

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

Obdobie: 22.07.2024 - 28.07.2024

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.***** Pondelok 22.07.2024 *****

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

Obed..... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
218235 Telacie na paprike bezmlieka 262g(m.62g) (E:1214kj,B:16g,T:21g,S:11g) (Al:1),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99345 Satocka s ovoc. naplnou

Večera..... 466115 Spenat duseny bez mlieka 200g (E:631kj,B:4g,T:11g,S:12g) (Al:1,7),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 23.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,
99718 Trescia pecen 55g 55g (E:142kj,T:4g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99510 Nektarinka

Obed..... 650225 Polievka zemiak. II bez mlieka 0,33l (E:332kj,B:2g,S:21g) (Al:12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99757 Keks Indian

Večera..... 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 24.07.2024 *****

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

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
18313 Hovadzi token 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99330 Rozok celozrnnny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 99682 Chlieb vo vajicku (E:3901kj,B:13g,T:71g,S:53g) (Al:1,3),
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 25.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,
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..... 99511 Broskyna (E:285kj,B:1g,S:18g)

Obed..... 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
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..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera..... 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 26.07.2024 *****

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

Obed..... 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (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:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),

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63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 48822 Zemiakovy gulas po sedliacky 450g (E:1791kj,B:8g,T:25g,S:51g) (Al:1,3,7,12),
 ----- 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12) -----

*** Sobota 27.07.2024 ***

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. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),
 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99739 Piskoty dlhe
 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) -----

*** Nedela 28.07.2024 ***

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (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. 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), 99117 Sunka vak. 100g,
 ----- 99604 Maslo mini delacreame 40g 40, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12) -----

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.***** Pondelok 22.07.2024 *****

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

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

Obed..... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
218235 Telacie na paprike bezmlieka 262g(m.62g) (E:1214kj,B:16g,T:21g,S:11g) (Al:1),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99323 Pagac

Večera..... 466115 Spenat duseny bez mlieka 200g (E:631kj,B:4g,T:11g,S:12g) (Al:1,7),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99680 Vajce (E:337kj,B:7g,T:6g,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

***** Utorok 23.07.2024 *****

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,
99718 Trescia pecen 55g 55g (E:142kj,T:4g), 63111 Caj pravy 0,25l

Desiata..... 99510 Nektarinka

Obed..... 650225 Polievka zemiak. II bez mlieka 0,33l (E:332kj,B:2g,S:21g) (Al:12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99738 Pernik DIA

Večera..... 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
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)

***** Streda 24.07.2024 *****

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

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
18313 Hovadzi token 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al: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..... 99330 Rozok celozmny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 99682 Chlieb vo vajicku (E:3901kj,B:13g,T:71g,S:53g) (Al:1,3),
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al: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), 99118 Salama parizer 50g,
99604 Maslo mini delacreame 40g 40

***** Stvrtok 25.07.2024 *****

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 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..... 99511 Broskyna (E:285kj,B:1g,S:18g)

Obed..... 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
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..... 99323 Pagac

Večera..... 90415 Rezance s dzemom DIA 300g (E:1891kj,B:13g,T:5g,S:99g) (Al:1,3,7),
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), 99604 Maslo mini delacreame 40g 40

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*** Piatok 26.07.2024 ***

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravý 0,25l

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

Obed. 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (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:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 48822 Zemiakovy gulas po sedliacky 450g (E:1791kj,B:8g,T:25g,S:51g) (Al:1,3,7,12),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 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), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g) -----

*** Sobota 27.07.2024 ***

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 pravý 0,25l

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

Obed. 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),
 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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),
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99604 Maslo mini delacreame 40g 40 -----

*** Nedela 28.07.2024 ***

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

Obed. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 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), 99117 Sunka vak. 100g,
 99604 Maslo mini delacreame 40g 40, 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) -----

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 22.07.2024 - 28.07.2024

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DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 22.07.2024 *****

Raňajky.....	99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 99402 Paprika (E:30kj,S:2g), 63111 Caj pravy 0,25l
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 21823 Telacie maso na paprike 262g(m.62g) (E:1377kj,B:17g,T:23g,S:13g) (Al:1,7), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.....	46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 39422 Volske oko 40g (E:431kj,B:7g,T:8g,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), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Utorok 23.07.2024 *****

Raňajky.....	99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata.....	99510 Nektarinka
Obed.....	65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12), 90230 Udene br. stehno 64g (E:486kj,B:12g,T:6g,S:3g), 90290 Cicerova kasa s cibulkou 345g (E:763kj,B:2g,T:16g,S:9g) (Al:1,7,12), 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99738 Pernik DIA
Večera.....	90416 Tvarohovy nakyp DIA 340g (E:2252kj,B:34g,T:35g,S:25g) (Al:1,3,7), 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), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Streda 24.07.2024 *****

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, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.....	99502 Banan (E:476kj,B:2g,S:25g)
Obed.....	90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12), 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al: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.....	99330 Rozok celozrnnny (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)
Večera.....	99682 Chlieb vo vajicku (E:3901kj,B:13g,T:71g,S:53g) (Al:1,3), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 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), 99118 Salama parizer 50g, 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Stvrtok 25.07.2024 *****

Raňajky.....	99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7), 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), 63111 Caj pravy 0,25l
Desiata.....	99511 Broskyna (E:285kj,B:1g,S:18g)
Obed.....	90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 35713 Br. mlety rezen so syrom 70g (E:2619kj,B:27g,T:46g,S:27g) (Al:1,3,7), 90280 Zemiaky dusene s paprikou 280g (E:1950kj,B:8g,T:17g,S:84g), 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.....	99323 Paqac
Večera.....	90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Obdobie: 22.07.2024 - 28.07.2024

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

*** Piatok 26.07.2024 ***

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
99631 Syr tvrdý light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99402 Paprika (E:30kj,S:2g),
63111 Caj pravý 0,25l

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

Obed. 46721 Kapusta hlavkova rajciakova 200g (E:858kj,B:4g,T:8g,S:33g) (Al:1,7,12),

99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),

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:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),

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

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

Večera. 48822 Zemiakovy gulas po sedliacky 450g (E:1791kj,B:8g,T:25g,S:51g) (Al:1,3,7,12),

99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 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), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g) -----

*** Sobota 27.07.2024 ***

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 pravý 0,25l

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

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

90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),

51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99435 Calamada 150g (Al:12),

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

Olovrant. 99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al: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),

99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7) -----

*** Nedela 28.07.2024 ***

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

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

Obed. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),

24824 Brav. belehrad.rezen so zemiak 364g(m.64g) (E:2704kj,B:21g,T:38g,S:65g) (Al:1,7,12),

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), 99117 Sunka vak. 100g,

99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al: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),

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: 22.07.2024 - 28.07.2024

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DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 22.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 99709 Natierka z nivy (.s.45g) (E:933kj,B:5g,T:22g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
 63111 Caj pravy 0,25l

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

Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 21823 Telacie maso na paprike 262g(m.62g) (E:1377kj,B:17g,T:23g,S:13g) (Al:1,7),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99680 Vajce (E:337kj,B:7g,T:6g,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), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Utorok 23.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),
 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata. 99510 Nektarinka

Obed. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99738 Pernik DIA

Večera. 90416 Tvarohovy nakyp DIA 340g (E:2252kj,B:34g,T:35g,S:25g) (Al:1,3,7),
 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),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Streda 24.07.2024 *****

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

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

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
 18313 Hovadzi token 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

Večera. 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12),
 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 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), 99118 Salama parizer 50g,
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Stvrtok 25.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 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. 99511 Broskyna (E:285kj,B:1g,S:18g)

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
 35713 Br. mlety rezen so syrom 70g (E:2619kj,B:27g,T:46g,S:27g) (Al:1,3,7),
 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. 99323 Pagac

Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),
 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)

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Obdobie: 22.07.2024 - 28.07.2024

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***** Piatok 26.07.2024 *****

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),
 99631 Syr tvrdý light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
 63111 Caj pravý 0,25l

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

Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
 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:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 48822 Zemiakovy gulas po sedliacky 450g (E:1791kj,B:8g,T:25g,S:51g) (Al:1,3,7,12),
 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 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), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

***** Sobota 27.07.2024 *****

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 pravý 0,25l

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

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al: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),
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Nedela 28.07.2024 *****

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

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

Obed. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 903027 Zemiaky nove varene s vnatkou 330g (E:1385kj,B:7g,T:9g,S:654g) (Al:7),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 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), 99117 Sunka vak. 100g,
 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al: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),
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 22.07.2024 - 28.07.2024

Str.: 9

DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 22.07.2024 *****

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 21823 Telacie maso na paprike 262g(m.62g) (E:1377kj,B:17g,T:23g,S:13g) (Al:1,7),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 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 23.07.2024 *****

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. 99510 Nektarinka
 Obed. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
 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. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Streda 24.07.2024 *****

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. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
 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. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 25.07.2024 *****

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 Broskyna (E:285kj,B:1g,S:18g)
 Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
 35713 Br. mlety rezen so syrom 70g (E:2619kj,B:27g,T:46g,S:27g) (Al:1,3,7),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Piatok 26.07.2024 *****

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. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
 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:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 48822 Zemiakovy gulas po sedliacky 450g (E:1791kj,B:8g,T:25g,S:51g) (Al:1,3,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

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Obdobie: 22.07.2024 - 28.07.2024

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*** Sobota 27.07.2024 ***

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

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

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
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. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

*** Nedela 28.07.2024 ***

Raňajky. 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g,
63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

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

Obed. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (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. 99555 Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 22.07.2024 - 28.07.2024

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KASOV - KAŠOVITÁ 1 - 1 r.

*** Pondelok 22.07.2024 ***

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

Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
21823 Telacie maso na paprike 262g(m.62g) (E:1377kj,B:17g,T:23g,S:13g) (Al:1,7),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Utorok 23.07.2024 ***

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. 99510 Nektarinka

Obed. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99757 Keks Indian

Večera. 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Streda 24.07.2024 ***

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

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
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. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

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

*** Stvrtok 25.07.2024 ***

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

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
35713 Br. mlety rezen so syrom 70g (E:2619kj,B:27g,T:46g,S:27g) (Al:1,3,7),
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. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Piatok 26.07.2024 ***

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. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
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:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 48822 Zemiakovy gulash po sedliacky 450g (E:1791kj,B:8g,T:25g,S:51g) (Al:1,3,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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*** Sobota 27.07.2024 ***

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. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 28.07.2024 ***

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

Obed. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (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. 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: 22.07.2024 - 28.07.2024

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 22.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99709 Natierka z nivy (.s.45g) (E:933kj,B:5g,T:22g) (Al:7), 99402 Paprika (E:30kj,S:2g),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 21823 Telacie maso na paprike 262g(m.62g) (E:1377kj,B:17g,T:23g,S:13g) (Al:1,7),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
 39422 Volske oko 40g (E:431kj,B:7g,T:8g,S:1g) (Al:3), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 23.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99510 Nektarinka

Obed..... 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
 90230 Udene br. stehno 64g (E:486kj,B:12g,T:6g,S:3g),
 90290 Cicerova kasa s cibulkou 345g (E:763kj,B:2g,T:16g,S:9g) (Al:1,7,12),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99434 Uhorky ster. (E:71kj) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99757 Keks Indian

Večera..... 60312 Tvarohovy nakyp 340g (E:3069kj,B:34g,T:35g,S:69g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 24.07.2024 *****

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

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
 18313 Hovadzi token 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 52623 Uhorkovy salat 160g (E:241kj,B:1g,S:14g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99330 Rozok celozmny (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

Večera..... 99682 Chlieb vo vajicku (E:3901kj,B:13g,T:71g,S:53g) (Al:1,3),
 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 25.07.2024 *****

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

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

Obed..... 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
 35713 Br. mlety rezen so syrom 70g (E:2619kj,B:27g,T:46g,S:27g) (Al:1,3,7),
 90280 Zemiaky dusene s paprikou 280g (E:1950kj,B:8g,T:17g,S:84g),
 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..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera..... 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 26.07.2024 *****

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),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99402 Paprika (E:30kj,S:2g),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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Obed. 46721 Kapusta hlavkova rajciakova 200g (E:858kj,B:4g,T:8g,S:33g) (Al:1,7,12),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 58311 Parene buchty s lekvar.a mak. 315g (E:6229kj,B:28g,T:61g,S:212g) (Al:1,3,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 48822 Zemiakovy gulas po sedliacky 450g (E:1791kj,B:8g,T:25g,S:51g) (Al:1,3,7,12),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 27.07.2024 ***

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

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99435 Calamada 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. 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 28.07.2024 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

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

Obed. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 24824 Brav. belehrad.rezen so zemiak 364g(m.64g) (E:2704kj,B:21g,T:38g,S:65g) (Al:1,7,12),
 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), 99117 Sunka vak. 100g,
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 22.07.2024 - 28.07.2024

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SETR - ŠETRIACA 1 - 1 r.***** Pondelok 22.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99709 Natierka z nivy (.s.45g) (E:933kj,B:5g,T:22g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 21823 Telacie maso na paprike 262g(m.62g) (E:1377kj,B:17g,T:23g,S:13g) (Al:1,7),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 23.07.2024 *****

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99510 Nektarinka

Obed..... 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99757 Keks Indian

Večera..... 60312 Tvarohovy nakyp 340g (E:3069kj,B:34g,T:35g,S:69g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 24.07.2024 *****

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 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99330 Rozok celozmny (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

Večera..... 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12),
 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 25.07.2024 *****

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

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

Obed..... 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
 35713 Br. mlety rezen so syrom 70g (E:2619kj,B:27g,T:46g,S:27g) (Al:1,3,7),
 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..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera..... 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 26.07.2024 *****

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),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),

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Obdobie: 22.07.2024 - 28.07.2024

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58311 Parene buchty s lekvar.a mak. 315g (E:6229kj,B:28g,T:61g,S:212g) (Al:1,3,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 48822 Zemiakovy gulas po sedliacky 450g (E:1791kj,B:8g,T:25g,S:51g) (Al:1,3,7,12),
 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 27.07.2024 ***

Raňajky. 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (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. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
 Večera. 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 28.07.2024 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 903027 Zemiaky nove varene s vnatkou 330g (E:1385kj,B:7g,T:9g,S:654g) (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), 99117 Sunka vak. 100g,
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 22.07.2024 - 28.07.2024

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TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 22.07.2024 *****

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

Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
21823 Telacie maso na paprike 262g(m.62g) (E:1377kj,B:17g,T:23g,S:13g) (Al:1,7),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 23.07.2024 *****

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. 99510 Nektarinka

Obed. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
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. 99757 Keks Indian

Večera. 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 24.07.2024 *****

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

Obed. 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),
18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
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. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

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

***** Stvrtok 25.07.2024 *****

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

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
35713 Br. mlety rezen so syrom 70g (E:2619kj,B:27g,T:46g,S:27g) (Al:1,3,7),
49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 26.07.2024 *****

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. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
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:1,3,7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 48822 Zemiakovy gulas po sedliacky 450g (E:1791kj,B:8g,T:25g,S:51g) (Al:1,3,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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Obdobie: 22.07.2024 - 28.07.2024

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*** Sobota 27.07.2024 ***

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. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
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. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 28.07.2024 ***

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

Obed. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (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. 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)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková
Hejbalová
Kubrická
Šimovcová
Kaštilová