

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

Obdobie: 11.03.2024 - 17.03.2024

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.***** Pondelok 11.03.2024 *****

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. 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),
26614 Bravcovy perkelt 215g(m.65g) (E:1388kj,B:16g,T:26g,S:9g) (Al:1,7,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Utorok 12.03.2024 *****

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 20g,
99740 Med mini, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9),
90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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 13.03.2024 *****

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

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

Obed. 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
99448 Mrkvovy salat s ananasom 180g (E:214kj,B:1g,S:15g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 57622 Zemiakove placky 360g (E:3053kj,B:13g,T:34g,S:103g) (Al:1,3,7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 14.03.2024 *****

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

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

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99316 Dalamanka celozrnna, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. 900145 Kuracie rizoto bratis.bez mlie 460g(m.60g) (E:3370kj,B:46g,T:28g,S:95g) (Al:1,3,7,12),
99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 15.03.2024 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99773 Parizsky salat,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 052115 Polievka spenatova bez mlieka 0,33l (E:247kj,B:1g,T:3g,S:6g) (Al:1,7,12),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99335 Croissant cokoladovy

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Obdobie: 11.03.2024 - 17.03.2024

Str.: 2

Večera. 382135 Salama v cesticku bez mlieka 170G (E:2478kj,B:16g,T:48g,S:25g) (Al:1,3),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99434 Uhorky ster. (E:71kj) (Al:12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 16.03.2024 ***

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacreame 20g,
 99406 Redkovka 30g (E:24kj,S:1g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
 90207 Brav. stehno na rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99323 Pagac

Večera. 90480 Omeleta bez mlieka 85g (E:1050kj,B:13g,T:22g,S:1g) (Al:3),
 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 17.03.2024 ***

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. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 66619 Hov.dusené na sampionoch 170g(m.62g) (E:1076kj,B:18g,T:19g,S:3g) (Al:1,12),
 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. 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),
 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 11.03.2024 - 17.03.2024

Str.: 3

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.***** Pondelok 11.03.2024 *****

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 pravy 0,25l

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

Obed. 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),
26614 Bravcovy perkelt 215g(m.65g) (E:1388kj,B:16g,T:26g,S:9g) (Al:1,7,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

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

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

***** Utorok 12.03.2024 *****

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

Obed. 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9),
90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
63111 Caj pravy 0,25l

Olovrant. 99318 Rites cesnakovy 70g

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

II. večera. 99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99604 Maslo mini delacreame 20g

***** Streda 13.03.2024 *****

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 pravy 0,25l

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

Obed. 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
90008 Kuracie stehna dusene (E:955kj,B:42g,T:6g,S:1g),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
99440 Marhulovy salat s karot. DIA 180 (E:241kj,B:1g,S:17g), 63111 Caj pravy 0,25l

Olovrant. 99738 Pernik DIA

Večera. 57622 Zemiakove placky 360g (E:3053kj,B:13g,T:34g,S:103g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

***** Stvrtok 14.03.2024 *****

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

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

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12), 63111 Caj pravy 0,25l

Olovrant. 99316 Dalamanka celozrnná, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. 900145 Kuracie rizoto bratis.bez mlie 460g(m.60g) (E:3370kj,B:46g,T:28g,S:95g) (Al:1,3,7,12),
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), 99604 Maslo mini delacreame 20g

***** Piatok 15.03.2024 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99773 Parizsky salat, 63111 Caj pravy 0,25l

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

Obed. 052115 Polievka spenatova bez mlieka 0,33l (E:247kj,B:1g,T:3g,S:6g) (Al:1,7,12),
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. 99738 Pernik DIA

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

Obdobie: 11.03.2024 - 17.03.2024

Str.: 4

Večera. 382135 Salama v cesticku bez mlieka 170G (E:2478kj,B:16g,T:48g,S:25g) (Al:1,3),
 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

II. večera. 99330 Rozok celozmny (E:730kj,B:1g,T:4g,S:26g), 99604 Maslo mini delacreame 20g

*** Sobota 16.03.2024 ***

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g,
 99406 Redkovka 30g (E:24kj,S:1g), 63111 Caj pravy 0,25l

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
 90207 Brav. stehno na rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63111 Caj pravy 0,25l

Olovrant. 99323 Pagac

Večera. 90480 Omeleta bez mlieka 85g (E:1050kj,B:13g,T:22g,S:1g) (Al:3),
 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 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

*** Nedela 17.03.2024 ***

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 pravy 0,25l

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

Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 66619 Hov.dusené na sampionoch 170g(m.62g) (E:1076kj,B:18g,T:19g,S:3g) (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),
 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g), 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: 11.03.2024 - 17.03.2024

Str.: 5

DIA-9 - DIABETICKA STRAVA 1 - 1 r.***** Pondelok 11.03.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),
44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
26614 Bravcovy perkelt 215g(m.65g) (E:1388kj,B:16g,T:26g,S:9g) (Al:1,7,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera. 90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

***** Utorok 12.03.2024 *****

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

Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
47423 Karfiol vyprazany 300g (E:3138kj,B:18g,T:49g,S:68g) (Al:1,3,7),
90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

Olovrant. 99318 Rites cesnakovy 70g

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

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

***** Streda 13.03.2024 *****

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),
99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l

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

Obed. 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
99440 Marhulovy salat s karot. DIA 180 (E:241kj,B:1g,S:17g), 63111 Caj pravy 0,25l

Olovrant. 99738 Pernik DIA

Večera. 57622 Zemiakove placky 360g (E:3053kj,B:13g,T:34g,S:103g) (Al:1,3,7),
99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63111 Caj pravy 0,25l

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

***** Stvrtok 14.03.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),
99112 Tlacenka hydinova 80g 80g (E:444kj,B:13g,T:6g), 99561 Cibulka jarna (E:1270kj,B:13g,T:2g,S:82g),
63111 Caj pravy 0,25l

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

Obed. 03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),
65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12), 63111 Caj pravy 0,25l

Olovrant. 99316 Dalamanka celozrnná, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),
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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Piatok 15.03.2024 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99773 Parizsky salat, 63111 Caj pravy 0,25l

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

Obed. 06011 Polievka fazulova s rezancami 0,33L(.p.24g) (E:845kj,B:8g,T:9g,S:28g) (Al:1,3,7,9,12),
90109 Morcacie na smotane 350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12),

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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. 38213 Salama v cesticku 170G (E:2556kj,B:17g,T:49g,S:26g) (Al:1,3,7),
 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
 II. večera. 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Sobota 16.03.2024 ***

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99605 Natierkove maslo 50g (Al:7),
 99406 Redkovka 30g (E:24kj,S:1g), 63111 Caj pravy 0,25l
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
 90207 Brav. stehno na rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63111 Caj pravy 0,25l
 Olovrant. 99323 Pagac
 Večera. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l
 II. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

*** Nedela 17.03.2024 ***

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, 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. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 66619 Hov.dusené na sampionoch 170g(m.62g) (E:1076kj,B:18g,T:19g,S:3g) (Al:1,12),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 99435 Calamada 150g (Al: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),
 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g), 63111 Caj pravy 0,25l
 II. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 11.03.2024 *****

Raňajky..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),
44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
26614 Bravcovy perkelt 215g(m.65g) (E:1388kj,B:16g,T:26g,S:9g) (Al:1,7,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera..... 90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

***** Utorok 12.03.2024 *****

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

Obed..... 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
90724 Karfiol pečeny 300g (E:3060kj,B:16g,T:49g,S:63g) (Al:1,3,7),
90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

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

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

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

***** Streda 13.03.2024 *****

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),
99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l

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

Obed..... 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
99440 Marhulovy salat s karot. DIA 180 (E:241kj,B:1g,S:17g), 63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 48812 Zemiaky s tvarohom 390g (E:2734kj,B:15g,T:31g,S:94g) (Al:7,9), 63111 Caj pravy 0,25l

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

***** Stvrtok 14.03.2024 *****

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

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

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12), 63111 Caj pravy 0,25l

Olovrant..... 99316 Dalamanka celozrnná, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),
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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

***** Piatok 15.03.2024 *****

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99773 Parizsky salat, 63111 Caj pravy 0,25l

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

Obed..... 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
90109 Morcacie na smotane 350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

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

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Večera. 38213 Salama v cesticku 170G (E:2556kj,B:17g,T:49g,S:26g) (Al:1,3,7),
 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

II. večera. 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g),
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

*** Sobota 16.03.2024 ***

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99605 Natierkove maslo 50g (Al:7),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
 90207 Brav. stehno na rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63111 Caj pravy 0,25l

Olovrant. 99323 Pagac

Večera. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l

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

*** Nedela 17.03.2024 ***

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, 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. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 66619 Hov.dusené na sampionoch 170g(m.62g) (E:1076kj,B:18g,T:19g,S:3g) (Al:1,12),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,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),
 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g), 63111 Caj pravy 0,25l

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 11.03.2024 *****

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. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
 26614 Bravcovy perkelt 215g(m.65g) (E:1388kj,B:16g,T:26g,S:9g) (Al:1,7,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 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)

***** Utorok 12.03.2024 *****

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. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90415 Rezance s dzemom DIA 300g (E:1891kj,B:13g,T:5g,S:99g) (Al:1,3,7), 63111 Caj pravy 0,25l
 II. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Streda 13.03.2024 *****

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
 90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 48812 Zemiaky s tvarohom 390g (E:2734kj,B:15g,T:31g,S:94g) (Al:7,9), 63111 Caj pravy 0,25l
 II. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Stvrtok 14.03.2024 *****

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. 99505 Pomaranc (E:261kj,B:1g,S:11g)
 Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
 65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12), 63111 Caj pravy 0,25l
 Olovrant. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),
 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 15.03.2024 *****

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. 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
 90109 Morcacie na smotane 350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12),
 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)
 Večera. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63111 Caj pravy 0,25l
 II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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*** Sobota 16.03.2024 ***

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. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
90207 Brav. stehno na rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l
Olovrant. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
Večera. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l
II. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

*** Nedela 17.03.2024 ***

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) (Al:7)
Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
66619 Hov.dusené na sampionoch 170g(m.62g) (E:1076kj,B:18g,T:19g,S:3g) (Al:1,12),
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 63111 Caj pravy 0,25l
Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. 99555 Detsky prikrm, 63111 Caj pravy 0,25l
II. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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KASOV - KAŠOVITÁ 1 - 1 r.***** Pondelok 11.03.2024 *****

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..... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
26614 Bravcovy perkelt 215g(m.65g) (E:1388kj,B:16g,T:26g,S:9g) (Al:1,7,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

***** Utorok 12.03.2024 *****

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

Obed..... 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

***** Streda 13.03.2024 *****

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
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..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera..... 48812 Zemiaky s tvarohom 390g (E:2734kj,B:15g,T:31g,S:94g) (Al:7,9),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 14.03.2024 *****

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

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
65713 Raičiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),
99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 15.03.2024 *****

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
90109 Morcacie na smotane 350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12),
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..... 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera..... 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9),

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

*** Sobota 16.03.2024 ***

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99541 Dzem mini (Al:12),

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

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),

90207 Brav. stehno na rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12),

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. 99739 Piskoty dlhe

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)

*** Nedela 17.03.2024 ***

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. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),

66619 Hov.dusené na sampionoch 170g(m.62g) (E:1076kj,B:18g,T:19g,S:3g) (Al:1,12),

49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 99520 Kompot 150g (Al:12),

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

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

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 11.03.2024 - 17.03.2024

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 11.03.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
26614 Bravcovy perkelt 215g(m.65g) (E:1388kj,B:16g,T:26g,S:9g) (Al:1,7,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 57712 Palacinky s dzemom 350g (E:3979kj,B:20g,T:32g,S:503g) (Al:1,3,7,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 12.03.2024 *****

Raňajky..... 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99740 Med mini,
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..... 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
47423 Karfiol vyprazany 300g (E:3138kj,B:18g,T:49g,S:68g) (Al:1,3,7),
90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99318 Rites cesnakovy 70g

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 13.03.2024 *****

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
99448 Mrkvovy salat s ananasom 180g (E:214kj,B:1g,S:15g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 57622 Zemiakove placky 360g (E:3053kj,B:13g,T:34g,S:103g) (Al:1,3,7),
99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 14.03.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
99112 Tlacenka hydinova 80g 80g (E:444kj,B:13g,T:6g), 99561 Cibulka jarna (E:1270kj,B:13g,T:2g,S:82g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),
65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99316 Dalamanka celozrnna, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera..... 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),
99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 15.03.2024 *****

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99773 Parizsky salat,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 06011 Polievka fazulova s rezancami 0,33L(.p.24g) (E:845kj,B:8g,T:9g,S:28g) (Al:1,3,7,9,12),
58511 Buchty domace plnene lekvarom 300g (E:4877kj,B:20g,T:40g,S:181g) (Al:1,3,7,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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Olovrant. 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 38213 Salama v cesticku 170G (E:2556kj,B:17g,T:49g,S:26g) (Al:1,3,7),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99434 Uhorky ster. (E:71kj) (Al:12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Sobota 16.03.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
 99406 Redkovka 30g (E:24kj,S:1g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
 90207 Brav. stehno na rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99323 Pagac
 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)

***** Nedela 17.03.2024 *****

Raňajky. 99325 Zavin tvarohovy 100g, 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 66619 Hov.dusené na sampionoch 170g(m.62g) (E:1076kj,B:18g,T:19g,S:3g) (Al:1,12),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 99435 Calamada 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),
 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 11.03.2024 - 17.03.2024

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SETR - ŠETRIACA 1 - 1 r.***** Pondelok 11.03.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
26614 Bravcovy perkelt 215g(m.65g) (E:1388kj,B:16g,T:26g,S:9g) (Al:1,7,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 57712 Palacinky s dzemom 350g (E:3979kj,B:20g,T:32g,S:503g) (Al:1,3,7,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 12.03.2024 *****

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),
99740 Med mini, 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. 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
90724 Karfiol pečeny 300g (E:3060kj,B:16g,T:49g,S:63g) (Al:1,3,7),
90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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 13.03.2024 *****

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),
99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
99448 Mrkvovy salat s ananasom 180g (E:214kj,B:1g,S:15g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 48812 Zemiaky s tvarohom 390g (E:2734kj,B:15g,T:31g,S:94g) (Al:7,9),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 14.03.2024 *****

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),
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99316 Dalamanka celozrnna, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),
99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 15.03.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99773 Parizsky salat,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
90109 Morcacie na smotane 350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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Obdobie: 11.03.2024 - 17.03.2024

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Olovrant. 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 38213 Salama v cesticku 170G (E:2556kj,B:17g,T:49g,S:26g) (Al:1,3,7),
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99434 Uhorky ster. (E:71kj) (Al:12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Sobota 16.03.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
 90207 Brav. stehno na rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99323 Pagac
 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)

***** Nedela 17.03.2024 *****

Raňajky. 99325 Zavin tvarohovy 100g, 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
 66619 Hov.dusené na sampionoch 170g(m.62g) (E:1076kj,B:18g,T:19g,S:3g) (Al:1,12),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
 99434 Uhorky ster. (E:71kj) (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),
 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 11.03.2024 - 17.03.2024

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TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 11.03.2024 *****

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. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
26614 Bravcovy perkelt 215g(m.65g) (E:1388kj,B:16g,T:26g,S:9g) (Al:1,7,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

***** Utorok 12.03.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99740 Med mini,
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. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),
90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99748 Keks Marina 0,1

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)

***** Streda 13.03.2024 *****

Raňajky. 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99541 Dzem mini (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 48812 Zemiaky s tvarohom 390g (E:2734kj,B:15g,T:31g,S:94g) (Al:7,9),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 14.03.2024 *****

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

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
65713 Rajčiaková omáčka 0,15l (E:955kj,B:3g,T:10g,S:31g) (Al:1,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 15.03.2024 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99740 Med mini,
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),
90109 Morcacie na smotane 350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12),
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. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

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

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Obdobie: 11.03.2024 - 17.03.2024

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*** Sobota 16.03.2024 ***

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

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

Obed..... 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
90207 Brav. stehno na rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12),
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..... 99739 Piskoty dlhe

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

*** Nedela 17.03.2024 ***

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..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),
66619 Hov.dusené na sampionoch 170g(m.62g) (E:1076kj,B:18g,T:19g,S:3g) (Al:1,12),
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

☐