

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

Obdobie: 18.10.2021 - 24.10.2021

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 18.10.2021 *****

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

Večera. 90480 Omeleta bez mlieka 85g (E:1050kj,B:13g,T:22g,S:1g) (Al:3),
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 19.10.2021 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 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),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 20.10.2021 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 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),
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. 55122 Kap.fliacky s cukrom a skoric. 380g (E:3354kj,B:15g,T:31g,S:120g) (Al:1,3),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 21.10.2021 *****

Raňajky. 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99604 Maslo mini delacream 20g, 99740 Med mini,
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. 99503 Kiwi (E:207kj,B:1g,S:12g)

Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 47122 Leco s vajcom 350g (E:1500kj,B:15g,T:28g,S:21g) (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 22.10.2021 *****

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. 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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63112 Caj ovocny 0,25l (E:403kj,S:21g)
 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),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 23.10.2021 ***

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. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (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),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)
 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),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 24.10.2021 ***

Raňajky. 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 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),
 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), 99124 Sunkovy narez,
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 18.10.2021 - 24.10.2021

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DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 18.10.2021 *****

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. 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,7,9,12),
 25314 Bravcove maso na smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12),
 50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera. 99684 Chlieb vo vajicku tmavy (E:4137kj,B:22g,T:72g,S:61g) (Al:3),
 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99115 Pecenyov syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Utorok 19.10.2021 *****

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),
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),
 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. 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), 63111 Caj pravy 0,25l

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 20.10.2021 *****

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),
 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 44012 Zemiakovy salat prirodny 400g (E:1356kj,B:6g,T:10g,S:62g) (Al:9,12), 63111 Caj pravy 0,25l

Olovrant. 99738 Pernik DIA

Večera. 90403 Kapustove fliacky DIA (,s.380g) (E:2847kj,B:14g,T:31g,S:93g) (Al:1,3), 63111 Caj pravy 0,25l

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 21.10.2021 *****

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

Desiata. 99503 Kiwi (E:207kj,B:1g,S:12g)

Obed. 04111 Polievka hubova s mrvancami 0,33L (E:691kj,B:4g,T:5g,S:26g) (Al:1,7,12),
 40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera. 47122 Leco s vajcom 350g (E:1500kj,B:15g,T:28g,S:21g) (Al:3,7),
 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

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Obdobie: 18.10.2021 - 24.10.2021

Str.: 4

***** Piatok 22.10.2021 *****

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 pravy 0,25l

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

Obed..... 08211 Polievka sosovic. s parkom 0,5L(m.50g) (E:2308kj,B:25g,T:34g,S:43g) (Al:1,3,7,12),
 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), 63111 Caj pravy 0,25l

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 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), 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)

***** Sobota 23.10.2021 *****

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 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..... 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed..... 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),
 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),
 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

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), 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)

***** Nedela 24.10.2021 *****

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), 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..... 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),
 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), 99124 Sunkovy narez, 63111 Caj pravy 0,25l

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 18.10.2021 *****

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 pravý 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), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l
Olovrant.	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.	38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravý 0,25l
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 19.10.2021 *****

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 pravý 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), 63111 Caj pravý 0,25l
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), 63111 Caj pravý 0,25l
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 20.10.2021 *****

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 pravý 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), 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), 63111 Caj pravý 0,25l
Olovrant.	99738 Pernik DIA
Večera.	90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravý 0,25l
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 21.10.2021 *****

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, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.	99503 Kiwi (E:207kj,B:1g,S:12g)
Obed.	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravý 0,25l
Olovrant.	99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
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 pravý 0,25l
II. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

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Obdobie: 18.10.2021 - 24.10.2021

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***** Piatok 22.10.2021 *****

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 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),
 90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63111 Caj pravy 0,25l

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 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), 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)

***** Sobota 23.10.2021 *****

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 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..... 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (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),
 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

Olovrant..... 99551 Detska vyziva 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), 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)

***** Nedela 24.10.2021 *****

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), 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..... 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),
 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), 99124 Sunkovy narez, 63111 Caj pravy 0,25l

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 18.10.2021 - 24.10.2021

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DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 18.10.2021 *****

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),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 19.10.2021 *****

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), 63111 Caj pravy 0,25l
 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), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Streda 20.10.2021 *****

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

***** Stvrtok 21.10.2021 *****

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. 99503 Kiwi (E:207kj,B:1g,S:12g)
 Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 22.10.2021 *****

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), 63111 Caj pravy 0,25l
 Olovrant. 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)
 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)

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Obdobie: 18.10.2021 - 24.10.2021

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*** Sobota 23.10.2021 ***

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..... 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (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), 63111 Caj pravy 0,25l

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), 63111 Caj pravy 0,25l

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

*** Nedela 24.10.2021 ***

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

Desiata..... 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),
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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 18.10.2021 *****

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

Večera. 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7),
 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 19.10.2021 *****

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

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),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 20.10.2021 *****

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),
 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. 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)

***** Stvrtok 21.10.2021 *****

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

Desiata. 99503 Kiwi (E:207kj,B:1g,S:12g)

Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

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Obdobie: 18.10.2021 - 24.10.2021

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*** Piatok 22.10.2021 ***

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

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),
 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

*** Sobota 23.10.2021 ***

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..... 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (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),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)

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),
 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

*** Nedela 24.10.2021 ***

Raňajky..... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 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..... 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),
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99520 Kompot 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99124 Sunkovy narez,
 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 18.10.2021 *****

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. 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,7,9,12),
 25314 Bravcove maso na smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12),
 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. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

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), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 19.10.2021 *****

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),
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),
 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. 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), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 20.10.2021 *****

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),
 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 44012 Zemiakovy salat prirodny 400g (E:1356kj,B:6g,T:10g,S:62g) (Al:9,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99335 Croissant cokoladovy

Večera. 55122 Kap.fliacky s cukrom a skoric. 380g (E:3354kj,B:15g,T:31g,S:120g) (Al:1,3),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 21.10.2021 *****

Raňajky. 99329 Makovka (E:949kj,B:6g,T:4g,S:42g),
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99503 Kiwi (E:207kj,B:1g,S:12g)

Obed. 04111 Polievka hubova s mrvancami 0,33L (E:691kj,B:4g,T:5g,S:26g) (Al:1,7,12),
 40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 47122 Leco s vajcom 350g (E:1500kj,B:15g,T:28g,S:21g) (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)

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*** Piatok 22.10.2021 ***

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..... 08211 Polievka sosovic. s parkom 0,5L(m.50g) (E:2308kj,B:25g,T:34g,S:43g) (Al:1,3,7,12),
 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),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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),
 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

*** Sobota 23.10.2021 ***

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..... 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed..... 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),
 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),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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),
 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

*** Nedela 24.10.2021 ***

Raňajky..... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 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..... 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),
 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), 99124 Sunkovy narez,
 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 18.10.2021 *****

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

Večera. 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 19.10.2021 *****

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

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),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 20.10.2021 *****

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

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)

***** Stvrtok 21.10.2021 *****

Raňajky. 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99503 Kiwi (E:207kj,B:1g,S:12g)

Obed. 05411 Pol. zeleninova so struhankou 0,33l (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Piatok 22.10.2021 *****

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

Olovrant. 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)

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)

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*** Sobota 23.10.2021 ***

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..... 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (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),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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),
63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

*** Nedela 24.10.2021 ***

Raňajky..... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 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..... 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),
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 citrnom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková
Hejbalová
Kubrická
Šimovcová
Kaštilová