

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 16.08.2021 *****

Raňajky.....	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,
.....	99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),
.....	264245 Bravcove maso v kaler. bez mli 214(m.64g) (E:1410kj,B:18g,T:25g,S:12g) (Al:1,7),
...	51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (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.....	55112 Kapustove fliacky 350g (E:2793kj,B:15g,T:31g,S:87g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 17.08.2021 *****

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.....	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.....	052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),
.....	66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
...	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.....	99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)
Večera.....	49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),
.....	99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 18.08.2021 *****

Raňajky.....	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,
.....	99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.....	99502 Banan (E:476kj,B:2g,S:25g)
Obed.....	044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al: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:964kj,B:6g,T:1g,S:60g),
.....	99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99335 Croissant cokoladovy
Večera.....	54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 19.08.2021 *****

Raňajky.....	99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99604 Maslo mini delacreame 20g, 99740 Med mini,
.....	63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.....	99510 Nektarinka
Obed.....	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
.....	900145 Kuracie rizoto bratis.bez mlie 460g(m.60g) (E:3370kj,B:46g,T:28g,S:95g) (Al:1,3,7,12),
...	51911 Hlavkovy salat 80g (E:232kj,B:4g,T:7g,S:12g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
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),
.....	39423 Volske oko 2 ks 80g (E:863kj,B:13g,T:17g,S:1g) (Al:3),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 20.08.2021 *****

Raňajky.....	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 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.....	646225 Polievka karf.so zem. bezmliek 0,33l (E:184kj,B:3g,T:1g,S:7g) (Al:3),
.....	604125 Zemlovka jablkova bez mlieka 400g (E:3577kj,B:12g,T:31g,S:138g) (Al:1,3,7),
.....	

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63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant.....99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
 Večera.....477235 Zeleninovy rezen bez mlieka 300g (E:2734kj,B:14g,T:42g,S:58g) (Al:1,3,12),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 21.08.2021 ***

Raňajky.....99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,
99408 Mrkva 30 (E:21kj,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata.....99511 Broskyňa (E:285kj,B:1g,S:18g)
 Obed.....048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12),
90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
 ...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.....99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)
 Večera.....99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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 22.08.2021 ***

Raňajky.....99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g),
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.....02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),
 ...49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99124 Sunkovy narez,
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

vynotov11:kast11ova

schva111a:stravovacia komis11a

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 16.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (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.....	90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
.....	25714 Bravcove stehno nitrianske 229g(m.79g) (E:2005kj,B:23g,T:33g,S:23g) (Al:1,3,7,10,12),
...	51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (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.....	90403 Kapustove fliacky DIA (,s.380g) (E:2847kj,B:14g,T:31g,S:93g) (Al:1,3),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
.....	99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Utorok 17.08.2021 *****

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.....	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.....	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
.....	13514 Hov. pecienka na hubach 213g(m.63g) (E:1210kj,B:23g,T:16g,S:11g) (Al:1,7),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	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.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.....	49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),
.....	99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.....	99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
.....	99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Streda 18.08.2021 *****

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),
.....	99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravy 0,25l
Desiata.....	99502 Banan (E:476kj,B:2g,S:25g)
Obed.....	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
.....	24913 Bravcovy rezen vyprazany 120g (E:2536kj,B:20g,T:45g,S:31g) (Al:1,3,7),
...	90280 Zemiaky dusene s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g),
.....	99449 Rajciakovy salat s cibulou DIA 150g (E:262kj,B:2g,T:3g,S:10g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
Večera.....	90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
.....	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
.....	99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.....	99510 Nektarinka
Obed.....	04111 Polievka hubova s mrvancami 0,33L (E:691kj,B:4g,T:5g,S:26g) (Al:1,7,12),
.....	90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),
...	99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera.....	50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12),
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99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99633 Syr tvrdý 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Piatok 20.08.2021 ***

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63111 Caj pravý 0,25l
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 90730 Polievka fazulova s kapustou 0,33l (E:1010kj,B:10g,T:10g,S:32g) (Al:1,7,12),
 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 ... 90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
 Večera. 47723 Zeleninový rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Sobota 21.08.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99631 Syr tvrdý light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99511 Broskyňa (E:285kj,B:1g,S:18g)
 Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
 ... 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. 99318 Rites cesnakovy 70g
 Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3),
 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 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)

*** Nedela 22.08.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
 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. 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),
 ... 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99435 Calamada 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
 Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99124 Sunkovy narez,
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

DIA-S - DIABETICKA STRAVA-SETRIACA**1 -******* Pondelok 16.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
.....	99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l
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),
.....	26424 Bravcove maso dus. v kalerabe 214g(m.64g) (E:1397kj,B:17g,T:26g,S:10g) (Al:1,7),
...	51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (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.....	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.....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
.....	99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Utorok 17.08.2021 *****

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.....	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.....	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
.....	66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
...	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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.....	49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),
.....	99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera.....	99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
.....	99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Streda 18.08.2021 *****

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),
.....	99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravy 0,25l
Desiata.....	99502 Banan (E:476kj,B:2g,S:25g)
Obed.....	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (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:964kj,B:6g,T:1g,S:60g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
Večera.....	90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera.....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
.....	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 19.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
.....	99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.....	99510 Nektarinka
Obed.....	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
.....	90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),
...	99444 Hlavkovy salat DIA (E:175kj,B:4g,T:7g,S:10g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera.....	50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12),
.....	99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
II: večera.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
.....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
.....	

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99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Piatok 20.08.2021 ***

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), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
 63111 Caj pravý 0,25l
 Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 64622 Polievka karfiol.so zemiakmi 0,33l (E:437kj,B:4g,T:6g,S:10g) (Al:3,7),
 90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7),
 ... 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
 Večera..... 47723 Zeleninový rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Sobota 21.08.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99631 Syr tvrdý light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata..... 99511 Broskyňa (E:285kj,B:1g,S:18g)
 Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
 ... 51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99551 Detská výživa dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3),
 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99123 Sunková pena Matko (E:1044kj,B:5g,T:24g,S:4g)

*** Nedela 22.08.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
 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..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 26414 Bravcové maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),
 ... 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
 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 2ks (E:1278kj,B:10g,T:1g,S:60g), 99124 Sunkový narez,
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera..... 99611 Jogurt dia (E:200kj,B:3g,S:8g)

vynotoval:Kastilova

Schválila:Stravovacia komisia

DIA-T - DIABETICKA STRAVA - TEKUTÁ**1 - 1******* Pondelok 16.08.2021 *****

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.....	90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
.....	26424 Bravcove maso dus. v kalerabe 214g(m.64g) (E:1397kj,B:17g,T:26g,S:10g) (Al:1,7),
...	51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (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.....	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.....	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 17.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata.....	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.....	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
.....	66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
...	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.....	49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.....	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Streda 18.08.2021 *****

Raňajky.....	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
.....	63111 Caj pravy 0,25l
Desiata.....	99502 Banan (E:476kj,B:2g,S:25g)
Obed.....	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (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:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.....	90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Stvrtok 19.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,
.....	63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.....	99510 Nektarinka
Obed.....	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
.....	90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),
...	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.....	50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.....	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 20.08.2021 *****

Raňajky.....	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
.....	63111 Caj pravy 0,25l
Desiata.....	99502 Banan (E:476kj,B:2g,S:25g)
Obed.....	64622 Polievka karfiol.so zemiakmi 0,33l (E:437kj,B:4g,T:6g,S:10g) (Al:3,7),
.....	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)
Olovrant.....	99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)
.....	
.....	

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Večera. 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (AI:7),
 63100 Voda so sirupom (E:337kj,S:20g) (AI:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Sobota 21.08.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99511 Broskyna (E:285kj,B:1g,S:18g)
 Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (AI:1,3,7,12),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (AI:1,9,12),
 ... 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (AI:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (AI:12)
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (AI:7),
 63100 Voda so sirupom (E:337kj,S:20g) (AI:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Nedela 22.08.2021 ***

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) (AI:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (AI:9,12),
 26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (AI:1,7),
 ... 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (AI: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) (AI:12)
 Il. večera. 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)

vynotov11:kastliova

schva111a:stravovacia komis1a

KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 16.08.2021 *****

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), 99408 Mrkva 30 (E:21kj,S:2g),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
.....	26424 Bravcove maso dus. v kalerabe 214g(m.64g) (E:1397kj,B:17g,T:26g,S:10g) (Al:1,7),
...	51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (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.....	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)

***** Utorok 17.08.2021 *****

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),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.....	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.....	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
.....	66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
...	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.....	49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),
.....	99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 18.08.2021 *****

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),
.....	99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.....	99502 Banan (E:476kj,B:2g,S:25g)
Obed.....	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (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:964kj,B:6g,T:1g,S:60g),
.....	99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99335 Croissant cokoladovy
Večera.....	54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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Raňajky.....	99320 Vianočka 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),
.....	63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.....	99510 Nektarinka
Obed.....	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
.....	90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),
...	51911 Hlavkovy salat 80g (E:232kj,B:4g,T:7g,S:12g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera.....	50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12),
.....	99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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*** Piatok 20.08.2021 ***

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), 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..... 64622 Polievka karfiol.so zemiakmi 0,33l (E:437kj,B:4g,T:6g,S:10g) (Al:3,7),
 60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7),
 ... 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
 Večera..... 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 21.08.2021 ***

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),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata..... 99511 Broskyňa (E:285kj,B:1g,S:18g)
 Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
 ... 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..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)
 Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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 22.08.2021 ***

Raňajky..... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g),
 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..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),
 ... 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99124 Sunkovy narez,
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

vynotovil:Kastilova

Schvalila:Stravovacia komisia

RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 16.08.2021 *****

Raňajky.....	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (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.....	90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
.....	25714 Bravcove stehno nitrianske 229g(m.79g) (E:2005kj,B:23g,T:33g,S:23g) (Al:1,3,7,10,12),
...	51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (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.....	55112 Kapustove fliacky 350g (E:2793kj,B:15g,T:31g,S:87g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 17.08.2021 *****

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.....	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.....	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
.....	13514 Hov. pecienka na hubach 213g(m.63g) (E:1210kj,B:23g,T:16g,S:11g) (Al:1,7),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	52913 Salat z cinskej kapusty 150g (E:350kj,B:2g,T:6g,S:7g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera.....	49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),
.....	99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 18.08.2021 *****

Raňajky.....	99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
.....	99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.....	99502 Banan (E:476kj,B:2g,S:25g)
Obed.....	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
.....	24913 Bravcovy rezen vyprazany 120g (E:2536kj,B:20g,T:45g,S:31g) (Al:1,3,7),
...	90280 Zemiaky dusene s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g),
.....	52523 Rajciakovy salat s cibulou 150g (E:252kj,B:2g,T:3g,S:9g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99335 Croissant cokoladovy
Večera.....	54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 19.08.2021 *****

Raňajky.....	99329 Makovka (E:949kj,B:6g,T:4g,S:42g),
.....	99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),
.....	63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.....	99510 Nektarinka
Obed.....	04111 Polievka hubova s mrvancami 0,33L (E:691kj,B:4g,T:5g,S:26g) (Al:1,7,12),
.....	90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),
...	52623 Uhorkovy salat 160g (E:148kj,B:1g,S:8g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera.....	50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12),
.....	99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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Obdobie: 16.08.2021 - 22.08.2021

Str.: 12

*** Piatok 20.08.2021 ***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1),
 99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 90730 Polievka fazulova s kapustou 0,33l (E:1010kj,B:10g,T:10g,S:32g) (Al:1,7,12),
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 ... 60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
 Večera..... 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 21.08.2021 ***

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),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata..... 99511 Broskyňa (E:285kj,B:1g,S:18g)
 Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
 ... 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..... 99318 Rites cesnakovy 70g
 Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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 22.08.2021 ***

Raňajky..... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g),
 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..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),
 ... 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99435 Calamada 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 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99124 Sunkovy narez,
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vynotovil:Kastilova

Schvalila:Stravovacia komisia

TEKUT - TEKUTA STRAVA**1 - 1 r.******* Pondelok 16.08.2021 *****

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.....	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),
.....	26424 Bravcove maso dus. v kalerabe 214g(m.64g) (E:1397kj,B:17g,T:26g,S:10g) (Al:1,7),
...	51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (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.....	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)

***** Utorok 17.08.2021 *****

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.....	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.....	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
.....	66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
...	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.....	49922 Zemiaky bratislavské 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 18.08.2021 *****

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.....	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (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:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
Večera.....	54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 19.08.2021 *****

Raňajky.....	99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,
.....	63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.....	99510 Nektarinka
Obed.....	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
.....	90014 Kuracie rizoto bratislavské 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (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.....	50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 20.08.2021 *****

Raňajky.....	99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99541 Dzem mini (Al:12),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.....	99502 Banan (E:476kj,B:2g,S:25g)
Obed.....	64622 Polievka karfiol.so zemiakmi 0,33l (E:437kj,B:4g,T:6g,S:10g) (Al:3,7),
.....	55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),
...	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)
Večera.....	90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Obdobie: 16.08.2021 - 22.08.2021

Str.: 14

*** Sobota 21.08.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini,
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata..... 99511 Broskyňa (E:285kj,B:1g,S:18g)
 Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
 ... 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..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
 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 22.08.2021 ***

Raňajky..... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g),
 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..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),
 ... 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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)

vynotovili:kastilova

schvalila:stravovacia komisia

Stravovacia komisia: Černoková
 Hejbalová
 Kubrická
 Šimovcová
 Kaštilová