

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

Obdobie: 27.11.2023 - 03.12.2023

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 27.11.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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. . . . . 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),  
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. . . . . 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

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 28.11.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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. . . . . 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),  
368135 Karbonatka bez mlieka 110g (E:2657kj,B:22g,T:38g,S:52g) (Al:1,3),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99335 Croissant cokoladovy

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

**\*\*\* Streda 29.11.2023 \*\*\***

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

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

Obed. . . . . 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12),  
182135 Gulas mexicky bez mlieka 343g(m.63g,s.100g) (E:2579kj,B:25g,T:24g,S:75g) (Al:1,7,12),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 99682 Chlieb vo vajicku (E:3901kj,B:13g,T:71g,S:53g) (Al:1,3),  
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 30.11.2023 \*\*\***

Raňajky. . . . . 99320 Vianocka 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. . . . . 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

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),  
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Piatok 01.12.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99769 Salat treska,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),  
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

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), 99434 Uhorky ster. (E:71kj) (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: 27.11.2023 - 03.12.2023

Str.: 2

## \*\*\* Sobota 02.12.2023 \*\*\*

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

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

Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
 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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. . . . . 385135 Zemiakovy nakyp bez mlieka 400g (E:2998kj,B:23g,T:34g,S:89g) (Al:1,3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 03.12.2023 \*\*\*

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

Obed. . . . . 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 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),  
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 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: 27.11.2023 - 03.12.2023

Str.: 3

**BMLR2 - RACIONÁLNA BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 27.11.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,  
99406 Redkovka 30g (E:24kj,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),  
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..... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

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 28.11.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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..... 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),  
368135 Karbonatka bez mlieka 110g (E:2657kj,B:22g,T:38g,S:52g) (Al:1,3),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99335 Croissant cokoladovy

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

**\*\*\* Streda 29.11.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
99112 Tlacenka hydinova 80g 80g (E:444kj,B:13g,T:6g), 99560 Cibula (E:19kj,S:1g),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12),  
182135 Gulas mexicky bez mlieka 343g(m.63g,s.100g) (E:2579kj,B:25g,T:24g,S:75g) (Al:1,7,12),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 99682 Chlieb vo vajicku (E:3901kj,B:13g,T:71g,S:53g) (Al:1,3),  
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 30.11.2023 \*\*\***

Raňajky..... 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99604 Maslo mini delacreame 20g, 99541 Dzem mini (Al:12),  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed..... 022215 Hov. pol. s liatym cest bezmle 0,33L(p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),  
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Piatok 01.12.2023 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99769 Salat treska,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 90737 Polievka kelova s klobasou 0,33L (E:609kj,B:6g,T:9g,S:13g) (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..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

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

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

Obdobie: 27.11.2023 - 03.12.2023

Str.: 4

49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 02.12.2023 \*\*\*

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g,  
 99402 Paprika (E:30kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
 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. . . . . 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. . . . . 385135 Zemiakovy nakyp bez mlieka 400g (E:2998kj,B:23g,T:34g,S:89g) (Al:1,3,7),

99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 03.12.2023 \*\*\*

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

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

Obed. . . . . 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),

90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),

51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),

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

Olovrant. . . . . 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),

99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 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: 27.11.2023 - 03.12.2023

Str.: 5

**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 27.11.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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. . . . . 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),  
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. . . . . 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

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

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

**\*\*\* Utorok 28.11.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g,  
99718 Trescia pecen 55g 55g (E:142kj,T:4g), 63111 Caj pravy 0,25l

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

Obed. . . . . 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
368135 Karbonatka bez mlieka 110g (E:2657kj,B:22g,T:38g,S:52g) (Al:1,3),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 472125 Karfiol zapekany bez mlieka 280g (E:775kj,B:10g,T:11g,S:18g) (Al:1,3),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

**\*\*\* Streda 29.11.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g,  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63111 Caj pravy 0,25l

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

Obed. . . . . 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12),  
182135 Gulas mexicky bez mlieka 343g(m.63g,s.100g) (E:2579kj,B:25g,T:24g,S:75g) (Al:1,7,12),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Paqac

Večera. . . . . 99682 Chlieb vo vajicku (E:3901kj,B:13g,T:71g,S:53g) (Al:1,3),  
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 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

**\*\*\* Stvrtok 30.11.2023 \*\*\***

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

Obed. . . . . 022215 Hov. pol. s liatym cest bezmie 0,33L (p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12),  
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l

Olovrant. . . . . 99738 Pernik DIA

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

**\*\*\* Piatok 01.12.2023 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99769 Salat treska, 63111 Caj pravy 0,25l

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

Obed. . . . . 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),  
904005 Zemlovka DIA bezmlieka 370g (E:1100kj,B:2g,T:21g,S:24g) (Al:3), 63111 Caj pravy 0,25l

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

Večera. . . . . 38213 Salama vyprazana v cesticku 170G (E:2556kj,B:17g,T:49g,S:26g) (Al:1,3,7),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g),

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

Obdobie: 27.11.2023 - 03.12.2023

Str.: 6

	63111	Caj pravý 0,25l
II. večera	99303	Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g
*** Sobota 02.12.2023 ***		
Raňajky	99304	Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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	05011	Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
	90211	Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),
	50712	Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l
Olovrant	99312	Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),
	99121	Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
Večera	38513	Zemiakovy nakyp 400g (E:3252kj,B:28g,T:38g,S:90g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
	63111	Caj pravý 0,25l
II. večera	99303	Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g
*** Nedela 03.12.2023 ***		
Raňajky	99304	Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g,
	99542	Dzem mini dia 20g, 63111 Caj pravý 0,25l
Desiata	99502	Banan (E:476kj,B:2g,S:25g)
Obed	02311	Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),
	90101	Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),
	51212	Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),
	63111	Caj pravý 0,25l
Olovrant	99744	Keks dia (E:2267kj,B:11g,T:34g,S:46g)
Večera	99304	Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g),
	63111	Caj pravý 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)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 27.11.2023 - 03.12.2023

Str.: 7

**DIA-9 - DIABETICKA STRAVA****1 - 1 r.****\*\*\* Pondelok 27.11.2023 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99605 Natierkove maslo 50g (Al:7),  
99406 Redkovka 30g (E:24kj,S:1g), 63111 Caj pravy 0,25l

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

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (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..... 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

Večera..... 90416 Tvarohovy nakyp DIA 340g (E:2252kj,B:34g,T:35g,S:25g) (Al:1,3,7), 63111 Caj pravy 0,25l

Il. večera..... 99330 Rozok celozmny (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Utorok 28.11.2023 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),  
99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
36413 Karbonatka so syrom 82g (E:2241kj,B:23g,T:42g,S:16g) (Al:1,3,7),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

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

Večera..... 47212 Karfiol zapekany 280g (E:1153kj,B:13g,T:19g,S:21g) (Al:1,3,7),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

**\*\*\* Streda 29.11.2023 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99112 Tlacenka hydinova 80g 80g (E:444kj,B:13g,T:6g),  
99560 Cibula (E:19kj,S:1g), 63111 Caj pravy 0,25l

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

Obed..... 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),  
18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Olovrant..... 99323 Paqac

Večera..... 99682 Chlieb vo vajicku (E:3901kj,B:13g,T:71g,S:53g) (Al:1,3),  
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l

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

**\*\*\* Stvrtok 30.11.2023 \*\*\***

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

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),  
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),  
50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 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),  
99602 Maslo mini (E:313kj,T:8g) (Al:7)

**\*\*\* Piatok 01.12.2023 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99769 Salat treska, 63111 Caj pravy 0,25l

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

Obed..... 90737 Polievka kelova s klobasou 0,33L (E:609kj,B:6g,T:9g,S:13g) (Al:1,7,12),  
99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),  
90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63111 Caj pravy 0,25l

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

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

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

Obdobie: 27.11.2023 - 03.12.2023

Str.: 8

	49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l
II. večera .....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7)
<b>*** Sobota 02.12.2023 ***</b>	
Raňajky .....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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), 99402 Paprika (E:30kj,S:2g), 63111 Caj pravý 0,25l
Desiata .....	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed .....	05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l
Olovrant .....	99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
Večera .....	38513 Zemiakový nakyp 400g (E:3252kj,B:28g,T:38g,S:90g) (Al:1,3,7), 99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63111 Caj pravý 0,25l
II. večera .....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
<b>*** Nedela 03.12.2023 ***</b>	
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, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)
Desiata .....	99502 Banan (E:476kj,B:2g,S:25g)
Obed .....	02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravý 0,25l
Olovrant .....	99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
Večera .....	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63111 Caj pravý 0,25l
II. večera .....	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 27.11.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99605 Natierkove maslo 50g (Al:7),  
 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. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (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. . . . . 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

Večera. . . . . 90416 Tvarohovy nakyp DIA 340g (E:2252kj,B:34g,T:35g,S:25g) (Al:1,3,7), 63111 Caj pravy 0,25l

II. večera. . . . . 99330 Rozok celozmny (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Utorok 28.11.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),  
 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. . . . . 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
 36413 Karbonatka so syrom 82g (E:2241kj,B:23g,T:42g,S:16g) (Al:1,3,7),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

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

Večera. . . . . 47212 Karfiol zapekany 280g (E:1153kj,B:13g,T:19g,S:21g) (Al:1,3,7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

**\*\*\* Streda 29.11.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63111 Caj pravy 0,25l

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

Obed. . . . . 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),  
 18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Paqac

Večera. . . . . 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravy 0,25l

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

**\*\*\* Stvrtok 30.11.2023 \*\*\***

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

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),  
 90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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)

**\*\*\* Piatok 01.12.2023 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99769 Salat treska, 63111 Caj pravy 0,25l

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

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63111 Caj pravy 0,25l

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

Večera. . . . . 37823 Salama pecena 80g (E:1646kj,B:10g,T:38g,S:2g) (Al:1,3,7),  
 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

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

Obdobie: 27.11.2023 - 03.12.2023

Str.: 10

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7) -----

## \*\*\* Sobota 02.12.2023 \*\*\*

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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), 99408 Mrkva 30 (E:21kj,S:2g),  
63111 Caj pravý 0,25l

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

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

90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),

50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l

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

Večera..... 38513 Zemiakový nakyp 400g (E:3252kj,B:28g,T:38g,S:90g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),

63111 Caj pravý 0,25l

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g) -----

## \*\*\* Nedela 03.12.2023 \*\*\*

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

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

Obed..... 02311 Hov. polievka so struhankou 0,33L,(p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),

90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),

51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),

63111 Caj pravý 0,25l

Olovrant..... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g),

63111 Caj pravý 0,25l

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g) -----

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 27.11.2023 - 03.12.2023

Str.: 11

**DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.****\*\*\* Pondelok 27.11.2023 \*\*\***

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. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (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. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

**\*\*\* Utorok 28.11.2023 \*\*\***

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. . . . . 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
 36413 Karbonatka so syrom 82g (E:2241kj,B:23g,T:42g,S:16g) (Al:1,3,7),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 47212 Karfiol zapiekany 280g (E:1153kj,B:13g,T:19g,S:21g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Streda 29.11.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. . . . . 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),  
 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. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Stvrtok 30.11.2023 \*\*\***

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. . . . . 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)  
 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),  
 90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90406 Rezance s kakaom DIA 300 (E:2966kj,B:15g,T:30g,S:105g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Piatok 01.12.2023 \*\*\***

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. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (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. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Sobota 02.12.2023 \*\*\***

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. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)  
 Večera. . . . . 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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

Obdobie: 27.11.2023 - 03.12.2023

Str.: 12

**\*\*\* Nedela 03.12.2023 \*\*\***

Raňajky. .... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g,  
63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

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

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

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

Večera. .... 99555 Detsky prikrm, 63111 Caj pravy 0,25l

II. večera. .... 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)

-----

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 27.11.2023 - 03.12.2023

Str.: 13

**KASOV - KAŠOVITÁ 1 - 1 r.****\*\*\* Pondelok 27.11.2023 \*\*\***

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

Obed. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (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. . . . . 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

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

**\*\*\* Utorok 28.11.2023 \*\*\***

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. . . . . 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),  
36413 Karbonatka so syrom 82g (E:2241kj,B:23g,T:42g,S:16g) (Al:1,3,7),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Streda 29.11.2023 \*\*\***

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

Obed. . . . . 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),  
18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12),  
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. . . . . 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 30.11.2023 \*\*\***

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

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

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),  
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 01.12.2023 \*\*\***

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

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)

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

Obdobie: 27.11.2023 - 03.12.2023

Str.: 14

## \*\*\* Sobota 02.12.2023 \*\*\*

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. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. . . . . 90284 Zeleninove 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 03.12.2023 \*\*\*

Raňajky. . . . . 99320 Vianočka 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. . . . . 99502 Banan (E:476kj,B:2g,S:25g)

Obed. . . . . 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 99624 Mliečna ryza, 63113 Caj pravý s citrónom 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: 27.11.2023 - 03.12.2023

Str.: 15

**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 27.11.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99605 Natierkove maslo 50g (Al:7),  
99406 Redkovka 30g (E:24kj,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (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..... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera..... 60312 Tvarohovy nakyp 340g (E:3069kj,B:34g,T:35g,S:69g) (Al:1,3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 28.11.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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..... 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),  
36413 Karbonatka so syrom 82g (E:2241kj,B:23g,T:42g,S:16g) (Al:1,3,7),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99335 Croissant cokoladovy

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

**\*\*\* Streda 29.11.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
99112 Tlacenka hydinova 80g 80g (E:444kj,B:13g,T:6g), 99560 Cibula (E:19kj,S:1g),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),  
18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 99682 Chlieb vo vajicku (E:3901kj,B:13g,T:71g,S:53g) (Al:1,3),  
99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 30.11.2023 \*\*\***

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

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),  
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),  
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..... 99748 Keks Marina 0,1

Večera..... 40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 01.12.2023 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99769 Salat treska,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 90737 Polievka kelova s klobasou 0,33L (E:609kj,B:6g,T:9g,S:13g) (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..... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

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

Obdobie: 27.11.2023 - 03.12.2023

Str.: 16

Večera. .... 38213 Salama vyprazana v cesticku 170G (E:2556kj,B:17g,T:49g,S:26g) (Al:1,3,7),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 02.12.2023 \*\*\*

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),  
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99402 Paprika (E:30kj,S:2g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. .... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
 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. .... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. .... 38513 Zemiakovy nakyp 400g (E:3252kj,B:28g,T:38g,S:90g) (Al:1,3,7),  
 99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 03.12.2023 \*\*\*

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

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 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),  
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 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: 27.11.2023 - 03.12.2023

Str.: 17

**SETR - ŠETRIACA 1 - 1 r.****\*\*\* Pondelok 27.11.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99605 Natierkove maslo 50g (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..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (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..... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera..... 60312 Tvarohovy nakyp 340g (E:3069kj,B:34g,T:35g,S:69g) (Al:1,3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 28.11.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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..... 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),  
36413 Karbonatka so syrom 82g (E:2241kj,B:23g,T:42g,S:16g) (Al:1,3,7),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99335 Croissant cokoladovy

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

**\*\*\* Streda 29.11.2023 \*\*\***

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

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

Obed..... 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),  
18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 30.11.2023 \*\*\***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

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),  
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (Al:1,3,7),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 01.12.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99769 Salat treska,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 38213 Salama vyprazana v cesticku 170G (E:2556kj,B:17g,T:49g,S:26g) (Al:1,3,7),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99434 Uhorky ster. (E:71kj) (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: 27.11.2023 - 03.12.2023

Str.: 18

## \*\*\* Sobota 02.12.2023 \*\*\*

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),  
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
 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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. . . . . 38513 Zemiakovy nakyp 400g (E:3252kj,B:28g,T:38g,S:90g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 03.12.2023 \*\*\*

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),  
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),  
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

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

Obed. . . . . 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 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),  
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 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: 27.11.2023 - 03.12.2023

Str.: 19

**TEKUT - TEKUTA STRAVA 1 - 1 r.****\*\*\* Pondelok 27.11.2023 \*\*\***

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

Obed. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (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. . . . . 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

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

**\*\*\* Utorok 28.11.2023 \*\*\***

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. . . . . 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),  
36413 Karbonatka so syrom 82g (E:2241kj,B:23g,T:42g,S:16g) (Al:1,3,7),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Streda 29.11.2023 \*\*\***

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

Obed. . . . . 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),  
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. . . . . 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. . . . . 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 30.11.2023 \*\*\***

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

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),  
90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 01.12.2023 \*\*\***

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

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)

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

Obdobie: 27.11.2023 - 03.12.2023

Str.: 20

## \*\*\* Sobota 02.12.2023 \*\*\*

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. .... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
 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. .... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

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

## \*\*\* Nedela 03.12.2023 \*\*\*

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

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 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