

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

Obdobie: 19.09.2022 - 25.09.2022

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 19.09.2022 *****

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

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

Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12), 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Utorok 20.09.2022 *****

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

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

Obed. 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12), 35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 52623 Uhorkovy salat 160g (E:148kj,B:1g,S:8g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99335 Croissant cokoladovy

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

***** Streda 21.09.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99401 Paradajka (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 052115 Polievka spenatova bez mlieka 0,33l (E:247kj,B:1g,T:3g,S:6g) (Al:1,7,12), 182135 Gulas mexicky bez mlieka 343g(m.63g,s.100g) (E:2579kj,B:25g,T:24g,S:75g) (Al:1,7,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99323 Pagac

Večera. 579125 Lievance bez mlieka 310g (E:4012kj,B:17g,T:26g,S:164g) (Al:1,3,7,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 22.09.2022 *****

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

Desiata. 99510 Nektarinka

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

Olovrant. 99335 Croissant cokoladovy

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

***** Piatok 23.09.2022 *****

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

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

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

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Obdobie: 19.09.2022 - 25.09.2022

Str.: 2

Olovrant. 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)
 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), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

*** Sobota 24.09.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g, 99680
 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12), 90016 Kuracie
 prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)
 (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
 Večera. 18714 Kotlikovy gulas 313g(m.63g) (E:1563kj,B:20g,T:21g,S:30g) (Al:1,7,12), 99301 Chlieb 1 ks 50g
 (E:608kj,T:1g,S:30g) (Al:1), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

*** Nedela 25.09.2022 ***

Raňajky. 99326 Zavin kakaovy 100g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 01421 Vyvar hov. s masom a zeleninou 0,33L(m.18g,p.15g) (E:447kj,B:7g,T:3g,S:13g) (Al:9,12), 90100
 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99520 Kompot 150g (Al:12), 63112 Caj ovocny
 0,25l (E:403kj,S:21g)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99117 Sunka vak. 100g, 99604 Maslo mini
 delacreame 20g, 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 19.09.2022 - 25.09.2022

Str.: 3

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 19.09.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

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

Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12), 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. 99323 Pagac

Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 39423 Volske oko 2 ks 80g (E:863kj,B:13g,T:17g,S:1g) (Al:3), 63111 Caj pravy 0,25l

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

***** Utorok 20.09.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 35023 Karbonatky s ovsenymi vlockami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. 99318 Rites cesnakovy 70g

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

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

***** Streda 21.09.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g, 99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

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

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

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

Večera. 904105 Lievance DIA bez mlieka 310g (E:3240kj,B:16g,T:26g,S:130g) (Al:1,3), 63111 Caj pravy 0,25l

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

***** Stvrtok 22.09.2022 *****

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. 99510 Nektarinka

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

Olovrant. 99738 Pernik DIA

Večera. 99684 Chlieb vo vajicku tmavy (E:4137kj,B:22g,T:72g,S:61g) (Al:3), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l

Il. večera. 99316 Dalamanka celozrnna, 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

***** Piatok 23.09.2022 *****

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

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

Obed. 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12), 571225 Halusky s vajcom bez mlieka 250g (E:3378kj,B:27g,T:33g,S:102g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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Obdobie: 19.09.2022 - 25.09.2022

Str.: 4

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

*** Sobota 24.09.2022 ***

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. 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12), 90016 Kuracie
 prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA
 (E:26kj,S:1g), 63111 Caj pravy 0,25l
 Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
 Večera. 18714 Kotlikovy gulas 313g(m.63g) (E:1563kj,B:20g,T:21g,S:30g) (Al:1,7,12), 99303 Chlieb tmavý 1ks
 (E:688kj,B:5g,T:1g,S:32g), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g

*** Nedela 25.09.2022 ***

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. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 01421 Vyvar hov. s masom a zeleninou 0,33L(m.18g,p.15g) (E:447kj,B:7g,T:3g,S:13g) (Al:9,12), 90100
 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99522 Kompot dia 0,15
 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
 Olovrant. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
 Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99117 Sunka vak. 100g, 99604 Maslo mini
 delacreame 20g, 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 19.09.2022 - 25.09.2022

Str.: 5

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 19.09.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44411 Bryndzova natierka 50g
(E:683kj,B:8g,T:14g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 27114 Bravcovy
segedinsky gulas 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (Al:1,7,12),
50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant. 99323 Pagac

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

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

***** Utorok 20.09.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 35023 Karbonatky s ovsenymi
vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99442 Uhorkovy salat DIA
160g (E:101kj,B:1g,S:7g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. 99318 Rites cesnakovy 70g

Večera. 47122 Leco s vajcom 350g (E:1500kj,B:15g,T:28g,S:21g) (Al:3,7), 99304 Chlieb tmavý 2ks
(E:1278kj,B:10g,T:1g,S:60g), 63111 Caj pravy 0,25l

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

***** Streda 21.09.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 44611 Syrova natierka jemna 40g
(E:748kj,B:4g,T:18g,S:1g) (Al:7), 99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

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

Obed. 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12), 18213 Gulas mexicky
343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12), 63111 Caj pravy 0,25l

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

Večera. 90410 Lievance DIA 310g (E:3905kj,B:28g,T:32g,S:143g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

***** Stvrtok 22.09.2022 *****

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. 99510 Nektarinka

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

Olovrant. 99620 Tvarohovy Mišo DIA

Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63111 Caj pravy
0,25l

II. večera. 99316 Dalamanka celozrnna, 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

***** Piatok 23.09.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99717 Sunkova natierka 50g
(E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12),
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. 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12), 57322 Bryndzove halusky 380g

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Obdobie: 19.09.2022 - 25.09.2022

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(E:5112kj,B:44g,T:58g,S:140g) (Al:1,3,7), 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
 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)

*** Sobota 24.09.2022 ***

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), 63111 Caj pravy 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 05911 Polievka fazulova kysla 0,33L (E:847kj,B:9g,T:7g,S:32g) (Al:1,7,12), 90016 Kuracie prsia na
 horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA
 (E:26kj,S:1g), 63111 Caj pravy 0,25l
 Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
 Večera. 18714 Kottlikovy gulas 313g(m.63g) (E:1563kj,B:20g,T:21g,S:30g) (Al:1,7,12), 99303 Chlieb tmavý 1ks
 (E:688kj,B:5g,T:1g,S:32g), 63111 Caj pravy 0,25l
 II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99621 Smotana pochutkova
 (E:1512kj,B:6g,T:32g,S:8g)

*** Nedela 25.09.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99631 Syr tvrdy light 50g 50g
 (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 01421 Vyvar hov. s masom a zeleninou 0,33L(m.18g,p.15g) (E:447kj,B:7g,T:3g,S:13g) (Al:9,12), 90100
 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),
 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), 99109 Salama sucha vak. 100g
 (E:1984kj,B:21g,T:43g,S:2g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63111 Caj pravy 0,25l
 II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 19.09.2022 - 25.09.2022

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DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 19.09.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44411 Bryndzova natierka 50g
(E:683kj,B:8g,T:14g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 26714 Brav. maso na
plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. 99323 Pagac

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

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

***** Utorok 20.09.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 35023 Karbonatky s ovsenymi
vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 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), 99621 Smotana pochutkova
(E:1512kj,B:6g,T:32g,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), 63111 Caj pravy 0,25l

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

***** Streda 21.09.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 44611 Syrova natierka jemna 40g
(E:748kj,B:4g,T:18g,S:1g) (Al:7), 99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

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

Obed. 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12), 18213 Gulas mexicky
343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12), 63111 Caj pravy 0,25l

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

Večera. 90410 Lievance DIA 310g (E:3905kj,B:28g,T:32g,S:143g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

***** Stvrtok 22.09.2022 *****

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. 99510 Nektarinka

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

Olovrant. 99620 Tvarohovy Mišo DIA

Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63111 Caj pravy
0,25l

II. večera. 99316 Dalamanka celozrnna, 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

***** Piatok 23.09.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99717 Sunkova natierka 50g
(E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12),
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)

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Obdobie: 19.09.2022 - 25.09.2022

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

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

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)

*** Sobota 24.09.2022 ***

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), 63111 Caj pravy 0,25l

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

Obed. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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

Večera. 18714 Kotlikovy gulas 313g(m.63g) (E:1563kj,B:20g,T:21g,S:30g) (Al:1,7,12), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 63111 Caj pravy 0,25l

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

*** Nedela 25.09.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 01421 Vyvar hov. s masom a zeleninou 0,33L(m.18g,p.15g) (E:447kj,B:7g,T:3g,S:13g) (Al:9,12), 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

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

Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99117 Sunka vak. 100g, 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 63111 Caj pravy 0,25l

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

DIA-T - DIABETICKA STRAVA - TEKUTÁ**1 - 1 r.******* Pondelok 19.09.2022 *****

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. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 26714 Brav. maso na
 plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99323 Pagac
 Večera. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 20.09.2022 *****

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. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 35023 Karbonatky s ovsenymi
 vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
 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. 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63111 Caj pravy 0,25l
 Il. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Streda 21.09.2022 *****

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. 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12), 18213 Gulas mexicky
 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12), 63111 Caj pravy 0,25l
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 22.09.2022 *****

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. 99510 Nektarinka
 Obed. 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90082 Treska
 dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l
 Olovrant. 99620 Tvarohovy Mišo DIA
 Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63111 Caj pravy
 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 23.09.2022 *****

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. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12), 90453 Ryzova kasa DIA 350g
 (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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Obdobie: 19.09.2022 - 25.09.2022

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*** Sobota 24.09.2022 ***

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. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90016 Kuracie prsia na
horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l
Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravy 0,25l
II. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

*** Nedela 25.09.2022 ***

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. 99502 Banan (E:476kj,B:2g,S:25g)
Obed. 01421 Vyvar hov. s masom a zeleninou 0,33L(m.18g,p.15g) (E:447kj,B:7g,T:3g,S:13g) (Al:9,12), 90100
Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l
Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. 99555 Detsky prikrm, 63111 Caj pravy 0,25l
II. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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KASOV - ŠETRIACA - KAŠOVITÁ 1 - 1 r.***** Pondelok 19.09.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Utorok 20.09.2022 *****

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), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99335 Croissant cokoladovy

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

***** Streda 21.09.2022 *****

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), 99401 Paradajka (E:42kj,B:1g,S:3g),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12), 18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99739 Piskoty dlhe

Večera. 57912 Lievance 310g (E:4678kj,B:28g,T:33g,S:178g) (Al:1,3,7,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 22.09.2022 *****

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99708 Medové maslo natierka 50g (E:1305kj,T:29g,S:12g) (Al:7),
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99510 Nektarinka

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

Olovrant. 99618 Tvarohovy Mišo

Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 23.09.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12),
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. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12), 57122 Halusky s vajcom 250g

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(E:3407kj,B:27g,T:33g,S:103g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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 24.09.2022 *****

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), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obed. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90016 Kuracie prsia na
horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)
(Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 18714 Kottlikovy gulas 313g(m.63g) (E:1563kj,B:20g,T:21g,S:30g) (Al:1,7,12), 99301 Chlieb 1 ks 50g
(E:608kj,T:1g,S:30g) (Al:1), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Nedela 25.09.2022 *****

Raňajky. 99326 Zavin kakaovy 100g, 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. 01421 Vyvar hov. s masom a zeleninou 0,33L(m.18g,p.15g) (E:447kj,B:7g,T:3g,S:13g) (Al:9,12), 90100
Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99520 Kompot 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99117 Sunka vak. 100g, 99630 Syr taveny
35g (E:343kj,B:6g,T:6g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 19.09.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 27114 Bravcovy segedinsky gulas 285g(m.65g) (E:1603kj,B:18g,T:28g,S:16g) (Al:1,7,12), 50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Utorok 20.09.2022 *****

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), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7), 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 52623 Uhorkovy salat 160g (E:148kj,B:1g,S:8g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99335 Croissant cokoladovy

Večera. 47122 Leco s vajcom 350g (E:1500kj,B:15g,T:28g,S:21g) (Al:3,7), 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 21.09.2022 *****

Raňajky. 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7), 99401 Paradajka (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12), 18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99323 Pagac

Večera. 57912 Lievance 310g (E:4678kj,B:28g,T:33g,S:178g) (Al:1,3,7,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 22.09.2022 *****

Raňajky. 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99708 Medové maslo natierka 50g (E:1305kj,T:29g,S:12g) (Al:7), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata. 99510 Nektarinka

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

Olovrant. 99618 Tvarohovy Mišo

Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 23.09.2022 *****

Raňajky. 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99717 Sunkova natierka 50g (E:883kj,B:5g,T:21g,S:1g) (Al:7,10,12), 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. 90732 Polievka cicerova 0,33l (E:234kj,B:1g,T:4g,S:4g) (Al:1,12), 57322 Bryndzove halusky 380g (E:5112kj,B:44g,T:58g,S:140g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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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 24.09.2022 *****

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), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obed. 05911 Polievka fazulova kysla 0,33L (E:847kj,B:9g,T:7g,S:32g) (Al:1,7,12), 90016 Kuracie prsia na
horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)
(Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 18714 Kotlikovy gulas 313g(m.63g) (E:1563kj,B:20g,T:21g,S:30g) (Al:1,7,12), 99301 Chlieb 1 ks 50g
(E:608kj,T:1g,S:30g) (Al:1), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Nedela 25.09.2022 *****

Raňajky. 99326 Zavin kakaovy 100g, 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. 01421 Vyvar hov. s masom a zeleninou 0,33L(m.18g,p.15g) (E:447kj,B:7g,T:3g,S:13g) (Al:9,12), 90100
Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99109 Salama sucha vak. 100g
(E:1984kj,B:21g,T:43g,S:2g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7),
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 19.09.2022 *****

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. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Utorok 20.09.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 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. 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 35023 Karbonatky s ovsenymi vločkami 120g (E:2366kj,B:15g,T:48g,S:22g) (Al:1,3,7), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Streda 21.09.2022 *****

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

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

Obed. 05211 Polievka spenatova 0,33L (E:368kj,B:3g,T:5g,S:8g) (Al:1,7,12), 18213 Gulas mexicky 343g(m.63g,s.100g) (E:2723kj,B:28g,T:26g,S:75g) (Al:1,7,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99739 Piskoty dlhe

Večera. 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 22.09.2022 *****

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

Desiata. 99510 Nektarinka

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

Olovrant. 99618 Tvarohovy Mišo

Večera. 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 23.09.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12), 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. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12), 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

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

Obdobie: 19.09.2022 - 25.09.2022

Str.: 16

*** Sobota 24.09.2022 ***

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

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

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

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

Večera..... 55812 Krupicová kaša 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

*** Nedela 25.09.2022 ***

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

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

Obed..... 01421 Vyvar hov. s masom a zeleninou 0,33L(m.18g,p.15g) (E:447kj,B:7g,T:3g,S:13g) (Al:9,12), 90100 Morcacie prsia na prírodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 49712 Zemiaky varené 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocný 0,25l (E:403kj,S:21g)

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

Večera..... 99624 Mliečna ryža, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková
Hejbalová
Kubrická
Šimovcová
Kaštilová