

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

Obdobie: 25.10.2021 - 31.10.2021

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 25.10.2021 \*\*\***

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. . . . . 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),  
900105 Kuracie prs. na zeleri bez mlie 200g(m.64g) (E:1162kj,B:32g,T:11g,S:14g) (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. . . . . 99739 Piskoty dlhe

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

**\*\*\* Utorok 26.10.2021 \*\*\***

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),  
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), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Streda 27.10.2021 \*\*\***

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),  
90108 Morcacie prsia dusene 160g(m.62g) (E:717kj,B:21g,T:8g,S:3g) (Al:1),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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. . . . . 57622 Zemiakove placky 360g (E:3052kj,B:13g,T:34g,S:103g) (Al:1,3,7),  
99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 28.10.2021 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,  
99408 Mrkva 30 (E:21kj,S:2g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g), 99743 Zakusok (Al:1,3,5,7,8,12)

Obed. . . . . 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),  
90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),  
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. . . . . 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),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obdobie: 25.10.2021 - 31.10.2021

Str.: 2

## \*\*\* Piatok 29.10.2021 \*\*\*

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 mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),  
57122 Halusky s vajcom 250g (E:3407kj,B:27g,T:33g,S:103g) (Al:1,3,7),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 30.10.2021 \*\*\*

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),  
265145 Bravcove maso v kar. bez mlie. 214g(m.64g) (E:1255kj,B:16g,T:22g,S:10g) (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), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 31.10.2021 \*\*\*

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),  
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),  
99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 25.10.2021 - 31.10.2021

Str.: 3

**DIA-9 - DIABETICKA STRAVA****1 - 1 r.****\*\*\* Pondelok 25.10.2021 \*\*\***

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. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99330 Rozok Mamma Mia (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

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), 63111 Caj pravy 0,25l

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 26.10.2021 \*\*\***

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

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),  
 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)

**\*\*\* Streda 27.10.2021 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. . . . . 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),  
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1039kj,B:22g,T:15g,S:7g) (Al:1,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63111 Caj pravy 0,25l

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. . . . . 57622 Zemiakove placky 360g (E:3052kj,B:13g,T:34g,S:103g) (Al:1,3,7),  
 99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63111 Caj pravy 0,25l

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

**\*\*\* Stvrtok 28.10.2021 \*\*\***

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), 99750 Zakusok DIA

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 27114 Bravcovy segedinsky gulas 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (Al:1,7,12),  
 50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Paqac

Večera. . . . . 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

II. 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: 25.10.2021 - 31.10.2021

Str.: 4

## \*\*\* Piatok 29.10.2021 \*\*\*

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99402 Paprika (E:30kj,S:2g), 63111 Caj pravy 0,25l

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

Obed..... 05021 Polievka sedliacka 0,33L (E:494kj,B:3g,T:6g,S:14g) (Al:1,3,7,12),  
57322 Bryndzove halusky 380g (E:5112kj,B:44g,T:58g,S:140g) (Al:1,3,7), 63111 Caj pravy 0,25l

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..... 90408 Ryzovy nakyp so slivkami DIA 360g (E:2275kj,B:19g,T:12g,S:94g) (Al:3,7),  
63111 Caj pravy 0,25l

II. 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 30.10.2021 \*\*\*

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), 63111 Caj pravy 0,25l

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

Večera..... 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l

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

## \*\*\* Nedela 31.10.2021 \*\*\*

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),  
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),  
99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 25.10.2021 - 31.10.2021

Str.: 5

**DIA-S - DIABETICKA STRAVA-SETRIACA****1 - 1 r.****\*\*\* Pondelok 25.10.2021 \*\*\***

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. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),  
 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. . . . . 99330 Rozok Mamma Mia (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (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), 63111 Caj pravy 0,25l

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 26.10.2021 \*\*\***

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),  
 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),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

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

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),  
 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)

**\*\*\* Streda 27.10.2021 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. . . . . 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),  
 90108 Morcacie prsia dusene 160g(m.62g) (E:717kj,B:21g,T:8g,S:3g) (Al:1),  
 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), 63111 Caj pravy 0,25l

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. . . . . 45822 Karotka na masle 220g (E:415kj,B:2g,T:6g,S:16g) (Al:7),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l

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

**\*\*\* Stvrtok 28.10.2021 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g), 99750 Zakusok DIA

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

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),  
 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

II. 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 \*

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## \*\*\* Piatok 29.10.2021 \*\*\*

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 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),  
57122 Halusky s vajcom 250g (E:3407kj,B:27g,T:33g,S:103g) (Al:1,3,7),  
99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

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..... 90408 Ryzovy nakyp so slivkami DIA 360g (E:2275kj,B:19g,T:12g,S:94g) (Al:3,7),  
63111 Caj pravy 0,25l

II. 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 30.10.2021 \*\*\*

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 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),  
26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (Al:1,7),  
49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),  
99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

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

Večera..... 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l

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

## \*\*\* Nedela 31.10.2021 \*\*\*

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), 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),  
99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 25.10.2021 - 31.10.2021

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**DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.****\*\*\* Pondelok 25.10.2021 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),  
 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. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Utorok 26.10.2021 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. . . . . 05311 Polievka zeleninova 0,33L (E:411kj,B:3g,T:5g,S:12g) (Al:1,7,9,12),  
 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), 63111 Caj pravy 0,25l  
 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), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Streda 27.10.2021 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,  
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. . . . . 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),  
 90108 Morcacie prsia dusene 160g(m.62g) (E:717kj,B:21g,T:8g,S:3g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 45822 Karotka na masle 220g (E:415kj,B:2g,T:6g,S:16g) (Al:7),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Stvrtok 28.10.2021 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g), 99750 Zakusok DIA  
 Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l  
 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), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Piatok 29.10.2021 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,  
 63111 Caj pravy 0,25l  
 Desiata. . . . . 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),  
 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)  
 Večera. . . . . 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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

Obdobie: 25.10.2021 - 31.10.2021

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## \*\*\* Sobota 30.10.2021 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
Desiata. . . . . 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),  
26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (Al:1,7),  
49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 63111 Caj pravy 0,25l  
Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
Večera. . . . . 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l  
II. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

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## \*\*\* Nedela 31.10.2021 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,  
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
Desiata. . . . . 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), 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. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

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Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



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**KASOV - ŠETRIACA - KAŠOVITÁ****1 - 1 r.****\*\*\* Pondelok 25.10.2021 \*\*\***

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. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),  
 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. . . . . 99739 Piskoty dlhe

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

**\*\*\* Utorok 26.10.2021 \*\*\***

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),  
 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), 99520 Kompot 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

**\*\*\* Streda 27.10.2021 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 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),  
 90108 Morcacie prsia dusene 160g(m.62g) (E:717kj,B:21g,T:8g,S:3g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 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. . . . . 45822 Karotka na masle 220g (E:415kj,B:2g,T:6g,S:16g) (Al:7),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 28.10.2021 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g), 99743 Zakusok (Al:1,3,5,7,8,12)

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),  
 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. . . . . 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

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

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

Obdobie: 25.10.2021 - 31.10.2021

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## \*\*\* Piatok 29.10.2021 \*\*\*

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 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),  
 57122 Halusky s vajcom 250g (E:3407kj,B:27g,T:33g,S:103g) (Al:1,3,7),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 30.10.2021 \*\*\*

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 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),  
 26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (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), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 31.10.2021 \*\*\*

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),  
 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),  
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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Obdobie: 25.10.2021 - 31.10.2021

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**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 25.10.2021 \*\*\***

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. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (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. . . . . 99739 Piskoty dlhe

Večera. . . . . 38222 Zapekane 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), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 26.10.2021 \*\*\***

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),  
 24824 Brav. belehrad.rezen so zemiak 364g(m.64g) (E:2453kj,B:19g,T:38g,S:49g) (Al:1,7,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

**\*\*\* Streda 27.10.2021 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g),  
 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),  
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1039kj,B:22g,T:15g,S:7g) (Al:1,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 52623 Uhorkovy salat 160g (E:148kj,B:1g,S:8g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. . . . . 57622 Zemiakove placky 360g (E:3052kj,B:13g,T:34g,S:103g) (Al:1,3,7),  
 99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 28.10.2021 \*\*\***

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), 99743 Zakusok (Al:1,3,5,7,8,12)

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 27114 Bravcovy segedinsky gulas 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (Al:1,7,12),  
 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. . . . . 99323 Pagac

Večera. . . . . 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 29.10.2021 \*\*\***

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99402 Paprika (E:30kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 05021 Polievka sedliacka 0,33L (E:494kj,B:3g,T:6g,S:14g) (Al:1,3,7,12),  
 57322 Bryndzove halusky 380g (E:5112kj,B:44g,T:58g,S:140g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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Obdobie: 25.10.2021 - 31.10.2021

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Olovrant. .... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)  
 Večera. .... 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Sobota 30.10.2021 \*\*\***

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), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)  
 Večera. .... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Nedela 31.10.2021 \*\*\***

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),  
 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),  
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 25.10.2021 - 31.10.2021

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**TEKUT - TEKUTA STRAVA** 1 - 1 r.**\*\*\* Pondelok 25.10.2021 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)

Obed. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),  
63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 26.10.2021 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Streda 27.10.2021 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 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),  
90108 Morcacie prsia dusene 160g(m.62g) (E:717kj,B:21g,T:8g,S:3g) (Al:1),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. . . . . 45822 Karotka na masle 220g (E:415kj,B:2g,T:6g,S:16g) (Al:7),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 28.10.2021 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini,  
63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g), 99743 Zakusok (Al:1,3,5,7,8,12)

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),  
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. . . . . 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 29.10.2021 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 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),  
55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (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),

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Obdobie: 25.10.2021 - 31.10.2021

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63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)  
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## \*\*\* Sobota 30.10.2021 \*\*\*

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),  
26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (Al:1,7),  
49822 Zemiaková 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. . . . . 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)  
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## \*\*\* Nedela 31.10.2021 \*\*\*

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

Olovrant. . . . . 99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)

Večera. . . . . 99624 Mliecna ryza, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)  
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Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková   
Hejbalová   
Kubrická   
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