

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

Obdobie: 20.12.2021 - 26.12.2021

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 20.12.2021 *****

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),
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. 469215 Tekvica s koprom bez mlieka 180g (E:705kj,B:4g,T:8g,S:12g) (Al:1,12),
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),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 21.12.2021 *****

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

Desiata. 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. 650225 Polievka zemiak. II bez mlieka 0,33l (E:332kj,B:2g,S:21g) (Al:12),
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (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. 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 citronom 0,25l (E:403kj,S:21g)

***** Streda 22.12.2021 *****

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

Olovrant. 99336 Moravsky kolac

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 23.12.2021 *****

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. 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 - piloha 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. 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)

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Obdobie: 20.12.2021 - 26.12.2021

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*** Piatok 24.12.2021 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99715 Tuniak 70g (E:767kj,B:9g,T:18g),
 99604 Maslo mini delacreame 20g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12),
 99520 Kompot 150g (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99335 Croissant cokoladovy

Večera. 907315 Vianocna kapustnica bez mlieka 0,33l (E:456kj,B:4g,T:5g,S:17g) (Al:1,7,12),
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 44112 Zemiakovy salat s majonezou 400g (E:1794kj,B:7g,T:21g,S:65g) (Al:3,7,9,12),
 99754 Vianocne oplatky, 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Sobota 25.12.2021 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 20g,
 99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
 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), 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),
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 26.12.2021 ***

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. 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),
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
 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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 20.12.2021 - 26.12.2021

Str.: 3

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 20.12.2021 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g,
99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravý 0,25l

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), 63111 Caj pravý 0,25l

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

Večera. 469215 Tekvica s kopro m bez mlieka 180g (E:705kj,B:4g,T:8g,S:12g) (Al:1,12),
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
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 21.12.2021 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g,
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravý 0,25l

Desiata. 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. 650225 Polievka zemiak. II bez mlieka 0,33l (E:332kj,B:2g,S:21g) (Al:12),
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (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. 99318 Rites cesnakovy 70g

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 pravý 0,25l

II. 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)

***** Streda 22.12.2021 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g,
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. 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al: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),
63111 Caj pravý 0,25l

Olovrant. 99323 Pagac

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

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g

***** Stvrtok 23.12.2021 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g,
99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g), 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

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 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), 99604 Maslo mini delacreame 20g

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Obdobie: 20.12.2021 - 26.12.2021

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*** Piatok 24.12.2021 ***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99715 Tuniak 70g (E:767kj,B:9g,T:18g),
99604 Maslo mini delacreame 20g, 63111 Caj pravy 0,25l

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

Obed..... 902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12),
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 907315 Vianocna kapustnica bez mlieka 0,33l (E:456kj,B:4g,T:5g,S:17g) (Al:1,7,12),
99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
44112 Zemiakovy salat s majonezou 400g (E:1794kj,B:7g,T:21g,S:65g) (Al:3,7,9,12),
99754 Vianocne oplatky, 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g

*** Sobota 25.12.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g,
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..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

*** Nedela 26.12.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g,
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravy 0,25l

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),
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),
63111 Caj pravy 0,25l

Olovrant..... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99124 Sunkovy narez, 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 20.12.2021 - 26.12.2021

Str.: 5

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 20.12.2021 *****

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), 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),
 26614 Bravcovy perkelt 215g(m.65g) (E:1388kj,B:16g,T:26g,S:9g) (Al:1,7,12),
 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. 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (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),
 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 21.12.2021 *****

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. 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (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 pravy 0,25l

Olovrant. 99318 Rites cesnakovy 70g

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

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 22.12.2021 *****

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), 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),
 36813 Karbonatka vyprazana 110g (E:2766kj,B:24g,T:39g,S:54g) (Al:1,3,7),
 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. 99323 Pagac

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 23.12.2021 *****

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),
 40813 Kuraci paprikas 262g(m.62g) (E:1258kj,B:33g,T:15g,S:10g) (Al:1,7),
 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. 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

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: 20.12.2021 - 26.12.2021

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*** Piatok 24.12.2021 ***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 90731 Vianocna kapustnica 0,33l (E:562kj,B:5g,T:6g,S:19g) (Al:1,7,12),
 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 44112 Zemiakovy salat s majonezou 400g (E:1794kj,B:7g,T:21g,S:65g) (Al:3,7,9,12),
 99754 Vianocne oplatky, 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 25.12.2021 ***

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

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 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..... 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Večera..... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 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 26.12.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 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..... 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),
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
 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..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
 99602 Maslo mini (E:313kj,T:8g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 20.12.2021 - 26.12.2021

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DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 20.12.2021 *****

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. 90729 Tekvica s koprom 180 (E:821kj,B:6g,T:8g,S:15g) (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),
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 21.12.2021 *****

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 pravý 0,25l

Desiata. 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (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. 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)

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 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 22.12.2021 *****

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),
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
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 pravý 0,25l

Olovrant. 99323 Pagac

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 23.12.2021 *****

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. 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 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: 20.12.2021 - 26.12.2021

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*** Piatok 24.12.2021 ***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 90731 Vianocna kapustnica 0,33l (E:562kj,B:5g,T:6g,S:19g) (Al:1,7,12),
 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 44112 Zemiakovy salat s majonezou 400g (E:1794kj,B:7g,T:21g,S:65g) (Al:3,7,9,12),
 99754 Vianocne oplatky, 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 25.12.2021 ***

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

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
 63111 Caj pravy 0,25l

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

Večera..... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 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 26.12.2021 ***

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), 63111 Caj pravy 0,25l

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),
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 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..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
 99602 Maslo mini (E:313kj,T:8g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 20.12.2021 - 26.12.2021

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DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 20.12.2021 *****

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. 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),
 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 21.12.2021 *****

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. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (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. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63111 Caj pravy 0,25l
 Il. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Streda 22.12.2021 *****

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),
 90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
 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. 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 23.12.2021 *****

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. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
 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 24.12.2021 *****

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. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 63111 Caj pravy 0,25l
 Olovrant. 99738 Pernik DIA
 Večera. 90731 Vianocna kapustnica 0,33l (E:562kj,B:5g,T:6g,S:19g) (Al:1,7,12),
 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99754 Vianocne oplatky,
 63111 Caj pravy 0,25l
 Il. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

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*** Sobota 25.12.2021 ***

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..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

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

Večera..... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 63111 Caj pravy 0,25l

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

*** Nedela 26.12.2021 ***

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..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
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

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 20.12.2021 - 26.12.2021

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KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 20.12.2021 *****

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. 90729 Tekvica s koprom 180 (E:821kj,B:6g,T:8g,S:15g) (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),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 21.12.2021 *****

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. 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (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. 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 citronom 0,25l (E:403kj,S:21g)

***** Streda 22.12.2021 *****

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),
 90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99336 Moravsky kolac

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 23.12.2021 *****

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. 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)

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Obdobie: 20.12.2021 - 26.12.2021

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*** Piatok 24.12.2021 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99714 Tuniaková natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99335 Croissant cokoladovy

Večera. 90731 Vianocna kapustnica 0,33l (E:562kj,B:5g,T:6g,S:19g) (Al:1,7,12),
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 44112 Zemiakovy salat s majonezou 400g (E:1794kj,B:7g,T:21g,S:65g) (Al:3,7,9,12),
 99754 Vianocne oplatky, 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Sobota 25.12.2021 ***

Raňajky. 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99541 Dzem mini (Al:12),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
 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), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 26.12.2021 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99602 Maslo mini (E:313kj,T:8g) (Al:7),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 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),
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
 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 citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 20.12.2021 - 26.12.2021

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 20.12.2021 *****

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),
 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),
 26614 Bravcovy perkelt 215g(m.65g) (E:1388kj,B:16g,T:26g,S:9g) (Al:1,7,12),
 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. 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (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),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 21.12.2021 *****

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

Desiata. 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (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. 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 citronom 0,25l (E:403kj,S:21g)

***** Streda 22.12.2021 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1),
 44811 Salamova natierka 40g (E:746kj,B:1g,T:18g,S:1g) (Al:1,3,7,10,12),
 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),
 36813 Karbonatka vyprazana 110g (E:2766kj,B:24g,T:39g,S:54g) (Al:1,3,7),
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99336 Moravsky kolac

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 23.12.2021 *****

Raňajky. 99329 Makovka (E:949kj,B:6g,T:4g,S:42g),
 99708 Medové maslo natierka 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),
 40813 Kuraci paprikas 262g(m.62g) (E:1258kj,B:33g,T:15g,S:10g) (Al:1,7),
 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. 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)

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Obdobie: 20.12.2021 - 26.12.2021

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*** Piatok 24.12.2021 ***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1),
 99714 Tuniakova natierka 40g (E:1013kj,B:3g,T:26g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99335 Croissant cokoladovy

Večera..... 90731 Vianocna kapustnica 0,33l (E:562kj,B:5g,T:6g,S:19g) (Al:1,7,12),
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 44112 Zemiakovy salat s majonezou 400g (E:1794kj,B:7g,T:21g,S:65g) (Al:3,7,9,12),
 99754 Vianocne oplatky, 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Sobota 25.12.2021 ***

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), 99541 Dzem mini (Al:12),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 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..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera..... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 26.12.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 44721 Vajcovy krem [jemna 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..... 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),
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
 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 citronom 0,25l (E:403kj,S:21g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 20.12.2021 - 26.12.2021

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TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 20.12.2021 *****

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. 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 21.12.2021 *****

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. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (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. 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)

***** Streda 22.12.2021 *****

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),
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
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. 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 23.12.2021 *****

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

***** Piatok 24.12.2021 *****

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. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90731 Vianocna kapustnica 0,33l (E:562kj,B:5g,T:6g,S:19g) (Al:1,7,12),
12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),

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Obdobie: 20.12.2021 - 26.12.2021

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49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99754 Vianocne oplatky,
 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Sobota 25.12.2021 ***

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. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
 Večera. 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 26.12.2021 ***

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. 02311 Hov. polievka so struhankou 0,33L(p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 99624 Mliecna ryza, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková
 Hejbalová
 Kubrická
 Šimovcová
 Kaštilová