (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),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),
99743 Zakusok (Al:1,3,5,7,8,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
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), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

***** Sobota 17.10.2026 *****

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),
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Nedela 18.10.2026 *****

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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 crievku 100g (E:971kj,B:16g,T:18g,S:1g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

RAC-2 - RACIONALNA STRAVA 1 - 1 r.

***** Pondelok 12.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99705 Natierka z trscej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 64412 Polievka hrášková 0,33l (E:795kj,B:5g,T:5g,S:27g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
Večera. . . . . 50122 Zemiaky na smotane - privarok 360g (E:1854kj,B:9g,T:18g,S:69g) (Al:1,7,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 13.10.2026 *****

Raňajky. . . . . 99325 Zavin tvarohovy 100g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 90743 Polievka syrová s opek. zemlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
90116 Morcaci svedsky rezen 148g(m.60g) (E:1239kj,B:26g,T:17g,S:10g) (Al:1,7),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99318 Rites cesnakovy 70g
Večera. . . . . 38222 Zapekane cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7),
99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 14.10.2026 *****

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),
99406 Redkovka 30g (E:24kj,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,9,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),
50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 99682 Chlieb vo vajci (E:3988kj,B:13g,T:71g,S:57g) (Al:1,3),
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 15.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99118 Salama parizer 50g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
Večera. . . . . 90502 Cestov. so sampion-smot. omac. 320g(,s.220g,p.100g) (E:805kj,B:4g,T:14g,S:12g) (Al:1,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Piatok 16.10.2026 *****

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99605 Natierkove maslo 50g (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. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
24913 Bravcovy rezen vyprazany 120g (E:6101kj,B:20g,T:139g,S:31g) (Al:1,3,7),
44011 Zemiakovy salat prirodny 300g (E:1053kj,B:5g,T:7g,S:48g) (Al:9,12),
99743 Zakusok (Al:1,3,5,7,8,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
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), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Sobota 17.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99716 Oskvarkova natierka 60g (E:1073kj,B:11g,T:23g,S:1g) (Al:3,7,10,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99323 Pagac
Večera. . . . . 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Nedela 18.10.2026 *****

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
24824 Brav. belehrad.rezen so zemiak 364g(m.64g) (E:2705kj,B:21g,T:38g,S:65g) (Al:1,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
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 crievku 100g (E:971kj,B:16g,T:18g,S:1g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

SETR - ŠETRIACA 1 - 1 r.

***** Pondelok 12.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),
99705 Natierka z trscej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 64412 Polievka hrášková 0,33l (E:795kj,B:5g,T:5g,S:27g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
Večera. . . . . 50122 Zemiaky na smotane - privarok 360g (E:1854kj,B:9g,T:18g,S:69g) (Al:1,7,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 13.10.2026 *****

Raňajky. . . . . 99325 Zavin tvarohovy 100g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 90743 Polievka syrová s opek. zemlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
90116 Morcaci svedsky rezen 148g(m.60g) (E:1239kj,B:26g,T:17g,S:10g) (Al:1,7),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99343 Siska
Večera. . . . . 38222 Zapekane cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7),
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 14.10.2026 *****

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),
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 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),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),
50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 99682 Chlieb vo vajci (E:3988kj,B:13g,T:71g,S:57g) (Al:1,3),
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 15.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99118 Salama parizer 50g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g),
99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
Večera. . . . . 90502 Cestov. so sampion-smot. omac. 320g(,s.220g,p.100g) (E:805kj,B:4g,T:14g,S:12g) (Al:1,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Piatok 16.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99605 Natierkove maslo 50g (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. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
90208 Bravcovy rezen peceny 120g (E:2536kj,B:20g,T:45g,S:31g) (Al:1,3,7),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),
99743 Zakusok (Al:1,3,5,7,8,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
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), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Sobota 17.10.2026 *****

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),
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99323 Pagac
Večera. . . . . 60113 Ryzovy nakyp so slivkami 400g (E:4081kj,B:20g,T:32g,S:151g) (Al:3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Nedela 18.10.2026 *****

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
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 crievku 100g (E:971kj,B:16g,T:18g,S:1g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

TEKUT - TEKUTA STRAVA 1 - 1 r.

***** Pondelok 12.10.2026 *****

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. . . . . 64412 Polievka hrášková 0,33l (E:795kj,B:5g,T:5g,S:27g) (Al:1,7,12),
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
Večera. . . . . 50122 Zemiaky na smotane - privarok 360g (E:1854kj,B:9g,T:18g,S:69g) (Al:1,7,12),
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 13.10.2026 *****

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 90743 Polievka syrová s opek. zemlou 330ml (E:946kj,B:11g,T:13g,S:16g) (Al:1,3,7),
90116 Morcaci svedsky rezen 148g(m.60g) (E:1239kj,B:26g,T:17g,S:10g) (Al:1,7),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99748 Keks Marina 0,1
Večera. . . . . 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 14.10.2026 *****

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. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),
50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 15.10.2026 *****

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. . . . . 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
Večera. . . . . 90502 Cestov. so sampion-smot. omac. 320g(,s.220g,p.100g) (E:805kj,B:4g,T:14g,S:12g) (Al:1,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Piatok 16.10.2026 *****

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. . . . . 99501 Ovocie
Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99743 Zakusok (Al:1,3,5,7,8,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
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), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Sobota 17.10.2026 *****

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99541 Dzem mini (Al:12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1064kj,B:31g,T:12g,S:7g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Nedela 18.10.2026 *****

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,S:63g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 99624 Mliecna ryza, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštílová Schválila:Stravovacia komisia

Stravovacia komisia: Stražovská
Kubrická
Kišková
Kaštílová