

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 23.08.2021 *****

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. 052115 Polievka spenatova bez mlieka 0,33l (E:247kj,B:1g,T:3g,S:6g) (Al:1,7,12),
 90006 Kuracie prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7),
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 24.08.2021 *****

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,
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 05311 Polievka zeleninova 0,33L (E:411kj,B:3g,T:5g,S:12g) (Al:1,7,9,12),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99604 Maslo mini delacreame 20g
 Večera. 466215 Fazulove struky bez mlieka 200g (E:921kj,B:4g,T:12g,S:24g) (Al:1,7,12),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 25.08.2021 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,
 99541 Dzem mini (Al:12), 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. 646125 Polievka karfiolová bezmlieka 0,33l (E:305kj,B:4g,T:1g,S:12g) (Al:1,3),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
 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 26.08.2021 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,
 99408 Mrkva 30 (E:21kj,S:2g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
 18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12),
 51111 Cestovinova ryza 160g (E:1416kj,B:10g,T:7g,S:60g) (Al:1,3,7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99323 Pagac
 Večera. 281125 Prazske zemiaky bezmlieka 400g (E:2502kj,B:19g,T:35g,S:62g) (Al:1,3,7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 27.08.2021 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,
 99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99505 Pomaranc (E:261kj,B:1g,S:11g)
 Obed. 041215 Polievka hraskovy kr. bez mie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),

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Obdobie: 23.08.2021 - 29.08.2021

Str.: 2

	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.	99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
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)

*** Sobota 28.08.2021 ***

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.	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),
.....	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.	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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 29.08.2021 ***

Raňajky.	99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g),
.....	63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
.....	14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	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),
.....	99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

vynotov11:kast11ova

schva111a:stravovacia komis11a

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 23.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
.....	90006 Kuracie prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7),
...	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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera.....	99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Utorok 24.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99681 Mast domaca 50g (E:1876kj,T:50g),
.....	99560 Cibula (E:19kj,S:1g), 63111 Caj pravy 0,25l
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	05311 Polievka zeleninova 0,33L (E:411kj,B:3g,T:5g,S:12g) (Al:1,7,9,12),
.....	90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	99443 Uhorkovy salat s rajcinami DIA 160g (E:233kj,B:2g,T:3g,S:8g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	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)
Večera.....	46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (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),
....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
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)

***** Streda 25.08.2021 *****

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, 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.....	64612 Polievka karfiolová 0,33l (E:559kj,B:5g,T:6g,S:15g) (Al:1,3,7),
.....	24824 Brav. belehrad.rezen so zemiak 364g(m.64g) (E:2453kj,B:19g,T:38g,S:49g) (Al:1,7,12),
...	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
.....	99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
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)
II. večera.....	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 26.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
.....	14714 Hov.pecienka na smot.svieckova 213g(m.63g) (E:1716kj,B:22g,T:28g,S:19g) (Al:1,7,9,10,12),
...	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.....	99323 Pagac
Večera.....	28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),
II. večera.....	99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
.....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)
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Obdobie: 23.08.2021 - 29.08.2021

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*** Piatok 27.08.2021 ***

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..... 99505 Pomaranc (E:261kj,B:1g,S:11g)
 Obed..... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
 ... 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..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 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..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 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)

*** Sobota 28.08.2021 ***

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..... 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),
 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
 ... 90280 Zemiaky dusene s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera..... 99611 Jogurt dia (E:200kj,B:3g,S:8g)

*** Nedela 29.08.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
 ... 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),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

vynotovil:kastilova

schvalila:stravovacia komisia

DIA-S - DIABETICKA STRAVA-SETRIACA**1 -******* Pondelok 23.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
.....	90006 Kuracie prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7),
...	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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
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), 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),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Utorok 24.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	05311 Polievka zeleninova 0,33L (E:411kj,B:3g,T:5g,S:12g) (Al:1,7,9,12),
.....	90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	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)
Večera.....	46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (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),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. 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)

***** Streda 25.08.2021 *****

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, 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.....	64612 Polievka karfiolová 0,33l (E:559kj,B:5g,T:6g,S:15g) (Al:1,3,7),
.....	24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
...	49822 Zemiaková kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
.....	99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
.....	99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
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 26.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
.....	99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (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),
...	51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
.....	99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera.....	28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),
Il. večera.....	99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
.....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

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Obdobie: 23.08.2021 - 29.08.2021

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*** Piatok 27.08.2021 ***

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..... 99505 Pomaranc (E:261kj,B:1g,S:11g)
 Obed..... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
 ... 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..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 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..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 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)

*** Sobota 28.08.2021 ***

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), 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),
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 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),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera..... 99611 Jogurt dia (E:200kj,B:3g,S:8g)

*** Nedela 29.08.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
 Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

vynotovili:Kastliova

schvalila:Stravovacia komisia

DIA-T - DIABETICKA STRAVA - TEKUTÁ**1 - 1******* Pondelok 23.08.2021 *****

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.....	05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
.....	90006 Kuracie prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7),
...	51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.....	90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.....	99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Utorok 24.08.2021 *****

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.....	05311 Polievka zeleninova 0,33L (E:411kj,B:3g,T:5g,S:12g) (Al:1,7,9,12),
.....	90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
...	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.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.....	46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (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)

***** Streda 25.08.2021 *****

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.....	64612 Polievka karfiolová 0,33l (E:559kj,B:5g,T:6g,S:15g) (Al:1,3,7),
.....	24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
...	49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
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 26.08.2021 *****

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.....	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (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),
...	51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.....	28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (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)

***** Piatok 27.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata.....	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.....	04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
.....	90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
...	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: 23.08.2021 - 29.08.2021

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Olovrant. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 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)

*** Sobota 28.08.2021 ***

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),
 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),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 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),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

*** Nedela 29.08.2021 ***

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. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
 ... 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. 99555 Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

vynotovii:kastilova

schvailla:stravovacia komisla

KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 23.08.2021 *****

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99703 Kalerabova natierka 55g (E:1107kj,T:29g,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..... 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
 90006 Kuracie prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7),
 ... 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 24.08.2021 *****

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),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed..... 05311 Polievka zeleninova 0,33L (E:411kj,B:3g,T:5g,S:12g) (Al:1,7,9,12),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99336 Moravsky kolac
 Večera..... 46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 25.08.2021 *****

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), 99541 Dzem mini (Al:12),
 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..... 64612 Polievka karfiolová 0,33l (E:559kj,B:5g,T:6g,S:15g) (Al:1,3,7),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 ... 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
 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 26.08.2021 *****

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),
 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)
 Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (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),
 ... 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)
 Večera..... 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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*** Piatok 27.08.2021 ***

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), 99541 Dzem mini (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata..... 99505 Pomaranc (E:261kj,B:1g,S:11g)
 Obed..... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
 ... 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..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
 Večera..... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 28.08.2021 ***

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..... 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),
 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),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera..... 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 29.08.2021 ***

Raňajky..... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g),
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 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),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vynotovila:Kastilova

Schvalila:Stravovacia komisia

RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 23.08.2021 *****

Raňajky.....	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99703 Kalerabova natierka 55g (E:1107kj,T:29g,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.....	05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
.....	90006 Kuracie prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7),
...	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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)
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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 24.08.2021 *****

Raňajky.....	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99681 Mast domaca 50g (E:1876kj,T:50g),
.....	99560 Cibula (E:19kj,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	05311 Polievka zeleninova 0,33L (E:411kj,B:3g,T:5g,S:12g) (Al:1,7,9,12),
.....	90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	52813 Uhorkovy salat s rajciakmi 160g (E:299kj,B:2g,T:3g,S:11g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99336 Moravsky kolac
Večera.....	46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),
.....	99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 25.08.2021 *****

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), 99541 Dzem mini (Al:12),
.....	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.....	64612 Polievka karfiolová 0,33l (E:559kj,B:5g,T:6g,S:15g) (Al:1,3,7),
.....	24824 Brav. belehrad.rezen so zemiak 364g(m.64g) (E:2453kj,B:19g,T:38g,S:49g) (Al:1,7,12),
...	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99615 Termix (E:615kj,B:4g,T:4g,S:8g)
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 26.08.2021 *****

Raňajky.....	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
.....	14714 Hov.pecienka na smot.svieckova 213g(m.63g) (E:1716kj,B:22g,T:28g,S:19g) (Al:1,7,9,10,12),
...	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.....	99323 Pagac
Večera.....	28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),
.....	99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 27.08.2021 *****

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

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Obdobie: 23.08.2021 - 29.08.2021

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Obed. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
 90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
 ... 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. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
 Večera. 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 28.08.2021 ***

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. 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),
 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
 ... 90280 Zemiaky dusene s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g),
 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 29.08.2021 ***

Raňajky. 99342 Zavin orechovy 100g, 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. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
 ... 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),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

vynotov11:kastlova

schva111a:stravovacia komis1a

TEKUT - TEKUTA STRAVA**1 - 1 r.******* Pondelok 23.08.2021 *****

Raňajky.....	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
.....	90006 Kuracie prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7),
...	51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)
Večera.....	90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 24.08.2021 *****

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.....	05311 Polievka zeleninova 0,33L (E:411kj,B:3g,T:5g,S:12g) (Al:1,7,9,12),
.....	90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
...	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.....	99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
Večera.....	46621 Fazulove struky nakyslo 200g (E:1064kj,B:6g,T:13g,S:27g) (Al:1,7,12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 25.08.2021 *****

Raňajky.....	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12),
.....	63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	64612 Polievka karfiolová 0,33l (E:559kj,B:5g,T:6g,S:15g) (Al:1,3,7),
.....	24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
...	49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99615 Termix (E:615kj,B:4g,T:4g,S:8g)
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 26.08.2021 *****

Raňajky.....	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini,
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (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),
...	51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera.....	28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 27.08.2021 *****

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.....	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.....	04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
.....	90004 Kuracie prsia zahradnicke 164g(m.64g) (E:1222kj,B:31g,T:16g,S:6g) (Al:1,9,12),
...	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)

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Olovrant..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
 Večera..... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 28.08.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
 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),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera..... 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 29.08.2021 ***

Raňajky..... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g),
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),
 ... 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..... 99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)
 Večera..... 99624 Mliecna ryza, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

vynotovii:kastilova

schvaillia:Stravovacia komisia

Stravovacia komisia: Černoková
 Hejbalová
 Kubrická
 Šimovcová
 Kaštilová