

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 09.08.2021 *****

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.	048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9),
.....	90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
...	51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera.	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)

***** Utorok 10.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g,
.....	99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),
.....	55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (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.	99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)
Večera.	90726 Brokolica varena 230g (E:150kj,B:5g,S:8g),
.....	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)

***** Streda 11.08.2021 *****

Raňajky.	99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g),
.....	63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
.....	90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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), 99604 Maslo mini delacream 20g
Večera.	55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (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)

***** Stvrtok 12.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3), 99401 Paradajka (E:42kj,B:1g,S:3g),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
.....	90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
...	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), 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.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3),
.....	99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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Obdobie: 09.08.2021 - 15.08.2021

Str.: 2

*** Piatok 13.08.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,
 99408 Mrkva 30 (E:21kj,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 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),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 ... 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99335 Croissant cokoladovy
 Večera..... 557215 Spagety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 14.08.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,
 99541 Dzem mini (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
 Desiata..... 99510 Nektarinka
 Obed..... 653225 Polievka krupic s vajc. b mlie 0,33l (E:230kj,B:3g,T:1g,S:9g) (Al:1,3),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99323 Pagac
 Večera..... 99682 Chlieb vo vajicku (E:3901kj,B:13g,T:71g,S:53g) (Al:1,3),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 15.08.2021 ***

Raňajky..... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 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..... 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12),
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),
 ... 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99700 Tuniak (E:1534kj,B:17g,T:35g),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vynotovil:Kastilova

Schválila:Stravovacia komisia

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 09.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata.....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.....	04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
.....	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),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.....	40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Utorok 10.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
.....	99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravy 0,25l
Desiata.....	99502 Banan (E:476kj,B:2g,S:25g)
Obed.....	03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
.....	55022 Granatiarsky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7),
...	99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.....	99316 Dalamanka celozrna, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
Večera.....	90410 Lievance DIA 310g (E:3905kj,B:28g,T:32g,S:143g) (Al:1,3,7),
.....	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),
.....	99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Streda 11.08.2021 *****

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,
.....	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.....	05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),
.....	35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
...	90280 Zemiaky dusene s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g),
.....	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.....	99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)
Večera.....	55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7),
.....	99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.....	99316 Dalamanka celozrna, 99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
.....	99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Stvrtok 12.08.2021 *****

Raňajky.....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7),
.....	99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l
Desiata.....	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.....	03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12),
.....	23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),
...	46223 Kapusta hlavkova dusena 250g (E:809kj,B:4g,T:13g,S:21g) (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.....	99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
Večera.....	99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
.....	05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
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Obdobie: 09.08.2021 - 15.08.2021

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99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Piatok 13.08.2021 ***

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), 99406 Redkovka 30g (E:15kj,S:1g),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 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),
 ... 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g), 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. 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99316 Dalamanka celozrnna, 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

*** Sobota 14.08.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
44611 Syrova natierka jemna 40g (E:592kj,B:4g,T:13g,S:1g) (Al:7), 63111 Caj pravý 0,25l
 Desiata. 99510 Nektarinka
 Obed. 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99323 Pagac
 Večera. 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Nedela 15.08.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
 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. 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12),
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),
 ... 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
 Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

vynotoval:Kastilova

Schvalila:Stravovacia komisia

DIA-S - DIABETICKA STRAVA-SETRIACA**1 -******* Pondelok 09.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
.....	99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
.....	90204 Bravcové maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
...	51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (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.	40023 Syrový nakyp jemný 210g (E:3062kj,B:39g,T:48g,S:37g) (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.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Utorok 10.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
.....	99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravy 0,25l
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
.....	55022 Granatiarsky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7),
...	99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99316 Dalamanka celozrnna, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
Večera.	90271 Brokolica zapékana 280 (E:1220kj,B:13g,T:21g,S:19g) (Al:1,3,7),
.....	99439 Cvikla DIA (E:197kj,B:1g,S:10g), 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),
.....	99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Streda 11.08.2021 *****

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,
.....	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.	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
.....	90203 Bravcové mäso dusené (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)
Večera.	55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (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.	99316 Dalamanka celozrnna, 99633 Syr tvrdý 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
.....	99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Stvrtok 12.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
.....	44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7),
.....	99403 Paradajka olupana (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l
Desiata.	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
.....	90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
...	51212 Ryza dusená 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),
.....	99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
Večera.	05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
.....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
.....	99602 Maslo mini (E:313kj,T:8g) (Al:7)

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

Obdobie: 09.08.2021 - 15.08.2021

Str.: 6

*** Piatok 13.08.2021 ***

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), 99408 Mrkva 30 (E:21kj,S:2g),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 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),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 ... 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g), 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..... 55612 Spagety so syrom light 300g (E:2494kj,B:24g,T:20g,S:83g) (Al:1,3,7),
 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera..... 99316 Dalamanka celozrnna, 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

*** Sobota 14.08.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),
 44611 Syrova natierka jemna 40g (E:592kj,B:4g,T:13g,S:1g) (Al:7), 63111 Caj pravy 0,25l
 Desiata..... 99510 Nektarinka
 Obed..... 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera..... 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Nedela 15.08.2021 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
 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..... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12),
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),
 ... 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 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),
 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

vynotoval:Kastilova

Schválila:Stravovacia komisia

DIA-T - DIABETICKA STRAVA - TEKUTÁ**1 - 1******* Pondelok 09.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
.....	90204 Bravcové maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
...	51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99551 Detská výživa dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.	40023 Syrový nakyp jemný 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera.	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 10.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
.....	55022 Granátiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (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.	90283 Brokolicové pyré 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7),
.....	63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)
II. večera.	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Streda 11.08.2021 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 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.	04421 Polievka karotková 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
.....	90203 Bravcové mäso dusené (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
...	49712 Zemiaky varené 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)
Večera.	55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera.	99621 Smotana pochutková (E:1512kj,B:6g,T:32g,S:8g)

***** Štvrtok 12.08.2021 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
Desiata.	99505 Pomaranč (E:261kj,B:1g,S:11g)
Obed.	05011 Polievka rascová s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
.....	90011 Kuracie prsia v pretlačku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
...	51212 Ryža dusená 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99621 Smotana pochutková (E:1512kj,B:6g,T:32g,S:8g)
Večera.	05111 Polievka šalátová 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
II. večera.	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 13.08.2021 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,
.....	63421 Čierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	04211 Polievka kalerábová 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
.....	90100 Morčacie prsia na prírodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
...	49722 Zemiaky nové varené 330g (E:1059kj,B:7g,T:1g,S:653g),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
.....	
.....	

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

Obdobie: 09.08.2021 - 15.08.2021

Str.: 8

Večera. 55612 Spagety so syrom light 300g (E:2494kj,B:24g,T:20g,S:83g) (Al:1,3,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Sobota 14.08.2021 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l
 Desiata. 99510 Nektarinka
 Obed. 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7),
 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 15.08.2021 ***

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12),
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),
 ... 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 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)

vynotov11:kastllova

schvalila:Stravovacia komisia

KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 09.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
.....	90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
...	51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera.	40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (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)

***** Utorok 10.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
.....	99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
.....	55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (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.	99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)
Večera.	90271 Brokolica zapekana 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),
.....	63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

***** Streda 11.08.2021 *****

Raňajky.	99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g),
.....	63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
.....	90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
...	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99520 Kompot 150g (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera.	55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (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)

***** Stvrtok 12.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7),
.....	99403 Paradajka olupana (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
.....	90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
...	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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
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.	05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
.....	99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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Obdobie: 09.08.2021 - 15.08.2021

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*** Piatok 13.08.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 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),
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 ... 49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
 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..... 55612 Spagety so syrom light 300g (E:2494kj,B:24g,T:20g,S:83g) (Al:1,3,7),
 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 14.08.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 44611 Syrova natierka jemna 40g (E:592kj,B:4g,T:13g,S:1g) (Al:7),
 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)
 Desiata..... 99510 Nektarinka
 Obed..... 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)
 Večera..... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 15.08.2021 ***

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,
 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..... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12),
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),
 ... 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vynotoval:Kastilova

Schválila:Stravovacia komisia

RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 09.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,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.	04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
.....	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),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera.	40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),
.....	99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 10.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
.....	99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12),
.....	55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7),
...	52623 Uhorkovy salat 160g (E:148kj,B:1g,S:8g) (Al:12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)
Večera.	57912 Lievance 310g (E:4678kj,B:28g,T:33g,S:178g) (Al:1,3,7,12),
.....	63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

***** Streda 11.08.2021 *****

Raňajky.	99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 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.	05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),
.....	35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
...	90280 Zemiaky dusene s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g),
.....	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.	99615 Termix (E:615kj,B:4g,T:4g,S:8g)
Večera.	55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7),
.....	99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 12.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
.....	44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7),
.....	99401 Paradajka (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.	03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12),
.....	23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),
...	46223 Kapusta hlavkova dusena 250g (E:809kj,B:4g,T:13g,S:21g) (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.	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.	05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
.....	99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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Obdobie: 09.08.2021 - 15.08.2021

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*** Piatok 13.08.2021 ***

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),
 99406 Redkovka 30g (E:15kj,S:1g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 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),
 ... 58311 Parene buchty s lekar.a mak. 315g (E:6229kj,B:28g,T:61g,S:212g) (Al:1,3,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
 Večera..... 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 14.08.2021 ***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 44611 Syrova natierka jemna 40g (E:592kj,B:4g,T:13g,S:1g) (Al:7),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
 Desiata..... 99510 Nektarinka
 Obed..... 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99323 Pagac
 Večera..... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 15.08.2021 ***

Raňajky..... 99326 Zavin kakaovy 100g, 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..... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12),
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),
 ... 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),
 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vynotovil:Kastilova

Schválila:Stravovacia komisia

TEKUT - TEKUTA STRAVA**1 - 1 r.******* Pondelok 09.08.2021 *****

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.	04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
.....	90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
...	51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera.	40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 10.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
.....	55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7),
...	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)
Večera.	90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7),
.....	63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

***** Streda 11.08.2021 *****

Raňajky.	99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g),
.....	63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
.....	90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),
...	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.	55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 12.08.2021 *****

Raňajky.	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12),
.....	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Desiata.	99505 Pomaranc (E:261kj,B:1g,S:11g)
Obed.	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
.....	90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
...	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
Večera.	05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 13.08.2021 *****

Raňajky.	99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99541 Dzem mini (Al:12),
.....	63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
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),
.....	90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
...	49722 Zemiaky nove varene 330g (E:1059kj,B:7g,T:1g,S:653g),
.....	63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
Olovrant.	99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
Večera.	55612 Spagety so syrom light 300g (E:2494kj,B:24g,T:20g,S:83g) (Al:1,3,7),
.....	
.....	

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

*** Sobota 14.08.2021 ***

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 citronom 0,25l (E:403kj,S:21g)
 Desiata..... 99510 Nektarinka
 Obed..... 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 ... 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
 Večera..... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 15.08.2021 ***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 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..... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12),
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),
 ... 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera..... 99624 Mliecna ryza, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

vynotoval:Kaštilova

schválila:Stravovacia komisia

Stravovacia komisia: Černoková
 Hejbalová
 Kubrická
 Šimovcová
 Kaštilová