

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.***** Pondelok 12.02.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacreame 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..... 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12),
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),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99335 Croissant cokoladovy

Večera..... 902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12),
99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 13.02.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacreame 20g,
99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
15514 Hov. rostenka so sunkou a vaj. 195g(m.85g) (E:1449kj,B:29g,T:24g,S:4g) (Al:1,3,7,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
52623 Uhorkovy salat 160g (E:241kj,B:1g,S:14g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99330 Rozok celozmny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99124 Sunkovy narez,
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 14.02.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacreame 20g,
99719 Sardinky 0,0625 (0,5 ks) (E:408kj,B:7g,T:7g,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99739 Piskoty dlhe

Večera..... 903035 Zemiaky svajciarske bezmlieka 350g (E:1916kj,B:12g,T:13g,S:88g) (Al:1,3),
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 15.02.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacreame 20g, 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99503 Kiwi (E:207kj,B:1g,S:12g)

Obed..... 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
90081 Losos duseny 100g (E:374kj,B:32g,T:6g,S:10g) (Al:1),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99345 Tasticka s ovoc. naplnou

Večera..... 90258 Rezance s dzemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,7,12),
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 16.02.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacreame 20g,
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 04911 Polievka rajciaková 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12),
90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99748 Keks Marina 0,1

Večera..... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 2

*** Sobota 17.02.2024 ***

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacreame 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. 907335 Polievka portugalska bezmlieka 0,33l (E:507kj,B:2g,T:6g,S:16g) (Al:1,9,12),
14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 18.02.2024 ***

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. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
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:1334kj,B:8g,T:1g,S:83g), 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 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99700 Tuniak (E:1534kj,B:17g,T:35g),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 3

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 12.02.2024 *****

Raňajky..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g,
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..... 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12),
90204 Bravcove 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), 63111 Caj pravy 0,25l

Olovrant..... 99323 Paqac

Večera..... 902705 Rizoto zeleninové bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12),
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),
99115 Pecenyovsy 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Utorok 13.02.2024 *****

Raňajky..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g,
99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l

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

Obed..... 044215 Polievka karotková bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
15514 Hov. rostenka so sunkou a vaj. 195g(m.85g) (E:1449kj,B:29g,T:24g,S:4g) (Al:1,3,7,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
99442 Uhorkový šalát DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63111 Caj pravy 0,25l

Olovrant..... 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99124 Sunkový narez, 63111 Caj pravy 0,25l

II. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
99604 Maslo mini delacreame 20g

***** Streda 14.02.2024 *****

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g,
99719 Sardinky 0,0625 (0,5 ks) (E:408kj,B:7g,T:7g,S:1g), 63111 Caj pravy 0,25l

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

Obed..... 05011 Polievka rascová s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90270 Rizoto zeleninové 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
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..... 903035 Zemiaky švajciarske bezmlieka 350g (E:1916kj,B:12g,T:13g,S:88g) (Al:1,3),
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99604 Maslo mini delacreame 20g

***** Stvrtok 15.02.2024 *****

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g,
99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l

Desiata..... 99503 Kiwi (E:207kj,B:1g,S:12g)

Obed..... 042115 Polievka kalerabová bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),
90081 Losos dusený 100g (E:374kj,B:32g,T:6g,S:10g) (Al:1),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l

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

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), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99604 Maslo mini delacreame 20g

***** Piatok 16.02.2024 *****

Raňajky..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g,
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63111 Caj pravy 0,25l

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

Obed..... 04911 Polievka rajčiaková 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12),
90013 Kuracie prsia na šampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 4

Olovrant. 99738 Pernik DIA
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99604 Maslo mini delacreame 20g

*** Sobota 17.02.2024 ***

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g,
 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 907335 Polievka portugalska bezmlieka 0,33l (E:507kj,B:2g,T:6g,S:16g) (Al:1,9,12),
 14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99604 Maslo mini delacreame 20g

*** Nedela 18.02.2024 ***

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g,
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 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. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
 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:1334kj,B:8g,T:1g,S:83g), 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 90g (E:1180kj,B:9g,T:1g,S:55g), 99700 Tuniak (E:1534kj,B:17g,T:35g),
 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99118 Salama parizer 50g,
 99604 Maslo mini delacreame 20g

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 5

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 12.02.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),
 99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12),
 25314 Bravcove maso na smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12),
 51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant. 99323 Pačac

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

II. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Utorok 13.02.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99631 Syr tvrdý light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l

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

Obed. 04421 Polievka karotková 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 15514 Hov. roštenka so sunkou a vaj. 195g(m.85g) (E:1449kj,B:29g,T:24g,S:4g) (Al:1,3,7,12),
 49912 Zemiaky opekané 180g (E:2019kj,B:9g,T:16g,S:92g) (Al:7),
 99442 Uhorkový šalát DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. 99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
 99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Streda 14.02.2024 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. 06011 Polievka fazulová s rezancami 0,33L(p.24g) (E:845kj,B:8g,T:9g,S:28g) (Al:1,3,7,9,12),
 90270 Rizoto zeleninové 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
 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. 90303 Zemiaky zapekané švajčiarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 15.02.2024 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 99709 Natierka z nivy (s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63111 Caj pravy 0,25l

Desiata. 99503 Kiwi (E:207kj,B:1g,S:12g)

Obed. 04211 Polievka kalerabová 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
 90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
 99764 Citronová omáčka 50ml (E:274kj,B:2g,T:5g,S:3g) (Al:7,10,12), 63111 Caj pravy 0,25l

Olovrant. 99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99621 Smotana pochutková (E:1512kj,B:6g,T:32g,S:8g)

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), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Piatok 16.02.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63111 Caj pravy 0,25l

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

Obed. 06511 Polievka borsc 0,35L(m.40g) (E:754kj,B:14g,T:11g,S:8g) (Al:7,9,12),

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 6

	99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),
	57322 Bryndzove halusky 380g (E:5112kj,B:44g,T:58g,S:140g) (Al:1,3,7), 63111 Caj pravý 0,25l
Olovrant.	99738 Pernik DIA
Večera.	46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
	49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravý 0,25l
II. večera.	99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),
	99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Sobota 17.02.2024 ***	
Raňajky.	99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),
	44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 63111 Caj pravý 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
	14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
	50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l
Olovrant.	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera.	90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravý 0,25l
II. večera.	99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Nedela 18.02.2024 ***	
Raňajky.	99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
	99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 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.	65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
	90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
	49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
	99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravý 0,25l
Olovrant.	99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
Večera.	99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99700 Tuniak (E:1534kj,B:17g,T:35g),
	63111 Caj pravý 0,25l
II. večera.	99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99118 Salama parizer 50g,
	99602 Maslo mini (E:313kj,T:8g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 7

DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 12.02.2024 *****

Raňajky..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),
99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12),
25314 Bravcove maso na smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12),
51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant..... 99323 Paqac

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

II. večera..... 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),
99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Utorok 13.02.2024 *****

Raňajky..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l

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

Obed..... 04421 Polievka karotková 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),
63111 Caj pravy 0,25l

Olovrant..... 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

II. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Streda 14.02.2024 *****

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
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..... 90303 Zemiaky zapekané svaiciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),
63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 15.02.2024 *****

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63111 Caj pravy 0,25l

Desiata..... 99503 Kiwi (E:207kj,B:1g,S:12g)

Obed..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
99790 Citronova omacka setriaca 50ml (E:269kj,B:2g,T:5g,S:3g) (Al:7,10,12), 63111 Caj pravy 0,25l

Olovrant..... 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

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), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Piatok 16.02.2024 *****

Raňajky..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63111 Caj pravy 0,25l

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

Obed..... 04921 Polievka rajciaková so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 8

90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
 Olovrant. 99738 Pernik DIA
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Sobota 17.02.2024 ***

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),
 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 63111 Caj pravy 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
 14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Nedela 18.02.2024 ***

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 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. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (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 90g (E:1180kj,B:9g,T:1g,S:55g), 99700 Tuniak (E:1534kj,B:17g,T:35g),
 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99118 Salama parizer 50g,
 99602 Maslo mini (E:313kj,T:8g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 9

DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 12.02.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12),
 25314 Bravcove maso na smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12),
 51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99621 Smotana pochutková (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 90453 Ryzová kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 13.02.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99505 Pomaranc (E:261kj,B:1g,S:11g)
 Obed. 04421 Polievka karotková 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 66019 Hov. pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
 49712 Zemiaky varené 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 99555 Detský príkrm, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
 II. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Streda 14.02.2024 *****

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. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 05011 Polievka rascová s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 90270 Rizoto zeleninové 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detská výživa dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90303 Zemiaky zapékané švajčiarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7), 63111 Caj pravy 0,25l
 II. večera. 99621 Smotana pochutková (E:1512kj,B:6g,T:32g,S:8g)

***** Štvrtok 15.02.2024 *****

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. 99503 Kiwi (E:207kj,B:1g,S:12g)
 Obed. 04211 Polievka kalerábová 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
 90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),
 49712 Zemiaky varené 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detská výživa dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90415 Rezance s dzemom DIA 300g (E:1891kj,B:13g,T:5g,S:99g) (Al:1,3,7), 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 16.02.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 04921 Polievka rajčiaková so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
 90013 Kuracie prsia na šampiónoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detská výživa dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90284 Zeleninové pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Sobota 17.02.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 90733 Polievka portugalská 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
 14614 Hov. pečienka záhradnícka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detská výživa dia (E:1670kj,B:4g,T:3g,S:117g)

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 10

Večera. 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravy 0,25l

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

*** Nedela 18.02.2024 ***

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 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. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),

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:1714kj,B:10g,T:10g,S:84g) (Al:7), 63111 Caj pravy 0,25l

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

Večera. 99555 Detsky prikrm, 63111 Caj pravy 0,25l

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

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 11

KASOV - KAŠOVITÁ 1 - 1 r.

*** Pondelok 12.02.2024 ***

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99541 Dzem mini (Al:12),
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

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

Obed. 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12),
25314 Bravcové maso na smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12),
51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

Večera. 55822 Ryzová kaša 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

*** Utorok 13.02.2024 ***

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

Obed. 04421 Polievka karotková 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
66019 Hov. pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
49712 Zemiaky varené 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

Večera. 99624 Mliečna ryža, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Streda 14.02.2024 ***

Raňajky. 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99740 Med mini,
63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

Obed. 05011 Polievka rascová s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90270 Rizoto zeleninové 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
63112 Caj ovocný 0,25l (E:403kj,S:21g)

Olovrant. 99739 Piskoty dlhé

Večera. 90303 Zemiaky zapékané švajčiarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

*** Štvrtok 15.02.2024 ***

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99740 Med mini,
63112 Caj ovocný 0,25l (E:403kj,S:21g)

Desiata. 99503 Kiwi (E:207kj,B:1g,S:12g)

Obed. 04211 Polievka kalerabová 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),
49712 Zemiaky varené 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocný 0,25l (E:403kj,S:21g)

Olovrant. 99336 Moravský koláč

Večera. 90258 Rezance s džemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,7,12),
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

*** Piatok 16.02.2024 ***

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99740 Med mini,
63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

Obed. 04921 Polievka rajčiaková so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
90013 Kuracie prsia na šampiónoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),
63112 Caj ovocný 0,25l (E:403kj,S:21g)

Olovrant. 99748 Keks Marina 0,1

Večera. 90284 Zeleninové pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9),
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 12

*** Sobota 17.02.2024 ***

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (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. 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 18.02.2024 ***

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. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
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:1714kj,B:10g,T:10g,S:84g) (Al:7), 99520 Kompot 150g (Al:12),
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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 13

RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 12.02.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obed..... 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12),
 25314 Bravcove maso na smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12),
 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..... 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)

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

***** Utorok 13.02.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 15514 Hov. rostenka so sunkou a vaj. 195g(m.85g) (E:1449kj,B:29g,T:24g,S:4g) (Al:1,3,7,12),
 49912 Zemiaky opekane 180g (E:2019kj,B:9g,T:16g,S:92g) (Al:7),
 52623 Uhorkovy salat 160g (E:241kj,B:1g,S:14g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Streda 14.02.2024 *****

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g),
 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (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),
 59211 Sisky 200g (E:4962kj,B:19g,T:61g,S:397g) (Al:1,3,7,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99739 Piskoty dlhe

Večera..... 90303 Zemiaky zapekané svajciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (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)

***** Stvrtok 15.02.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99503 Kiwi (E:207kj,B:1g,S:12g)

Obed..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
 90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
 99764 Citronova omacka 50ml (E:274kj,B:2g,T:5g,S:3g) (Al:7,10,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99336 Moravsky kolac

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

***** Piatok 16.02.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 06511 Polievka borsc 0,35L(m.40g) (E:754kj,B:14g,T:11g,S:8g) (Al:7,9,12),
 99301 Chlieb 1 ks 45g (E:521kj,T:1g,S:26g) (Al:1),
 57322 Bryndzove halusky 380g (E:5112kj,B:44g,T:58g,S:140g) (Al:1,3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99748 Keks Marina 0,1

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 14

Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 ----- 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 17.02.2024 ***

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,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. 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
 14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
 ----- 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 18.02.2024 ***

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. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (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 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99700 Tuniak (E:1534kj,B:17g,T:35g),
 ----- 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 15

SETR - ŠETRIACA 1 - 1 r.***** Pondelok 12.02.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12),
 25314 Bravcove maso na smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12),
 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. 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)

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

***** Utorok 13.02.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Streda 14.02.2024 *****

Raňajky. 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g),
 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99739 Piskoty dlhe

Večera. 90303 Zemiaky zapekané svajciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (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)

***** Stvrtok 15.02.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99503 Kiwi (E:207kj,B:1g,S:12g)

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
 90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
 99790 Citronova omacka setriaca 50ml (E:269kj,B:2g,T:5g,S:3g) (Al:7,10,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99336 Moravsky kolac

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

***** Piatok 16.02.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 04921 Polievka rajciaková so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99748 Keks Marina 0,1

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 16

Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),
 ----- 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 17.02.2024 ***

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,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. 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
 14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
 ----- 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 18.02.2024 ***

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. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (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 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99700 Tuniak (E:1534kj,B:17g,T:35g),
 ----- 63111 Caj pravy 0,25l

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 17

TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 12.02.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99541 Dzem mini (Al:12),
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

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

Obed. 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12),
25314 Bravcové maso na smotane 214g(m.64g) (E:1511kj,B:19g,T:26g,S:16g) (Al:1,7,9,10,12),
51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

Večera. 55822 Ryzová kaša 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

***** Utorok 13.02.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99541 Dzem mini (Al:12),
63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

Obed. 04421 Polievka karotková 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
66019 Hov. pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),
49712 Zemiaky varené 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

Večera. 99624 Mliečna ryža, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Streda 14.02.2024 *****

Raňajky. 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99740 Med mini,
63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

Obed. 05011 Polievka rascová s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90270 Rizoto zeleninové 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
63112 Caj ovocný 0,25l (E:403kj,S:21g)

Olovrant. 99739 Piskoty dlhé

Večera. 90303 Zemiaky zapékané švajčiarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

***** Štvrtok 15.02.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99740 Med mini,
63112 Caj ovocný 0,25l (E:403kj,S:21g)

Desiata. 99503 Kiwi (E:207kj,B:1g,S:12g)

Obed. 04211 Polievka kalerabová 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),
90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),
49712 Zemiaky varené 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

Večera. 90258 Rezance s džemom 300g (E:2196kj,B:13g,T:5g,S:364g) (Al:1,3,7,12),
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

***** Piatok 16.02.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99740 Med mini,
63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

Obed. 04921 Polievka rajčiaková so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),
90013 Kuracie prsia na šampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),
63112 Caj ovocný 0,25l (E:403kj,S:21g)

Olovrant. 99748 Keks Marina 0,1

Večera. 90284 Zeleninové pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9),
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

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

Obdobie: 12.02.2024 - 18.02.2024

Str.: 18

*** Sobota 17.02.2024 ***

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (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. 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),
14614 Hov. pecienka zahradnicka 263g(m.63g) (E:1237kj,B:18g,T:21g,S:10g) (Al:1,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

*** Nedela 18.02.2024 ***

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. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9),
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:1714kj,B:10g,T:10g,S:84g) (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, 63111 Caj pravý 0,25l

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková☐
Hejbalová☐
Kubrická☐
Šimovcová☐
Kaštilová☐

☐