

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

Obdobie: 15.01.2024 - 21.01.2024

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.***** Pondelok 15.01.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacream 20g,
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),
90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99757 Keks Indian

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)

***** Utorok 16.01.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99118 Salama parizer 50g,
99604 Maslo mini delacream 20g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 650225 Polievka zemiak. II bez mlieka 0,33l (E:332kj,B:2g,S:21g) (Al:12),
13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99748 Keks Marina 0,1

Večera. 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 17.01.2024 *****

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), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 901995 Polievka sampionova so zemiak. 0,33l (E:369kj,B:3g,S:20g) (Al:1,12),
35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99335 Croissant cokoladovy

Večera. 388125 Omeleta s hraskom bez mlieka 90g (E:1152kj,B:15g,T:22g,S:4g) (Al:3,12),
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 18.01.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacream 20g,
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 90738 Polievka francuzska 0,33l (E:308kj,B:2g,T:5g,S:5g) (Al: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),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99748 Keks Marina 0,1

Večera. 557215 Spagety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 19.01.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacream 20g,
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99434 Uhorky ster. (E:71kj) (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 903035 Zemiaky svajciarske bezmlieka 350g (E:1916kj,B:12g,T:13g,S:88g) (Al:1,3),
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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Obdobie: 15.01.2024 - 21.01.2024

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*** Sobota 20.01.2024 ***

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. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),
40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
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. 99739 Piskoty dlhe

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)

*** Nedela 21.01.2024 ***

Raňajky. 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 20g,
99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
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),
99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 15.01.2024 - 21.01.2024

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D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.***** Pondelok 15.01.2024 *****

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 pravý 0,25l

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),
90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravý 0,25l

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

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 pravý 0,25l

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

***** Utorok 16.01.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99118 Salama parizer 50g,
99604 Maslo mini delacreame 20g, 63111 Caj pravý 0,25l

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

Obed. 650225 Polievka zemiak. II bez mlieka 0,33l (E:332kj,B:2g,S:21g) (Al:12),
13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravý 0,25l

Olovrant. 99738 Pernik DIA

Večera. 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

Il. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Streda 17.01.2024 *****

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, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 901995 Polievka sampionova so zemiak. 0,33l (E:369kj,B:3g,S:20g) (Al:1,12),
35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravý 0,25l

Olovrant. 99738 Pernik DIA

Večera. 388125 Omeleta s hraskom bez mlieka 90g (E:1152kj,B:15g,T:22g,S:4g) (Al:3,12),
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravý 0,25l

Il. večera. 99330 Rozok celozmny (E:730kj,B:1g,T:4g,S:26g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
99604 Maslo mini delacreame 20g

***** Stvrtok 18.01.2024 *****

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), 63111 Caj pravý 0,25l

Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al: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), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),
63111 Caj pravý 0,25l

Olovrant. 99738 Pernik DIA

Večera. 557215 Spagety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12), 63111 Caj pravý 0,25l

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

***** Piatok 19.01.2024 *****

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 pravý 0,25l

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

Obed. 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63111 Caj pravý 0,25l

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Obdobie: 15.01.2024 - 21.01.2024

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Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 903035 Zemiaky svajciarske bezmlika 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
 Il. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g) -----

*** Sobota 20.01.2024 ***

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g,
 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l
 Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9),
 40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
 Večera. 902705 Rizoto zeleninove 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
 Il. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
 99604 Maslo mini delacreame 20g -----

*** Nedela 21.01.2024 ***

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g,
 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 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),
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g) -----

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 15.01.2024 - 21.01.2024

Str.: 5

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 15.01.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),
 99709 Natierka z nivy (.s.45g) (E:933kj,B:5g,T:22g) (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),
 27114 Bravcovy segedinsky gulas 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (Al:1,7,12),
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera. 90410 Lievance DIA 310g (E:3905kj,B:28g,T:32g,S:143g) (Al:1,3,7), 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)

***** Utorok 16.01.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99118 Salama parizer 50g,
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

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

Večera. 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Streda 17.01.2024 *****

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

Obed. 90199 Polievka sampionova kremova 0,33l (E:530kj,B:4g,T:4g,S:17g) (Al:1,7,12),
 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:1950kj,B:8g,T:17g,S:84g),
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

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. 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12),
 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l

II. večera. 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
 99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Stvrtok 18.01.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),
 99716 Oskvarkova natierka 60g (E:1073kj,B:11g,T:23g,S:1g) (Al:3,7,10,12), 63111 Caj pravy 0,25l

Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
 90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. 99620 Tvarohovy Mišo DIA

Večera. 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63111 Caj pravy 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)

***** Piatok 19.01.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

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

Obed. 06411 Polievka sosovicova s parkom 0,33L(m.15g) (E:845kj,B:10g,T:9g,S:24g) (Al:1,3,7,9,12),
 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),
 90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63111 Caj pravy 0,25l

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

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Obdobie: 15.01.2024 - 21.01.2024

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Večera. 90303 Zemiaky zapekané svajciarske 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), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

*** Sobota 20.01.2024 ***

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),
 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),
 63111 Caj pravy 0,25l
 Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
 40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 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. 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
 II. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
 99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Nedela 21.01.2024 ***

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 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. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 24824 Brav. belehrad.rezen so zemiak 364g(m.64g) (E:2704kj,B:21g,T:38g,S:65g) (Al:1,7,12),
 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), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
 63111 Caj pravy 0,25l
 II. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 15.01.2024 - 21.01.2024

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DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 15.01.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),
 99709 Natierka z nivy (.s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63111 Caj pravý 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),
 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravý 0,25l

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

Večera. 90410 Lievance DIA 310g (E:3905kj,B:28g,T:32g,S:143g) (Al:1,3,7), 63111 Caj pravý 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)

***** Utorok 16.01.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99118 Salama parizer 50g,
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravý 0,25l

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

Obed. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravý 0,25l

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

Večera. 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

II. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Streda 17.01.2024 *****

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

Obed. 90199 Polievka sampionova kremova 0,33l (E:530kj,B:4g,T:4g,S:17g) (Al:1,7,12),
 35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravý 0,25l

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. 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12),
 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravý 0,25l

II. večera. 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
 99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Stvrtok 18.01.2024 *****

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), 63111 Caj pravý 0,25l

Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
 90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravý 0,25l

Olovrant. 99620 Tvarohovy Mišo DIA

Večera. 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 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)

***** Piatok 19.01.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravý 0,25l

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

Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
 90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63111 Caj pravý 0,25l

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

Večera. 90303 Zemiaky zapekané svajciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),

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	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), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)
*** Sobota 20.01.2024 ***	
Raňajky	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l
Desiata	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed	64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 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	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
II. večera	99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)
*** Nedela 21.01.2024 ***	
Raňajky	99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 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	65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9), 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12), 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,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), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g), 63111 Caj pravy 0,25l
II. večera	99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 15.01.2024 - 21.01.2024

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DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 15.01.2024 *****

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. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravy 0,25l
 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), 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 16.01.2024 *****

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. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 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)

***** Streda 17.01.2024 *****

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. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 90199 Polievka sampionova kremova 0,33l (E:530kj,B:4g,T:4g,S:17g) (Al:1,7,12),
 35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l
 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), 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 18.01.2024 *****

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. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
 90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99620 Tvarohovy Mišo DIA
 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. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Piatok 19.01.2024 *****

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. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90303 Zemiaky zapekané svajciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7), 63111 Caj pravy 0,25l
 II. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Sobota 20.01.2024 *****

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. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
 40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

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Obdobie: 15.01.2024 - 21.01.2024

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Večera. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (AI:9,12), 63111 Caj pravy 0,25l

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

***** Nedela 21.01.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99542 Dzem mini dia 20g,

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

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

Obed. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (AI:1,3,9),

24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (AI:1,10,12),

49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 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:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 15.01.2024 - 21.01.2024

Str.: 11

KASOV - KAŠOVITÁ 1 - 1 r.***** Pondelok 15.01.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (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. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99757 Keks Indian

Večera. 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 16.01.2024 *****

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

Obed. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

***** Streda 17.01.2024 *****

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 90199 Polievka sampionova kremova 0,33l (E:530kj,B:4g,T:4g,S:17g) (Al:1,7,12),
35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 18.01.2024 *****

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. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99618 Tvarohovy Mišo

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

***** Piatok 19.01.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (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. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,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. 90303 Zemiaky zapekané svaiciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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Obdobie: 15.01.2024 - 21.01.2024

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*** Sobota 20.01.2024 ***

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

Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

*** Nedela 21.01.2024 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 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. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
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. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. 99624 Mliecna ryza, 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 15.01.2024 - 21.01.2024

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 15.01.2024 *****

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..... 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),
 27114 Bravcovy segedinsky gulas 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (Al:1,7,12),
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99757 Keks Indian

Večera..... 57912 Lievance 310g (E:4678kj,B:28g,T:33g,S:178g) (Al:1,3,7,12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 16.01.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99118 Salama parizer 50g,
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 17.01.2024 *****

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

Obed..... 90199 Polievka sampionova kremova 0,33l (E:530kj,B:4g,T:4g,S:17g) (Al:1,7,12),
 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:1950kj,B:8g,T:17g,S:84g),
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99310 Pecivo 1 ks (E:443kj,B:3g,T:1g,S:22g) (Al:1), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

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

***** Stvrtok 18.01.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 99716 Oskvarkova natierka 60g (E:1073kj,B:11g,T:23g,S:1g) (Al:3,7,10,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed..... 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
 90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99618 Tvarohovy Mišo

Večera..... 55721 Spažety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 19.01.2024 *****

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),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 06411 Polievka sosovicova s parkom 0,33L(m.15g) (E:845kj,B:10g,T:9g,S:24g) (Al:1,3,7,9,12),
 99301 Chlieb 1 ks 45g (E:521kj,T:1g,S:26g) (Al:1),
 60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90303 Zemiaky zapekané svajciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),

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Obdobie: 15.01.2024 - 21.01.2024

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----- 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g) -----

*** Sobota 20.01.2024 ***

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), 99408 Mrkva 30 (E:21kj,S:2g),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
 40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 21.01.2024 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al: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. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 24824 Brav. belehrad.rezen so zemiak 364g(m.64g) (E:2704kj,B:21g,T:38g,S:65g) (Al:1,7,12),
 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), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 15.01.2024 - 21.01.2024

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SETR - ŠETRIACA 1 - 1 r.***** Pondelok 15.01.2024 *****

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. 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),
 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99757 Keks Indian

Večera. 57912 Lievance 310g (E:4678kj,B:28g,T:33g,S:178g) (Al:1,3,7,12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 16.01.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99118 Salama parizer 50g,
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
 13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 17.01.2024 *****

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), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 90199 Polievka sampionova kremova 0,33l (E:530kj,B:4g,T:4g,S:17g) (Al:1,7,12),
 35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99301 Chlieb 1 ks 45g (E:521kj,T:1g,S:26g) (Al:1), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

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

***** Stvrtok 18.01.2024 *****

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),
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
 90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99618 Tvarohovy Mišo

Večera. 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 19.01.2024 *****

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),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
 60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90303 Zemiaky zapekané svajciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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*** Sobota 20.01.2024 ***

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), 99408 Mrkva 30 (E:21kj,S:2g),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
 40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 21.01.2024 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al: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. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,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), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 15.01.2024 - 21.01.2024

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TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 15.01.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (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. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99757 Keks Indian

Večera. 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 16.01.2024 *****

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

Obed. 65022 Polievka zemiaková II 0,33l (E:682kj,B:6g,T:6g,S:25g) (Al:7,12),
13614 Hov. pecienka znojemska 183g(m.63g) (E:1018kj,B:23g,T:13g,S:9g) (Al:1,7,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

***** Streda 17.01.2024 *****

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 90199 Polievka sampionova kremova 0,33l (E:530kj,B:4g,T:4g,S:17g) (Al:1,7,12),
35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 18.01.2024 *****

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. 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12),
90007 Kuraci stroganov (m.64g) (E:1543kj,B:33g,T:18g,S:18g) (Al:1,7,10,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99618 Tvarohovy Mišo

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

***** Piatok 19.01.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (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. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,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. 90303 Zemiaky zapekané svaiciarske 350g (E:3035kj,B:22g,T:36g,S:91g) (Al:1,3,7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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Obdobie: 15.01.2024 - 21.01.2024

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*** Sobota 20.01.2024 ***

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

Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9),
40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 21.01.2024 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 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. 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
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), 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

Stravovacia komisia: Černoková
Hejbalová
Kubrická
Šimovcová
Kaštilová