

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

Obdobie: 12.12.2022 - 18.12.2022

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 12.12.2022 *****

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

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90013 Kuracie prsia na sampionoch
120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
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. 99335 Croissant cokoladovy

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

***** Utorok 13.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99541
Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 022215 Hov. pol. s liatym cest bezmle 0,33L(p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12), 90204
Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g)
(Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Streda 14.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99740
Med mini, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 40723 Kuraci perkelt
262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
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), 99743 Zakusok (Al:1,3,5,7,8,12)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 90231 Zabijackova kasa 250g (E:413kj,T:11g
, 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

***** Stvrtok 15.12.2022 *****

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

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

Obed. 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (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), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g)
(Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99323 Pagac

Večera. 472125 Karfiol zapekany bez mlieka 280g (E:710kj,B:8g,T:11g,S:15g) (Al:1,3), 99434 Uhorky ster.
(E:71kj) (Al:12), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

***** Piatok 16.12.2022 *****

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

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

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

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Obdobie: 12.12.2022 - 18.12.2022

Str.: 2

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), 99120 Pasteta 115g 115g
(E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 17.12.2022 ***

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 delacreame 20g, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed. 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99604 Maslo mini delacreame 20g
Večera. 557215 Spagety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 18.12.2022 ***

Raňajky. 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99124 Sunkovy narez, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

BMLR2 - RACIONÁLNA BEZ MLIEČNA**1 - 1 r.******* Pondelok 12.12.2022 *****

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

Obed. 03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12), 90013 Kuracie
prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
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. 99335 Croissant cokoladovy

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

***** Utorok 13.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99541
Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 022215 Hov. pol. s liatym cest bezmle 0,33L(p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12), 90204
Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g)
(Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Streda 14.12.2022 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99604 Maslo mini delacream 20g, 99740 Med
mini, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 40723 Kuraci perkelt
262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
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), 99743 Zakusok (Al:1,3,5,7,8,12)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 90231 Zabijackova kasa 250g (E:413kj,T:11g
, 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citromom 0,25l (E:403kj,S:21g)

***** Stvrtok 15.12.2022 *****

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

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

Obed. 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (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), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g)
(Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99323 Pagac

Večera. 472125 Karfiol zapekany bez mlieka 280g (E:710kj,B:8g,T:11g,S:15g) (Al:1,3), 99434 Uhorky ster.
(E:71kj) (Al:12), 63113 Caj pravy s citromom 0,25l (E:403kj,S:21g)

***** Piatok 16.12.2022 *****

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

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

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

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

Obdobie: 12.12.2022 - 18.12.2022

Str.: 4

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), 99120 Pasteta 115g 115g
 (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

***** Sobota 17.12.2022 *****

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 delacreame 20g, 63112 Caj ovocný 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 044215 Polievka karotková bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 90209 Brav. stehno
 znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),
 51212 Ryža dusená 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocný 0,25l (E:403kj,S:21g)
 Olovrant. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99604 Maslo mini delacreame 20g
 Večera. 557215 Spagety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12), 63113 Caj pravý s
 citrónom 0,25l (E:403kj,S:21g)

***** Nedela 18.12.2022 *****

Raňajky. 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 63421 Cierna káva z kavoviny 0,25l
 (E:333kj,B:1g,S:17g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18313 Hovadzi tokan
 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99435 Calamada 150g (Al:12), 63112 Caj ovocný
 0,25l (E:403kj,S:21g)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99124 Sunkový narez, 63113 Caj pravý s
 citrónom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 12.12.2022 - 18.12.2022

Str.: 5

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 12.12.2022 *****

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

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

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90013 Kuracie prsia na sampionoch
120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (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. 99738 Pernik DIA

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

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

***** Utorok 13.12.2022 *****

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

Obed. 022215 Hov. pol. s liatym cest bezmle 0,33L(.p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12), 90204
Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111
Caj pravy 0,25l

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

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

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

***** Streda 14.12.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g, 99542
Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 40723 Kuraci perkelt
262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g), 99750 Zakusok DIA

Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 90231 Zabijackova kasa 250g (E:413kj,T:11g),
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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

***** Stvrtok 15.12.2022 *****

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

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

Obed. 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12), 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), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111
Caj pravy 0,25l

Olovrant. 99323 Paqac

Večera. 472125 Karfiol zapekany bez mlieka 280g (E:710kj,B:8g,T:11g,S:15g) (Al:1,3), 99433 Uhorky ster. DIA
(E:26kj,S:1g), 63111 Caj pravy 0,25l

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

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*** Piatok 16.12.2022 ***

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

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

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

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

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63111 Caj pravy 0,25l

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

*** Sobota 17.12.2022 ***

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

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

Obed..... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

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

Večera..... 557215 Spagety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

*** Nedela 18.12.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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

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

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99604 Maslo mini delacreame 20g

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 12.12.2022 - 18.12.2022

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DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 12.12.2022 *****

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

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

Obed. 03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12), 90013 Kuracie
prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (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. 99738 Pernik DIA

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

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

***** Utorok 13.12.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44611 Syrova natierka jemna 40g
(E:748kj,B:4g,T:18g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. 02221 Hov. polievka s liatym cestom 0,33L (p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 23124
Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),
46221 Kapusta hlavkova dusena 200g (E:640kj,B:3g,T:10g,S:17g) (Al:1,7,12), 50422 Knedle kysnute
200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera. 90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

***** Streda 14.12.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)
(Al:7), 99542 Dzem mini dia 20g,
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 40813 Kuraci paprikas
262g(m.62g) (E:1258kj,B:33g,T:15g,S:10g) (Al:1,7),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g), 99750 Zakusok DIA

Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 90231 Zabijackova kasa 250g (E:413kj,T:11g),
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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

***** Stvrtok 15.12.2022 *****

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

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

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 35023 Karbonatky s ovsenymi
vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99433 Uhorky ster. DIA
(E:26kj,S:1g), 63111 Caj pravy 0,25l

Olovrant. 99323 Paqac

Večera. 47212 Karfiol zapekany 280g (E:1088kj,B:11g,T:18g,S:17g) (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), 99633 Syr tvrdy 50g 50g
(E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

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Obdobie: 12.12.2022 - 18.12.2022

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*** Piatok 16.12.2022 ***

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

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

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12), 99303 Chlieb tmavý 1ks
(E:688kj,B:5g,T:1g,S:32g),
90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63111 Caj pravy 0,25l

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

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99120 Pasteta 115g 115g
(E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63111 Caj pravy 0,25l

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

*** Sobota 17.12.2022 ***

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

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

Obed..... 90730 Polievka fazulova s kapustou 0,33l (E:1010kj,B:10g,T:10g,S:32g) (Al:1,7,12), 99303 Chlieb
tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12), 51212 Ryza dusena
190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

Olovrant..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99619 Jogurt biely
(E:632kj,B:9g,T:8g,S:11g)

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

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

*** Nedela 18.12.2022 ***

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

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

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18313 Hovadzi tokan
183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),
63111 Caj pravy 0,25l

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

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99634 Syr v cievku 100g
(E:971kj,B:16g,T:18g,S:1g), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99107 Salama sucha 50g 50g
(E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 12.12.2022 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 63111 Caj pravy 0,25l
Desiata.	99504 Mandarinka (E:160kj,B:1g,S:9g)
Obed.	64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (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.	99738 Pernik DIA
Večera.	38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l
Il. večera.	63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 13.12.2022 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed.	02221 Hov. polievka s liatym cestom 0,33L (p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l
Olovrant.	99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera.	90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7), 63111 Caj pravy 0,25l
Il. večera.	99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Streda 14.12.2022 *****

Raňajky.	99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
Desiata.	99502 Banan (E:476kj,B:2g,S:25g)
Obed.	04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 40813 Kuraci paprikas 262g(m.62g) (E:1258kj,B:33g,T:15g,S:10g) (Al:1,7), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l
Olovrant.	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g), 99750 Zakusok DIA
Večera.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 90231 Zabijackova kasa 250g (E:413kj,T:11g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l
Il. večera.	99316 Dalamanka celozrnna, 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Stvrtok 15.12.2022 *****

Raňajky.	99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99118 Salama parizer 50g, 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l
Desiata.	99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
Obed.	05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7), 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l
Olovrant.	99323 Paqac
Večera.	47212 Karfiol zapekany 280g (E:1088kj,B:11g,T:18g,S:17g) (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), 99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

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Obdobie: 12.12.2022 - 18.12.2022

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***** Piatok 16.12.2022 *****

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

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

Obed..... 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63111 Caj pravy 0,25l

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

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63111 Caj pravy 0,25l

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

***** Sobota 17.12.2022 *****

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

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

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

Olovrant..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)

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

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

***** Nedela 18.12.2022 *****

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

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

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 12.12.2022 *****

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. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90013 Kuracie prsia na sampionoch
 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99738 Pernik DIA
 Večera. 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 13.12.2022 *****

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. 02221 Hov. polievka s liatym cestom 0,33L (,p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 90204
 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Il. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Streda 14.12.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g, 63411 Kava z
 kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 40813 Kuraci paprikas
 262g(m.62g) (E:1258kj,B:33g,T:15g,S:10g) (Al:1,7),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g), 99750 Zakusok DIA
 Večera. 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7), 63111 Caj pravy 0,25l
 Il. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Stvrtok 15.12.2022 *****

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. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 35023 Karbonatky s ovsenymi
 vlockami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 47212 Karfiol zapekany 280g (E:1088kj,B:11g,T:18g,S:17g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 16.12.2022 *****

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. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12), 90453 Ryzova kasa DIA
 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)
 Večera. 99555 Detsky prikrm, 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Sobota 17.12.2022 *****

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. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90209 Brav. stehno znojemske
 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),

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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. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63111 Caj pravy 0,25l
II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Nedela 18.12.2022 *****

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. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18313 Hovadzi tokan
183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 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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KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 12.12.2022 *****

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

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12), 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. 99335 Croissant cokoladovy

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

***** Utorok 13.12.2022 *****

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

Obed. 02221 Hov. polievka s liatym cestom 0,33L(p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

***** Streda 14.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 40813 Kuraci paprikas 262g(m.62g) (E:1258kj,B:33g,T:15g,S:10g) (Al:1,7), 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), 99743 Zakusok (Al:1,3,5,7,8,12)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 90231 Zabijackova kasa 250g (E:413kj,T:11g), 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

***** Stvrtok 15.12.2022 *****

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

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

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7), 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99323 Pagac

Večera. 47212 Karfiol zapekany 280g (E:1088kj,B:11g,T:18g,S:17g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

***** Piatok 16.12.2022 *****

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), 99408 Mrkva 30 (E:21kj,S:2g), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

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

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

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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), 99120 Pasteta 115g 115g
 (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Sobota 17.12.2022 *****

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),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90209 Brav. stehno znojemske
 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99619 Jogurt biely
 (E:632kj,B:9g,T:8g,S:11g)
 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)

***** Nedela 18.12.2022 *****

Raňajky. 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 63411 Kava z kavoviny - biela 0,25l
 (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18313 Hovadzi tokan
 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99434 Uhorky ster. (E:71kj)
 (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99634 Syr v cievku 100g
 (E:971kj,B:16g,T:18g,S:1g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 12.12.2022 *****

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

Obed. 03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12), 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (Al:1,12), 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. 99335 Croissant cokoladovy

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

***** Utorok 13.12.2022 *****

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

Obed. 02221 Hov. polievka s liatym cestom 0,33L(p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1), 46221 Kapusta hlavkova dusena 200g (E:640kj,B:3g,T:10g,S:17g) (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. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. 90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 14.12.2022 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 40813 Kuraci paprikas 262g(m.62g) (E:1258kj,B:33g,T:15g,S:10g) (Al:1,7), 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), 99743 Zakusok (Al:1,3,5,7,8,12)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 90231 Zabijackova kasa 250g (E:413kj,T:11g), 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 15.12.2022 *****

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

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

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7), 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99323 Pagac

Večera. 47212 Karfiol zapekany 280g (E:1088kj,B:11g,T:18g,S:17g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 16.12.2022 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99706 Cesnaková natierka 50g (E:942kj,B:5g,T:22g,S:2g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

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

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Obdobie: 12.12.2022 - 18.12.2022

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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), 99120 Pasteta 115g 115g
 (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

*** Sobota 17.12.2022 ***

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),
 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 90730 Polievka fazulova s kapustou 0,33l (E:1010kj,B:10g,T:10g,S:32g) (Al:1,7,12), 99301 Chlieb 1
 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12), 51212 Ryza dusena
 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99619 Jogurt biely
 (E:632kj,B:9g,T:8g,S:11g)
 Večera. 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63113 Caj pravý s citrónom
 0,25l (E:403kj,S:21g)

*** Nedela 18.12.2022 ***

Raňajky. 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 63411 Kava z kavoviny - biela 0,25l
 (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18313 Hovadzi tokan
 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),
 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99634 Syr v cievku 100g
 (E:971kj,B:16g,T:18g,S:1g), 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 12.12.2022 - 18.12.2022

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TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 12.12.2022 *****

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

Obed. 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90013 Kuracie prsia na sampionoch 120g(m.64g) (E:1144kj,B:32g,T:13g,S:7g) (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. 99748 Keks Marina 0,1

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

***** Utorok 13.12.2022 *****

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

Obed. 02221 Hov. polievka s liatym cestom 0,33L(p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),
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. 90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

***** Streda 14.12.2022 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99740 Med mini, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 40813 Kuraci paprikas 262g(m.62g) (E:1258kj,B:33g,T:15g,S:10g) (Al:1,7),
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), 99743 Zakusok (Al:1,3,5,7,8,12)

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

***** Stvrtok 15.12.2022 *****

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. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
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. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. 47212 Karfiol zapekany 280g (E:1088kj,B:11g,T:18g,S:17g) (Al:1,3,7), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

***** Piatok 16.12.2022 *****

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

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

Večera. 99624 Mliečna ryza, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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*** Sobota 17.12.2022 ***

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

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

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

*** Nedela 18.12.2022 ***

Raňajky..... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

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