

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 06.09.2021 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g,
 99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99511 Broskyna (E:285kj,B:1g,S:18g)
 Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 557215 Spagety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 07.09.2021 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g,
 99740 Med mini, 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. 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),
 90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99335 Croissant cokoladovy
 Večera. 902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12),
 99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 08.09.2021 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 65919 Hov.mäso varené - rostenka (m.62g) (E:660kj,B:16g,T:10g),
 65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99323 Pagac
 Večera. 902535 Rezance so struh bez mlieka 300g (E:4994kj,B:18g,T:62g,S:144g) (Al:1,3),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Stvrtok 09.09.2021 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g,
 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. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99335 Croissant cokoladovy
 Večera. 90725 Cuketa s vajcom 300g (E:1398kj,B:16g,T:33g,S:7g) (Al:3,7),
 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 10.09.2021 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99604 Maslo mini delacream 20g,
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 02421 Hovadzia polievka s haluskami 0,33L (p.40g) (E:496kj,B:4g,T:4g,S:18g) (Al:1,3,7,9,12),
 90108 Morcacie prsia dusene 160g(m.62g) (E:717kj,B:21g,T:8g,S:3g) (Al:1),

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

Obdobie: 06.09.2021 - 12.09.2021

Str.: 2

51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 281125 Prazske zemiaky bezmlika 400g (E:2502kj,B:19g,T:35g,S:62g) (Al:1,3,7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 11.09.2021 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,
 99401 Paradajka (E:42kj,B:1g,S:3g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 044215 Polievka karotkova bez mlika 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
 900125 Kuracie dus. v kaler.bezmlika 214g(m.64g) (E:1160kj,B:31g,T:13g,S:9g) (Al:1,7),
 ... 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 39422 Volske oko 40g (E:431kj,B:7g,T:8g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 12.09.2021 ***

Raňajky. 99326 Zavin kakaovy 100g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 ... 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

vynotoval:Kastilova

schvalila:Stravovacia komisia

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 06.09.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99511 Broskyňa (E:285kj,B:1g,S:18g)
Obed.	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
.....	90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
	99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63111 Caj pravy 0,25l
II. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Utorok 07.09.2021 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (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.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
.....	12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
...	49912 Zemiaky opekane 180g (E:1755kj,B:7g,T:15g,S:75g) (Al:7),
	99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l
Olovrant.	99318 Rites cesnakovy 70g
Večera.	90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
.....	99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
II. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
.....	99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g)

***** Streda 08.09.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 63111 Caj pravy 0,25l
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
.....	65919 Hov.mäso varené - rostenka (m.62g) (E:660kj,B:16g,T:10g),
...	65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
	50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l
Olovrant.	99323 Pagac
Večera.	90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7), 63111 Caj pravy 0,25l
II. večera.	99316 Dalamanka celozrnna, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
.....	99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Stvrtok 09.09.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	44611 Syrova natierka jemna 40g (E:592kj,B:4g,T:13g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
.....	90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
	99441 Mrkvovy salat s jablkom DIA 150g (E:199kj,B:1g,S:16g), 63111 Caj pravy 0,25l
Olovrant.	99316 Dalamanka celozrnna, 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
Večera.	90725 Cuketa s vajcom 300g (E:1398kj,B:16g,T:33g,S:7g) (Al:3,7),
.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 63111 Caj pravy 0,25l
II. večera.	99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
.....	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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

Obdobie: 06.09.2021 - 12.09.2021

Str.: 4

*** Piatok 10.09.2021 ***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 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..... 46721 Kapusta hlavkova rajciakova 200g (E:858kj,B:4g,T:8g,S:33g) (Al:1,7,12),
 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 ... 90108 Morcacie prsia dusene 160g(m.62g) (E:717kj,B:21g,T:8g,S:3g) (Al:1),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
 Olovrant..... 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera..... 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l
 Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

*** Sobota 11.09.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99401 Paradajka (E:42kj,B:1g,S:3g), 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),
 90012 Kuracie maso dus. v kalerabe 214g(m.64g) (E:1199kj,B:32g,T:14g,S:10g) (Al:1,7),
 ... 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
 Večera..... 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravy 0,25l
 Il. večera..... 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Nedela 12.09.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 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..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 18313 Hovadzi token 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
 ... 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),
 63111 Caj pravy 0,25l
 Olovrant..... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
 Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63111 Caj pravy 0,25l
 Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

Vynotovili:Kastilova

Schvaľila:Stravovacia komisia

DIA-S - DIABETICKA STRAVA-SETRIACA**1 -******* Pondelok 06.09.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99511 Broskyňa (E:285kj,B:1g,S:18g)
Obed.	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
.....	90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	55612 Spagety so syrom light 300g (E:2494kj,B:24g,T:20g,S:83g) (Al:1,3,7),
.....	99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Utorok 07.09.2021 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (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.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
.....	90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
...	49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 63111 Caj pravy 0,25l
Olovrant.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)
Večera.	90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
.....	99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
.....	99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g)

***** Streda 08.09.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 63111 Caj pravy 0,25l
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
.....	65919 Hov.mäso varené - rostenka (m.62g) (E:660kj,B:16g,T:10g),
...	65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
.....	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l
Olovrant.	99323 Pagac
Večera.	90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7), 63111 Caj pravy 0,25l
Il. večera.	99316 Dalamanka celozrnna, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
.....	99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Stvrtok 09.09.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	44611 Syrova natierka jemna 40g (E:592kj,B:4g,T:13g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
.....	90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	99441 Mrkvovy salat s jablkom DIA 150g (E:199kj,B:1g,S:16g), 63111 Caj pravy 0,25l
Olovrant.	99316 Dalamanka celozrnna, 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
Večera.	90725 Cuketa s vajcom 300g (E:1398kj,B:16g,T:33g,S:7g) (Al:3,7),
.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 63111 Caj pravy 0,25l
Il. večera.	99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
.....	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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

Obdobie: 06.09.2021 - 12.09.2021

Str.: 6

*** Piatok 10.09.2021 ***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 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..... 02421 Hovadzia polievka s haluskami 0,33L (p.40g) (E:496kj,B:4g,T:4g,S:18g) (Al:1,3,7,9,12),
 90108 Morcacie prsia dusene 160g(m.62g) (E:717kj,B:21g,T:8g,S:3g) (Al:1),
 ... 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
 Olovrant..... 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera..... 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),
 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l
 Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

*** Sobota 11.09.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99403 Paradajka olupana (E:42kj,B:1g,S:3g), 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),
 90012 Kuracie maso dus. v kalerabe 214g(m.64g) (E:1199kj,B:32g,T:14g,S:10g) (Al:1,7),
 ... 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
 Večera..... 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravy 0,25l
 Il. večera..... 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Nedela 12.09.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 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..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 ... 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l
 Olovrant..... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
 Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63111 Caj pravy 0,25l
 Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

Vynotovil:Kastilova

Schvalila:Stravovacia komisia

DIA-T - DIABETICKA STRAVA - TEKUTÁ**1 - 1******* Pondelok 06.09.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata.....	99511 Broskyňa (E:285kj,B:1g,S:18g)
Obed.....	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
.....	90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
.....	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l
Olovrant.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.....	55612 Spagety so syrom light 300g (E:2494kj,B:24g,T:20g,S:83g) (Al:1,3,7), 63111 Caj pravy 0,25l
Il. večera.....	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 07.09.2021 *****

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.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
.....	90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
.....	49822 Zemiaková kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 63111 Caj pravy 0,25l
Olovrant.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.....	90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 63111 Caj pravy 0,25l
Il. večera.....	99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Streda 08.09.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata.....	99502 Banan (E:476kj,B:2g,S:25g)
Obed.....	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
.....	65919 Hov.mäso varené - rostenka (m.62g) (E:660kj,B:16g,T:10g),
.....	65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
.....	50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l
Olovrant.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.....	90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7), 63111 Caj pravy 0,25l
Il. večera.....	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 09.09.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata.....	99502 Banan (E:476kj,B:2g,S:25g)
Obed.....	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
.....	90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g),
.....	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l
Olovrant.....	99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
Večera.....	90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63111 Caj pravy 0,25l
Il. večera.....	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 10.09.2021 *****

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.....	02421 Hovadzia polievka s haluskami 0,33L (p.40g) (E:496kj,B:4g,T:4g,S:18g) (Al:1,3,7,9,12),
.....	90108 Morcacie prsia dusene 160g(m.62g) (E:717kj,B:21g,T:8g,S:3g) (Al:1),
.....	51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l
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), 63111 Caj pravy 0,25l
Il. večera.....	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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

Obdobie: 06.09.2021 - 12.09.2021

Str.: 8

*** Sobota 11.09.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 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),
 90012 Kuracie maso dus. v kalerabe 214g(m.64g) (E:1199kj,B:32g,T:14g,S:10g) (Al:1,7),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
 Večera. 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Nedela 12.09.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 99555 Detsky prikrm, 63111 Caj pravy 0,25l
 Il. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

vynotovil:kastilova

schvalila:stravovacia komisia

KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 06.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99511 Broskyna (E:285kj,B:1g,S:18g)
Obed.	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
.....	90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera.	55612 Spagety so syrom light 300g (E:2494kj,B:24g,T:20g,S:83g) (Al:1,3,7),
.....	99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 07.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99740 Med mini,
.....	63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
.....	90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
...	49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99335 Croissant cokoladovy
Večera.	90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 08.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
.....	65919 Hov.mäso varené - rostenka (m.62g) (E:660kj,B:16g,T:10g),
...	65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)
Večera.	90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Stvrtok 09.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	44611 Syrova natierka jemna 40g (E:592kj,B:4g,T:13g,S:1g) (Al:7),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
.....	90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
	99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
Večera.	90725 Cuketa s vajcom 300g (E:1398kj,B:16g,T:33g,S:7g) (Al:3,7),
.....	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obdobie: 06.09.2021 - 12.09.2021

Str.: 10

*** Piatok 10.09.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 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..... 02421 Hovadzia polievka s haluskami 0,33L (p.40g) (E:496kj,B:4g,T:4g,S:18g) (Al:1,3,7,9,12),
 90108 Morcacie prsia dusene 160g(m.62g) (E:717kj,B:21g,T:8g,S:3g) (Al:1),
 ... 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera..... 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 11.09.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99403 Paradajka olupana (E:42kj,B:1g,S:3g),
 63113 Caj pravy s citronom 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),
 90012 Kuracie maso dus. v kalerabe 214g(m.64g) (E:1199kj,B:32g,T:14g,S:10g) (Al:1,7),
 ... 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
 Večera..... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 12.09.2021 ***

Raňajky..... 99326 Zavin kakaovy 100g, 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..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 ... 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant..... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vynotovili:Kastilova

Schválili:Stravovacia komisia

RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 06.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99511 Broskyňa (E:285kj,B:1g,S:18g)
Obed.	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
.....	90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera.	55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 07.09.2021 *****

Raňajky.	99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99740 Med mini,
.....	63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
.....	12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
...	49912 Zemiaky opekane 180g (E:1755kj,B:7g,T:15g,S:75g) (Al:7),
	99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99335 Croissant cokoladovy
Večera.	90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 08.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
.....	65919 Hov.mäso varené - rostenka (m.62g) (E:660kj,B:16g,T:10g),
...	65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
	50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7),
	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)
Večera.	90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Stvrtok 09.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	44611 Syrova natierka jemna 40g (E:592kj,B:4g,T:13g,S:1g) (Al:7),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
.....	90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
	99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
Večera.	90725 Cuketa s vajcom 300g (E:1398kj,B:16g,T:33g,S:7g) (Al:3,7),
.....	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obdobie: 06.09.2021 - 12.09.2021

Str.: 12

*** Piatok 10.09.2021 ***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 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..... 46721 Kapusta hlavkova rajciakova 200g (E:858kj,B:4g,T:8g,S:33g) (Al:1,7,12),
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 ... 58311 Parene buchty s lekvar.a mak. 315g (E:6229kj,B:28g,T:61g,S:212g) (Al:1,3,7,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera..... 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 11.09.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99401 Paradajka (E:42kj,B:1g,S:3g),
 63113 Caj pravy s citronom 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),
 90012 Kuracie maso dus. v kalerabe 214g(m.64g) (E:1199kj,B:32g,T:14g,S:10g) (Al:1,7),
 ... 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
 Večera..... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 12.09.2021 ***

Raňajky..... 99326 Zavin kakaovy 100g, 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..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
 ... 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant..... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vynotovila:Kastilova

Schvalila:Stravovacia komisia

TEKUT - TEKUTA STRAVA**1 - 1 r.******* Pondelok 06.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini,
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99511 Broskyňa (E:285kj,B:1g,S:18g)
Obed.	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
.....	90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera.	55612 Spagety so syrom light 300g (E:2494kj,B:24g,T:20g,S:83g) (Al:1,3,7),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 07.09.2021 *****

Raňajky.	99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99740 Med mini,
.....	63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
.....	90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
...	49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
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),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 08.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini,
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
.....	65919 Hov.mäso varené - rostenka (m.62g) (E:660kj,B:16g,T:10g),
...	65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
.....	50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99739 Piskoty dlhe
Večera.	90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Stvrtok 09.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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.	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
.....	90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
Večera.	90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 10.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 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.	02421 Hovadzia polievka s haluskami 0,33L(p.40g) (E:496kj,B:4g,T:4g,S:18g) (Al:1,3,7,9,12),
.....	90108 Morcacie prsia dusene 160g(m.62g) (E:717kj,B:21g,T:8g,S:3g) (Al:1),
...	51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
.....	
.....	

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

Obdobie: 06.09.2021 - 12.09.2021

Str.: 14

Večera. 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 11.09.2021 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12),
 63113 Caj pravy s citronom 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),
 90012 Kuracie maso dus. v kalerabe 214g(m.64g) (E:1199kj,B:32g,T:14g,S:10g) (Al:1,7),
 ... 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)
 Večera. 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Nedela 12.09.2021 ***

Raňajky. 99326 Zavin kakaovy 100g, 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. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 ... 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 99624 Mliecna ryza, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

vynotovili:Kaštillova

schvaľila:Stravovacia komisia

Stravovacia komisia: Černoková
 Hejbalová
 Kubrická
 Šimovcová
 Kaštillová