

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

Obdobie: 23.01.2023 - 29.01.2023

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 23.01.2023 \*\*\***

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

Obed..... 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12),  
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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), 99434 Uhorky ster. (E:71kj) (Al:12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 24.01.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g,  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 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..... 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),  
35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (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..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

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)

**\*\*\* Streda 25.01.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 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..... 052115 Polievka spenatova bez mlieka 0,33l (E:247kj,B:1g,T:3g,S:6g) (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),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99323 Pačac

Večera..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 26.01.2023 \*\*\***

Raňajky..... 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99604 Maslo mini delacream 20g, 99740 Med mini,  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed..... 05411 Pol. zeleninova so struhankou 0,33l (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99335 Croissant cokoladovy

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

**\*\*\* Piatok 27.01.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g,  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed..... 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),  
571225 Halusky s vajcom bez mlieka 250g (E:3378kj,B:27g,T:33g,S:102g) (Al:1,3,7),  
99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 477235 Zeleninovy rezen bez mlieka 300g (E:2734kj,B:14g,T:42g,S:58g) (Al:1,3,12),

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Obdobie: 23.01.2023 - 29.01.2023

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49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
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## \*\*\* Sobota 28.01.2023 \*\*\*

Raňajky. .... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,  
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obed. .... 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),  
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)  
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## \*\*\* Nedela 29.01.2023 \*\*\*

Raňajky. .... 99326 Zavin kakaovy 100g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. .... 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12),  
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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), 99117 Sunka vak. 100g,  
99604 Maslo mini delacreame 20g, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)  
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Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 23.01.2023 - 29.01.2023

Str.: 3

**BMLR2 - RACIONÁLNA BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 23.01.2023 \*\*\***

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

Obed..... 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12),  
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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), 99434 Uhorky ster. (E:71kj) (Al:12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 24.01.2023 \*\*\***

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), 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..... 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),  
35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (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..... 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

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)

**\*\*\* Streda 25.01.2023 \*\*\***

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 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..... 052115 Polievka spenatova bez mlieka 0,33l (E:247kj,B:1g,T:3g,S:6g) (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),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99323 Pačac

Večera..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 26.01.2023 \*\*\***

Raňajky..... 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99604 Maslo mini delacreame 20g, 99740 Med mini,  
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..... 04111 Polievka hubova s mrvancami 0,33l (E:691kj,B:4g,T:5g,S:26g) (Al:1,7,12),  
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99335 Croissant cokoladovy

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

**\*\*\* Piatok 27.01.2023 \*\*\***

Raňajky..... 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99604 Maslo mini delacreame 20g,  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed..... 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12),  
57422 Strapacky s kys. kapustou 450g (E:3746kj,B:25g,T:24g,S:156g) (Al:1,3,7,12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 477235 Zeleninovy rezen bez mlieka 300g (E:2734kj,B:14g,T:42g,S:58g) (Al:1,3,12),

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Obdobie: 23.01.2023 - 29.01.2023

Str.: 4

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49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)  
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## \*\*\* Sobota 28.01.2023 \*\*\*

Raňajky. .... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g,  
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obed. .... 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),  
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)  
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## \*\*\* Nedela 29.01.2023 \*\*\*

Raňajky. .... 99326 Zavin kakaovy 100g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. .... 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12),  
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
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),  
99109 Salama sucha vak. 100g (E:1984kj,B:21g,T:43g,S:2g), 99604 Maslo mini delacreame 20g,  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)  
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Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 23.01.2023 - 29.01.2023

Str.: 5

**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 23.01.2023 \*\*\***

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

Obed..... 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12),  
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
63111 Caj pravy 0,25l

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

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

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

**\*\*\* Utorok 24.01.2023 \*\*\***

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), 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..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
35023 Karbonatky s ovsenymi vlockami 120g (E:2366kj,B:15g,T:48g,S:22g) (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..... 99318 Rites cesnakovy 70g

Večera..... 557215 Spagety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12), 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 25.01.2023 \*\*\***

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, 63111 Caj pravy 0,25l

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

Obed..... 052115 Polievka spenatova bez mlieka 0,33l (E:247kj,B:1g,T:3g,S:6g) (Al:1,7,12),  
182135 Gulas mexicky bez mlieka 343g(m.63g,s.100g) (E:2579kj,B:25g,T:24g,S:75g) (Al:1,7,12),  
63111 Caj pravy 0,25l

Olovrant..... 99323 Paqac

Večera..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

II. večera..... 99316 Dalamanka celozrnna, 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g),  
99604 Maslo mini delacreame 20g

**\*\*\* Stvrtok 26.01.2023 \*\*\***

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..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 900145 Kuracie rizoto bratis.bez mlie 460g(m.60g) (E:3370kj,B:46g,T:28g,S:95g) (Al:1,3,7,12),  
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

II. večera..... 99316 Dalamanka celozrnna, 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

**\*\*\* Piatok 27.01.2023 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g,  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed..... 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),  
571225 Halusky s vajcom bez mlieka 250g (E:3378kj,B:27g,T:33g,S:102g) (Al:1,3,7),

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|                                  |  |
|----------------------------------|--|
|                                  | 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l  |
| Olovrant. ....                   | 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  |
| Večera. ....                     | 477235 Zeleninovy rezen bez mlieka 300g (E:2734kj,B:14g,T:42g,S:58g) (Al:1,3,12),<br>49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravý 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)  |
| <b>*** Sobota 28.01.2023 ***</b> |  |
| Raňajky. ....                    | 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g,<br>99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravý 0,25l   |
| Desiata. ....                    | 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)   |
| Obed. ....                       | 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),<br>90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),<br>51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),<br>63111 Caj pravý 0,25l |
| Olovrant. ....                   | 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)  |
| 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),<br>99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12), 63111 Caj pravý 0,25l  |
| II. večera. ....                 | 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g  |
| <b>*** Nedela 29.01.2023 ***</b> |  |
| Raňajky. ....                    | 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g,<br>99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)   |
| Desiata. ....                    | 99505 Pomaranc (E:261kj,B:1g,S:11g)  |
| Obed. ....                       | 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12),<br>90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),<br>49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),<br>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), 99117 Sunka vak. 100g,<br>99604 Maslo mini delacreame 20g, 63111 Caj pravý 0,25l   |
| II. večera. ....                 | 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g  |

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**DIA-9 - DIABETICKA STRAVA 1 - 1 r.****\*\*\* Pondelok 23.01.2023 \*\*\***

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

Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
27114 Bravcovy segedinsky gulas 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (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..... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

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

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Utorok 24.01.2023 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),  
44623 Drozdova natierka 60g (E:753kj,B:9g,T:12g,S:9g) (Al:1,3,7),  
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..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),  
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7),  
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant..... 99318 Rites cesnakovy 70g

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

**\*\*\* Streda 25.01.2023 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),  
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..... 99323 Pagac

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

II. večera..... 99316 Dalamanka celozrnna, 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g),  
99602 Maslo mini (E:313kj,T:8g) (Al:7)

**\*\*\* Stvrtok 26.01.2023 \*\*\***

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..... 04111 Polievka hubova s mrvancami 0,33L (E:691kj,B:4g,T:5g,S:26g) (Al:1,7,12),  
12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

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

Večera..... 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),  
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

II. večera..... 99316 Dalamanka celozrnna, 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

**\*\*\* Piatok 27.01.2023 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12),  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed..... 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12),  
57422 Strapacky s kys. kapustou 450g (E:3746kj,B:25g,T:24g,S:156g) (Al:1,3,7,12), 63111 Caj pravy 0,25l

Olovrant..... 99620 Tvarohovy Mišo DIA

Večera..... 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),

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|                                  |  |
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|                                  | 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravý 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)  |
| <b>*** Sobota 28.01.2023 ***</b> |  |
| Raňajky                          | 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),<br>99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravý 0,25l   |
| Desiata                          | 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)   |
| Obed                             | 05911 Polievka fazulova kysla 0,33L (E:847kj,B:9g,T:7g,S:32g) (Al:1,7,12),<br>90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),<br>51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),<br>63111 Caj pravý 0,25l |
| Olovrant                         | 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)  |
| Večera                           | 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 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 29.01.2023 ***</b> |  |
| Raňajky                          | 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),<br>99631 Syr tvrdý light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),<br>99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),<br>63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  |
| Desiata                          | 99505 Pomaranc (E:261kj,B:1g,S:11g)  |
| Obed                             | 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),<br>90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),<br>90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),<br>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),<br>99109 Salama sucha vak. 100g (E:1984kj,B:21g,T:43g,S:2g),<br>99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7), 63111 Caj pravý 0,25l   |
| II. večera                       | 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)  |

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



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**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 23.01.2023 \*\*\***

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

Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
63111 Caj pravy 0,25l

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

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

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7) -----

**\*\*\* Utorok 24.01.2023 \*\*\***

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), 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..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
35023 Karbonatky s ovsenymi vlockami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),  
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7),  
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,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

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g) -----

**\*\*\* Streda 25.01.2023 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),  
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..... 99323 Paqac

Večera..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),  
99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

Il. večera..... 99316 Dalamanka celozrnna, 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g),  
99602 Maslo mini (E:313kj,T:8g) (Al:7) -----

**\*\*\* Stvrtok 26.01.2023 \*\*\***

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..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

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

Večera..... 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),  
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

Il. večera..... 99316 Dalamanka celozrnna, 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g) -----

**\*\*\* Piatok 27.01.2023 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12),  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
57122 Halusky s vajcom 250g (E:3407kj,B:27g,T:33g,S:103g) (Al:1,3,7),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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Obdobie: 23.01.2023 - 29.01.2023

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Olovrant. .... 99620 Tvarohovy Mišo DIA  
 Večera. .... 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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) .....

## \*\*\* Sobota 28.01.2023 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravy 0,25l  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhoroky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l  
 Olovrant. .... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)  
 Večera. .... 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l  
 Il. 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 29.01.2023 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),  
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),  
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. .... 99505 Pomaranc (E:261kj,B:1g,S:11g)  
 Obed. .... 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 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), 99117 Sunka vak. 100g,  
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. .... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7) .....

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.****\*\*\* Pondelok 23.01.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l  
 Desiata. . . . . 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)  
 Obed. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravý 0,25l  
 Olovrant. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 Večera. . . . . 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravý 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 24.01.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravý 0,25l  
 Olovrant. . . . . 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)  
 Večera. . . . . 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63111 Caj pravý 0,25l  
 II. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

**\*\*\* Streda 25.01.2023 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,  
 63111 Caj pravý 0,25l  
 Desiata. . . . . 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. . . . . 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),  
 18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12), 63111 Caj pravý 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),  
 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Stvrtok 26.01.2023 \*\*\***

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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravý 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12),  
 63111 Caj pravý 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Piatok 27.01.2023 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 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. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravý 0,25l  
 Olovrant. . . . . 99620 Tvarohovy Mišo DIA  
 Večera. . . . . 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63111 Caj pravý 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Sobota 28.01.2023 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l  
 Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),

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Obdobie: 23.01.2023 - 29.01.2023

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51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l  
Olovrant. .... 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
Večera. .... 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l  
II. večera. .... 99611 Jogurt dia (E:200kj,B:3g,S:8g)

**\*\*\* Nedela 29.01.2023 \*\*\***

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) (Al:7)  
Desiata. .... 99505 Pomaranc (E:261kj,B:1g,S:11g)  
Obed. .... 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l  
Olovrant. .... 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
Večera. .... 99555 Detsky prikrm, 63111 Caj pravy 0,25l  
II. večera. .... 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 23.01.2023 - 29.01.2023

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**KASOV - ŠETRIACA - KAŠOVITÁ****1 - 1 r.****\*\*\* Pondelok 23.01.2023 \*\*\***

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

Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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 24.01.2023 \*\*\***

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), 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..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),  
 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7),  
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Streda 25.01.2023 \*\*\***

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

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

Obed..... 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),  
 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..... 99336 Moravsky kolac

Večera..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),  
 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

**\*\*\* Stvrtok 26.01.2023 \*\*\***

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

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

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Piatok 27.01.2023 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12),  
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
 57122 Halusky s vajcom 250g (E:3407kj,B:27g,T:33g,S:103g) (Al:1,3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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Obdobie: 23.01.2023 - 29.01.2023

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Olovrant. .... 99618 Tvarohovy Mišo  
 Večera. .... 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),  
 ----- 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g) -----

## \*\*\* Sobota 28.01.2023 \*\*\*

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),  
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)  
 Večera. .... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),  
 ----- 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g) -----

## \*\*\* Nedela 29.01.2023 \*\*\*

Raňajky. .... 99326 Zavin kakaovy 100g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. .... 99505 Pomaranc (E:261kj,B:1g,S:11g)  
 Obed. .... 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (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), 99117 Sunka vak. 100g,  
 ----- 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g) -----

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 23.01.2023 - 29.01.2023

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**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 23.01.2023 \*\*\***

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

Obed. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 27114 Bravcovy segedinsky gulas 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

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 24.01.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 44623 Drozdova natierka 60g (E:753kj,B:9g,T:12g,S:9g) (Al:1,3,7),  
 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. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),  
 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7),  
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Streda 25.01.2023 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g),  
 44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),  
 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. . . . . 99336 Moravsky kolac

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

**\*\*\* Stvrtok 26.01.2023 \*\*\***

Raňajky. . . . . 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99708 Medové maslo natierka 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. . . . . 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)

Obed. . . . . 04111 Polievka hubova s mrvancami 0,33L (E:691kj,B:4g,T:5g,S:26g) (Al:1,7,12),  
 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Piatok 27.01.2023 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g),  
 99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12),  
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12),  
 57422 Strapacky s kys. kapustou 450g (E:3746kj,B:25g,T:24g,S:156g) (Al:1,3,7,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obdobie: 23.01.2023 - 29.01.2023

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Olovrant. .... 99618 Tvarohovy Mišo  
 Večera. .... 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 28.01.2023 \*\*\*

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),  
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 05911 Polievka fazulova kysla 0,33L (E:847kj,B:9g,T:7g,S:32g) (Al:1,7,12),  
 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)  
 Večera. .... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 29.01.2023 \*\*\*

Raňajky. .... 99326 Zavin kakaovy 100g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. .... 99505 Pomaranc (E:261kj,B:1g,S:11g)  
 Obed. .... 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
 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),  
 99109 Salama sucha vak. 100g (E:1984kj,B:21g,T:43g,S:2g),  
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



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

Obdobie: 23.01.2023 - 29.01.2023

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**TEKUT - TEKUTA STRAVA** 1 - 1 r.**\*\*\* Pondelok 23.01.2023 \*\*\***

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. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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 24.01.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12),  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 25.01.2023 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99740 Med mini,  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obed. . . . . 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12),  
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. . . . . 99739 Piskoty dlhe

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),  
99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

**\*\*\* Stvrtok 26.01.2023 \*\*\***

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

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Piatok 27.01.2023 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12),  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (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. . . . . 99618 Tvarohovy Mišo

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)

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

Obdobie: 23.01.2023 - 29.01.2023

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## \*\*\* Sobota 28.01.2023 \*\*\*

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

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

Obed. .... 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. .... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 29.01.2023 \*\*\*

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

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

Obed. .... 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 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