

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

Obdobie: 26.09.2022 - 02.10.2022

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 26.09.2022 \*\*\***

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

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

Obed. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 52913 Salat z cinskej kapusty 150g (E:350kj,B:2g,T:6g,S:7g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99323 Pagac

Večera. . . . . 462115 Karotka s hraskom bez mlieka 180g (E:555kj,B:4g,T:5g,S:19g) (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)

**\*\*\* Utorok 27.09.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99511 Broskyňa (E:285kj,B:1g,S:18g)

Obed. . . . . 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1), 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. . . . . 99739 Piskoty dlhe

Večera. . . . . 900145 Kuracie rizoto bratis.bez mlie 460g(m.60g) (E:3370kj,B:46g,T:28g,S:95g) (Al:1,3,7,12), 99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 28.09.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99543 Nugeta, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,7,9,12), 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 90480 Omeleta bez mlieka 85g (E:1050kj,B:13g,T:22g,S:1g) (Al:3), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 29.09.2022 \*\*\***

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

Desiata. . . . . 99510 Nektarinka

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

Olovrant. . . . . 99335 Croissant cokoladovy

Večera. . . . . 902715 Brokolica zapekana bezmlieka 280 (E:727kj,B:8g,T:10g,S:16g) (Al:1,3), 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 30.09.2022 \*\*\***

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

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

Obed. . . . . 039115 Pol. z fazul.strukov bezmlieka 0,33L (E:458kj,B:2g,T:6g,S:13g) (Al:1,7,12), 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obdobie: 26.09.2022 - 02.10.2022

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Olovrant. .... 99316 Dalamanka celozrnna, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)  
 Večera. .... 37823 Salama pecena 80g (E:1646kj,B:10g,T:38g,S:2g) (Al:1,3,7), 49712 Zemiaky varene 330g  
 (E:964kj,B:6g,T:1g,S:60g), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 01.10.2022 \*\*\*

Raňajky. .... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g, 99562  
 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 05521 Polievka zemiakova s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12), 410135 Kurca  
 dus.so zelen. bez mlieka 280g(m.64g) (E:1255kj,B:33g,T:13g,S:10g) (Al: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)  
 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)

## \*\*\* Nedela 02.10.2022 \*\*\*

Raňajky. .... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 24414 Bravcovy rezen na roste  
 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12), 63112 Caj  
 ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 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), 99713 Tuniakovy salat, 63113 Caj pravy s  
 citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 26.09.2022 \*\*\***

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 pravý 0,25l

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

Obed. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravý 0,25l

Olovrant. . . . . 99323 Pagac

Večera. . . . . 462115 Karotka s hraskom bez mlieka 180g (E:555kj,B:4g,T:5g,S:19g) (Al:1,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravý 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)

**\*\*\* Utorok 27.09.2022 \*\*\***

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 pravý 0,25l

Desiata. . . . . 99511 Broskyňa (E:285kj,B:1g,S:18g)

Obed. . . . . 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1), 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 pravý 0,25l

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

Večera. . . . . 900145 Kuracie rizoto bratis.bez mlie 460g(m.60g) (E:3370kj,B:46g,T:28g,S:95g) (Al:1,3,7,12), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravý 0,25l

II. večera. . . . . 99316 Dalamanka celozrnna, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99604 Maslo mini delacreame 20g

**\*\*\* Streda 28.09.2022 \*\*\***

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

Obed. . . . . 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,7,9,12), 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravý 0,25l

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

Večera. . . . . 90480 Omeleta bez mlieka 85g (E:1050kj,B:13g,T:22g,S:1g) (Al:3), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravý 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)

**\*\*\* Stvrtok 29.09.2022 \*\*\***

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), 99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravý 0,25l

Desiata. . . . . 99510 Nektarinka

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

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

Večera. . . . . 902715 Brokolica zapekana bezmlieka 280 (E:727kj,B:8g,T:10g,S:16g) (Al:1,3), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

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

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

Obdobie: 26.09.2022 - 02.10.2022

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## \*\*\* Piatok 30.09.2022 \*\*\*

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

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

Obed..... 039115 Pol. z fazul.strukov bezmlieka 0,33L (E:458kj,B:2g,T:6g,S:13g) (Al:1,7,12), 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravý 0,25l

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

Večera..... 37823 Salama pecena 80g (E:1646kj,B:10g,T:38g,S:2g) (Al:1,3,7), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 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), 99604 Maslo mini delacreame 20g

## \*\*\* Sobota 01.10.2022 \*\*\*

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

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

Obed..... 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12), 410135 Kurca dus.so zelen. bez mlieka 280g(m.64g) (E:1255kj,B:33g,T:13g,S:10g) (Al:9,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 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 pravý 0,25l

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

## \*\*\* Nedela 02.10.2022 \*\*\*

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

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

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravý 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), 99713 Tuniakovy salat, 63111 Caj pravý 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)

Vyhotoval:Kaštílová

Schválila:Stravovacia komisia

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

Obdobie: 26.09.2022 - 02.10.2022

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**DIA-9 - DIABETICKA STRAVA****1 - 1 r.****\*\*\* Pondelok 26.09.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99716 Oskvarko-vajickova natierka 60g  
(E:1073kj,B:11g,T:23g,S:1g) (Al:3,7,10,12), 63111 Caj pravy 0,25l

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

Obed. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 90213 Brav.svedsky rezen  
148g(m.60g) (E:1506kj,B:18g,T:32g,S:1g) (Al:1,7),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99445 Salat z cinskej kapusty DIA 150g  
(E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Pagac

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

**\*\*\* Utorok 27.09.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44623 Drozdova natierka 60g  
(E:753kj,B:9g,T:12g,S:9g) (Al:1,3,7), 63111 Caj pravy 0,25l

Desiata. . . . . 99511 Broskyňa (E:285kj,B:1g,S:18g)

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90294 Syr vyprazany 110g  
(E:938kj,T:25g), 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. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

Večera. . . . . 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12), 99522  
Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

II. večera. . . . . 99316 Dalamanka celozrnna, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99602 Maslo mini  
(E:313kj,T:8g) (Al:7)

**\*\*\* Streda 28.09.2022 \*\*\***

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

Obed. . . . . 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,7,9,12), 90107 Morcaci perkelt  
262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera. . . . . 57622 Zemiakove placky 360g (E:3053kj,B:13g,T:34g,S:103g) (Al:1,3,7), 99438 Kapusta kysla  
(E:56kj,B:1g,S:3g) (Al:12), 63111 Caj pravy 0,25l

II. večera. . . . . 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)

**\*\*\* Stvrtok 29.09.2022 \*\*\***

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), 99401 Paradajka (E:42kj,B:1g,S:3g),  
63111 Caj pravy 0,25l

Desiata. . . . . 99510 Nektarinka

Obed. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 48613 Paprika plnena masom a  
ryzou 340g(m.140g,s.200g) (E:3152kj,B:36g,T:28g,S:121g) (Al:1,3,7,12),  
50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera. . . . . 90271 Brokolica zapekana 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), 99639 Syr mozzarella (E:1029kj,B:18g,T:19g,S:2g)

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

Obdobie: 26.09.2022 - 02.10.2022

Str.: 6

## \*\*\* Piatok 30.09.2022 \*\*\*

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

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

Obed..... 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12), 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

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

Večera..... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

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

## \*\*\* Sobota 01.10.2022 \*\*\*

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99710 Avokadova natierka 40g (E:904kj,B:4g,T:21g,S:3g) (Al:7), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l

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

Obed..... 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12), 41013 Kurca dusena so zeleninou 300g(m.150g) (E:1704kj,B:31g,T:30g,S:5g) (Al: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..... 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l

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

## \*\*\* Nedela 02.10.2022 \*\*\*

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), 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

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

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (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), 99636 Syr parenica (E:1200kj,B:24g,T:20g,S:2g), 99602 Maslo mini (E:313kj,T:8g) (Al:7), 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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 26.09.2022 - 02.10.2022

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**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 26.09.2022 \*\*\***

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

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

Obed. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 90213 Brav.svedsky rezen  
148g(m.60g) (E:1506kj,B:18g,T:32g,S:1g) (Al:1,7),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99445 Salat z cinskej kapusty DIA 150g  
(E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Pagac

Večera. . . . . 46211 Karotka dusena s hraskom 180g (E:752kj,B:5g,T:10g,S:20g) (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), 99115 Peceny syr 50g 50g  
(E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

**\*\*\* Utorok 27.09.2022 \*\*\***

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. . . . . 99511 Broskyna (E:285kj,B:1g,S:18g)

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90295 Syr peceny 110g  
(E:938kj,T:25g), 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. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

Večera. . . . . 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12), 99522  
Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

II. večera. . . . . 99316 Dalamanka celozrnna, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99602 Maslo mini  
(E:313kj,T:8g) (Al:7)

**\*\*\* Streda 28.09.2022 \*\*\***

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90107 Morcaci perkelt  
262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

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

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)

**\*\*\* Stvrtok 29.09.2022 \*\*\***

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), 99401 Paradajka (E:42kj,B:1g,S:3g),  
63111 Caj pravy 0,25l

Desiata. . . . . 99510 Nektarinka

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

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

Večera. . . . . 90271 Brokolica zapékana 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), 99639 Syr mozzarella (E:1029kj,B:18g,T:19g,S:2g)

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

Obdobie: 26.09.2022 - 02.10.2022

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## \*\*\* Piatok 30.09.2022 \*\*\*

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

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

Obed..... 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12), 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

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

Večera..... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

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)

## \*\*\* Sobota 01.10.2022 \*\*\*

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l

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

Obed..... 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12), 41013 Kurca dusena so zeleninou 300g(m.150g) (E:1704kj,B:31g,T:30g,S:5g) (Al: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..... 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (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)

## \*\*\* Nedela 02.10.2022 \*\*\*

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), 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

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

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7), 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..... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99636 Syr parenica (E:1200kj,B:24g,T:20g,S:2g), 99602 Maslo mini (E:313kj,T:8g) (Al:7), 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)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia



**DIA-T - DIABETICKA STRAVA - TEKUTÁ****1 - 1 r.****\*\*\* Pondelok 26.09.2022 \*\*\***

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. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 24414 Bravcovy rezen na roste  
 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 46211 Karotka dusena s hraskom 180g (E:752kj,B:5g,T:10g,S:20g) (Al:1,7,12), 49712 Zemiaky varene  
 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 27.09.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99511 Broskyna (E:285kj,B:1g,S:18g)  
 Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90001 Kuracie prsia na prirodno  
 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 Večera. . . . . 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12), 63111 Caj  
 pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Streda 28.09.2022 \*\*\***

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. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90107 Morcaci perkelt  
 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 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. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

**\*\*\* Stvrtok 29.09.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99510 Nektarinka  
 Obed. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 90216 Masove gul. s ryzou v  
 rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,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)

**\*\*\* Piatok 30.09.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. . . . . 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12), 90100 Morcacie prsia  
 na prirodno (m.64g) (E:990kj,B:22g,T:14g,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. . . . . 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 99600 Mlieko acidofilne 0,25l  
 (E:683kj,B:9g,T:9g,S:12g) (Al:7)  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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

Obdobie: 26.09.2022 - 02.10.2022

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## \*\*\* Sobota 01.10.2022 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l  
 Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. . . . . 05521 Polievka zemiaková s paprikou 0,33L (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12), 41013 Kurca dusená  
 so zeleninou 300g(m.150g) (E:1704kj,B:31g,T:30g,S:5g) (Al:7,9,12),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l  
 Olovrant. . . . . 99621 Smotana pochutková (E:1512kj,B:6g,T:32g,S:8g)  
 Večera. . . . . 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravý 0,25l  
 II. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

## \*\*\* Nedela 02.10.2022 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63522 Mlieko 0,25l  
 (E:485kj,B:8g,T:4g,S:12g) (Al:7)  
 Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. . . . . 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90205 Obrateny rezen 120g  
 (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravý 0,25l  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 99555 Detsky prikrm, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)  
 II. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 26.09.2022 - 02.10.2022

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**KASOV - ŠETRIACA - KAŠOVITÁ****1 - 1 r.****\*\*\* Pondelok 26.09.2022 \*\*\***

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

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

Obed. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 90213 Brav.svedsky rezen 148g(m.60g) (E:1506kj,B:18g,T:32g,S:1g) (Al:1,7), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 52913 Salat z cinskej kapusty 150g (E:350kj,B:2g,T:6g,S:7g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99323 Pagac

Večera. . . . . 46211 Karotka dusena s hraskom 180g (E:752kj,B:5g,T:10g,S:20g) (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)

**\*\*\* Utorok 27.09.2022 \*\*\***

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

Desiata. . . . . 99511 Broskyňa (E:285kj,B:1g,S:18g)

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90295 Syr peceny 110g (E:938kj,T:25g), 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. . . . . 99739 Piskoty dlhe

Večera. . . . . 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12), 99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 28.09.2022 \*\*\***

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99543 Nugeta, 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. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 38922 Omeleta so syrom 110g (E:1396kj,B:19g,T:28g,S:2g) (Al:3,7), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 29.09.2022 \*\*\***

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

Desiata. . . . . 99510 Nektarinka

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

Olovrant. . . . . 99616 Tvarohacek

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)

**\*\*\* Piatok 30.09.2022 \*\*\***

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

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

Obed. . . . . 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12), 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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Večera. .... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 99600 Mlieko acidofilne 0,25l  
(E:683kj,B:9g,T:9g,S:12g) (Al:7)

**\*\*\* Sobota 01.10.2022 \*\*\***

Raňajky. .... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g)  
(Al:7), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. .... 05521 Polievka zemiaková s paprikou 0,33l (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12), 41013 Kurca dusená  
so zeleninou 300g(m.150g) (E:1704kj,B:31g,T:30g,S:5g) (Al: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)

Večera. .... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63113 Caj pravy s citrnom 0,25l  
(E:403kj,S:21g)

**\*\*\* Nedela 02.10.2022 \*\*\***

Raňajky. .... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

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

Obed. .... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90205 Obrateny rezen 120g  
(E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),

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. .... 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), 99636 Syr parenica  
(E:1200kj,B:24g,T:20g,S:2g), 99602 Maslo mini (E:313kj,T:8g) (Al:7),  
63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 26.09.2022 - 02.10.2022

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**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 26.09.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99716 Oskvarko-vajickova natierka 60g (E:1073kj,B:11g,T:23g,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. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 90213 Brav.svedsky rezen 148g(m.60g) (E:1506kj,B:18g,T:32g,S:1g) (Al:1,7),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 52913 Salat z cinskej kapusty 150g (E:350kj,B:2g,T:6g,S:7g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99323 Pagac

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

**\*\*\* Utorok 27.09.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 44623 Drozdova natierka 60g (E:753kj,B:9g,T:12g,S:9g) (Al:1,3,7), 63111 Caj pravy 0,25l

Desiata. . . . . 99511 Broskyňa (E:285kj,B:1g,S:18g)

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90294 Syr vyprazany 110g (E:938kj,T:25g), 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. . . . . 99739 Piskoty dlhe

Večera. . . . . 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12), 99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 28.09.2022 \*\*\***

Raňajky. . . . . 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99543 Nugeta, 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. . . . . 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,7,9,12), 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 57622 Zemiakove placky 360g (E:3053kj,B:13g,T:34g,S:103g) (Al:1,3,7), 99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 29.09.2022 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99401 Paradajka (E:42kj,B:1g,S:3g),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99510 Nektarinka

Obed. . . . . 64913 Polievka zelerová 0,33l (E:592kj,B:2g,T:11g,S:11g) (Al:1,7,9), 48613 Paprika plnena masom a ryzou 340g(m.140g,s.200g) (E:3152kj,B:36g,T:28g,S:121g) (Al:1,3,7,12),  
50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99616 Tvarohacek

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)

**\*\*\* Piatok 30.09.2022 \*\*\***

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

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

Obed. . . . . 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12), 59012 Dukat.buchticky s vanil.kremom 450g(,s.200g,p.250g) (E:4408kj,B:25g,T:36g,S:158g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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Večera. .... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 99600 Mlieko acidofilne 0,25l  
(E:683kj,B:9g,T:9g,S:12g) (Al:7)

**\*\*\* Sobota 01.10.2022 \*\*\***

Raňajky. .... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99710 Avokadova natierka 40g  
(E:904kj,B:4g,T:21g,S:3g) (Al:7), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. .... 05521 Polievka zemiaková s paprikou 0,33l (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12), 41013 Kurca dusená  
so zeleninou 300g(m.150g) (E:1704kj,B:31g,T:30g,S:5g) (Al: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)

Večera. .... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63113 Caj pravy s citrnom 0,25l  
(E:403kj,S:21g)

**\*\*\* Nedela 02.10.2022 \*\*\***

Raňajky. .... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

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

Obed. .... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90205 Obrateny rezen 120g  
(E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),

51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (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), 99636 Syr parenica  
(E:1200kj,B:24g,T:20g,S:2g), 99602 Maslo mini (E:313kj,T:8g) (Al:7),  
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: 26.09.2022 - 02.10.2022

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**TEKUT - TEKUTA STRAVA 1 - 1 r.****\*\*\* Pondelok 26.09.2022 \*\*\***

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

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

Obed. . . . . 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 46211 Karotka dusena s hraskom 180g (E:752kj,B:5g,T:10g,S:20g) (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)

**\*\*\* Utorok 27.09.2022 \*\*\***

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. . . . . 99511 Broskyna (E:285kj,B:1g,S:18g)

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90001 Kuracie prsia na prirodno 100(m.64g) (E:1267kj,B:32g,T:16g,S:8g) (Al:1),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 90014 Kuracie rizoto bratislavske 460g(m.60g) (E:3536kj,B:50g,T:30g,S:95g) (Al:1,3,7,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 28.09.2022 \*\*\***

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

**\*\*\* Stvrtok 29.09.2022 \*\*\***

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. . . . . 99510 Nektarinka

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

Olovrant. . . . . 99616 Tvarohacek

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)

**\*\*\* Piatok 30.09.2022 \*\*\***

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

Obed. . . . . 03911 Pol. z fazul.strukov kysla 0,33L (E:555kj,B:4g,T:6g,S:15g) (Al:1,7,12), 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

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

Obdobie: 26.09.2022 - 02.10.2022

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## \*\*\* Sobota 01.10.2022 \*\*\*

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..... 05521 Polievka zemiaková s paprikou 0,33l (E:568kj,B:3g,T:5g,S:22g) (Al:1,7,12), 41013 Kurca dusená so zeleninou 300g(m.150g) (E:1704kj,B:31g,T:30g,S:5g) (Al: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..... 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera..... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63113 Caj pravý s citrónom 0,25l (E:403kj,S:21g)

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## \*\*\* Nedela 02.10.2022 \*\*\*

Raňajky..... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

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

Obed..... 65223 Slepáčia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 90205 Obratény rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7), 51212 Ryža dusená 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 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)

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Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková☐  
Hejbalová☐  
Kubrická☐  
Šimovcová☐  
Kaštilová☐

☐