

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

Obdobie: 08.07.2024 - 14.07.2024

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.***** Pondelok 08.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (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..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),
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) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

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

***** Utorok 09.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1,7),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99739 Piskoty dlhe

Večera..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 10.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (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..... 99502 Banan (E:476kj,B:2g,S:25g)

Obed..... 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99335 Croissant cokoladovy

Večera..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
90725 Cuketa s vajcom 300g (E:1398kj,B:16g,T:33g,S:7g) (Al:3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 11.07.2024 *****

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,
99543 Nugeta, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 509125 Cestovina so spenat.bezmlieka 225g (E:427kj,B:1g,T:10g,S:2g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 12.07.2024 *****

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 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..... 99510 Nektarinka

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),

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49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
 Večera. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 13.07.2024 ***

Raňajky. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99511 Broskyna (E:285kj,B:1g,S:18g)
 Obed. 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99323 Paqac
 Večera. 902535 Rezance so struh bez mlieka 300g (E:4994kj,B:18g,T:62g,S:144g) (Al:1,3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 14.07.2024 ***

Raňajky. 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,
 99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 08.07.2024 - 14.07.2024

Str.: 3

BMLR2 - RACIONÁLNA BEZ MLIEČNA 1 - 1 r.***** Pondelok 08.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (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..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),
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) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

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

***** Utorok 09.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1,7),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99739 Piskoty dlhe

Večera..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 10.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (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..... 99502 Banan (E:476kj,B:2g,S:25g)

Obed..... 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99335 Croissant cokoladovy

Večera..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
47122 Leco s vajcom 350g (E:1500kj,B:15g,T:28g,S:21g) (Al:3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 11.07.2024 *****

Raňajky..... 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99604 Maslo mini delacreame 40g 40, 99543 Nugeta,
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,7,9,12),
90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 509125 Cestovina so spenat.bezmlieka 225g (E:427kj,B:1g,T:10g,S:2g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 12.07.2024 *****

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 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..... 99510 Nektarinka

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),

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Str.: 4

49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
 Večera. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 13.07.2024 ***

Raňajky. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99511 Broskyna (E:285kj,B:1g,S:18g)
 Obed. 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99323 Paqac
 Večera. 902535 Rezance so struh bez mlieka 300g (E:4994kj,B:18g,T:62g,S:144g) (Al:1,3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 14.07.2024 ***

Raňajky. 99342 Zavin orechovy 100g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 08.07.2024 - 14.07.2024

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D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.***** Pondelok 08.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,
99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravý 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),
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) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

Il. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99604 Maslo mini delacreame 40g 40

***** Utorok 09.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,
99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l

Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1,7),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

***** Streda 10.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,
99715 Tuniak 70g (E:767kj,B:9g,T:18g), 63111 Caj pravý 0,25l

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99318 Rites cesnakovy 70g

Večera. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
90725 Cuketa s vajcom 300g (E:1398kj,B:16g,T:33g,S:7g) (Al:3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Stvrtok 11.07.2024 *****

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. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99738 Pernik DIA

Večera. 509125 Cestovina so spenat.bezmlieka 225g (E:427kj,B:1g,T:10g,S:2g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99604 Maslo mini delacreame 40g 40,
99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g)

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Obdobie: 08.07.2024 - 14.07.2024

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*** Piatok 12.07.2024 ***

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (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),
 63111 Caj pravy 0,25l

Desiata. 99510 Nektarinka

Obed. 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

Večera. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3),
 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99604 Maslo mini delacreame 40g 40

*** Sobota 13.07.2024 ***

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravy 0,25l

Desiata. 99511 Broskyna (E:285kj,B:1g,S:18g)

Obed. 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Paqac

Večera. 904115 Rezance so struh. DIA bezmliek 300g (E:3780kj,B:18g,T:37g,S:135g) (Al:1,3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

*** Nedela 14.07.2024 ***

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99604 Maslo mini delacreame 40g 40

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 08.07.2024 - 14.07.2024

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DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 08.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12),
 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) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Utorok 09.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l

Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12),
 17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1,7),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Streda 10.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravý 0,25l

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99318 Rites cesnakovy 70g

Večera. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 47122 Leco s vajcom 350g (E:1500kj,B:15g,T:28g,S:21g) (Al:3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Stvrtok 11.07.2024 *****

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

Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,7,9,12),
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99738 Pernik DIA

Večera. 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g)

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Obdobie: 08.07.2024 - 14.07.2024

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***** Piatok 12.07.2024 *****

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),
 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 pravý 0,25l

Desiata. 99510 Nektarinka

Obed. 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

Večera. 40023 Syrový nakyp jemný 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Sobota 13.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 44721 Vajcový krem [jemná natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12), 63111 Caj pravý 0,25l

Desiata. 99511 Broskyňa (E:285kj,B:1g,S:18g)

Obed. 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
 18114 Hov. maso dusené na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagáč

Večera. 90452 Krupicová kaša DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99633 Syr tvrdý 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Nedela 14.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99542 Dzem mini dia 20g, 63421 Čierna káva z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 65119 Vývar z hov. mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
 90105 Morcacie prsia v pretlaču 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 08.07.2024 - 14.07.2024

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DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 08.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63111 Caj pravý 0,25l

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12),
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) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Utorok 09.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l

Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1,7),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Streda 10.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravý 0,25l

Desiata. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
90725 Cuketa s vajcom 300g (E:1398kj,B:16g,T:33g,S:7g) (Al:3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Stvrtok 11.07.2024 *****

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

Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99738 Pernik DIA

Večera. 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g)

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Obdobie: 08.07.2024 - 14.07.2024

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***** Piatok 12.07.2024 *****

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),
 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. 99510 Nektarinka

Obed. 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

Večera. 40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Sobota 13.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravy 0,25l

Desiata. 99511 Broskyňa (E:285kj,B:1g,S:18g)

Obed. 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

Večera. 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Nedela 14.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 08.07.2024 - 14.07.2024

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DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 08.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12),
 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) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 09.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
 17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1,7),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
 Večera. 99555 Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Streda 10.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 11.07.2024 *****

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. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
 Večera. 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Piatok 12.07.2024 *****

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. 99510 Nektarinka
 Obed. 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
 25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)
 Večera. 40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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Obdobie: 08.07.2024 - 14.07.2024

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***** Sobota 13.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
Desiata. 99511 Broskyňa (E:285kj,B:1g,S:18g)
Obed. 04221 Polievka karfiolová 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
18114 Hov. maso dusené na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera. 90452 Krupicová kaša DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Nedela 14.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g,
63421 Čierna káva z kávoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed. 65119 Vývar z hov. mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
90105 Morcacie prsia v pretlaču 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
49712 Zemiaky varené 330g (E:1334kj,B:8g,T:1g,S:83g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant. 99551 Detská výživa dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. 99555 Detský príkrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 08.07.2024 - 14.07.2024

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KASOV - KAŠOVITÁ 1 - 1 r.

*** Pondelok 08.07.2024 ***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12),
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) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Utorok 09.07.2024 ***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1,7),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99739 Piskoty dlhe

Večera..... 99624 Mliecna ryza, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Streda 10.07.2024 ***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)

Obed..... 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera..... 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Stvrtok 11.07.2024 ***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Piatok 12.07.2024 ***

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99510 Nektarinka

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),
49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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Obdobie: 08.07.2024 - 14.07.2024

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*** Sobota 13.07.2024 ***

Raňajky. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99511 Broskyna (E:285kj,B:1g,S:18g)

Obed. 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99748 Keks Marina 0,1

Večera. 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 14.07.2024 ***

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

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 99624 Mliecna ryza, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 08.07.2024 - 14.07.2024

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 08.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12),
 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) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

***** Utorok 09.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (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..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12),
 17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1,7),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 52623 Uhorkovy salat 160g (E:241kj,B:1g,S:14g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99739 Piskoty dlhe

Večera..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 10.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)

Obed..... 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99335 Croissant cokoladovy

Večera..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 47122 Leco s vajcom 350g (E:1500kj,B:15g,T:28g,S:21g) (Al:3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 11.07.2024 *****

Raňajky..... 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99721 Nutellova natierka 50g (E:783kj,T:21g) (Al:7),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,7,9,12),
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 12.07.2024 *****

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 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..... 99510 Nektarinka

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 59012 Dukat.buchticky s vanil.kremom 450g(s.200g,p.250g) (E:4408kj,B:25g,T:36g,S:158g) (Al:1,3,7),

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63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
 Večera. 40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),
 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Sobota 13.07.2024 *****

Raňajky. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 44721 Vajcovy krem [jemna natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99511 Broskyna (E:285kj,B:1g,S:18g)
 Obed. 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99323 Pagac
 Večera. 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Nedela 14.07.2024 *****

Raňajky. 99342 Zavin orechovy 100g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99634 Syr v crievku 100g (E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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SETR - ŠETRIACA 1 - 1 r.***** Pondelok 08.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12),
 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) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

***** Utorok 09.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (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..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
 17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1,7),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99739 Piskoty dlhe

Večera..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 10.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)

Obed..... 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99335 Croissant cokoladovy

Večera..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 90725 Cuketa s vajcom 300g (E:1398kj,B:16g,T:33g,S:7g) (Al:3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 11.07.2024 *****

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 99721 Nutellova natierka 50g (E:783kj,T:21g) (Al:7),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 12.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (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..... 99510 Nektarinka

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),

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59012 Dukat.buchticky s vanil.kremom 450g(,s.200g,p.250g) (E:4408kj,B:25g,T:36g,S:158g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
 Večera. 40023 Syrový nakyp jemný 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),
 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 13.07.2024 ***

Raňajky. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Čaj ovocný 0,25l (E:403kj,S:21g)
 Desiata. 99511 Broskyňa (E:285kj,B:1g,S:18g)
 Obed. 04221 Polievka karfiolová 0,33l (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
 18114 Hov. maso dusené na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99323 Pačac
 Večera. 55812 Krupicová kaša 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 14.07.2024 ***

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 Džem mini (Al:12), 63421 Čierna káva z kávy 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65119 Vývar z hov. mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
 90105 Morcacie prsia v pretlaču 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
 90302 Zemiaky varené s vlnkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 08.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed..... 90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12),
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) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 09.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
17714 Hov. maso dusene na koreni 182g(m.62g) (E:1213kj,B:18g,T:21g,S:7g) (Al:1,7),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99739 Piskoty dlhe

Večera..... 99624 Mliecna ryza, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 10.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)

Obed..... 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera..... 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 11.07.2024 *****

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 50912 Cestovina so spenatom 225g (E:537kj,B:4g,T:12g,S:2g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 12.07.2024 *****

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99510 Nektarinka

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),
49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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Obdobie: 08.07.2024 - 14.07.2024

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*** Sobota 13.07.2024 ***

Raňajky. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99511 Broskyna (E:285kj,B:1g,S:18g)

Obed. 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99748 Keks Marina 0,1

Večera. 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 14.07.2024 ***

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

Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 99624 Mliecna ryza, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková
Hejbalová
Kubrická
Šimovcová
Kaštilová