

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

Obdobie: 07.02.2022 - 13.02.2022

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 07.02.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 650225 Polievka zemiak. II bez mlieka 0,33l (E:332kj,B:2g,S:21g) (Al:12), 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 08.02.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 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), 52913 Salat z cinskej kapusty 150g (E:350kj,B:2g,T:6g,S:7g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 39423 Volske oko 2 ks 80g (E:863kj,B:13g,T:17g,S:1g) (Al:3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 09.02.2022 \*\*\***

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

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

Obed. . . . . 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12), 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (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. . . . . 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

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

**\*\*\* Stvrtok 10.02.2022 \*\*\***

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. . . . . 050215 Polievka sedliacka bez mlieka 0,33L (E:436kj,B:2g,T:5g,S:12g) (Al:1,3,7,12), 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99335 Croissant cokoladovy

Večera. . . . . 382225 Zapek. cest. so salam bez mlie 300g (E:3064kj,B:22g,T:33g,S:89g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 11.02.2022 \*\*\***

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. . . . . 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12), 571225 Halusky s vajcom bez mlieka 250g (E:3378kj,B:27g,T:33g,S:102g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

Obdobie: 07.02.2022 - 13.02.2022

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Večera. .... 477235 Zeleninovy rezen bez mlieka 300g (E:2734kj,B:14g,T:42g,S:58g) (Al:1,3,12), 49712 Zemiaky varené 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 12.02.2022 \*\*\*

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

Obed. .... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99335 Croissant cokoladovy

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)

## \*\*\* Nedela 13.02.2022 \*\*\*

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

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

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 66619 Hov.dusené na sampionoch 170g(m.62g) (E:1054kj,B:18g,T:19g,S:3g) (Al:1,12), 49712 Zemiaky varené 330g (E:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 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), 99124 Sunkovy narez, 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: 07.02.2022 - 13.02.2022

Str.: 3

**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 07.02.2022 \*\*\***

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

Obed. . . . . 650225 Polievka zemiak. II bez mlieka 0,33l (E:332kj,B:2g,S:21g) (Al:12), 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

II. večera. . . . . 99316 Dalamanka celozrnna, 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99604 Maslo mini delacreame 20g

**\*\*\* Utorok 08.02.2022 \*\*\***

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 pravy 0,25l

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 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), 52913 Salat z cinskej kapusty 150g (E:350kj,B:2g,T:6g,S:7g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 39423 Volske oko 2 ks 80g (E:863kj,B:13g,T:17g,S:1g) (Al:3), 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 09.02.2022 \*\*\***

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

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

Obed. . . . . 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12), 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

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

Večera. . . . . 902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

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

**\*\*\* Stvrtok 10.02.2022 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 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. . . . . 050215 Polievka sedliacka bez mlieka 0,33L (E:436kj,B:2g,T:5g,S:12g) (Al:1,3,7,12), 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 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. . . . . 382225 Zapek. cest. so salam bez mlie 300g (E:3064kj,B:22g,T:33g,S:89g) (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), 99604 Maslo mini delacreame 20g

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

Obdobie: 07.02.2022 - 13.02.2022

Str.: 4

## \*\*\* Piatok 11.02.2022 \*\*\*

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 pravy 0,25l

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

Obed..... 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12), 571225 Halusky s vajcom bez mlieka 250g (E:3378kj,B:27g,T:33g,S:102g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera..... 477235 Zeleninovy rezen bez mlieka 300g (E:2734kj,B:14g,T:42g,S:58g) (Al:1,3,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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 12.02.2022 \*\*\*

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

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

Olovrant..... 99318 Rites cesnakovy 70g

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12), 63111 Caj pravy 0,25l

Il. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Nedela 13.02.2022 \*\*\*

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..... 02311 Hov. polievka so struhankou 0,33L(p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 66619 Hov.dusené na sampionoch 170g(m.62g) (E:1054kj,B:18g,T:19g,S:3g) (Al:1,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

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

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99124 Sunkovy narez, 63111 Caj pravy 0,25l

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 07.02.2022 - 13.02.2022

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**DIA-9 - DIABETICKA STRAVA****1 - 1 r.****\*\*\* Pondelok 07.02.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99709 Natierka z nivy (.s.45g)  
(E:933kj,B:5g,T:22g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. . . . . 05621 Polievka zemiaková kyslá 0,33L (E:611kj,B:4g,T:6g,S:21g) (Al:1,7,12), 26714 Brav. maso na  
plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

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

Il. večera. . . . . 99316 Dalamanka celozrnna, 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99602  
Maslo mini (E:313kj,T:8g) (Al:7)

**\*\*\* Utorok 08.02.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g)  
(Al:7), 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 90100 Morcacie prsia na  
prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
49912 Zemiaky opekane 180g (E:1755kj,B:7g,T:15g,S:75g) (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. . . . . 99738 Pernik DIA

Večera. . . . . 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12), 99680 Vajce (E:337kj,B:7g,T  
:6g,S:1g) (Al:3), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 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 09.02.2022 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99108 Sunka 50g 50g  
(E:185kj,B:6g,T:1g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 27114 Bravcovy segedinsky  
gulas 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (Al:1,7,12),  
50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99316 Dalamanka celozrnna, 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. . . . . 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99522 Kompot dia 0,15  
(E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99639 Syr mozzarella (E:1029kj,B:18g,T:19g,S:2g)

**\*\*\* Stvrtok 10.02.2022 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 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. . . . . 05021 Polievka sedliacka 0,33L (E:494kj,B:3g,T:6g,S:14g) (Al:1,3,7,12), 47423 Karfiol vyprazany  
300g (E:3060kj,B:16g,T:49g,S:63g) (Al:1,3,7),  
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. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)

Večera. . . . . 38222 Zapekane cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (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), 99604 Maslo mini delacreame 20g

**\*\*\* Piatok 11.02.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99706 Cesnaková natierka 50g  
(E:942kj,B:5g,T:22g,S:2g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. . . . . 06511 Polievka borsc 0,35L(m.40g) (E:754kj,B:14g,T:11g,S:8g) (Al:7,9,12), 99303 Chlieb tmavý 1ks

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

Obdobie: 07.02.2022 - 13.02.2022

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(E:688kj,B:5g,T:1g,S:32g),  
 57322 Bryndzove halusky 380g (E:5112kj,B:44g,T:58g,S:140g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. .... 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 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), 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), 63521 Mlieko 0,25l 0,25l  
 (E:1940kj,B:34g,T:15g,S:49g)

## \*\*\* Sobota 12.02.2022 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99402 Paprika (E:30kj,S:2g), 63111 Caj pravy 0,25l  
 Desiata. .... 99504 Mandarinka (E:160kj,B:1g,S:9g)  
 Obed. .... 05911 Polievka fazulova kysla 0,33L (E:847kj,B:9g,T:7g,S:32g) (Al:1,7,12), 90009 Kuracie prsia na  
 rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l  
 Olovrant. .... 99318 Rites cesnakovy 70g  
 Večera. .... 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l  
 II. večera. .... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Nedela 13.02.2022 \*\*\*

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),  
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 02311 Hov. polievka so struhankou 0,33L (,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 66619 Hov.dusené na  
 sampionoch 170g(m.62g) (E:1054kj,B:18g,T:19g,S:3g) (Al:1,12),  
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),  
 63111 Caj pravy 0,25l  
 Olovrant. .... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)  
 Večera. .... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99124 Sunkovy narez, 63111 Caj pravy 0,25l  
 II. večera. .... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 07.02.2022 - 13.02.2022

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**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 07.02.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

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

Obed. . . . . 05621 Polievka zemiaková kyslá 0,33L (E:611kj,B:4g,T:6g,S:21g) (Al:1,7,12), 26714 Brav. maso na  
plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),  
51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99439 Cvikla DIA  
(E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

II. večera. . . . . 99316 Dalamanka celozrnna, 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99602  
Maslo mini (E:313kj,T:8g) (Al:7)

**\*\*\* Utorok 08.02.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g)  
(Al:7), 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

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

Obed. . . . . 04621 Polievka krupková 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 90100 Morcacie prsia na  
prírodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
49822 Zemiaková kasa [pyre] 210g (E:1357kj,B:8g,T:10g,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. . . . . 99738 Pernik DIA

Večera. . . . . 05111 Polievka salatová 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12), 99680 Vajce (E:337kj,B:7g,T  
:6g,S:1g) (Al:3), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 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 09.02.2022 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99108 Sunka 50g 50g  
(E:185kj,B:6g,T:1g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04121 Polievka hraskový krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90206 Bravcové maso dus.  
v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),  
51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99439 Cvikla DIA  
(E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

Olovrant. . . . . 99316 Dalamanka celozrnna, 99621 Smotana pochutková (E:1512kj,B:6g,T:32g,S:8g)

Večera. . . . . 90270 Rizoto zeleninové 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99522 Kompot dia 0,15  
(E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99639 Syr mozzarella (E:1029kj,B:18g,T:19g,S:2g)

**\*\*\* Stvrtok 10.02.2022 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 44712 Pastetová 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. . . . . 05021 Polievka sedliacka 0,33L (E:494kj,B:3g,T:6g,S:14g) (Al:1,3,7,12), 90724 Karfiol pečený 300g  
(E:3060kj,B:16g,T:49g,S:63g) (Al:1,3,7),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99761 Tatarská omacka (m.0,05g)  
(E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

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

Večera. . . . . 38222 Zapekané cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (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), 99604 Maslo mini delacreame 20g

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Obdobie: 07.02.2022 - 13.02.2022

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## \*\*\* Piatok 11.02.2022 \*\*\*

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, 63111 Caj pravy 0,25l

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

Obed. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 57222 Halusky s  
tvarohom 380g (E:4273kj,B:44g,T:30g,S:154g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

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

## \*\*\* Sobota 12.02.2022 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90009 Kuracie  
prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),  
63111 Caj pravy 0,25l

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

Večera. . . . . 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l

II. večera. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Nedela 13.02.2022 \*\*\*

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

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

Obed. . . . . 02311 Hov. polievka so struhankou 0,33L (p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 66619 Hov.dusené na  
sampionoch 170g(m.62g) (E:1054kj,B:18g,T:19g,S:3g) (Al:1,12),  
49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99439 Cvikla DIA  
(E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

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

Večera. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99124 Sunkovy narez, 63111 Caj pravy 0,25l

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



**DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.****\*\*\* Pondelok 07.02.2022 \*\*\***

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. . . . . 05621 Polievka zemiaková kyslá 0,33L (E:611kj,B:4g,T:6g,S:21g) (Al:1,7,12), 26714 Brav. maso na  
 plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),  
 51012 Halusky - príloha 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. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 08.02.2022 \*\*\***

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. . . . . 04621 Polievka krupková 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 90100 Morcacie prsia na  
 prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
 49822 Zemiaková kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 05111 Polievka salatová 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Streda 09.02.2022 \*\*\***

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. . . . . 04121 Polievka hraskový krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90206 Bravcove maso dus.  
 v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (Al:1,12),  
 51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99621 Smotana pochutková (E:1512kj,B:6g,T:32g,S:8g)  
 Večera. . . . . 90270 Rizoto zeleninové 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Stvrtok 10.02.2022 \*\*\***

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. . . . . 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)  
 Obed. . . . . 05021 Polievka sedliacka 0,33L (E:494kj,B:3g,T:6g,S:14g) (Al:1,3,7,12), 90724 Karfiol pečený 300g  
 (E:3060kj,B:16g,T:49g,S:63g) (Al:1,3,7),  
 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. . . . . 90281 Mrkvové pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

**\*\*\* Piatok 11.02.2022 \*\*\***

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. . . . . 04821 Polievka porová s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 57222 Halusky s  
 tvarohom 380g (E:4273kj,B:44g,T:30g,S:154g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90284 Zeleninové pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Sobota 12.02.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99504 Mandarinka (E:160kj,B:1g,S:9g)  
 Obed. . . . . 05411 Pol. zeleninová so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90009 Kuracie  
 prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),

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51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. .... 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)  
 Večera. .... 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. .... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

## \*\*\* Nedela 13.02.2022 \*\*\*

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. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 66619 Hov.dusené na  
 sampionoch 170g(m.62g) (E:1054kj,B:18g,T:19g,S:3g) (Al:1,12),  
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (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  
 Il. večera. .... 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**KASOV - ŠETRIACA - KAŠOVITÁ****1 - 1 r.****\*\*\* Pondelok 07.02.2022 \*\*\***

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

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

Obed. . . . . 05621 Polievka zemiaková kyslá 0,33L (E:611kj,B:4g,T:6g,S:21g) (Al:1,7,12), 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12), 51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 08.02.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 49822 Zemiaková kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 52913 Salat z cinskej kapusty 150g (E:350kj,B:2g,T:6g,S:7g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 09.02.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (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. . . . . 99337 Jablkova taska (E:832kj,B:2g,T:13g,S:17g)

Večera. . . . . 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 10.02.2022 \*\*\***

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. . . . . 05021 Polievka sedliacka 0,33L (E:494kj,B:3g,T:6g,S:14g) (Al:1,3,7,12), 90724 Karfiol pečeny 300g (E:3060kj,B:16g,T:49g,S:63g) (Al:1,3,7), 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. . . . . 99335 Croissant cokoladovy

Večera. . . . . 38222 Zapekane cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 11.02.2022 \*\*\***

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), 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 57222 Halusky s tvarohom 380g (E:4273kj,B:44g,T:30g,S:154g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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Olovrant. .... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)  
 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), 99434 Uhorky ster. (E:71kj) (Al:12), 63111 Caj pravy 0,25l

## \*\*\* Sobota 12.02.2022 \*\*\*

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), 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99504 Mandarinka (E:160kj,B:1g,S:9g)  
 Obed. .... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90009 Kuracie  
 prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99436 Cvikla 150g  
 (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)  
 Večera. .... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63113 Caj pravy s citrnom 0,25l  
 (E:403kj,S:21g)

## \*\*\* Nedela 13.02.2022 \*\*\*

Raňajky. .... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99609 Maslo mini 2ks (E:626kj,T:17g)  
 (Al:7), 99740 Med mini, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 66619 Hov.dusené na  
 sampionoch 170g(m.62g) (E:1054kj,B:18g,T:19g,S:3g) (Al:1,12),  
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99436 Cvikla 150g  
 (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 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), 99124 Sunkovy narez, 63113 Caj pravy s  
 citrnom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 07.02.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99709 Natierka z nivy (.s.45g)  
(E:933kj,B:5g,T:22g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 05621 Polievka zemiaková kyslá 0,33L (E:611kj,B:4g,T:6g,S:21g) (Al:1,7,12), 26714 Brav. maso na  
plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

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

**\*\*\* Utorok 08.02.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g)  
(Al:7), 99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 90100 Morcacie prsia na  
prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
49912 Zemiaky opekane 180g (E:1755kj,B:7g,T:15g,S:75g) (Al:7), 52913 Salat z cinskej kapusty 150g  
(E:350kj,B:2g,T:6g,S:7g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 05111 Polievka salatova 0,33L (E:971kj,B:10g,T:14g,S:28g) (Al:1,3,7,12), 99680 Vajce  
(E:337kj,B:7g,T:6g,S:1g) (Al:3), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 09.02.2022 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99108 Sunka 50g 50g  
(E:185kj,B:6g,T:1g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 27114 Bravcovy segedinsky  
gulas 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (Al:1,7,12),  
50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63112 Caj ovocny 0,25l  
(E:403kj,S:21g)

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

Večera. . . . . 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 10.02.2022 \*\*\***

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (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. . . . . 05021 Polievka sedliacka 0,33L (E:494kj,B:3g,T:6g,S:14g) (Al:1,3,7,12), 47423 Karfiol vyprazany  
300g (E:3060kj,B:16g,T:49g,S:63g) (Al:1,3,7),  
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. . . . . 99335 Croissant cokoladovy

Večera. . . . . 38222 Zapekane cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7), 99434  
Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 11.02.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99706 Cesnaková natierka 50g  
(E:942kj,B:5g,T:22g,S:2g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 06511 Polievka borsc 0,35L(m.40g) (E:754kj,B:14g,T:11g,S:8g) (Al:7,9,12), 99301 Chlieb 1 ks 50g  
(E:608kj,T:1g,S:30g) (Al:1),

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57322 Bryndzove halusky 380g (E:5112kj,B:44g,T:58g,S:140g) (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. .... 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), 99434 Uhorky ster. (E:71kj) (Al:12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 12.02.2022 \*\*\*

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), 99402 Paprika (E:30kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. .... 05911 Polievka fazulova kysla 0,33L (E:847kj,B:9g,T:7g,S:32g) (Al:1,7,12), 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),

51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99434 Uhorky ster. (E:71kj) (Al:12),

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

Olovrant. .... 99318 Rites cesnakovy 70g

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 13.02.2022 \*\*\*

Raňajky. .... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99740 Med mini, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 66619 Hov.dusené na sampionoch 170g(m.62g) (E:1054kj,B:18g,T:19g,S:3g) (Al:1,12),

49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,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), 99124 Sunkovy narez, 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: 07.02.2022 - 13.02.2022

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**TEKUT - TEKUTA STRAVA** 1 - 1 r.**\*\*\* Pondelok 07.02.2022 \*\*\***

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. . . . . 05621 Polievka zemiaková kyslá 0,33L (E:611kj,B:4g,T:6g,S:21g) (Al:1,7,12), 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12), 51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Utorok 08.02.2022 \*\*\***

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. . . . . 04621 Polievka krupková 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 49822 Zemiaková kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

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

**\*\*\* Streda 09.02.2022 \*\*\***

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

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

Obed. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90206 Bravcove maso dus. v pretlaku (m.64g) (E:1235kj,B:16g,T:23g,S:6g) (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. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. . . . . 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 10.02.2022 \*\*\***

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. . . . . 05021 Polievka sedliacka 0,33L (E:494kj,B:3g,T:6g,S:14g) (Al:1,3,7,12), 90724 Karfiol pečeny 300g (E:3060kj,B:16g,T:49g,S:63g) (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. . . . . 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 citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 11.02.2022 \*\*\***

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. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 57222 Halusky s tvarohom 380g (E:4273kj,B:44g,T:30g,S:154g) (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. . . . . 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

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

Obdobie: 07.02.2022 - 13.02.2022

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## \*\*\* Sobota 12.02.2022 \*\*\*

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

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

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## \*\*\* Nedela 13.02.2022 \*\*\*

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

Obed..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 66619 Hov.dusené na sampionoch 170g(m.62g) (E:1054kj,B:18g,T:19g,S:3g) (Al:1,12), 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 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)

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Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková   
Hejbalová   
Kubrická   
Šimovcová   
Kaštilová