

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

Obdobie: 04.03.2024 - 10.03.2024

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 04.03.2024 \*\*\***

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. . . . . 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12),  
90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera. . . . . 462115 Karotka s hraskom bez mlieka 180g (E:555kj,B:4g,T:5g,S:19g) (Al:1,7,12),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 05.03.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacreame 20g,  
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. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (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. . . . . 99748 Keks Marina 0,1

Večera. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 06.03.2024 \*\*\***

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), 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. . . . . 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),  
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),  
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. . . . . 99739 Piskoty dlhe

Večera. . . . . 472125 Karfiol zapekany bez mlieka 280g (E:775kj,B:10g,T:11g,S:18g) (Al:1,3),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 07.03.2024 \*\*\***

Raňajky. . . . . 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 20g, 99543 Nugeta,  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
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), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 548125 Rezance s kakaom bezmliec. 300g (E:2479kj,B:15g,T:7g,S:118g) (Al:1,3),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 08.03.2024 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 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. . . . . 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
99301 Chlieb 1 ks 45g (E:521kj,T:1g,S:26g) (Al:1),  
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),

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Obdobie: 04.03.2024 - 10.03.2024

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90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 99743 Zakusok (Al:1,3,5,7,8,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)  
 Večera. .... 281125 Prazske zemiaky bezmlika 400g (E:2502kj,B:19g,T:35g,S:62g) (Al:1,3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 09.03.2024 \*\*\*

Raňajky. .... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacreame 20g,  
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99504 Mandarinka (E:160kj,B:1g,S:9g)  
 Obed. .... 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12),  
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 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. .... 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
 37823 Salama pecena 80g (E:1646kj,B:10g,T:38g,S:2g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 10.03.2024 \*\*\*

Raňajky. .... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 20g,  
 99541 Dzem mini (Al:12), 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. .... 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),  
 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),  
 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), 99117 Sunka vak. 100g,  
 99604 Maslo mini delacreame 20g, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 04.03.2024 - 10.03.2024

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**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 04.03.2024 \*\*\***

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 pravý 0,25l

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

Obed..... 04911 Polievka rajciaková 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12),  
90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),  
51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravý 0,25l

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

Večera..... 462115 Karotka s hraskom bez mlieka 180g (E:555kj,B:4g,T:5g,S:19g) (Al:1,7,12),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),  
63111 Caj pravý 0,25l

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

**\*\*\* Utorok 05.03.2024 \*\*\***

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 pravý 0,25l

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

Obed..... 05011 Polievka rascová s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
18124 Hov. maso dusené na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l

Olovrant..... 99323 Pagac

Večera..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3),  
99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12), 63111 Caj pravý 0,25l

II. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
99704 Sardinky v rajcinách (E:760kj,B:14g,T:13g,S:3g)

**\*\*\* Streda 06.03.2024 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g,  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),  
63111 Caj pravý 0,25l

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

Obed..... 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),  
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),  
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 pravý 0,25l

Olovrant..... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

Večera..... 472125 Karfiol zapekany bez mlieka 280g (E:775kj,B:10g,T:11g,S:18g) (Al:1,3),  
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)

**\*\*\* Stvrtok 07.03.2024 \*\*\***

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

Obed..... 05411 Pol. zeleninová so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),  
51212 Ryža dusená 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravý 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 904065 Rezance s kakaom DIA bezmlieka 300 (E:2105kj,B:15g,T:7g,S:104g) (Al:1,3), 63111 Caj pravý 0,25l

II. večera..... 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99604 Maslo mini delacreame 20g,  
99107 Salama suchá 50g 50g (E:992kj,B:11g,T:22g,S:1g)

**\*\*\* Piatok 08.03.2024 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g,  
99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravý 0,25l

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

Obed..... 06811 Polievka gulasová 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),

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Obdobie: 04.03.2024 - 10.03.2024

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99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),  
 25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 99750 Zakusok DIA, 63111 Caj pravy 0,25l  
 Olovrant. .... 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)  
 Večera. .... 281125 Prazske zemiaky bezmlieka 400g (E:2502kj,B:19g,T:35g,S:62g) (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 09.03.2024 \*\*\*

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 pravy 0,25l  
 Desiata. .... 99504 Mandarinka (E:160kj,B:1g,S:9g)  
 Obed. .... 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12),  
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. .... 99330 Rozok celozrnnny (E:730kj,B:1g,T:4g,S:26g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)  
 Večera. .... 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
 37823 Salama pecena 80g (E:1646kj,B:10g,T:38g,S:2g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l  
 II. večera. .... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99604 Maslo mini delacreame 20g

## \*\*\* Nedela 10.03.2024 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g,  
 99542 Dzem mini dia 20g, 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. .... 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),  
 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 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), 99117 Sunka vak. 100g,  
 99604 Maslo mini delacreame 20g, 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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 04.03.2024 - 10.03.2024

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**DIA-9 - DIABETICKA STRAVA****1 - 1 r.****\*\*\* Pondelok 04.03.2024 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),  
 99706 Cesnaková natierka 50g (E:942kj,B:5g,T:22g,S:2g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),  
 90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

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

Večera..... 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 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) -----

**\*\*\* Utorok 05.03.2024 \*\*\***

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

Obed..... 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12),  
 17914 Hov. maso dus. na madar. spos. 212g(m.62g) (E:1197kj,B:18g,T:21g,S:7g) (Al:1,7),  
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant..... 99323 Pagac

Večera..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3),  
 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12), 63111 Caj pravy 0,25l

Il. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
 -----  
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g) -----

**\*\*\* Streda 06.03.2024 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
 99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12), 99402 Paprika (E:30kj,S:2g),  
 63111 Caj pravy 0,25l

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

Obed..... 06321 Polievka sosovic. so zemiakmi 0,33L (E:791kj,B:8g,T:6g,S:29g) (Al:1,7,12),  
 90294 Syr vyprazany 110g (E:938kj,T:25g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

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

Večera..... 47212 Karfiol zapekany 280g (E:1153kj,B:13g,T:19g,S:21g) (Al:1,3,7),  
 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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g) -----

**\*\*\* Stvrtok 07.03.2024 \*\*\***

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

Obed..... 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,7,9,12),  
 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..... 99738 Pernik DIA

Večera..... 90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99602 Maslo mini (E:313kj,T:8g) (Al:7),  
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 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g) -----

**\*\*\* Piatok 08.03.2024 \*\*\***

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

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),  
 57422 Strapacky s kys. kapustou 450g (E:3746kj,B:25g,T:24g,S:156g) (Al:1,3,7,12), 99750 Zakusok DIA,

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Obdobie: 04.03.2024 - 10.03.2024

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	63111	Caj pravý 0,25l
Olovrant. ....	99523	Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)
Večera. ....	28112	Pražske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),
	99433	Uhorky ster. DIA (E:26kj,S:1g), 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)
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)
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*** Sobota 09.03.2024 ***		
Raňajky. ....	99304	Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),
	44721	Vajcovy krem [jemna natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12), 63111 Caj pravý 0,25l
Desiata. ....	99504	Mandarinka (E:160kj,B:1g,S:9g)
Obed. ....	90741	Polievka porova so syrom 330ml (E:549kj,B:5g,T:7g,S:16g) (Al:1,7,12),
	18114	Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
	51112	Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravý 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. ....	90452	Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravý 0,25l
II. večera. ....	99312	Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
	99107	Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)
-----		
*** Nedela 10.03.2024 ***		
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, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. ....	99506	Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed. ....	65112	Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
	90105	Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),
	90302	Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
	99433	Uhorky ster. DIA (E:26kj,S:1g), 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), 99117 Sunka vak. 100g,
	99630	Syr tavený 35g (E:343kj,B:6g,T:6g) (Al: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)
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Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 04.03.2024 - 10.03.2024

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**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 04.03.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravý 0,25l

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

Obed. . . . . 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),  
90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravý 0,25l

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

Večera. . . . . 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63111 Caj pravý 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) -----

**\*\*\* Utorok 05.03.2024 \*\*\***

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, 63111 Caj pravý 0,25l

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

Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l

Olovrant. . . . . 99323 Pagac

Večera. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3),  
99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12), 63111 Caj pravý 0,25l

Il. 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) -----

**\*\*\* Streda 06.03.2024 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),  
63111 Caj pravý 0,25l

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

Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
90295 Syr peceny 110g (E:938kj,T:25g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravý 0,25l

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

Večera. . . . . 47212 Karfiol zapekany 280g (E:1153kj,B:13g,T:19g,S:21g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),  
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) -----

**\*\*\* Stvrtok 07.03.2024 \*\*\***

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
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. . . . . 99738 Pernik DIA

Večera. . . . . 90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7), 63111 Caj pravý 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99602 Maslo mini (E:313kj,T:8g) (Al:7),  
99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g) -----

**\*\*\* Piatok 08.03.2024 \*\*\***

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),  
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 pravý 0,25l

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

Obed. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),  
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),

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

Obdobie: 04.03.2024 - 10.03.2024

Str.: 8

90301 Cestovina priemyselna-vretna 225g (E:113kj,T:3g) (Al:7), 99750 Zakusok DIA, 63111 Caj pravy 0,25l  
 Olovrant. .... 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)  
 Večera. .... 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)  
 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 09.03.2024 \*\*\*

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 pravy 0,25l  
 Desiata. .... 99504 Mandarinka (E:160kj,B:1g,S:9g)  
 Obed. .... 90741 Polievka porova so syrom 330ml (E:549kj,B:5g,T:7g,S:16g) (Al:1,7,12),  
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 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. .... 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravy 0,25l  
 Il. večera. .... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

## \*\*\* Nedela 10.03.2024 \*\*\*

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, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),  
 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),  
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 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), 99117 Sunka vak. 100g,  
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63111 Caj pravy 0,25l  
 Il. 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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



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

Obdobie: 04.03.2024 - 10.03.2024

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**DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.****\*\*\* Pondelok 04.03.2024 \*\*\***

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. . . . . 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),  
 90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 05.03.2024 \*\*\***

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. . . . . 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)  
 Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (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. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Streda 06.03.2024 \*\*\***

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. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),  
 49712 Zemiaky varene 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. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Stvrtok 07.03.2024 \*\*\***

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. . . . . 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)  
 Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 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. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 Večera. . . . . 90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Piatok 08.03.2024 \*\*\***

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. . . . . 99504 Mandarinka (E:160kj,B:1g,S:9g)  
 Obed. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
 25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 99750 Zakusok DIA, 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)  
 Večera. . . . . 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Sobota 09.03.2024 \*\*\***

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. . . . . 90741 Polievka porova so syrom 330ml (E:549kj,B:5g,T:7g,S:16g) (Al:1,7,12),  
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),

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51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (AI:1,3,7), 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) (AI:1,7), 63111 Caj pravy 0,25l  
II. večera. .... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Nedela 10.03.2024 \*\*\***

Raňajky. .... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99542 Dzem mini dia 20g,  
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (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),  
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (AI:1,12),  
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. .... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**KASOV - KAŠOVITÁ** 1 - 1 r.

## \*\*\* Pondelok 04.03.2024 \*\*\*

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. . . . . 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),  
90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Utorok 05.03.2024 \*\*\*

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. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (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. . . . . 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Streda 06.03.2024 \*\*\*

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. . . . . 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12),  
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),  
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. . . . . 99739 Piskoty dlhe

Večera. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Stvrtok 07.03.2024 \*\*\*

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,  
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
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. . . . . 99748 Keks Marina 0,1

Večera. . . . . 54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Piatok 08.03.2024 \*\*\*

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

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

Obed. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 99743 Zakusok (Al:1,3,5,7,8,12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera. . . . . 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

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## \*\*\* Sobota 09.03.2024 \*\*\*

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

Obed. . . . . 90741 Polievka porova so syrom 330ml (E:549kj,B:5g,T:7g,S:16g) (Al:1,7,12),  
18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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 10.03.2024 \*\*\*

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. . . . . 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),  
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),  
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 Mliečna ryza, 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 04.03.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
 99706 Cesnaková natierka 50g (E:942kj,B:5g,T:22g,S:2g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),  
 90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera. . . . . 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 05.03.2024 \*\*\***

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

Obed. . . . . 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12),  
 17914 Hov. maso dus. na madar. spos. 212g(m.62g) (E:1197kj,B:18g,T:21g,S:7g) (Al:1,7),  
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 06.03.2024 \*\*\***

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1),  
 99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12), 99402 Paprika (E:30kj,S:2g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 06321 Polievka sosovic. so zemiakmi 0,33L (E:791kj,B:8g,T:6g,S:29g) (Al:1,7,12),  
 90294 Syr vyprazany 110g (E:938kj,T:25g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 47212 Karfiol zapekany 280g (E:1153kj,B:13g,T:19g,S:21g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 07.03.2024 \*\*\***

Raňajky. . . . . 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99721 Nutellova natierka 50g (E:783kj,T:21g) (Al:7),  
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. . . . . 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,7,9,12),  
 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. . . . . 99748 Keks Marina 0,1

Večera. . . . . 54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 08.03.2024 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 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. . . . . 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
 99301 Chlieb 1 ks 45g (E:521kj,T:1g,S:26g) (Al:1),  
 57422 Strapacky s kys. kapustou 450g (E:3746kj,B:25g,T:24g,S:156g) (Al:1,3,7,12),

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99743 Zakusok (Al:1,3,5,7,8,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)  
 Večera. .... 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

## \*\*\* Sobota 09.03.2024 \*\*\*

Raňajky. .... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
 44721 Vajcovy krem [jemna natierka] 48g (E:1018kj,B:2g,T:26g,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. .... 90741 Polievka porova so syrom 330ml (E:549kj,B:5g,T:7g,S:16g) (Al:1,7,12),  
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 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. .... 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 10.03.2024 \*\*\*

Raňajky. .... 99342 Zavin orechovy 100g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 65112 Vývar z hov.mäsa 4l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),  
 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),  
 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), 99117 Sunka vak. 100g,  
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 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: 04.03.2024 - 10.03.2024

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**SETR - ŠETRIACA 1 - 1 r.****\*\*\* Pondelok 04.03.2024 \*\*\***

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),  
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. . . . . 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),  
90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera. . . . . 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 05.03.2024 \*\*\***

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),  
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. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (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. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 06.03.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12), 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. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
90295 Syr peceny 110g (E:938kj,T:25g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 47212 Karfiol zapekany 280g (E:1153kj,B:13g,T:19g,S:21g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 07.03.2024 \*\*\***

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),  
99721 Nutellova natierka 50g (E:783kj,T:21g) (Al:7),  
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
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. . . . . 99748 Keks Marina 0,1

Večera. . . . . 54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 08.03.2024 \*\*\***

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

Obed. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
99301 Chlieb 1 ks 45g (E:521kj,T:1g,S:26g) (Al:1),  
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),

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

Obdobie: 04.03.2024 - 10.03.2024

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90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 99743 Zakusok (Al:1,3,5,7,8,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)  
 Večera. .... 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

## \*\*\* Sobota 09.03.2024 \*\*\*

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. .... 90741 Polievka porova so syrom 330ml (E:549kj,B:5g,T:7g,S:16g) (Al:1,7,12),  
 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 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. .... 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 10.03.2024 \*\*\*

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. .... 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),  
 90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),  
 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), 99117 Sunka vak. 100g,  
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 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: 04.03.2024 - 10.03.2024

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

## \*\*\* Pondelok 04.03.2024 \*\*\*

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. . . . . 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12),  
90201 Br.kare na sampionoch 120g(m.64g) (E:1493kj,B:16g,T:30g,S:7g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (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. . . . . 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Utorok 05.03.2024 \*\*\*

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. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (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. . . . . 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Streda 06.03.2024 \*\*\*

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. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Stvrtok 07.03.2024 \*\*\*

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,  
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
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. . . . . 99748 Keks Marina 0,1

Večera. . . . . 54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Piatok 08.03.2024 \*\*\*

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

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

Obed. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 99743 Zakusok (Al:1,3,5,7,8,12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera. . . . . 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7),  
99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

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

Obdobie: 04.03.2024 - 10.03.2024

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## \*\*\* Sobota 09.03.2024 \*\*\*

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

Obed. .... 90741 Polievka porova so syrom 330ml (E:549kj,B:5g,T:7g,S:16g) (Al:1,7,12),  
18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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 10.03.2024 \*\*\*

Raňajky. .... 99320 Vianočka 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. .... 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),  
90105 Morcacie prsia v pretlaku 64g (E:955kj,B:21g,T:13g,S:6g) (Al:1,12),  
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)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková   
Hejbalová   
Kubrická   
Šimovcová   
Kaštilová