

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

Obdobie: 13.02.2023 - 19.02.2023

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 13.02.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),  
 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
 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..... 99335 Croissant cokoladovy

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

**\*\*\* Utorok 14.02.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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..... 022215 Hov. pol. s liatym cest bezmle 0,33L(,p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),  
 90151 Kacacie prsia pecene (E:563kj,T:15g), 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)

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

Večera..... 902535 Rezance so struh bez mlieka 300g (E:4994kj,B:18g,T:62g,S:144g) (Al:1,3),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 15.02.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 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..... 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
 218135 Tel. maso na hubach bezmlieka 262g(m.62g) (E:1127kj,B:16g,T:18g,S:12g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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)

**\*\*\* Stvrtok 16.02.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99118 Salama parizer 50g,  
 99604 Maslo mini delacreame 20g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al: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:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99739 Piskoty dlhe

Večera..... 411135 Kuracie rizoto bezmlieka 350g (E:3208kj,B:39g,T:27g,S:92g) (Al:12), 99520 Kompot 150g (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 17.02.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,  
 99408 Mrkva 30 (E:21kj,S:2g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),  
 604125 Zemlovka jablkova bez mlieka 400g (E:3577kj,B:12g,T:31g,S:138g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

Obdobie: 13.02.2023 - 19.02.2023

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:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 18.02.2023 \*\*\*

Raňajky. .... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),  
 99604 Maslo mini delacreame 20g, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obed. .... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),  
 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99604 Maslo mini delacreame 20g

Večera. .... 557215 Spačety 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)

## \*\*\* Nedela 19.02.2023 \*\*\*

Raňajky. .... 99320 Vianočka 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. .... 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),  
 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99700 Tuniak (E:1534kj,B:17g,T:35g),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 13.02.2023 - 19.02.2023

Str.: 3

**BMLR2 - RACIONÁLNA BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 13.02.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12),  
 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
 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..... 99335 Croissant cokoladovy

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

**\*\*\* Utorok 14.02.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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..... 022215 Hov. pol. s liatym cest bezmle 0,33L(p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),  
 90151 Kacacie prsia pecene (E:563kj,T:15g), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 902535 Rezance so struh bez mlieka 300g (E:4994kj,B:18g,T:62g,S:144g) (Al:1,3),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 15.02.2023 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 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..... 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
 218135 Tel. maso na hubach bezmlieka 262g(m.62g) (E:1127kj,B:16g,T:18g,S:12g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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)

**\*\*\* Stvrtok 16.02.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99118 Salama parizer 50g,  
 99604 Maslo mini delacreame 20g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al: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:1356kj,B:6g,T:10g,S:62g) (Al:9,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99739 Piskoty dlhe

Večera..... 411135 Kuracie rizoto bezmlieka 350g (E:3208kj,B:39g,T:27g,S:92g) (Al:12), 99520 Kompot 150g (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 17.02.2023 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99604 Maslo mini delacreame 20g,  
 99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),  
 604125 Zemlovka jablkova bez mlieka 400g (E:3577kj,B:12g,T:31g,S:138g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

Obdobie: 13.02.2023 - 19.02.2023

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:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 18.02.2023 \*\*\*

Raňajky. .... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),  
 99604 Maslo mini delacreame 20g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. .... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),  
 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99604 Maslo mini delacreame 20g

Večera. .... 557215 Spačety 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)

## \*\*\* Nedela 19.02.2023 \*\*\*

Raňajky. .... 99320 Vianočka 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. .... 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),  
 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99700 Tuniak (E:1534kj,B:17g,T:35g),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 13.02.2023 - 19.02.2023

Str.: 5

**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 13.02.2023 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),  
99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3), 63111 Caj pravy 0,25l

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

Obed..... 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),  
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

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

II. večera..... 99316 Dalamanka celozrnna, 99604 Maslo mini delacreame 20g

**\*\*\* Utorok 14.02.2023 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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..... 022215 Hov. pol. s liatym cest bezmle 0,33L(.p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),  
90151 Kacacie prsia pecene (E:563kj,T:15g), 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..... 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

Večera..... 904115 Rezance so struh. DIA bezmliek 300g (E:3780kj,B:18g,T:37g,S:135g) (Al:1,3), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),  
99604 Maslo mini delacreame 20g

**\*\*\* Streda 15.02.2023 \*\*\***

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..... 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
218135 Tel. maso na hubach bezmlieka 262g(m.62g) (E:1127kj,B:16g,T:18g,S:12g) (Al:1),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

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

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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..... 99316 Dalamanka celozrnna, 99604 Maslo mini delacreame 20g

**\*\*\* Stvrtok 16.02.2023 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99118 Salama parizer 50g,  
99604 Maslo mini delacreame 20g, 63111 Caj pravy 0,25l

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

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al: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:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
63111 Caj pravy 0,25l

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

Večera..... 411135 Kuracie rizoto bezmlieka 350g (E:3208kj,B:39g,T:27g,S:92g) (Al: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 (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g

**\*\*\* Piatok 17.02.2023 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g,  
99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

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

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),  
904005 Zemlovka DIA bezmlieka 370g (E:1100kj,B:2g,T:21g,S:24g) (Al:3), 63111 Caj pravy 0,25l

Olovrant..... 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

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

Obdobie: 13.02.2023 - 19.02.2023

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Večera. .... 382135 Salama v cesticku bez mlieka 170G (E:2478kj,B:16g,T:48g,S:25g) (Al:1,3),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l  
 Il. večera. .... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99604 Maslo mini delacreame 20g

## \*\*\* Sobota 18.02.2023 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),  
 99604 Maslo mini delacreame 20g, 63111 Caj pravy 0,25l  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),  
 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. .... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99604 Maslo mini delacreame 20g  
 Večera. .... 557215 Spažety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12), 63111 Caj pravy 0,25l  
 Il. večera. .... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Nedela 19.02.2023 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g,  
 99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),  
 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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 (E:1278kj,B:10g,T:1g,S:60g), 99700 Tuniak (E:1534kj,B:17g,T:35g),  
 63111 Caj pravy 0,25l  
 Il. večera. .... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g),  
 99604 Maslo mini delacreame 20g

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 13.02.2023 - 19.02.2023

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**DIA-9 - DIABETICKA STRAVA 1 - 1 r.****\*\*\* Pondelok 13.02.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),  
44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Obed. . . . . 03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12),  
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99738 Pernik DIA

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

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

**\*\*\* Utorok 14.02.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),  
44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (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. . . . . 02221 Hov. polievka s liatym cestom 0,33L(,p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
90151 Kacacie prsia pecene (E:563kj,T:15g),  
46423 Kapusta hl. cerv.dus. s jablk. 200g (E:826kj,B:4g,T:11g,S:30g) (Al:1,7,12),  
50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

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

II. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),  
99602 Maslo mini (E:313kj,T:8g) (Al:7)

**\*\*\* Streda 15.02.2023 \*\*\***

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. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
21813 Tel. maso dusene na hubach 262g(m.62g) (E:1174kj,B:16g,T:19g,S:12g) (Al:1,7),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. . . . . 99620 Tvarohovy Mišo DIA

Večera. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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. . . . . 99316 Dalamanka celozrnna, 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Stvrtok 16.02.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99118 Salama parizer 50g,  
99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. . . . . 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al: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:1356kj,B:6g,T:10g,S:62g) (Al:9,12), 63111 Caj pravy 0,25l

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

Večera. . . . . 41113 Kuracie rizoto 350g(m.120g) (E:3423kj,B:42g,T:31g,S:92g) (Al: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 (E:688kj,B:5g,T:1g,S:32g),  
99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

**\*\*\* Piatok 17.02.2023 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
99706 Cesnaková natierka 50g (E:942kj,B:5g,T:22g,S:2g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),

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

Obdobie: 13.02.2023 - 19.02.2023

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	90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63111 Caj pravy 0,25l
Olovrant. ....	99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera. ....	50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 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 18.02.2023 ***	
Raňajky. ....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l
Desiata. ....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed. ....	90730 Polievka fazulova s kapustou 0,33l (E:1010kj,B:10g,T:10g,S:32g) (Al:1,7,12), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l
Olovrant. ....	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera. ....	55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63111 Caj pravy 0,25l
II. večera. ....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)
*** Nedela 19.02.2023 ***	
Raňajky. ....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata. ....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed. ....	65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12), 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (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 (E:1278kj,B:10g,T:1g,S:60g), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g), 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
II. večera. ....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 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



**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 13.02.2023 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),  
44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Obed..... 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),  
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

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

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

**\*\*\* Utorok 14.02.2023 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),  
44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (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..... 02221 Hov. polievka s liatym cestom 0,33L(.p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
90151 Kacacie prsia pecene (E:563kj,T:15g), 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..... 99611 Jogurt dia (E:200kj,B:3g,S:8g)

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

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),  
99602 Maslo mini (E:313kj,T:8g) (Al:7)

**\*\*\* Streda 15.02.2023 \*\*\***

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..... 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
21813 Tel. maso dusene na hubach 262g(m.62g) (E:1174kj,B:16g,T:19g,S:12g) (Al:1,7),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant..... 99620 Tvarohovy Mišo DIA

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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..... 99316 Dalamanka celozrnna, 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Stvrtok 16.02.2023 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99118 Salama parizer 50g,  
99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),  
90208 Bravcovy rezen peceny 120g (E:2536kj,B:20g,T:45g,S:31g) (Al:1,3,7),  
49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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

Večera..... 41113 Kuracie rizoto 350g(m.120g) (E:3423kj,B:42g,T:31g,S:92g) (Al: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 (E:688kj,B:5g,T:1g,S:32g),  
99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

**\*\*\* Piatok 17.02.2023 \*\*\***

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),  
99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

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

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),

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90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63111 Caj pravy 0,25l  
 Olovrant. .... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)  
 Večera. .... 50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12),  
 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 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 18.02.2023 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),  
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. .... 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. .... 55721 Spažety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63111 Caj pravy 0,25l  
 II. večera. .... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Nedela 19.02.2023 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),  
 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (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 (E:1278kj,B:10g,T:1g,S:60g), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),  
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)  
 II. večera. .... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 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 13.02.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99504 Mandarinka (E:160kj,B:1g,S:9g)  
 Obed. . . . . 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),  
 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99738 Pernik DIA  
 Večera. . . . . 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 14.02.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. . . . . 02221 Hov. polievka s liatym cestom 0,33L(.p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
 90151 Kacacie prsia pecene (E:563kj,T:15g), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),  
 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

**\*\*\* Streda 15.02.2023 \*\*\***

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. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
 21813 Tel. maso dusene na hubach 262g(m.62g) (E:1174kj,B:16g,T:19g,S:12g) (Al:1,7),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99620 Tvarohovy Mišo DIA  
 Večera. . . . . 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Stvrtok 16.02.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)  
 Obed. . . . . 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al: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:1357kj,B:8g,T:10g,S:61g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 Večera. . . . . 41113 Kuracie rizoto 350g(m.120g) (E:3423kj,B:42g,T:31g,S:92g) (Al:7,12), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Piatok 17.02.2023 \*\*\***

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. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)  
 Večera. . . . . 50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Sobota 18.02.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63111 Caj pravy 0,25l

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

**\*\*\* Nedela 19.02.2023 \*\*\***Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,  
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (AI:7)

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

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

18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (AI:1,7,12),

90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (AI:7), 63111 Caj pravý 0,25l

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

Večera..... 99555 Detsky prikrm, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

Obdobie: 13.02.2023 - 19.02.2023

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**KASOV - ŠETRIACA - KAŠOVITÁ****1 - 1 r.****\*\*\* Pondelok 13.02.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),  
 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
 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. . . . . 99335 Croissant cokoladovy

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

**\*\*\* Utorok 14.02.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7),  
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 02221 Hov. polievka s liatym cestom 0,33L(,p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
 90151 Kacacie prsia pecene (E:563kj,T:15g), 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)

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

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

**\*\*\* Streda 15.02.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),  
 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. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
 21813 Tel. maso dusene na hubach 262g(m.62g) (E:1174kj,B:16g,T:19g,S:12g) (Al:1,7),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99618 Tvarohovy Mišo

Večera. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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)

**\*\*\* Stvrtok 16.02.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99118 Salama parizer 50g,  
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al:9,12),  
 90208 Bravcovy rezen peceny 120g (E:2536kj,B:20g,T:45g,S:31g) (Al:1,3,7),  
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (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. . . . . 99739 Piskoty dlhe

Večera. . . . . 41113 Kuracie rizoto 350g(m.120g) (E:3423kj,B:42g,T:31g,S:92g) (Al:7,12), 99520 Kompot 150g (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 17.02.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99408 Mrkva 30 (E:21kj,S:2g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obed. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),

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	60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7),
	63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. ....	99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera. ....	50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12),
	99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
	63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)
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<b>*** Sobota 18.02.2023 ***</b>	
Raňajky. ....	99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
	99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)
Desiata. ....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed. ....	04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),
	90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),
	51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. ....	99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
Večera. ....	55721 Spažety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12),
	63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)
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<b>*** Nedela 19.02.2023 ***</b>	
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. ....	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),
	18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
	90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (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 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
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Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 13.02.2023 - 19.02.2023

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**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 13.02.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12),  
 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
 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. . . . . 99335 Croissant cokoladovy

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

**\*\*\* Utorok 14.02.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7),  
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 02221 Hov. polievka s liatym cestom 0,33L,(p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
 90151 Kacacie prsia pecene (E:563kj,T:15g),  
 46423 Kapusta hl. cerv.dus. s jablk. 200g (E:826kj,B:4g,T:11g,S:30g) (Al:1,7,12),  
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Streda 15.02.2023 \*\*\***

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1),  
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),  
 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. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
 21813 Tel. maso dusene na hubach 262g(m.62g) (E:1174kj,B:16g,T:19g,S:12g) (Al:1,7),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99618 Tvarohovy Mišo

Večera. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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)

**\*\*\* Stvrtok 16.02.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99118 Salama parizer 50g,  
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al: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:1356kj,B:6g,T:10g,S:62g) (Al:9,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 41113 Kuracie rizoto 350g(m.120g) (E:3423kj,B:42g,T:31g,S:92g) (Al:7,12), 99520 Kompot 150g (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obdobie: 13.02.2023 - 19.02.2023

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## \*\*\* Piatok 17.02.2023 \*\*\*

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g),  
 99706 Cesnaková natierka 50g (E:942kj,B:5g,T:22g,S:2g) (Al:7),  
 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

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

Obed. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),  
 60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12),  
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 18.02.2023 \*\*\*

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),  
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

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

Obed. . . . . 90730 Polievka fazulova s kapustou 0,33l (E:1010kj,B:10g,T:10g,S:32g) (Al:1,7,12),  
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),  
 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

## \*\*\* Nedela 19.02.2023 \*\*\*

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),  
 99740 Med mini, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. . . . . 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),  
 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (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 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),  
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



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

Obdobie: 13.02.2023 - 19.02.2023

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

## \*\*\* Pondelok 13.02.2023 \*\*\*

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7),  
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
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..... 99748 Keks Marina 0,1

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

## \*\*\* Utorok 14.02.2023 \*\*\*

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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..... 02221 Hov. polievka s liatym cestom 0,33L(,p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12),  
90151 Kacacie prsia pecene (E:563kj,T:15g), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

## \*\*\* Streda 15.02.2023 \*\*\*

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (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..... 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
21813 Tel. maso dusene na hubach 262g(m.62g) (E:1174kj,B:16g,T:19g,S:12g) (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..... 99618 Tvarohovy Mišo

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

## \*\*\* Stvrtok 16.02.2023 \*\*\*

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 90740 Polievka z hlivy ustricovej 330ml (E:440kj,B:3g,T:4g,S:15g) (Al: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:1357kj,B:8g,T:10g,S:61g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99739 Piskoty dlhe

Večera..... 41113 Kuracie rizoto 350g(m.120g) (E:3423kj,B:42g,T:31g,S:92g) (Al:7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Piatok 17.02.2023 \*\*\*

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..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obdobie: 13.02.2023 - 19.02.2023

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## \*\*\* Sobota 18.02.2023 \*\*\*

Raňajky. .... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12),  
63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

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

Obed. .... 04421 Polievka karotková 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),  
51212 Ryža dusená 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

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

## \*\*\* Nedela 19.02.2023 \*\*\*

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

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

Obed. .... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9),  
18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
90302 Zemiaky varené s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7),  
63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

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

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková   
Hejbalová   
Kubrická   
Šimovcová   
Kaštilová