

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 13.09.2021 *****

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.	649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),
.....	25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),
...	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.	99323 Pagac
Večera.	462115 Karotka s hraskom bez mlieka 180g (E:555kj,B:4g,T:5g,S:19g) (Al:1,7,12),
.....	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),
....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 14.09.2021 *****

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.	99510 Nektarinka
Obed.	042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
.....	90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),
...	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
Večera.	54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 15.09.2021 *****

Raňajky.	99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 20g,
.....	99740 Med mini, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	650225 Polievka zemiak. II bez mlieka 0,33l (E:332kj,B:2g,S:21g) (Al:12),
.....	90005 Kuracie prsia dusene (m.64g) (E:799kj,B:30g,T:6g,S:3g) (Al:1),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)
Večera.	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)

***** Stvrtok 16.09.2021 *****

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.	99511 Broskyňa (E:285kj,B:1g,S:18g)
Obed.	048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12),
.....	18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99520 Kompot 150g (Al:12),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99335 Croissant cokoladovy
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)

***** Piatok 17.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99604 Maslo mini delacreame 20g,
....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
.....	604125 Zemlovka jablkova bez mlieka 400g (E:3577kj,B:12g,T:31g,S:138g) (Al:1,3,7),
...	

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Obdobie: 13.09.2021 - 19.09.2021

Str.: 2

63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 18.09.2021 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,
 99401 Paradajka (E:42kj,B:1g,S:3g), 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. 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),
 ... 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 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)

*** Nedela 19.09.2021 ***

Raňajky. 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 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. 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), 99117 Sunka vak. 100g,
 99604 Maslo mini delacreame 20g, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

vynotov11:kast11ova

schva111a:stravovacia komis11a

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 13.09.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
.....	99406 Redkovka 30g (E:15kj,S:1g), 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),
...	51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l
Olovrant.	99323 Pagac
Večera.	38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12),
.....	99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
.....	99115 Pecenovoy syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Utorok 14.09.2021 *****

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.	99510 Nektarinka
Obed.	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
.....	47423 Karfiol vyprazany 300g (E:3060kj,B:16g,T:49g,S:63g) (Al:1,3,7),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),
.....	99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7), 63111 Caj pravy 0,25l
Il. večera.	99316 Dalamanka celozrnna, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
.....	99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Streda 15.09.2021 *****

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.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
.....	90005 Kuracie prsia dusene (m.64g) (E:799kj,B:30g,T:6g,S:3g) (Al:1),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj 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),
.....	99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63111 Caj pravy 0,25l
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Stvrtok 16.09.2021 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
.....	99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99511 Broskyňa (E:285kj,B:1g,S:18g)
Obed.	04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
.....	17914 Hov. maso dus. na madar. spos. 212g(m.62g) (E:1197kj,B:18g,T:21g,S:7g) (Al:1,7),
...	50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l
Olovrant.	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.	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
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99639 Syr mozzarella (E:1029kj,B:18g,T:19g,S:2g)

***** Piatok 17.09.2021 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
.....	99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
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.....	

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Obdobie: 13.09.2021 - 19.09.2021

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Obed. 06011 Polievka fazulova s rezancami 0,33L(,p.24g) (E:845kj,B:8g,T:9g,S:28g) (Al:1,3,7,9,12),
 90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63111 Caj pravy 0,25l
 Olovrant. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 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)

*** Sobota 18.09.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7),
 99401 Paradajka (E:42kj,B:1g,S:3g), 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. 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),
 ... 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. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3),
 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Nedela 19.09.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 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), 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),
 99109 Salama sucha vak. 100g (E:1984kj,B:21g,T:43g,S:2g),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

Vynotov11:Kast11ova

Schva111a:Stravovacia komisia

DIA-S - DIABETICKA STRAVA-SETRIACA**1 -******* Pondelok 13.09.2021 *****

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.	64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
.....	25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),
...	51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	46211 Karotka dusena s hraskom 180g (E:752kj,B:5g,T:10g,S:20g) (Al:1,7,12),
.....	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
.....	99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Utorok 14.09.2021 *****

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.	99510 Nektarinka
Obed.	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
.....	45813 Karfiol na masle 250g (E:443kj,B:4g,T:9g,S:7g) (Al:7),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7), 63111 Caj pravy 0,25l
Il. večera.	99316 Dalamanka celozrnna, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
.....	99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Streda 15.09.2021 *****

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.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
.....	90005 Kuracie prsia dusene (m.64g) (E:799kj,B:30g,T:6g,S:3g) (Al:1),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj 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),
.....	99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63111 Caj pravy 0,25l
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Stvrtok 16.09.2021 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
.....	99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99511 Broskyňa (E:285kj,B:1g,S:18g)
Obed.	04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
.....	18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
...	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.	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
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
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99639 Syr mozzarella (E:1029kj,B:18g,T:19g,S:2g)

***** Piatok 17.09.2021 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
.....	99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
.....	
.....	

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Obdobie: 13.09.2021 - 19.09.2021

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Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
 90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63111 Caj pravy 0,25l
 Olovrant. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 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)

*** Sobota 18.09.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7),
 99403 Paradajka olupana (E:42kj,B:1g,S:3g), 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. 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),
 ... 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. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3),
 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Nedela 19.09.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 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. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
 Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99117 Sunka vak. 100g,
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l
 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:kastilova

schvalila:Stravovacia komisia

DIA-T - DIABETICKA STRAVA - TEKUTÁ**1 - 1******* Pondelok 13.09.2021 *****

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.....	64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
.....	25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),
...	51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l
Olovrant.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.....	46211 Karotka dusena s hraskom 180g (E:752kj,B:5g,T:10g,S:20g) (Al:1,7,12),
.....	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)

***** Utorok 14.09.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata.....	99510 Nektarinka
Obed.....	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
.....	45813 Karfiol na masle 250g (E:443kj,B:4g,T:9g,S:7g) (Al:7),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l
Olovrant.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.....	90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (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)

***** Streda 15.09.2021 *****

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.....	99502 Banan (E:476kj,B:2g,S:25g)
Obed.....	65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
.....	90005 Kuracie prsia dusene (m.64g) (E:799kj,B:30g,T:6g,S:3g) (Al:1),
...	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
Il. večera.....	99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Stvrtok 16.09.2021 *****

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.....	99511 Broskyna (E:285kj,B:1g,S:18g)
Obed.....	04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
.....	18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l
Olovrant.....	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.....	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 17.09.2021 *****

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.....	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (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.....	46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (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)

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*** Sobota 18.09.2021 ***

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. 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) (AI:1,7,12),
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (AI:1,7,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (AI: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) (AI:7), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Nedela 19.09.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,
 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (AI:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (AI:9,12),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (AI:1,10,12),
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (AI:7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 99555 Detsky prikrm, 63111 Caj pravy 0,25l
 Il. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

vynotovil:kastilova

schvalila:Stravovacia komisia

KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 13.09.2021 *****

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)
Obed.	64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
.....	25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),
...	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.	99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)
Večera.	46211 Karotka dusena s hraskom 180g (E:752kj,B:5g,T:10g,S:20g) (Al:1,7,12),
.....	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 14.09.2021 *****

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.	99510 Nektarinka
Obed.	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
.....	45813 Karfiol na masle 250g (E:443kj,B:4g,T:9g,S:7g) (Al:7),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
Večera.	54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 15.09.2021 *****

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), 99740 Med mini,
.....	63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
.....	90005 Kuracie prsia dusene (m.64g) (E:799kj,B:30g,T:6g,S:3g) (Al:1),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)
Večera.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 16.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99511 Broskyňa (E:285kj,B:1g,S:18g)
Obed.	04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
.....	18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99520 Kompot 150g (Al:12),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99335 Croissant cokoladovy
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)

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*** Piatok 17.09.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
 60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7),
 ... 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant..... 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera..... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 18.09.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 99403 Paradajka olupana (E:42kj,B:1g,S:3g),
 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..... 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),
 ... 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..... 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)
 Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3),
 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 19.09.2021 ***

Raňajky..... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 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..... 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), 99117 Sunka vak. 100g,
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vynotovila:Kastilova

Schvalila:Stravovacia komisia

RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 13.09.2021 *****

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), 99406 Redkovka 30g (E:15kj,S:1g),
.....	63113 Caj pravy s citronom 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),
...	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.	99323 Pagac
Večera.	38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12),
.....	99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 14.09.2021 *****

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.	99510 Nektarinka
Obed.	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
.....	47423 Karfiol vyprazany 300g (E:3060kj,B:16g,T:49g,S:63g) (Al:1,3,7),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),
.....	99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
Večera.	54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 15.09.2021 *****

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), 99740 Med mini,
.....	63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
.....	90005 Kuracie prsia dusene (m.64g) (E:799kj,B:30g,T:6g,S:3g) (Al:1),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)
Večera.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 16.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99511 Broskyňa (E:285kj,B:1g,S:18g)
Obed.	04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
.....	17914 Hov. maso dus. na madar. spos. 212g(m.62g) (E:1197kj,B:18g,T:21g,S:7g) (Al:1,7),
...	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.	99335 Croissant cokoladovy
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)

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Obdobie: 13.09.2021 - 19.09.2021

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*** Piatok 17.09.2021 ***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1),
 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 06011 Polievka fazulova s rezancami 0,33L(,p.24g) (E:845kj,B:8g,T:9g,S:28g) (Al:1,3,7,9,12),
 60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7),
 ... 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant..... 99310 Pecivo 1 ks (E:443kj,B:3g,T:1g,S:22g) (Al:1),
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera..... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 18.09.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 99401 Paradajka (E:42kj,B:1g,S:3g),
 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..... 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),
 ... 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..... 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)
 Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3),
 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 19.09.2021 ***

Raňajky..... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 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), 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),
 99109 Salama sucha vak. 100g (E:1984kj,B:21g,T:43g,S:2g),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vynotovil:Kastilova

Schvalila:Stravovacia komisia

TEKUT - TEKUTA STRAVA**1 - 1 r.******* Pondelok 13.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
.....	25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),
...	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.	99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera.	46211 Karotka dusena s hraskom 180g (E:752kj,B:5g,T:10g,S:20g) (Al:1,7,12),
.....	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Utorok 14.09.2021 *****

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.	99510 Nektarinka
Obed.	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
.....	45813 Karfiol na masle 250g (E:443kj,B:4g,T:9g,S:7g) (Al:7),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
Večera.	54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 15.09.2021 *****

Raňajky.	99320 Vianocka 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.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
.....	90005 Kuracie prsia dusene (m.64g) (E:799kj,B:30g,T:6g,S:3g) (Al:1),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant.	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)

***** Stvrtok 16.09.2021 *****

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.	99511 Broskyna (E:285kj,B:1g,S:18g)
Obed.	04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
.....	18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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 17.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini,
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (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.	99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
Večera.	46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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Obdobie: 13.09.2021 - 19.09.2021

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*** Sobota 18.09.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini,
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata..... 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),
 ... 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..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
 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 19.09.2021 ***

Raňajky..... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
 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..... 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)

vynotovili:kastilova

schvalila:stravovacia komisia

Stravovacia komisia: Černoková
 Hejbalová
 Kubrická
 Šimovcová
 Kaštílová