

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

Obdobie: 26.02.2024 - 03.03.2024

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.***** Pondelok 26.02.2024 *****

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

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
182135 Gulas mexicky bez mlieka 343g(m.63g,s.100g) (E:2579kj,B:25g,T:24g,S:75g) (Al:1,7,12),
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. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
37923 Pecena sunka s vaj.[hemendex] 145g (E:1308kj,B:21g,T:23g,S:4g) (Al:3,7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 27.02.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacreame 20g,
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 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. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),
212135 Telaci rezen prirodny bez mlie 168g(m.68g) (E:1062kj,B:16g,T:19g,S:4g) (Al:1,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
52623 Uhorkovy salat 160g (E:241kj,B:1g,S:14g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 902725 Bratis. rizoto zel. bezmlieka 300g (E:2335kj,B:18g,T:12g,S:98g) (Al:1,3,9,12),
99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 28.02.2024 *****

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

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
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. 99323 Pagac

Večera. 49922 Zemiaky bratislavske 390g (E:1578kj,B:9g,T:8g,S:79g) (Al:7,12),
99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Stvrtok 29.02.2024 *****

Raňajky. 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacreame 20g,
99718 Trescia pecen 55g 55g (E:142kj,T:4g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99345 Tasticcka s ovoc. naplnou

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

***** Piatok 01.03.2024 *****

Raňajky. 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99604 Maslo mini delacreame 20g,
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 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), 99604 Maslo mini delacreame 20g

Večera. 557215 Spažety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12),

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

*** Sobota 02.03.2024 ***

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. 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),

26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),

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. 99335 Croissant cokoladovy

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

458225 Karotka dusena bez mlieka 220g (E:459kj,B:2g,T:7g,S:16g), 99434 Uhorky ster. (E:71kj) (Al:12),

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

*** Nedela 03.03.2024 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 20g,

99740 Med mini, 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),

15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (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), 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), 99124 Sunkovy narez,

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 26.02.2024 *****

Raňajky.	99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g, 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l
Desiata.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 182135 Gulas mexicky bez mlieka 343g(m.63g,s.100g) (E:2579kj,B:25g,T:24g,S:75g) (Al:1,7,12), 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l
Olovrant.	99738 Pernik DIA
Večera.	99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 37923 Pecena sunka s vaj.[hemendex] 145g (E:1308kj,B:21g,T:23g,S:4g) (Al:3,7), 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)

***** Utorok 27.02.2024 *****

Raňajky.	99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 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.	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 212135 Telaci rezen prirodny bez mlie 168g(m.68g) (E:1062kj,B:16g,T:19g,S:4g) (Al:1,12), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63111 Caj pravy 0,25l
Olovrant.	99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)
Večera.	902725 Bratis. rizoto zel. bezmlieka 300g (E:2335kj,B:18g,T:12g,S:98g) (Al:1,3,9,12), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
Il. večera.	99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99604 Maslo mini delacreame 20g

***** Streda 28.02.2024 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g, 99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 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.	99323 Pagac
Večera.	49922 Zemiaky bratislavske 390g (E:1578kj,B:9g,T:8g,S:79g) (Al:7,12), 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), 99604 Maslo mini delacreame 20g, 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g)

***** Stvrtok 29.02.2024 *****

Raňajky.	99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g, 99718 Trescia pecen 55g 55g (E:142kj,T:4g), 63111 Caj pravy 0,25l
Desiata.	99504 Mandarinka (E:160kj,B:1g,S:9g)
Obed.	066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12), 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l
Olovrant.	99323 Pagac
Večera.	90415 Rezance s dzemom DIA 300g (E:1891kj,B:13g,T:5g,S:99g) (Al:1,3,7), 63111 Caj pravy 0,25l
Il. večera.	99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99118 Salama parizer 50g, 99604 Maslo mini delacreame 20g

***** Piatok 01.03.2024 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g, 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravy 0,25l
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12), 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),

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51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
 63111 Caj pravý 0,25l
 Olovrant. 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99604 Maslo mini delacreame 20g
 Večera. 557215 Spagety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12), 63111 Caj pravý 0,25l
 II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99604 Maslo mini delacreame 20g

*** Sobota 02.03.2024 ***

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. 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),
 26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),
 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 pravý 0,25l
 Olovrant. 99738 Pernik DIA
 Večera. 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),
 458225 Karotka dusena bez mlieka 220g (E:459kj,B:2g,T:7g,S:16g), 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)

*** Nedela 03.03.2024 ***

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. 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),
 15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (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
 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), 99124 Sunkovy narez, 63111 Caj pravý 0,25l
 II. večera. 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99604 Maslo mini delacreame 20g

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 26.02.2024 - 03.03.2024

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DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 26.02.2024 *****

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), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
63111 Caj pravý 0,25l

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

Obed..... 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12),
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravý 0,25l

Olovrant..... 99738 Pernik DIA

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

***** Utorok 27.02.2024 *****

Raňajky..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),
63111 Caj pravý 0,25l

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

Obed..... 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),
21213 Telaci rezen prirodny 168g(m.68g) (E:1218kj,B:16g,T:24g,S:4g) (Al:1,7,12),
90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63111 Caj pravý 0,25l

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

Večera..... 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 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 28.02.2024 *****

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..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
90109 Morcacie na smotane 350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12),
50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravý 0,25l

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

Večera..... 57622 Zemiakove placky 360g (E:3053kj,B:13g,T:34g,S:103g) (Al:1,3,7),
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), 99602 Maslo mini (E:313kj,T:8g) (Al:7),
99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g)

***** Stvrtok 29.02.2024 *****

Raňajky..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),
99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravý 0,25l

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

Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
44012 Zemiakovy salat prirodny 400g (E:1277kj,B:6g,T:10g,S:57g) (Al:9,12), 63111 Caj pravý 0,25l

Olovrant..... 99620 Tvarohovy Mišo DIA

Večera..... 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 63111 Caj pravý 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99118 Salama parizer 50g,
99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Piatok 01.03.2024 *****

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),
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravý 0,25l

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

Obed..... 07811 Polievka kapust. s klobasou 0,5L(m.25g) (E:1846kj,B:17g,T:32g,S:22g) (Al:1,7,12),

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Obdobie: 26.02.2024 - 03.03.2024

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	99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),
	90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
	63111 Caj pravy 0,25l
Olovrant.	99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)
Večera.	55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63111 Caj pravy 0,25l
II. večera.	99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)
*** Sobota 02.03.2024 ***	
Raňajky.	99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
	99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
	26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),
	51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99435 Calamada 150g (Al:12),
	63111 Caj pravy 0,25l
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7), 63111 Caj pravy 0,25l
II. večera.	99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
*** Nedela 03.03.2024 ***	
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.	90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
	15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (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 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), 99124 Sunkovy narez, 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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 26.02.2024 *****

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), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),
63111 Caj pravý 0,25l

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

Obed..... 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12),
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravý 0,25l

Olovrant..... 99738 Pernik DIA

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

***** Utorok 27.02.2024 *****

Raňajky..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),
63111 Caj pravý 0,25l

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

Obed..... 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),
21213 Telaci rezen prirodny 168g(m.68g) (E:1218kj,B:16g,T:24g,S:4g) (Al:1,7,12),
90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravý 0,25l

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

Večera..... 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 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 28.02.2024 *****

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..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
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 pravý 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),
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), 99602 Maslo mini (E:313kj,T:8g) (Al:7),
99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g)

***** Stvrtok 29.02.2024 *****

Raňajky..... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),
99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravý 0,25l

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

Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravý 0,25l

Olovrant..... 99620 Tvarohovy Mišo DIA

Večera..... 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 63111 Caj pravý 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99118 Salama parizer 50g,
99602 Maslo mini (E:313kj,T:8g) (Al:7)

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*** Piatok 01.03.2024 ***

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),
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravy 0,25l

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

Obed. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63111 Caj pravy 0,25l

Olovrant. 99330 Rozok celozrnnny (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

Večera. 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63111 Caj pravy 0,25l

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Sobota 02.03.2024 ***

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

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

Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),
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. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Večera. 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7), 63111 Caj pravy 0,25l

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

*** Nedela 03.03.2024 ***

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. 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (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 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), 99124 Sunkovy narez, 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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 26.02.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
 18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12), 63111 Caj pravy 0,25l
 Olovrant. 99738 Pernik DIA
 Večera. 90410 Lievance DIA 310g (E:3905kj,B:28g,T:32g,S:143g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Il. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Utorok 27.02.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 90743 Polievka syrová s opek. zemiou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),
 21213 Telaci rezen prirodny 168g(m.68g) (E:1218kj,B:16g,T:24g,S:4g) (Al:1,7,12),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),
 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Streda 28.02.2024 *****

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. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 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. 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),
 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 29.02.2024 *****

Raňajky. 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99620 Tvarohovy Mišo DIA
 Večera. 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 01.03.2024 *****

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. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
 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. 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Sobota 02.03.2024 *****

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. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
 26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l

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Obdobie: 26.02.2024 - 03.03.2024

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Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera. 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7), 63111 Caj pravy 0,25l
II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Nedela 03.03.2024 ***

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. 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,7,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l
Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. 99555 Detsky prikrm, 63111 Caj pravy 0,25l
II. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 26.02.2024 - 03.03.2024

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KASOV - KAŠOVITÁ 1 - 1 r.***** Pondelok 26.02.2024 *****

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

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Utorok 27.02.2024 *****

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

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

Obed. 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),
21213 Telaci rezen prirodny 168g(m.68g) (E:1218kj,B:16g,T:24g,S:4g) (Al:1,7,12),
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. 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera. 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),
99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 28.02.2024 *****

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. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
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. 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),
99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

***** Stvrtok 29.02.2024 *****

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

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

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99618 Tvarohovy Mišo

Večera. 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12), 63111 Caj pravy 0,25l

***** Piatok 01.03.2024 *****

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

Obed. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. 99748 Keks Marina 0,1

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

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Obdobie: 26.02.2024 - 03.03.2024

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*** Sobota 02.03.2024 ***

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

Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),
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. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

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

*** Nedela 03.03.2024 ***

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. 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,7,12),
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, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 26.02.2024 - 03.03.2024

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 26.02.2024 *****

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

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

Obed..... 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
 18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12),
 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..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

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

***** Utorok 27.02.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 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..... 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),
 21213 Telaci rezen prirodny 168g(m.68g) (E:1218kj,B:16g,T:24g,S:4g) (Al:1,7,12),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
 52623 Uhorkovy salat 160g (E:241kj,B:1g,S:14g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),
 99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 28.02.2024 *****

Raňajky..... 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 90109 Morcacie na smotane 350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12),
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99336 Moravsky kolac

Večera..... 57622 Zemiakove placky 360g (E:3053kj,B:13g,T:34g,S:103g) (Al:1,3,7),
 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

***** Stvrtok 29.02.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
 24913 Bravcovy rezen vyprazany 120g (E:2536kj,B:20g,T:45g,S:31g) (Al:1,3,7),
 44012 Zemiakovy salat prirodny 400g (E:1277kj,B:6g,T:10g,S:57g) (Al:9,12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99618 Tvarohovy Mišo

Večera..... 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
 99301 Chlieb 1 ks 45g (E:521kj,T:1g,S:26g) (Al:1), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 01.03.2024 *****

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 07811 Polievka kapust. s klobasou 0,5L(m.25g) (E:1846kj,B:17g,T:32g,S:22g) (Al:1,7,12),
 99301 Chlieb 1 ks 45g (E:521kj,T:1g,S:26g) (Al:1),
 90250 Buchty tvarohove 300g (E:4928kj,B:30g,T:51g,S:149g) (Al:1,3,7),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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Obdobie: 26.02.2024 - 03.03.2024

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Olovrant. 99330 Rozok celozrnny (E:730kj,B:1g,T:4g,S:26g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)
 Večera. 55721 Spažety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 02.03.2024 ***

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), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
 26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99435 Calamada 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
 Večera. 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 03.03.2024 ***

Raňajky. 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
 15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (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), 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), 99124 Sunkovy narez,
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 26.02.2024 - 03.03.2024

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SETR - ŠETRIACA 1 - 1 r.***** Pondelok 26.02.2024 *****

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

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

Obed..... 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
 18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12),
 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..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera..... 90410 Lievance DIA 310g (E:3905kj,B:28g,T:32g,S:143g) (Al:1,3,7),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 27.02.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 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..... 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),
 21213 Telaci rezen prirodny 168g(m.68g) (E:1218kj,B:16g,T:24g,S:4g) (Al:1,7,12),
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),
 99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 28.02.2024 *****

Raňajky..... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 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..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
 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..... 99336 Moravsky kolac

Večera..... 48812 Zemiaky s tvarohom 390g (E:2734kj,B:15g,T:31g,S:94g) (Al:7,9),
 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

***** Stvrtok 29.02.2024 *****

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),
 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 99520 Kompot 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99618 Tvarohovy Mišo

Večera..... 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
 99301 Chlieb 1 ks 45g (E:521kj,T:1g,S:26g) (Al:1), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 01.03.2024 *****

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),
 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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Obdobie: 26.02.2024 - 03.03.2024

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Olovrant. 99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7)
 Večera. 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12),
 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

*** Sobota 02.03.2024 ***

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 tvrdý light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63112 Caj ovocný 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 90200 Polievka brokolicová 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
 26414 Bravcové maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (Al:1,7),
 51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
 63112 Caj ovocný 0,25l (E:403kj,S:21g)
 Olovrant. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
 Večera. 60112 Ryzový nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),
 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

*** Nedela 03.03.2024 ***

Raňajky. 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
 15424 Hov. roštenka viedenská 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (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), 63112 Caj ovocný 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), 99124 Sunkový narez,
 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 26.02.2024 - 03.03.2024

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TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 26.02.2024 *****

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

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),
18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Utorok 27.02.2024 *****

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

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

Obed. 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),
21213 Telaci rezen prirodny 168g(m.68g) (E:1218kj,B:16g,T:24g,S:4g) (Al:1,7,12),
90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90272 Bratislav. rizoto zeleninove 300g (E:2534kj,B:23g,T:15g,S:98g) (Al:1,3,9,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 28.02.2024 *****

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12),
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
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. 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),
99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

***** Stvrtok 29.02.2024 *****

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

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

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),
24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99618 Tvarohovy Mišo

Večera. 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 01.03.2024 *****

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

Obed. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
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. 55721 Spačety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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Obdobie: 26.02.2024 - 03.03.2024

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*** Sobota 02.03.2024 ***

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

Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),
26414 Bravcove maso na rasci 214g(m.64g) (E:1311kj,B:16g,T:25g,S:6g) (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. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

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

*** Nedela 03.03.2024 ***

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. 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),
15424 Hov. rostenka viedenska 155g(m.75g) (E:1157kj,B:21g,T:20g,S:4g) (Al:1,7,12),
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková
Hejbalová
Kubrická
Šimovcová
Kaštilová