

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

Obdobie: 14.02.2022 - 20.02.2022

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 14.02.2022 *****

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

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

Obed. 048115 Polievka z ovs. vloc. bez mliek 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9), 902155 Brav. rizoto brat. bezmlieka 460g(m.60g) (E:3668kj,B:31g,T:42g,S:94g) (Al:1,3,7,12), 99520 Kompot 150g (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 458225 Karotka dusena 220g (E:196kj,B:2g,S:16g), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 15.02.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g, 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9), 90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90271 Brokolica zapiekana 280 (E:1220kj,B:13g,T:21g,S:19g) (Al:1,3,7), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 16.02.2022 *****

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. 052115 Polievka spenatova bez mlieka 0,33l (E:247kj,B:1g,T:3g,S:6g) (Al:1,7,12), 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. 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), 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 17.02.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g, 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12), 21513 Tel. maso dusene s hraskom 182g(m.62g) (E:1239kj,B:16g,T:20g,S:11g) (Al:1,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. 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)

***** Piatok 18.02.2022 *****

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

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

Obed. 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12), 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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Obdobie: 14.02.2022 - 20.02.2022

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Olovrant. 99335 Croissant cokoladovy
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 49712 Zemiaky varene 330g
 (E:964kj,B:6g,T:1g,S:60g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 19.02.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g, 99541
 Dzem mini (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 653225 Polievka krupic s vajc. b mlie 0,33l (E:230kj,B:3g,T:1g,S:9g) (Al:1,3), 24414 Bravcovy rezen
 na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12), 63112 Caj
 ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99323 Pagac
 Večera. 562125 Sunkove fliacky bez mlieka 300g (E:2422kj,B:21g,T:24g,S:71g) (Al:1,3,7), 99434 Uhorky ster.
 (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 20.02.2022 ***

Raňajky. 99326 Zavin kakaovy 100g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12), 90106
 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99520 Kompot 150g (Al:12), 63112 Caj ovocny
 0,25l (E:403kj,S:21g)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 14.02.2022 - 20.02.2022

Str.: 3

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 14.02.2022 *****

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

Obed. 048115 Polievka z ovs. vloc. bez mlieka 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9), 902155 Brav. rizoto brat. bezmlieka 460g(m.60g) (E:3668kj,B:31g,T:42g,S:94g) (Al:1,3,7,12), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

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

Večera. 458225 Karotka dusena 220g (E:196kj,B:2g,S:16g), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

***** Utorok 15.02.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravy 0,25l

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

Obed. 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9), 90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l

Olovrant. 99316 Dalamanka celozrnna, 99604 Maslo mini delacreame 20g

Večera. 90271 Brokolica zapekana 280 (E:1220kj,B:13g,T:21g,S:19g) (Al:1,3,7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Streda 16.02.2022 *****

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

Obed. 052115 Polievka spenatova bez mlieka 0,33l (E:247kj,B:1g,T:3g,S:6g) (Al:1,7,12), 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. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

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

II. večera. 99316 Dalamanka celozrnna, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Stvrtok 17.02.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l

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

Obed. 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12), 21513 Tel. maso dusene s hraskom 182g(m.62g) (E:1239kj,B:16g,T:20g,S:11g) (Al:1,7,12), 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. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

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

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

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Obdobie: 14.02.2022 - 20.02.2022

Str.: 4

*** Piatok 18.02.2022 ***

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

Desiata..... 99502 Banan (E:476kj,B:2g,S:25g), 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

Obed..... 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12), 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

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

Večera..... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l

Il. večera..... 99316 Dalamanka celozrnna, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

*** Sobota 19.02.2022 ***

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

Obed..... 653225 Polievka krupic s vajc. b mlie 0,33l (E:230kj,B:3g,T:1g,S:9g) (Al:1,3), 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

Olovrant..... 99323 Pagac

Večera..... 562125 Sunkove fliacky bez mlieka 300g (E:2422kj,B:21g,T:24g,S:71g) (Al:1,3,7), 99433 Uhoroky 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

*** Nedela 20.02.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravy 0,25l

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

Obed..... 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12), 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 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), 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63111 Caj pravy 0,25l

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

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 14.02.2022 *****

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

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

Obed. 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 90215 Brav. rizoto bratislavske 460g(m.60g) (E:3834kj,B:35g,T:45g,S:94g) (Al:1,3,7,12), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

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

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

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

***** Utorok 15.02.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravy 0,25l

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

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12), 50422 Knedle kysnute 200g (E: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. 57622 Zemiakove placky 360g (E:3053kj,B:13g,T:34g,S:103g) (Al:1,3,7), 99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63111 Caj pravy 0,25l

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Streda 16.02.2022 *****

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

Obed. 03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12), 40913 Kurca dusene na smotane 350g(m.150g) (E:1599kj,B:35g,T:18g,S:21g) (Al:1,7,9,10,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

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

II. večera. 99316 Dalamanka celozrnna, 99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

***** Stvrtok 17.02.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l

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

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 21513 Tel. maso dusene s hraskom 182g(m.62g) (E:1239kj,B:16g,T:20g,S:11g) (Al:1,7,12), 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. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

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

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

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Obdobie: 14.02.2022 - 20.02.2022

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*** Piatok 18.02.2022 ***

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

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

Obed..... 06711 Polievka drzkova 0,33L(m.32g) (E:675kj,B:10g,T:10g,S:9g) (Al:1,7,12), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

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

Večera..... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l

Il. večera..... 99316 Dalamanka celozrnna, 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

*** Sobota 19.02.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44611 Syrova natierka jemna 40g (E:592kj,B:4g,T:13g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7), 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

Olovrant..... 99323 Pagac

Večera..... 56212 Sunkove fliacky zapekane 300g (E:2566kj,B:22g,T:26g,S:73g) (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), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Nedela 20.02.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

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

Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
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), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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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Obdobie: 14.02.2022 - 20.02.2022

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DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 14.02.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

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

Obed. 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 90215 Brav. rizoto
bratislavske 460g(m.60g) (E:3834kj,B:35g,T:45g,S:94g) (Al:1,3,7,12),
99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

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

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

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99123 Sunkova pena Matko
(E:1044kj,B:5g,T:24g,S:4g)

***** Utorok 15.02.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63111 Caj pravy 0,25l

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

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90216 Masove gul. s ryzou v
rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l

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

Večera. 90271 Brokolica zapekana 280 (E:1220kj,B:13g,T:21g,S:19g) (Al:1,3,7), 99439 Cvikla DIA
(E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99115 Peceny syr 50g 50g
(E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

***** Streda 16.02.2022 *****

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

Obed. 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12), 40913 Kurca dusene na smotane
350g(m.150g) (E:1599kj,B:35g,T:18g,S:21g) (Al:1,7,9,10,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

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

II. večera. 99316 Dalamanka celozrnna, 99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo
mini (E:313kj,T:8g) (Al:7)

***** Stvrtok 17.02.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
99563 Paradajky cherry 5 ks osupane (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l

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

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 21513 Tel. maso dusene s
hraskom 182g(m.62g) (E:1239kj,B:16g,T:20g,S:11g) (Al:1,7,12),
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. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99121 Pasteta 48g 48g
(E:1386kj,B:14g,T:31g,S:1g)

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

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

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Obdobie: 14.02.2022 - 20.02.2022

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*** Piatok 18.02.2022 ***

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

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

Obed..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

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

Večera..... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l

Il. večera..... 99316 Dalamanka celozrnna, 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

*** Sobota 19.02.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44611 Syrova natierka jemna 40g (E:592kj,B:4g,T:13g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7), 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

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

Večera..... 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l

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

*** Nedela 20.02.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

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

Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9), 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

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

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g), 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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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Obdobie: 14.02.2022 - 20.02.2022

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DIA-T - DIABETICKA STRAVA - TEKUTÁ**1 - 1 r.******* Pondelok 14.02.2022 *****

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. 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 90215 Brav. rizoto
 bratislavske 460g(m.60g) (E:3834kj,B:35g,T:45g,S:94g) (Al:1,3,7,12), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 40023 Syrovy nakyp jemny 210g (E:3062kj,B:39g,T:48g,S:37g) (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)

***** Utorok 15.02.2022 *****

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. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90216 Masove gul. s ryzou v
 rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l
 Olovrant. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Streda 16.02.2022 *****

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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12), 40913 Kurca dusene na smotane
 350g(m.150g) (E:1599kj,B:35g,T:18g,S:21g) (Al:1,7,9,10,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)
 Večera. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l
 Il. večera. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Stvrtok 17.02.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99505 Pomaranc (E:261kj,B:1g,S:11g)
 Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 21513 Tel. maso dusene s
 hraskom 182g(m.62g) (E:1239kj,B:16g,T:20g,S:11g) (Al:1,7,12),
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 18.02.2022 *****

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. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 90011 Kuracie prsia v
 pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 49712 Zemiaky varene 330g
 (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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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. 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7), 24414 Bravcovy rezen
na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l
Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
Večera. 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7), 63111 Caj pravy 0,25l
II. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Nedela 20.02.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63522 Mlieko 0,25l
(E:485kj,B:8g,T:4g,S:12g) (Al:7)
Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 90106 Morcacie na
zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
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, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)
II. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 14.02.2022 *****

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), 99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 90215 Brav. rizoto bratislavske 460g(m.60g) (E:3834kj,B:35g,T:45g,S:94g) (Al:1,3,7,12), 99520 Kompot 150g (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Utorok 15.02.2022 *****

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), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 90271 Brokolica zapekana 280 (E:1220kj,B:13g,T:21g,S:19g) (Al:1,3,7), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 16.02.2022 *****

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. 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12), 40913 Kurca dusene na smotane 350g(m.150g) (E:1599kj,B:35g,T:18g,S:21g) (Al:1,7,9,10,12), 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. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

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

***** Stvrtok 17.02.2022 *****

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), 99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99563 Paradajky cherry 5 ks osupane (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 21513 Tel. maso dusene s hraskom 182g(m.62g) (E:1239kj,B:16g,T:20g,S:11g) (Al:1,7,12), 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. 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

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)

***** Piatok 18.02.2022 *****

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

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

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 90011 Kuracie prsia v

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pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63112 Caj ovocny
 0,25l (E:403kj,S:21g)
 Olovrant. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 49712 Zemiaky varene 330g
 (E:964kj,B:6g,T:1g,S:60g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 19.02.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 44611 Syrova natierka jemna 40g
 (E:592kj,B:4g,T:13g,S:1g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7), 24414 Bravcovy rezen
 na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12), 63112 Caj
 ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
 Večera. 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7), 99450 Kecup 40g
 (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 20.02.2022 ***

Raňajky. 99326 Zavin kakaovy 100g, 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 90106 Morcacie na
 zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99520 Kompot 150g (Al:12),
 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99640 Syr Lucina
 (E:1203kj,B:11g,T:27g,S:1g), 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 14.02.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99705 Natierka z trescej pecene 50g (E:1131kj,T:30g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 90215 Brav. rizoto bratislavske 460g(m.60g) (E:3834kj,B:35g,T:45g,S:94g) (Al:1,3,7,12), 99520 Kompot 150g (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Utorok 15.02.2022 *****

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), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12), 50422 Knedle kysnute 200g (E: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. 57622 Zemiakove placky 360g (E:3053kj,B:13g,T:34g,S:103g) (Al:1,3,7), 99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 16.02.2022 *****

Raňajky. 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12), 40913 Kurca dusene na smotane 350g(m.150g) (E:1599kj,B:35g,T:18g,S:21g) (Al:1,7,9,10,12), 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. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3), 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 17.02.2022 *****

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), 99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 21513 Tel. maso dusene s hraskom 182g(m.62g) (E:1239kj,B:16g,T:20g,S:11g) (Al:1,7,12), 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. 99310 Pecivo 1 ks (E:443kj,B:3g,T:1g,S:22g) (Al:1), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

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)

***** Piatok 18.02.2022 *****

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

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

Obed. 06711 Polievka drzkova 0,33L(m.32g) (E:675kj,B:10g,T:10g,S:9g) (Al:1,7,12), 99301 Chlieb 1 ks 50g

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(E:608kj,T:1g,S:30g) (Al:1),
 59012 Dukat.buchticky s vanil.kremom 450g(s.200g,p.250g) (E:4408kj,B:25g,T:36g,S:158g) (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. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 49712 Zemiaky varene 330g
 (E:964kj,B:6g,T:1g,S:60g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 19.02.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 44611 Syrova natierka jemna 40g
 (E:592kj,B:4g,T:13g,S:1g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7), 24414 Bravcovy rezen
 na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12), 63112 Caj
 ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99323 Paqac
 Večera. 56212 Sunkove fliacky zapekane 300g (E:2566kj,B:22g,T:26g,S:73g) (Al:1,3,7), 99434 Uhorky ster.
 (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 20.02.2022 ***

Raňajky. 99326 Zavin kakaovy 100g, 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 90106 Morcacie na
 zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),
 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), 99640 Syr Lucina
 (E:1203kj,B:11g,T:27g,S:1g), 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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TEKUT - TEKUTA STRAVA 1 - 1 r.

*** Pondelok 14.02.2022 ***

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. 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 90215 Brav. rizoto bratislavske 460g(m.60g) (E:3834kj,B:35g,T:45g,S:94g) (Al:1,3,7,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

*** Utorok 15.02.2022 ***

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

Obed. 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99748 Keks Marina 0,1

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

*** Streda 16.02.2022 ***

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. 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12), 40913 Kurca dusene na smotane 350g(m.150g) (E:1599kj,B:35g,T:18g,S:21g) (Al:1,7,9,10,12), 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. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

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

*** Stvrtok 17.02.2022 ***

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

Obed. 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 21513 Tel. maso dusene s hraskom 182g(m.62g) (E:1239kj,B:16g,T:20g,S:11g) (Al:1,7,12), 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. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

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)

*** Piatok 18.02.2022 ***

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

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

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 49712 Zemiaky varene 330g

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

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

*** Sobota 19.02.2022 ***

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

Obed. 65322 Polievka krupicová s vajcom 0,33l (E:387kj,B:3g,T:5g,S:9g) (Al:1,3,7), 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 20.02.2022 ***

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

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

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9), 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, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková□
 Hejbalová□
 Kubrická□
 Šimovcová□
 Kaštílová□

□