

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

Obdobie: 08.12.2025 - 14.12.2025

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 08.12.2025 \*\*\***

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..... 907335 Polievka portugalska bezmlika 0,33l (E:507kj,B:2g,T:6g,S:16g) (Al:1,9,12),  
27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99323 Paqac

Večera..... 458225 Karotka dusena bez mlika 220g (E:459kj,B:2g,T:7g,S:16g),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 09.12.2025 \*\*\***

Raňajky..... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99715 Tuniak 70g (E:767kj,B:9g,T:18g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 052215 Polievka z tekvice bez mlika 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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..... 99739 Piskoty dlhe

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)

**\*\*\* Streda 10.12.2025 \*\*\***

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

Desiata..... 99501 Ovocie

Obed..... 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),  
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),  
99853 Vianocny punc (E:273kj,B:1g,S:16g) (Al:12)

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

Večera..... 547225 Rezance s orechmi bezmlika 300g (E:2451kj,B:15g,T:10g,S:110g) (Al:1,3,8),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 11.12.2025 \*\*\***

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), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 022215 Hov. pol. s liatym cest bezml 0,33L,(p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),  
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..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera..... 902705 Rizoto zeleninove bez mlika 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12),  
99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 12.12.2025 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),  
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

Obdobie: 08.12.2025 - 14.12.2025

Str.: 2

Večera. .... 466215 Fazulove struky bez mlieka 200g (E:921kj,B:4g,T:12g,S:24g) (Al:1,12),  
 99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 13.12.2025 \*\*\*

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. .... 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 14.12.2025 \*\*\*

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

Desiata. .... 99501 Ovocie

Obed. .... 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),  
 90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (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), 99117 Sunka vak. 100g,  
 99604 Maslo mini delacreame 40g 40, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 08.12.2025 - 14.12.2025

Str.: 3

**BML-T - KAŠOVITÁ BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 08.12.2025 \*\*\***

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..... 907335 Polievka portugalska bezmlieka 0,33l (E:507kj,B:2g,T:6g,S:16g) (Al:1,9,12),  
27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 95103 Jogurt bez laktozy

Večera..... 458225 Karotka dusena bez mlieka 220g (E:459kj,B:2g,T:7g,S:16g),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 09.12.2025 \*\*\***

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..... 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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..... 99739 Piskoty dlhe

Večera..... 902825 Karfiolove pyre bez mlieka 300g (E:501kj,B:6g,T:1g,S:31g),  
63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 10.12.2025 \*\*\***

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..... 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),  
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99520 Kompot 150g (Al:12),  
99853 Vianocny punc (E:273kj,B:1g,S:16g) (Al:12)

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

Večera..... 548125 Rezance s kakaom bezmliec. 300g (E:2479kj,B:15g,T:7g,S:118g) (Al:1,3),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 11.12.2025 \*\*\***

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..... 022215 Hov. pol. s liatym cest bezmle 0,33l (p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12),  
99520 Kompot 150g (Al:12), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 12.12.2025 \*\*\***

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..... 05521 Polievka zemiakova s paprikou 0,33l (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),  
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
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..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera..... 466215 Fazulove struky bez mlieka 200g (E:921kj,B:4g,T:12g,S:24g) (Al:1,12),  
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

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

Obdobie: 08.12.2025 - 14.12.2025

Str.: 4

## \*\*\* Sobota 13.12.2025 \*\*\*

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. .... 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),  
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
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. .... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera. .... 902835 Brokolicove pyre bez mlieka 300g (E:528kj,B:6g,S:32g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 14.12.2025 \*\*\*

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:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),  
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99520 Kompot 150g (Al:12),  
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

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

Obdobie: 08.12.2025 - 14.12.2025

Str.: 5

**D-KBM - DIABET - KAŠOV. BEZMLIEČNA 1 - 1 r.****\*\*\* Pondelok 08.12.2025 \*\*\***

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. . . . . 907335 Polievka portugalska bezmlieka 0,33l (E:507kj,B:2g,T:6g,S:16g) (Al:1,9,12),  
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 95103 Jogurt bez laktozy  
 Večera. . . . . 458225 Karotka dusena bez mlieka 220g (E:459kj,B:2g,T:7g,S:16g),  
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

**\*\*\* Utorok 09.12.2025 \*\*\***

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. . . . . 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 Večera. . . . . 902825 Karfiolove pyre bez mlieka 300g (E:501kj,B:6g,T:1g,S:31g), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 95103 Jogurt bez laktozy

**\*\*\* Streda 10.12.2025 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,  
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),  
 90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
 99853 Vianocny punc (E:273kj,B:1g,S:16g) (Al:12)  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 904065 Rezance s kakaom DIA bezmlieka 300 (E:2105kj,B:15g,T:7g,S:104g) (Al:1,3), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

**\*\*\* Stvrtok 11.12.2025 \*\*\***

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. . . . . 022215 Hov. pol. s liatym cest bezmle 0,33L,(p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),  
 90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 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), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 95103 Jogurt bez laktozy

**\*\*\* Piatok 12.12.2025 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,  
 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),  
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 466215 Fazulove struky bez mlieka 200g (E:921kj,B:4g,T:12g,S:24g) (Al:1,12),  
 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 95102 Mlieko bezlak. 250ml 0,25l

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

Obdobie: 08.12.2025 - 14.12.2025

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**\*\*\* Sobota 13.12.2025 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,  
63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),  
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
63111 Caj pravy 0,25l

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

Večera. . . . . 902835 Brokolicove pyre bez mlieka 300g (E:528kj,B:6g,S:32g), 63111 Caj pravy 0,25l

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

**\*\*\* Nedela 14.12.2025 \*\*\***

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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),  
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
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. . . . . 95107 Smotana 14% bez laktozy

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 08.12.2025 - 14.12.2025

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**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 08.12.2025 \*\*\***

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..... 907335 Polievka portugalska bezmlieka 0,33l (E:507kj,B:2g,T:6g,S:16g) (Al:1,9,12),  
27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63111 Caj pravy 0,25l

Olovrant..... 99323 Paqac

Večera..... 458225 Karotka dusena bez mlieka 220g (E:459kj,B:2g,T:7g,S:16g),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g) .....

**\*\*\* Utorok 09.12.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 40g 40,  
99715 Tuniak 70g (E:767kj,B:9g,T:18g), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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..... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

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

Il. večera..... 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99604 Maslo mini delacreame 40g 40,  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g) .....

**\*\*\* Streda 10.12.2025 \*\*\***

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..... 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),  
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
99853 Vianocny punc (E:273kj,B:1g,S:16g) (Al:12)

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

Večera..... 904055 Rezance s orechmi DIA bezmliiek 300 (E:2141kj,B:15g,T:10g,S:99g) (Al:1,3,8), 63111 Caj pravy 0,25l

Il. 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 11.12.2025 \*\*\***

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), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
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),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),  
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

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), 63111 Caj pravy 0,25l

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

**\*\*\* Piatok 12.12.2025 \*\*\***

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

Desiata..... 99501 Ovocie

Obed..... 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),  
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),

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Obdobie: 08.12.2025 - 14.12.2025

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	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. ....	466215 Fazulove struky bez mlieka 200g (E:921kj,B:4g,T:12g,S:24g) (Al:1,12), 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), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)
<b>*** Sobota 13.12.2025 ***</b>	
Raňajky. ....	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 40g 40, 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l
Desiata. ....	99501 Ovocie
Obed. ....	649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9), 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l
Olovrant. ....	99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99604 Maslo mini delacreame 40g 40
Večera. ....	99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12), 63111 Caj pravy 0,25l
II. večera. ....	99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)
<b>*** Nedela 14.12.2025 ***</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, 63111 Caj pravy 0,25l
Desiata. ....	99501 Ovocie
Obed. ....	06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12), 90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1), 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 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), 99117 Sunka vak. 100g, 99604 Maslo mini delacreame 40g 40, 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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 08.12.2025 - 14.12.2025

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**DIA-9 - DIABETICKA STRAVA 1 - 1 r.****\*\*\* Pondelok 08.12.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),  
 99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63111 Caj pravy 0,25l

Olovrant..... 99323 Paqac

Večera..... 90416 Tvarohovy nakyp DIA 340g (E:2252kj,B:34g,T:35g,S:25g) (Al:1,3,7), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g).....

**\*\*\* Utorok 09.12.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),  
 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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..... 99611 Jogurt dia (E:200kj,B:3g,S:8g)

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

Il. večera..... 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g).....

**\*\*\* Streda 10.12.2025 \*\*\***

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),  
 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..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 24213 Bravcovy moravsky vrabec 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
 46321 Kapusta kysla dusena 200g (E:778kj,B:4g,T:12g,S:18g) (Al:1,12),  
 50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),  
 99853 Vianocny punc (E:273kj,B:1g,S:16g) (Al:12)

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

Večera..... 90405 Rezance s orechmi DIA 300 (E:3002kj,B:15g,T:33g,S:100g) (Al:1,3,7,8), 63111 Caj pravy 0,25l

Il. 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).....

**\*\*\* Stvrtok 11.12.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 02221 Hov. polievka s liatym cestom 0,33L,(p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
 35713 Br. mlety rezen so syrom 130g (E:6297kj,B:27g,T:144g,S:27g) (Al:1,3,7),  
 49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),  
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

Il. 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).....

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

Obdobie: 08.12.2025 - 14.12.2025

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## \*\*\* Piatok 12.12.2025 \*\*\*

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),  
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
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. . . . . 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (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

Il. večera. . . . . 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Sobota 13.12.2025 \*\*\*

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),  
63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
48513 Transylvanska preklad. kapusta 400g (E:2560kj,B:24g,T:35g,S:52g) (Al:1,3,7,12),  
63111 Caj pravy 0,25l

Olovrant. . . . . 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

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

Il. večera. . . . . 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g),  
99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

## \*\*\* Nedela 14.12.2025 \*\*\*

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, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),  
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
49821 Zemiaková kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
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), 99117 Sunka vak. 100g,  
99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63111 Caj pravy 0,25l

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 08.12.2025 - 14.12.2025

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**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 08.12.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),  
99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63111 Caj pravy 0,25l

Olovrant..... 99323 Pagac

Večera..... 90416 Tvarohovy nakyp DIA 340g (E:2252kj,B:34g,T:35g,S:25g) (Al:1,3,7), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

**\*\*\* Utorok 09.12.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g),  
99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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..... 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Večera..... 45812 Karfiol na masle 220g (E:390kj,B:5g,T:6g,S:9g) (Al:7),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g)

**\*\*\* Streda 10.12.2025 \*\*\***

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),  
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..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
99853 Vianocny punc (E:273kj,B:1g,S:16g) (Al:12)

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

Večera..... 90406 Rezance s kakaom DIA 300 (E:2966kj,B:15g,T:30g,S:105g) (Al:1,3,7), 63111 Caj pravy 0,25l

Il. 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)

**\*\*\* Stvrtok 11.12.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 02221 Hov. polievka s liatym cestom 0,33L(,p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
35713 Br. mlety rezen so syrom 130g (E:6297kj,B:27g,T:144g,S:27g) (Al:1,3,7),  
90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,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..... 99738 Pernik DIA

Večera..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),  
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

Il. 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)

**\*\*\* Piatok 12.12.2025 \*\*\***

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

Desiata..... 99501 Ovocie

Obed..... 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),

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Obdobie: 08.12.2025 - 14.12.2025

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	90106	Morcacie na zelenine (m.64g)	(E:639kj,B:21g,T:6g,S:3g)	(Al:1,9),
	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. ....	46621	Fazulove struky nakyslo 200g	(E:1064kj,B:6g,T:13g,S:27g)	(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		
Il. večera. ....	99303	Chlieb tmavý 1ks 50g	(E:639kj,B:5g,T:1g,S:30g),	99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)
*** Sobota 13.12.2025 ***				
Raňajky. ....	99313	Pecivo graham 2 ks	(E:1429kj,B:10g,T:3g,S:65g)	(Al:1),
	44511	Tvarohova natierka 50g	(E:629kj,B:4g,T:14g,S:1g)	(Al:7), 99408 Mrkva 30 (E:21kj,S:2g),
	63111	Caj pravy 0,25l		
Desiata. ....	99501	Ovocie		
Obed. ....	64913	Polievka zelerová 0,33l	(E:592kj,B:2g,T:11g,S:11g)	(Al:1,7,9),
	90009	Kuracie prsia na rasci (m.64g)	(E:1094kj,B:30g,T:13g,S:5g)	(Al:1),
	51212	Ryza dusena 190g	(E:1633kj,B:7g,T:7g,S:76g),	99433 Uhorky ster. DIA (E:26kj,S:1g),
	63111	Caj pravy 0,25l		
Olovrant. ....	99330	Rozok cerealny	(E:730kj,B:1g,T:4g,S:26g),	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)
Večera. ....	90452	Krupicova kasa DIA 350g	(E:2539kj,B:22g,T:26g,S:73g)	(Al:1,7), 63111 Caj pravy 0,25l
Il. večera. ....	99303	Chlieb tmavý 1ks 50g	(E:639kj,B:5g,T:1g,S:30g),	
	99115	Pecenovy syr 50g 50g	(E:53kj,B:7g,T:11g,S:2g)	(Al:1,3)
*** Nedela 14.12.2025 ***				
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,	63522 Mlieko 0,25l	(E:485kj,B:8g,T:4g,S:12g) (Al:7)
Desiata. ....	99501	Ovocie		
Obed. ....	06611	Polievka drobkova 0,33L(m.20g)	(E:494kj,B:11g,T:3g,S:13g)	(Al:1,3,9,12),
	90113	Morcacie prsia na cesnaku (m.64g)	(E:1019kj,B:22g,T:15g,S:5g)	(Al:1),
	49821	Zemiakova kasa [pyre] 250g	(E:1294kj,B:8g,T:7g,S:63g)	(Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
	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),	99117 Sunka vak. 100g,
	99630	Syr taveny 35g	(E:343kj,B:6g,T:6g)	(Al:7), 63111 Caj pravy 0,25l
Il. večera. ....	99303	Chlieb tmavý 1ks 50g	(E:639kj,B:5g,T:1g,S:30g),	
	63521	Mlieko 0,25l 0,25l	(E:1940kj,B:34g,T:15g,S:49g)	

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

Obdobie: 08.12.2025 - 14.12.2025

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**DIA-T - DIABETICKA STRAVA - KAŠOVITA****1 - 1 r.****\*\*\* Pondelok 08.12.2025 \*\*\***

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. . . . . 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 45822 Karotka na masle 220g (E:415kj,B:2g,T:6g,S:16g) (Al:7),  
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 09.12.2025 \*\*\***

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. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Streda 10.12.2025 \*\*\***

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. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99853 Vianocny punc (E:273kj,B:1g,S:16g) (Al:12)  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 90406 Rezance s kakaom DIA 300 (E:2966kj,B:15g,T:30g,S:105g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Stvrtok 11.12.2025 \*\*\***

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. . . . . 02221 Hov. polievka s liatym cestom 0,33L,(p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
 90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Piatok 12.12.2025 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,  
 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),  
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
 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. . . . . 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),  
 99303 Chlieb tmavý 1ks 50g (E:639kj,B:5g,T:1g,S:30g), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

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

Obdobie: 08.12.2025 - 14.12.2025

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**\*\*\* Sobota 13.12.2025 \*\*\***

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. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
63111 Caj pravý 0,25l

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

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

II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Nedela 14.12.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 100g (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,  
63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),  
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 63111 Caj pravý 0,25l

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

Večera. . . . . 99555 Detsky prikrm, 63111 Caj pravý 0,25l

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: 08.12.2025 - 14.12.2025

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**KASOV - KAŠOVITÁ 1 - 1 r.****\*\*\* Pondelok 08.12.2025 \*\*\***

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..... 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 45822 Karotka na masle 220g (E:415kj,B:2g,T:6g,S:16g) (Al:7),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 09.12.2025 \*\*\***

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..... 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera..... 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 10.12.2025 \*\*\***

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..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99853 Vianocny punc (E:273kj,B:1g,S:16g) (Al:12)

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

Večera..... 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 11.12.2025 \*\*\***

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..... 02221 Hov. polievka s liatym cestom 0,33L(p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 12.12.2025 \*\*\***

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..... 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),  
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
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..... 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),  
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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## \*\*\* Sobota 13.12.2025 \*\*\*

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. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. . . . . 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 14.12.2025 \*\*\*

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,  
99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),  
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7), 99520 Kompot 150g (Al:12),  
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:Kaštilová

Schválila:Stravovacia komisia

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**PAN-4 - PANKREASOVÁ S OBMEDZENIM TUKU****1 - 1 r.****\*\*\* Pondelok 08.12.2025 \*\*\***

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),  
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 60312 Tvarohovy nakyp 340g (E:3069kj,B:34g,T:35g,S:69g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 09.12.2025 \*\*\***

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),  
99715 Tuniak 70g (E:767kj,B:9g,T:18g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
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..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera..... 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g),  
45812 Karfiol na masle 220g (E:390kj,B:5g,T:6g,S:9g) (Al:7),  
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 10.12.2025 \*\*\***

Raňajky..... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99520 Kompot 150g (Al:12),  
99853 Vianocny punc (E:273kj,B:1g,S:16g) (Al:12)

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

Večera..... 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 11.12.2025 \*\*\***

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),  
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..... 02221 Hov. polievka s liatym cestom 0,33L(.p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),  
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 12.12.2025 \*\*\***

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

Desiata..... 99501 Ovocie

Obed..... 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),  
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
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..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera..... 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),

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----- 99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63112 Caj ovocny 0,25l (E:403kj,S:21g) -----

## \*\*\* Sobota 13.12.2025 \*\*\*

Raňajky. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
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. .... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. .... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g) -----

## \*\*\* Nedela 14.12.2025 \*\*\*

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

Desiata. .... 99501 Ovocie

Obed. .... 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),  
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. .... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

Večera. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1), 99117 Sunka vak. 100g,

----- 99604 Maslo mini delacreame 40g 40, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g) -----

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 08.12.2025 \*\*\***

Raňajky..... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
 99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99323 Pagac

Večera..... 60312 Tvarohovy nakyp 340g (E:3069kj,B:34g,T:35g,S:69g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 09.12.2025 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1),  
 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

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)

**\*\*\* Streda 10.12.2025 \*\*\***

Raňajky..... 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata..... 99501 Ovocie

Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 24213 Bravcovy moravsky vrabec 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
 46321 Kapusta kysla dusena 200g (E:778kj,B:4g,T:12g,S:18g) (Al:1,12),  
 50421 Knedle kysnute 160g (E:2057kj,B:13g,T:15g,S:78g) (Al:1,3,7),  
 99853 Vianocny punc (E:273kj,B:1g,S:16g) (Al:12)

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

Večera..... 54722 Rezance s orechmi 300g (E:3312kj,B:15g,T:33g,S:110g) (Al:1,3,7,8),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 11.12.2025 \*\*\***

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),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradaiky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 02221 Hov. polievka s liatym cestom 0,33L,(p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
 35713 Br. mlety rezen so syrom 130g (E:6297kj,B:27g,T:144g,S:27g) (Al:1,3,7),  
 49811 Zemiaky var. s cibul.-stuchane 260g (E:1331kj,B:7g,T:6g,S:71g),  
 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..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 12.12.2025 \*\*\***

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),  
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),  
 58611 Slivkovy osuch - kolac 320g (E:5246kj,B:21g,T:39g,S:205g) (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)

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

Obdobie: 08.12.2025 - 14.12.2025

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Večera. .... 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (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),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 13.12.2025 \*\*\*

Raňajky. .... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
 48513 Transylvanska preklad. kapusta 400g (E:2560kj,B:24g,T:35g,S:52g) (Al:1,3,7,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

Večera. .... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 14.12.2025 \*\*\*

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),  
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. .... 99501 Ovocie

Obed. .... 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),  
 90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (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), 99117 Sunka vak. 100g,  
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

Obdobie: 08.12.2025 - 14.12.2025

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**SETR - ŠETRIACA 1 - 1 r.****\*\*\* Pondelok 08.12.2025 \*\*\***

Raňajky..... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
 99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
 27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99323 Pagac

Večera..... 60312 Tvarohovy nakyp 340g (E:3069kj,B:34g,T:35g,S:69g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 09.12.2025 \*\*\***

Raňajky..... 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera..... 45812 Karfiol na masle 220g (E:390kj,B:5g,T:6g,S:9g) (Al:7),  
 49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 10.12.2025 \*\*\***

Raňajky..... 99320 Vianočka 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..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),  
 99853 Vianocny punc (E:273kj,B:1g,S:16g) (Al:12)

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

Večera..... 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 11.12.2025 \*\*\***

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),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 02221 Hov. polievka s liatym cestom 0,33L(,p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
 35713 Br. mlety rezen so syrom 130g (E:6297kj,B:27g,T:144g,S:27g) (Al:1,3,7),  
 90302 Zemiaky varene s vnatkou 260g (E:1334kj,B:7g,T:9g,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..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 12.12.2025 \*\*\***

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

Desiata..... 99501 Ovocie

Obed..... 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),  
 58611 Slivkovy osuch - kolac 320g (E:5246kj,B:21g,T:39g,S:205g) (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..... 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),

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Obdobie: 08.12.2025 - 14.12.2025

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99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 13.12.2025 \*\*\*

Raňajky. . . . . 99302 Chlieb 2ks 100g (E:1128kj,B:1g,T:1g,S:56g) (Al:1),  
 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99330 Rozok cerealny (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

Večera. . . . . 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 14.12.2025 \*\*\*

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),  
 99720 Dzemová natierka 50g (E:1247kj,T:29g,S:86g) (Al:7,12),  
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),  
 90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
 49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (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), 99117 Sunka vak. 100g,

99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 08.12.2025 - 14.12.2025

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**TEKUT - TEKUTA STRAVA 1 - 1 r.****\*\*\* Pondelok 08.12.2025 \*\*\***

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..... 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
27214 Bravcovy debrecinsky gulas 226g(m.64g,p.12g) (E:1485kj,B:18g,T:28g,S:8g) (Al:1,3),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 45822 Karotka na masle 220g (E:415kj,B:2g,T:6g,S:16g) (Al:7),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 09.12.2025 \*\*\***

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..... 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera..... 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 10.12.2025 \*\*\***

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..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 99853 Vianocny punc (E:273kj,B:1g,S:16g) (Al:12)

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

Večera..... 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7), 63111 Caj pravy 0,25l

**\*\*\* Stvrtok 11.12.2025 \*\*\***

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..... 02221 Hov. polievka s liatym cestom 0,33L,(p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
49711 Zemiaky varene 260g (E:1006kj,B:6g,T:1g,S:63g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 12.12.2025 \*\*\***

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..... 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,12),  
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
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..... 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),  
99301 Chlieb 1ks 50g (E:564kj,T:1g,S:28g) (Al:1), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Sobota 13.12.2025 \*\*\***

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..... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),

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

Obdobie: 08.12.2025 - 14.12.2025

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90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
Olovrant.....99615 Termix (E:615kj,B:4g,T:4g,S:8g)  
Večera.....55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g) .....

## \*\*\* Nedela 14.12.2025 \*\*\*

Raňajky.....99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,  
99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)  
Desiata.....99501 Ovocie  
Obed.....06611 Polievka drobkova 0,33L(m.20g) (E:494kj,B:11g,T:3g,S:13g) (Al:1,3,9,12),  
90113 Morcacie prsia na cesnaku (m.64g) (E:1019kj,B:22g,T:15g,S:5g) (Al:1),  
49821 Zemiakova kasa [pyre] 250g (E:1294kj,B:8g,T:7g,S:63g) (Al:7),  
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:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková Kubrická Šimovcová Kaštilová