

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 30.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g,
.....	99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata.	99510 Nektarinka
Obed.	048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9),
.....	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),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
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.	388125 Omeleta s hraskom bez mlieka 90g (E:1152kj,B:15g,T:22g,S:4g) (Al:3,12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 31.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g,
.....	99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
.....	90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),
...	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.	902535 Rezance so struh bez mlieka 300g (E:4994kj,B:18g,T:62g,S:144g) (Al:1,3),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 01.09.2021 *****

Raňajky.	99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacream 20g,
.....	99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	02211 Hovadzia polievka s rezancami 0,33L(p.43g) (E:290kj,B:3g,S:15g) (Al:1,3,9,12),
.....	90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
...	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.	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),
.....	99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 02.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g,
.....	99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),
.....	66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
...	49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
	51911 Hlavkovy salat 80g (E:232kj,B:4g,T:7g,S:12g) (Al:12),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99323 Pagac
Večera.	562125 Sunkove fliacky bez mlieka 300g (E:2422kj,B:21g,T:24g,S:71g) (Al:1,3,7),
.....	99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 03.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g,
.....	99541 Dzem mini (Al:12), 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),
.....	
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Obdobie: 30.08.2021 - 05.09.2021

Str.: 2

90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
 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. 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
 Večera. 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 04.09.2021 ***

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), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12),
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
 ... 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. 99335 Croissant cokoladovy
 Večera. 47012 Karfiol s vajcom 300g (E:1375kj,B:17g,T:27g,S:9g) (Al:3,7),
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 05.09.2021 ***

Raňajky. 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12),
 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
 ... 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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), 99700 Tuniak (E:1534kj,B:17g,T:35g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

vynotovili:kastilova

schvalila:stravovacia komisia

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 30.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7),
.....	99402 Paprika (E:30kj,S:2g), 63111 Caj pravý 0,25l
Desiata.	99510 Nektarinka
Obed.	04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
.....	90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1039kj,B:22g,T:15g,S:7g) (Al:1,12),
...	51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
	99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
Večera.	90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera.	99316 Dalamanka celozrná, 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Utorok 31.08.2021 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
.....	99702 Mrkvová natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63111 Caj pravý 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	03821 Cesnaková pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12),
.....	27114 Bravcový segedínsky guláš 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (Al:1,7,12),
...	50422 Knedle kysnuté 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
.....	99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Streda 01.09.2021 *****

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, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	02211 Hovadzia polievka s rezancami 0,33L(p.43g) (E:290kj,B:3g,S:15g) (Al:1,3,9,12),
.....	90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
...	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.	99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
Večera.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99713 Tuniakový šalát

***** Stvrtok 02.09.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	99112 Tlacenka hydínová 80g 80g (E:444kj,B:13g,T:6g),
.....	99561 Cibulka jarná (E:1270kj,B:13g,T:2g,S:82g), 63111 Caj pravý 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	06321 Polievka sosovic. so zemiakmi 0,33L (E:791kj,B:8g,T:6g,S:29g) (Al:1,7,12),
.....	13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),
...	49722 Zemiaky nové varené 330g (E:1059kj,B:7g,T:1g,S:653g),
	99449 Rajčiakový šalát s cibuľou DIA 150g (E:262kj,B:2g,T:3g,S:10g) (Al:12),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99323 Pagac
Večera.	56212 Sunkové fliacky zapiekane 300g (E:2566kj,B:22g,T:26g,S:73g) (Al:1,3,7),
II: večera.	99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
.....	99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
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Obdobie: 30.08.2021 - 05.09.2021

Str.: 4

99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

*** Piatok 03.09.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 99710 Avokadova natierka 40g (E:904kj,B:4g,T:21g,S:3g) (Al:7), 63111 Caj pravy 0,25l
 Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 06711 Polievka drzkova 0,33L(m.32g) (E:675kj,B:10g,T:10g,S:9g) (Al:1,7,12),
 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 ... 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
 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..... 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera..... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9),
 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)
 Il. večera..... 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)

*** Sobota 04.09.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l
 Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed..... 06211 Polievka hrachova s krupami 0,33L (E:629kj,B:7g,T:5g,S:22g) (Al:1,7,12),
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
 ... 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..... 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..... 47212 Karfiol zapiekany 280g (E:1088kj,B:11g,T:18g,S:17g) (Al:1,3,7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

*** Nedela 05.09.2021 ***

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, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)
 Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12),
 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
 ... 90280 Zemiaky dusene s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g),
 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), 99636 Syr parenica (E:1200kj,B:24g,T:20g,S:2g),
 99609 Maslo mini 2ks (E:626kj,T:17g) (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),
 99115 Pecenyov syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

vynotoval:Kastilova

Schvalila:Stravovacia komisia

DIA-S - DIABETICKA STRAVA-SETRIACA**1 -******* Pondelok 30.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7),
.....	99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l
Desiata.	99510 Nektarinka
Obed.	04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
.....	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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
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.	99316 Dalamanka celozrnna, 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Utorok 31.08.2021 *****

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.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
.....	90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
.....	99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Streda 01.09.2021 *****

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, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	02211 Hovadzia polievka s rezancami 0,33L(,p.43g) (E:290kj,B:3g,S:15g) (Al:1,3,9,12),
.....	90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
...	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.	99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
Večera.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99713 Tuniakovy salat

***** Štvrtok 02.09.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
.....	99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
.....	66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
...	49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
.....	99444 Hlavkovy salat DIA (E:175kj,B:4g,T:7g,S:10g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.	90271 Brokolica zapiekana 280 (E:1220kj,B:13g,T:21g,S:19g) (Al:1,3,7),
.....	99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	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)

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*** Piatok 03.09.2021 ***

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, 63111 Caj pravý 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),
 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
 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. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9),
 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)
 II. večera. 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)

*** Sobota 04.09.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99403 Paradajka olupana (E:42kj,B:1g,S:3g), 63111 Caj pravý 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7)
 Večera. 47212 Karfiol zapekany 280g (E:1088kj,B:11g,T:18g,S:17g) (Al:1,3,7),
 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

*** Nedela 05.09.2021 ***

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, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12),
 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

Vynotovil:Kastilova

Schvalila:Stravovacia komisia

DIA-T - DIABETICKA STRAVA - TEKUTÁ**1 - 1******* Pondelok 30.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata.	99510 Nektarinka
Obed.	04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
.....	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),
	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)

***** Utorok 31.08.2021 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
.....	63111 Caj pravy 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
.....	90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Streda 01.09.2021 *****

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) (Al:7)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	02211 Hovadzia polievka s rezancami 0,33L(p.43g) (E:290kj,B:3g,S:15g) (Al:1,3,9,12),
.....	90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
...	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.	99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)
Večera.	99555 Detsky prikrm, 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 02.09.2021 *****

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.	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
.....	66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
...	49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.	90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Piatok 03.09.2021 *****

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),
.....	90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
...	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.	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
.....	
.....	

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Večera. 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9),
 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Sobota 04.09.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
 ... 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. 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. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Nedela 05.09.2021 ***

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) (Al:7)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12),
 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
 ... 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

vynotovii:kastilova

schvaillia:Stravovacia komisia

KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 30.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata.	99510 Nektarinka
Obed.	04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
.....	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),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
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.	55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 31.08.2021 *****

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.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
.....	90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),
...	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.	99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera.	90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 01.09.2021 *****

Raňajky.	99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99541 Dzem mini (Al:12),
.....	99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	02211 Hovadzia polievka s rezancami 0,33L(,p.43g) (E:290kj,B:3g,S:15g) (Al:1,3,9,12),
.....	90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
...	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.	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),
.....	99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 02.09.2021 *****

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), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
.....	66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
...	49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
.....	51911 Hlavkovy salat 80g (E:232kj,B:4g,T:7g,S:12g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99336 Moravsky kolac
Večera.	90271 Brokolica zapiekana 280 (E:1220kj,B:13g,T:21g,S:19g) (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 03.09.2021 ***

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), 99541 Dzem mini (Al:12),
 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),
 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
 ... 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..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
 Večera..... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9),
 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

*** Sobota 04.09.2021 ***

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), 99403 Paradajka olupana (E:42kj,B:1g,S:3g),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
 ... 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..... 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)
 Večera..... 47212 Karfiol zapekany 280g (E:1088kj,B:11g,T:18g,S:17g) (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)

*** Nedela 05.09.2021 ***

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..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12),
 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
 ... 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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),
 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vynotovil:Kastilova

Schválila:Stravovacia komisia

RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 30.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 99402 Paprika (E:30kj,S:2g),
.....	63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata.	99510 Nektarinka
Obed.	04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
.....	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),
	52913 Salat z cinskej kapusty 150g (E:350kj,B:2g,T:6g,S:7g) (Al:12),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
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.	57712 Palacinky so zavarantinou 350g (E:3979kj,B:20g,T:32g,S:503g) (Al:1,3,7,12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 31.08.2021 *****

Raňajky.	99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g),
.....	99702 Mrkvova natierka 55g (E:1110kj,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.	03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (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),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera.	90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 01.09.2021 *****

Raňajky.	99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99541 Dzem mini (Al:12),
.....	99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	02211 Hovadzia polievka s rezancami 0,33L,(p.43g) (E:290kj,B:3g,S:15g) (Al:1,3,9,12),
.....	90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
...	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.	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),
.....	99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 02.09.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99112 Tlacenka hydinova 80g 80g (E:444kj,B:13g,T:6g),
.....	99561 Cibulka jarna (E:1270kj,B:13g,T:2g,S:82g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	06321 Polievka sosovic. so zemiakmi 0,33L (E:791kj,B:8g,T:6g,S:29g) (Al:1,7,12),
.....	13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),
...	49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
	52523 Rajciakovy salat s cibulou 150g (E:252kj,B:2g,T:3g,S:9g) (Al:12),
	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99323 Pagac
Večera.	56212 Sunkove fliacky zapekane 300g (E:2566kj,B:22g,T:26g,S:73g) (Al:1,3,7),
.....	99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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*** Piatok 03.09.2021 ***

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g),
 99710 Avokadova natierka 40g (E:904kj,B:4g,T:21g,S:3g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 06711 Polievka drzkova 0,33L(m.32g) (E:675kj,B:10g,T:10g,S:9g) (Al:1,7,12),
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 ... 58711 Marhulovy osuch peceny 320g (E:5907kj,B:22g,T:44g,S:204g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
 Večera..... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9),
 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

*** Sobota 04.09.2021 ***

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), 99401 Paradajka (E:42kj,B:1g,S:3g),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed..... 06211 Polievka hrachova s krupami 0,33L (E:629kj,B:7g,T:5g,S:22g) (Al:1,7,12),
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
 ... 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..... 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)
 Večera..... 47212 Karfiol zapekany 280g (E:1088kj,B:11g,T:18g,S:17g) (Al:1,3,7),
 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 05.09.2021 ***

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..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12),
 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
 ... 90280 Zemiaky dusene s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g),
 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),
 99636 Syr parenica (E:1200kj,B:24g,T:20g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vynotovila:Kastilova

Schvalila:Stravovacia komisia

TEKUT - TEKUTA STRAVA**1 - 1 r.******* Pondelok 30.08.2021 *****

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 citrnom 0,25l (E:403kj,S:21g)
 Desiata. 99510 Nektarinka
 Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
 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),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99739 Piskoty dlhe
 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)

***** Utorok 31.08.2021 *****

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. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
 Večera. 90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 01.09.2021 *****

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 02211 Hovadzia polievka s rezancami 0,33L(,p.43g) (E:290kj,B:3g,S:15g) (Al:1,3,9,12),
 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
 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. 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)

***** Stvrtok 02.09.2021 *****

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)
 Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 03.09.2021 *****

Raňajky. 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99541 Dzem mini (Al:12),
 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),
 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
 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. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
 Večera. 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9),

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63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

*** Sobota 04.09.2021 ***

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..... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),
 ... 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..... 99615 Termix (E:615kj,B:4g,T:4g,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)

*** Nedela 05.09.2021 ***

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..... 99502 Banan (E:476kj,B:2g,S:25g)
 Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12),
 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),
 ... 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera..... 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