

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

Obdobie: 24.01.2022 - 30.01.2022

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 24.01.2022 \*\*\***

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

Obed. . . . . 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12), 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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 25.01.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99604 Maslo mini delacreame 20g, 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 mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9), 667195 Hov. dus. s koprom bezmlieka 160g(m.62g) (E:1094kj,B:18g,T:19g,S:6g) (Al:1), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99604 Maslo mini delacreame 20g

Večera. . . . . 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (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 26.01.2022 \*\*\***

Raňajky. . . . . 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 20g, 99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)

Večera. . . . . 90726 Brokolica varena 230g (E:150kj,B:5g,S:8g), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 27.01.2022 \*\*\***

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

Obed. . . . . 02421 Hovadzia polievka s haluskami 0,33L(p.40g) (E:496kj,B:4g,T:4g,S:18g) (Al:1,3,7,9,12), 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. . . . . 99323 Pagac

Večera. . . . . 55122 Kap.fliacky s cukrom a skoric. 380g (E:3354kj,B:15g,T:31g,S:120g) (Al:1,3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 28.01.2022 \*\*\***

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 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), 25813 Bravcove stehno zahradnicke 200g(m.64g) (E:1535kj,B:17g,T:30g,S:7g) (Al:1,7,9,12), 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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

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

Obdobie: 24.01.2022 - 30.01.2022

Str.: 2

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

## \*\*\* Sobota 29.01.2022 \*\*\*

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

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

Obed. .... 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9), 90100 Morcacie prsia  
na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (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. .... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. .... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)  
(Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 30.01.2022 \*\*\*

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

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

Obed. .... 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12), 90006 Kuracie  
prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7),  
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

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

Obdobie: 24.01.2022 - 30.01.2022

Str.: 3

**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 24.01.2022 \*\*\***

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. . . . . 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12), 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

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

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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

**\*\*\* Utorok 25.01.2022 \*\*\***

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

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

Obed. . . . . 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9), 66719 Hov. dusené s kôprom 160g(m.62g) (E:1334kj,B:19g,T:23g,S:10g) (Al:1,7), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

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

Večera. . . . . 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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

**\*\*\* Streda 26.01.2022 \*\*\***

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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99441 Mrkvovy salat s jablkom DIA 150g (E:199kj,B:1g,S:16g), 63111 Caj pravy 0,25l

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

Večera. . . . . 90726 Brokolica varena 230g (E:150kj,B:5g,S:8g), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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

**\*\*\* Stvrtok 27.01.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99681 Mast domaca 50g (E:1876kj,T:50g), 99560 Cibula (E:19kj,S:1g), 63111 Caj pravy 0,25l

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

Obed. . . . . 02421 Hovadzia polievka s haluskami 0,33L(p.40g) (E:496kj,B:4g,T:4g,S:18g) (Al:1,3,7,9,12), 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. . . . . 99323 Pagac

Večera. . . . . 90403 Kapustove fliacky DIA (,s.380g) (E:2847kj,B:14g,T:31g,S:93g) (Al:1,3), 63111 Caj pravy 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99115 Pecenyovy syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

**\*\*\* Piatok 28.01.2022 \*\*\***

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. . . . . 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 25813 Bravcove stehno

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

Obdobie: 24.01.2022 - 30.01.2022

Str.: 4

zahradnicke 200g(m.64g) (E:1535kj,B:17g,T:30g,S:7g) (Al:1,7,9,12),  
 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. .... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99439 Cvikla DIA  
 (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l  
 Il. večera. .... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99106 Salama makka 50g 50g  
 (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99604 Maslo mini delacreame 20g

## \*\*\* Sobota 29.01.2022 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99407 Kalerab  
 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 649135 Polievka zelerova bez mlieka 0,33l (E:554kj,B:2g,T:10g,S:10g) (Al:1,9), 90100 Morcacie prsia  
 na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (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. .... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)  
 Večera. .... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (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), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Nedela 30.01.2022 \*\*\*

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, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)  
 Desiata. .... 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. .... 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12), 90006 Kuracie  
 prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7),  
 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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

**DIA-9 - DIABETICKA STRAVA****1 - 1 r.****\*\*\* Pondelok 24.01.2022 \*\*\***

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

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90003 Kuracie prsia po  
cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

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

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

**\*\*\* Utorok 25.01.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44811 Salamova natierka 40g  
(E:746kj,B:1g,T:18g,S:1g) (Al:1,3,7,10,12), 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), 65919 Hov.mäso varené  
- rostenka (m.62g) (E:660kj,B:16g,T:10g),  
10422 Chrenova omacka 150g (E:801kj,B:5g,T:11g,S:18g) (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. . . . . 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)

Večera. . . . . 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99433 Uhorky ster. DIA  
(E:26kj,S:1g), 63111 Caj pravy 0,25l

II. 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)

**\*\*\* Streda 26.01.2022 \*\*\***

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, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04111 Polievka hubova s mrvancami 0,33L (E:691kj,B:4g,T:5g,S:26g) (Al:1,7,12), 90230 Udene br.  
stehno 64g (E:486kj,B:12g,T:6g,S:3g),  
49112 Hrachova kasa s cibulou 345g (E:1835kj,B:22g,T:17g,S:61g) (Al:1,7,12), 99303 Chlieb tmavý 1ks  
(E:688kj,B:5g,T:1g,S:32g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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

Večera. . . . . 90271 Brokolica zapiekana 280 (E:1220kj,B:13g,T:21g,S:19g) (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), 99107 Salama sucha 50g 50g  
(E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

**\*\*\* Stvrtok 27.01.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99681 Mast domaca 50g (E:1876kj,T:50g), 99560  
Cibula (E:19kj,S:1g), 63111 Caj pravy 0,25l

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

Obed. . . . . 05911 Polievka fazulova kysla 0,33L (E:847kj,B:9g,T:7g,S:32g) (Al:1,7,12), 12112 Treska vyprazana  
150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),  
49912 Zemiaky opekane 180g (E:1755kj,B:7g,T:15g,S:75g) (Al:7), 99761 Tatarska omacka (m.0,05g)  
(E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Pagac

Večera. . . . . 90403 Kapustove fliacky DIA (,s.380g) (E:2847kj,B:14g,T:31g,S:93g) (Al:1,3), 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99115 Peceny syr 50g 50g  
(E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

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Obdobie: 24.01.2022 - 30.01.2022

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## \*\*\* Piatok 28.01.2022 \*\*\*

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44721 Vajcovy krem [jemna natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12), 63111 Caj pravy 0,25l

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

Obed..... 06911 Pol. frankfurt.s parkom a zem. 0,33L(m.15g) (E:610kj,B:5g,T:8g,S:14g) (Al:1,3,7,12), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 25813 Bravcove stehno zahradnicke 200g(m.64g) (E:1535kj,B:17g,T:30g,S:7g) (Al:1,7,9,12), 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..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

## \*\*\* Sobota 29.01.2022 \*\*\*

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99406 Redkovka 30g (E:24kj,S:1g), 63111 Caj pravy 0,25l

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

Obed..... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 48513 Transylvanska preklad. kapusta 400g (E:2560kj,B:24g,T:35g,S:52g) (Al:1,3,7,12), 63111 Caj pravy 0,25l

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

Večera..... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (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), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Nedela 30.01.2022 \*\*\*

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), 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..... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 90006 Kuracie prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7), 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), 63111 Caj pravy 0,25l

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

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 24.01.2022 - 30.01.2022

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**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 24.01.2022 \*\*\***

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90003 Kuracie prsia po  
cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

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

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

**\*\*\* Utorok 25.01.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:  
1g) (Al:1,3), 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. . . . . 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 66719 Hov. dusené s  
kôprom 160g(m.62g) (E:1334kj,B:19g,T:23g,S:10g) (Al:1,7),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99439 Cvikla DIA  
(E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

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

Večera. . . . . 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (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), 99609 Maslo mini 2ks (E:626kj,T:17g)  
(Al:7)

**\*\*\* Streda 26.01.2022 \*\*\***

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, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90103 Morcacie  
prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99441 Mrkvovy salat s jablkom DIA 150g  
(E:199kj,B:1g,S:16g), 63111 Caj pravy 0,25l

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

Večera. . . . . 90271 Brokolica zapiekana 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. . . . . 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)

**\*\*\* Stvrtok 27.01.2022 \*\*\***

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

Obed. . . . . 02421 Hovadzia polievka s haluskami 0,33L(p.40g) (E:496kj,B:4g,T:4g,S:18g) (Al:1,3,7,9,12), 90082  
Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99316 Dalamanka celozrnna, 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

Večera. . . . . 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99115 Peceny syr 50g 50g  
(E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

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

Obdobie: 24.01.2022 - 30.01.2022

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## \*\*\* Piatok 28.01.2022 \*\*\*

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..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 25813 Bravcove stehno  
zahradnicke 200g(m.64g) (E:1535kj,B:17g,T:30g,S:7g) (Al:1,7,9,12),  
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..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99439 Cvikla DIA  
(E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99106 Salama makka 50g 50g  
(E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

## \*\*\* Sobota 29.01.2022 \*\*\*

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44511 Tvarohova natierka 50g  
(E:629kj,B:4g,T:14g,S:1g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

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

Obed..... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90100 Morcacie prsia na  
prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (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..... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera..... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (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), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Nedela 30.01.2022 \*\*\*

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),  
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..... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 90006 Kuracie  
prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7),  
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),  
63111 Caj pravy 0,25l

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



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

Obdobie: 24.01.2022 - 30.01.2022

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**DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.****\*\*\* Pondelok 24.01.2022 \*\*\***

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. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90003 Kuracie prsia po  
 cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 25.01.2022 \*\*\***

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), 66719 Hov. dusené s  
 kôprom 160g(m.62g) (E:1334kj,B:19g,T:23g,S:10g) (Al:1,7),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)  
 Večera. . . . . 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (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)

**\*\*\* Streda 26.01.2022 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g, 63421 Cierna  
 kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)  
 Desiata. . . . . 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90103 Morcacie  
 prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 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)

**\*\*\* Stvrtok 27.01.2022 \*\*\***

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. . . . . 02421 Hovadzia polievka s haluskami 0,33L (p.40g) (E:496kj,B:4g,T:4g,S:18g) (Al:1,3,7,9,12), 90082  
 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4),  
 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. . . . . 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

**\*\*\* Piatok 28.01.2022 \*\*\***

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), 25813 Bravcove stehno  
 zahradnicke 200g(m.64g) (E:1535kj,B:17g,T:30g,S:7g) (Al:1,7,9,12),  
 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. . . . . 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)

**\*\*\* Sobota 29.01.2022 \*\*\***

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. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90100 Morcacie prsia na  
 prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),

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51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. .... 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. .... 90406 Rezance s kakaom DIA 300 (E:2966kj,B:15g,T:30g,S:105g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 II. večera. .... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

## \*\*\* Nedela 30.01.2022 \*\*\*

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. .... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 90006 Kuracie  
 prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7),  
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. .... 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. .... 99555 Detsky prikrm, 63111 Caj pravy 0,25l  
 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 24.01.2022 \*\*\***

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

**\*\*\* Utorok 25.01.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99609 Maslo mini 2ks (E:626kj,T:17g) (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 vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 66719 Hov. dusené s kôprom 160g(m.62g) (E:1334kj,B:19g,T:23g,S:10g) (Al:1,7), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (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 26.01.2022 \*\*\***

Raňajky. . . . . 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)

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)

**\*\*\* Stvrtok 27.01.2022 \*\*\***

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

Obed. . . . . 02421 Hovadzia polievka s haluskami 0,33L(p.40g) (E:496kj,B:4g,T:4g,S:18g) (Al:1,3,7,9,12), 90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4), 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. . . . . 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

Večera. . . . . 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 28.01.2022 \*\*\***

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. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 25813 Bravcove stehno zahradnicke 200g(m.64g) (E:1535kj,B:17g,T:30g,S:7g) (Al:1,7,9,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63112 Caj ovocny

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0,25l (E:403kj,S:21g)  
 Olovrant. .... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)  
 Večera. .... 49922 Zemiaky bratislavské 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99436 Cvikla 150g  
 (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 29.01.2022 \*\*\*

Raňajky. .... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 44511 Tvarohova natierka 50g  
 (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90100 Morcacie prsia na  
 prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (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. .... 99336 Moravsky kolac  
 Večera. .... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)  
 (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 30.01.2022 \*\*\*

Raňajky. .... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99609 Maslo mini 2ks (E:626kj,T:17g)  
 (Al:7), 99740 Med mini, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. .... 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. .... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 90006 Kuracie  
 prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7),  
 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), 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 24.01.2022 \*\*\***

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

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

**\*\*\* Utorok 25.01.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 44811 Salamova natierka 40g (E:746kj,B:1g,T:18g,S:1g) (Al:1,3,7,10,12), 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), 65919 Hov.mäso varené - rostenka (m.62g) (E:660kj,B:16g,T:10g), 10422 Chrenova omacka 150g (E:801kj,B:5g,T:11g,S:18g) (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. . . . . 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. . . . . 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 26.01.2022 \*\*\***

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), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04111 Polievka hubova s mrvancami 0,33L (E:691kj,B:4g,T:5g,S:26g) (Al:1,7,12), 90230 Udene br. stehno 64g (E:486kj,B:12g,T:6g,S:3g), 49112 Hrachova kasa s cibulou 345g (E:1835kj,B:22g,T:17g,S:61g) (Al:1,7,12), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)

Večera. . . . . 90271 Brokolica zapekana 280 (E:1220kj,B:13g,T:21g,S:19g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 27.01.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99681 Mast domaca 50g (E:1876kj,T:50g), 99560 Cibula (E:19kj,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 05911 Polievka fazulova kysla 0,33L (E:847kj,B:9g,T:7g,S:32g) (Al:1,7,12), 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7), 49912 Zemiaky opekane 180g (E:1755kj,B:7g,T:15g,S:75g) (Al:7), 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99323 Pagac

Večera. . . . . 55122 Kap.fliacky s cukrom a skoric. 380g (E:3354kj,B:15g,T:31g,S:120g) (Al:1,3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 28.01.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 44721 Vajcovy krem [jemna natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obed. . . . . 06911 Pol. frankfurt.s parkom a zem. 0,33L(m.15g) (E:610kj,B:5g,T:8g,S:14g) (Al:1,3,7,12), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 90250 Buchty tvarohove 300g (E:4928kj,B:30g,T:51g,S:149g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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Olovrant. .... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)  
 Večera. .... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99434 Uhorky ster. (E:71kj)  
 (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 29.01.2022 \*\*\*

Raňajky. .... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 44511 Tvarohova natierka 50g  
 (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99406 Redkovka 30g (E:24kj,S:1g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 48513 Transylvanska preklad.  
 kapusta 400g (E:2560kj,B:24g,T:35g,S:52g) (Al:1,3,7,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99336 Moravsky kolac  
 Večera. .... 55012 Rezance s vajcom 300g (E:3063kj,B:27g,T:33g,S:84g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)  
 (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 30.01.2022 \*\*\*

Raňajky. .... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99609 Maslo mini 2ks (E:626kj,T:17g)  
 (Al:7), 99740 Med mini, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. .... 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. .... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 90006 Kuracie  
 prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7),  
 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), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 24.01.2022 - 30.01.2022

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**TEKUT - TEKUTA STRAVA 1 - 1 r.****\*\*\* Pondelok 24.01.2022 \*\*\***

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90003 Kuracie prsia po cinsky 170g(m.64g) (E:1219kj,B:32g,T:14g,S:11g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)

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)

**\*\*\* Utorok 25.01.2022 \*\*\***

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. . . . . 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 66719 Hov. dusené s kôprom 160g(m.62g) (E:1334kj,B:19g,T:23g,S:10g) (Al:1,7), 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. . . . . 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. . . . . 55022 Granatiarsky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 26.01.2022 \*\*\***

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

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

**\*\*\* Stvrtok 27.01.2022 \*\*\***

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. . . . . 02421 Hovadzia polievka s haluskami 0,33L(p.40g) (E:496kj,B:4g,T:4g,S:18g) (Al:1,3,7,9,12), 90082 Treska dusena 150g (E:553kj,B:22g,T:1g,S:9g) (Al:1,4), 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. . . . . 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 28.01.2022 \*\*\***

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), 25813 Bravcove stehno zahradnicke 200g(m.64g) (E:1535kj,B:17g,T:30g,S:7g) (Al:1,7,9,12), 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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

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

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(E:403kj,S:21g)

## \*\*\* Sobota 29.01.2022 \*\*\*

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. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (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. . . . . 99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)

Večera. . . . . 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 30.01.2022 \*\*\*

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

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 90006 Kuracie prsia dus. v karotke 180g(m.64g) (E:1212kj,B:32g,T:12g,S:16g) (Al:1,7), 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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 99624 Mliecna ryza, 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková   
Hejbalová   
Kubrická   
Šimovcová   
Kaštilová