

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 02.08.2021 *****

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.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),
.....	26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (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.	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)

***** Utorok 03.08.2021 *****

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), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),
.....	90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
...	49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
.....	99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (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.	382225 Zapek. cest. so salam bez mlie 300g (E:3064kj,B:22g,T:33g,S:89g) (Al:1,3,7),
.....	99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 04.08.2021 *****

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 delacreame 20g,
.....	99408 Mrkva 30 (E:21kj,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),
.....	18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
Večera.	548125 Rezance s kakaom bezmliec. 300g (E:2479kj,B:15g,T:7g,S:118g) (Al:1,3),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 05.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,
.....	99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
.....	90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
...	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.	902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12),
.....	99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 06.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,
.....	99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12),
.....	900105 Kuracie prs. na zeleri bez mli 200g(m.64g) (E:1162kj,B:32g,T:11g,S:14g) (Al:1,9),
...	50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),

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

Obdobie: 02.08.2021 - 08.08.2021

Str.: 2

63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99604 Maslo mini delacreame 20g
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 07.08.2021 ***

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. 99511 Broskyna (E:285kj,B:1g,S:18g)
 Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 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),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99332 Rozok orechvy (E:1232kj,B:6g,T:6g,S:53g)
 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 08.08.2021 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 20g,
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 02311 Hov. polievka so struhankou 0,33L(p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 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),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

vynotovii:kastilova

schvaliia:Stravovacia komisia

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 02.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	05621 Polievka zemiaková kysla 0,33L (E:611kj,B:4g,T:6g,S:21g) (Al:1,7,12),
.....	26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
...	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.	99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera.	90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99316 Dalamanka celozrnna, 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
.....	99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Utorok 03.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7),
.....	99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l
Desiata.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
.....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
...	90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
	49912 Zemiaky opekane 180g (E:1755kj,B:7g,T:15g,S:75g) (Al:7),
	99762 Syrová omacka (,s.100g) (E:908kj,B:6g,T:18g,S:7g) (Al:1,7),
	99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99323 Pagac
Večera.	38222 Zapekane cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7),
.....	99433 Uhorky ster. DIA (E:26kj,S:1g), 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)

***** Streda 04.08.2021 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
.....	44811 Salamova natierka 40g (E:746kj,B:1g,T:18g,S:1g) (Al:1,3,7,10,12), 99402 Paprika (E:30kj,S:2g),
.....	63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
.....	90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),
...	50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (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.	90405 Rezance s orechmi DIA 300 (E:3002kj,B:15g,T:33g,S:100g) (Al:1,3,7,8),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Stvrtok 05.08.2021 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
.....	44721 Vajcovy krem [jemna natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12),
.....	63111 Caj pravy 0,25l
Desiata.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
.....	35823 Sekana pecienka 240g(m.160g) (E:1947kj,B:24g,T:33g,S:18g) (Al:1,3,7,12),
...	50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12),
	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99316 Dalamanka celozrnna, 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
Večera.	90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
.....

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

Obdobie: 02.08.2021 - 08.08.2021

Str.: 4

99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Piatok 06.08.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99706 Cesnaková natierka 50g (E:942kj,B:5g,T:22g,S:2g) (Al:7), 63111 Caj pravy 0,25l
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 39422 Volske oko 40g (E:431kj,B:7g,T:8g,S:1g) (Al: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), 99639 Syr mozzarella (E:1029kj,B:18g,T:19g,S:2g)

*** Sobota 07.08.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99402 Paprika (E:30kj,S:2g), 63111 Caj pravy 0,25l
 Desiata. 99511 Broskyna (E:285kj,B:1g,S:18g)
 Obed. 05911 Polievka fazulova kysla 0,33L (E:847kj,B:9g,T:7g,S:32g) (Al:1,7,12),
 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), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99318 Rites cesnakovy 70g
 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. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

*** Nedela 08.08.2021 ***

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),
 66619 Hov.dusené na hubách 170g(m.62g) (E:1054kj,B:18g,T:19g,S:3g) (Al:1,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99435 Calamada 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
 Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
 99602 Maslo mini (E:313kj,T:8g) (Al:7)

Vyhotoval:Kastilova

Schvalila:Stravovacia komisia

DIA-S - DIABETICKA STRAVA-SETRIACA**1 -******* Pondelok 02.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
.....	99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
.....	26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (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.	99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
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)
Il. večera.	99316 Dalamanka celozrnna, 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
.....	99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Utorok 03.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7),
.....	99403 Paradajka olupana (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l
Desiata.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
.....	90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
...	49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)
Večera.	38222 Zapekane cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7),
.....	99439 Cvikla DIA (E:197kj,B:1g,S:10g), 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)

***** Streda 04.08.2021 *****

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),
.....	99408 Mrkva 30 (E:21kj,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
.....	18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.	90406 Rezance s kakaom DIA 300 (E:2966kj,B:15g,T:30g,S:105g) (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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Stvrtok 05.08.2021 *****

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), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
.....	63111 Caj pravy 0,25l
Desiata.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
.....	90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
...	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.	99316 Dalamanka celozrnna, 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
Večera.	90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
.....	99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

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

Obdobie: 02.08.2021 - 08.08.2021

Str.: 6

*** Piatok 06.08.2021 ***

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, 63111 Caj pravy 0,25l
 Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),
 ... 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera..... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99639 Syr mozzarella (E:1029kj,B:18g,T:19g,S:2g)

*** Sobota 07.08.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l
 Desiata..... 99511 Broskyna (E:285kj,B:1g,S:18g)
 Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 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), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)
 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..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

*** Nedela 08.08.2021 ***

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),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
 Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63111 Caj pravy 0,25l
 Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
 99602 Maslo mini (E:313kj,T:8g) (Al:7)

Vynotovili:Kastilova

Schvalila:Stravovacia komisia

DIA-T - DIABETICKA STRAVA - TEKUTÁ**1 - 1******* Pondelok 02.08.2021 *****

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.	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
.....	26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (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.	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)

***** Utorok 03.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
.....	90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
...	49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.	90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (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)

***** Streda 04.08.2021 *****

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.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
.....	18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.	90406 Rezance s kakaom DIA 300 (E:2966kj,B:15g,T:30g,S:105g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 05.08.2021 *****

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.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
.....	90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
Večera.	90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Piatok 06.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
.....	90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),
...	50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Obdobie: 02.08.2021 - 08.08.2021

Str.: 8

Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (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)

*** Sobota 07.08.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99511 Broskyna (E:285kj,B:1g,S:18g)
 Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 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. 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)
 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)

*** Nedela 08.08.2021 ***

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) (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),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 99555 Detsky prikrm, 63111 Caj pravy 0,25l
 Il. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

vynotov11:kastliova

schvalila:Stravovacia komisia

KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 02.08.2021 *****

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.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
.....	26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (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.	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)

***** Utorok 03.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 99403 Paradajka olupana (E:42kj,B:1g,S:3g),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
.....	90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
...	49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
.....	99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (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.	38222 Zapekane cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7),
.....	99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 04.08.2021 *****

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),
.....	99408 Mrkva 30 (E:21kj,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
.....	18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
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 05.08.2021 *****

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), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
.....	90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
...	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.	90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Obdobie: 02.08.2021 - 08.08.2021

Str.: 10

*** Piatok 06.08.2021 ***

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), 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),
 ... 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
 Večera..... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 07.08.2021 ***

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..... 99511 Broskyna (E:285kj,B:1g,S:18g)
 Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 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),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)
 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 08.08.2021 ***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 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..... 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),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 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),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Vynotovila:Kastilova

Schvalila:Stravovacia komisia

RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 02.08.2021 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 05621 Polievka zemiaková kyslá 0,33L (E:611kj,B:4g,T:6g,S:21g) (Al:1,7,12),
 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
 51012 Halusky - príloha 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. 57712 Palacinky so zavaráninou 350g (E:3979kj,B:20g,T:32g,S:503g) (Al:1,3,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 03.08.2021 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7), 99401 Paradajka (E:42kj,B:1g,S:3g),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 06811 Polievka gulasová 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 90100 Morcacie prsia na prírodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 49912 Zemiaky opekané 180g (E:1755kj,B:7g,T:15g,S:75g) (Al:7),
 99762 Syrová omáčka (,s.100g) (E:908kj,B:6g,T:18g,S:7g) (Al:1,7),
 52623 Uhorkový šalát 160g (E:148kj,B:1g,S:8g) (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. 38222 Zapekané cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7),
 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 04.08.2021 *****

Raňajky. 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g),
 44811 Salamová natierka 40g (E:746kj,B:1g,T:18g,S:1g) (Al:1,3,7,10,12), 99402 Paprika (E:30kj,S:2g),
 63421 Čierna káva z kávoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99502 Banán (E:476kj,B:2g,S:25g)
 Obed. 04121 Polievka hraskový krém 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
 90216 Masové gul. s ryzou v rajčinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),
 50422 Knedle kysnuté 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99521 Kompot mandarínkový (E:2920kj,B:4g,T:1g,S:166g)
 Večera. 54722 Rezance s orechmi 300g (E:3312kj,B:15g,T:33g,S:110g) (Al:1,3,7,8),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Štvrtok 05.08.2021 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1),
 44721 Vajcový krém [jemná natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 04621 Polievka krupková 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
 35823 Sekana pecienka 240g(m.160g) (E:1947kj,B:24g,T:33g,S:18g) (Al:1,3,7,12),
 50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12),
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99335 Croissant čokoládový
 Večera. 90270 Rizoto zeleninové 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Obdobie: 02.08.2021 - 08.08.2021

Str.: 12

*** Piatok 06.08.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99706 Cesnaková natierka 50g (E:942kj,B:5g,T:22g,S:2g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
 59011 Dukat.buchticky s vanil.kremom 400g(s.180g,p.220g) (E:3860kj,B:22g,T:31g,S:139g) (Al:1,3,7),
 ... 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
 Večera..... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 39422 Volske oko 40g (E:431kj,B:7g,T:8g,S:1g) (Al:3), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 07.08.2021 ***

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), 99402 Paprika (E:30kj,S:2g),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata..... 99511 Broskyna (E:285kj,B:1g,S:18g)
 Obed..... 05911 Polievka fazulova kysla 0,33L (E:847kj,B:9g,T:7g,S:32g) (Al:1,7,12),
 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), 99434 Uhorky ster. (E:71kj) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99318 Rites cesnakovy 70g
 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 08.08.2021 ***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 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..... 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),
 66619 Hov.dusené na hubách 170g(m.62g) (E:1054kj,B:18g,T:19g,S:3g) (Al:1,12),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99435 Calamada 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 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),
 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Vynotov11:Kast11ova

Schva111a:Stravovacia komisia

TEKUT - TEKUTA STRAVA**1 - 1 r.******* Pondelok 02.08.2021 *****

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.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
.....	26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (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.	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)

***** Utorok 03.08.2021 *****

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.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),
.....	90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
...	49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)
Večera.	90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 04.08.2021 *****

Raňajky.	99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),
.....	63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
.....	18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
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 05.08.2021 *****

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.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
.....	90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
...	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.	90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 06.08.2021 *****

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.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
.....	90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),
...	50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99615 Termix (E:615kj,B:4g,T:4g,S:8g)
.....	
.....	

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

Obdobie: 02.08.2021 - 08.08.2021

Str.: 14

Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 07.08.2021 ***

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. 99511 Broskyňa (E:285kj,B:1g,S:18g)
 Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
 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. 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)
 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 08.08.2021 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 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),
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 ... 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. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 99624 Mliecna ryza, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

vynotovili:Kaštilová

schválila:Stravovacia komisia

Stravovacia komisia: Černoková
 Hejbalová
 Kubrická
 Šimovcová
 Kaštilová