

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

Obdobie: 29.08.2022 - 04.09.2022

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 29.08.2022 *****

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

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

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 257145 Bravcove stehno nitr. bezmliek 229g(m.79g) (E:1841kj,B:21g,T:30g,S:21g) (Al:1,3,7,10,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 30.08.2022 *****

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

Desiata. 99510 Nektarinka

Obed. 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9), 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99748 Keks Marina 0,1

Večera. 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Streda 31.08.2022 *****

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), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12), 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 01.09.2022 *****

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. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9), 90114 Morcacie prsia na hor. s cibul 171g(m.60g) (E:978kj,B:22g,T:14g,S:7g) (Al:1,10,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99748 Keks Marina 0,1

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 02.09.2022 *****

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

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

Obed. 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 90207 Brav. stehno na rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)

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(Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99316 Dalamanka celozrnna, 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 49712 Zemiaky varene 330g
 (E:964kj,B:6g,T:1g,S:60g), 99434 Uhorky ster. (E:71kj) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 03.09.2022 ***

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. 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), 40723 Kuraci
 perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom
 (E:337kj,S:20g) (Al:12)
 Olovrant. 99739 Piskoty dlhe
 Večera. 902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12), 99520 Kompot 150g
 (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 04.09.2022 ***

Raňajky. 99320 Vianocka 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. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12), 24414
 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99520 Kompot 150g (Al:12), 63100 Voda so
 sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99124 Sunkovy narez, 63100 Voda so
 sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 29.08.2022 - 04.09.2022

Str.: 3

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 29.08.2022 *****

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

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

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 257145 Bravcove stehno nitr. bezmliek 229g(m.79g) (E:1841kj,B:21g,T:30g,S:21g) (Al:1,3,7,10,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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 delacream 20g

***** Utorok 30.08.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacream 20g, 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

Desiata. 99510 Nektarinka

Obed. 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9), 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

Večera. 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Streda 31.08.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacream 20g, 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l

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

Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12), 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

***** Stvrtok 01.09.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacream 20g, 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. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9), 90114 Morcacie prsia na hor. s cibul 171g(m.60g) (E:978kj,B:22g,T:14g,S:7g) (Al:1,10,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99738 Pernik DIA

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g)

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Obdobie: 29.08.2022 - 04.09.2022

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*** Piatok 02.09.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

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

Obed..... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 90207 Brav. stehno na rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

*** Sobota 03.09.2022 ***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g, 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 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), 40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

*** Nedela 04.09.2022 ***

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

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

Obed..... 066115 Polievka drobkova bez mlieka 0,33l (E:826kj,B:12g,T:8g,S:21g) (Al:1,3,7,9,12), 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99124 Sunkovy narez, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 29.08.2022 *****

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. 06011 Polievka fazulova s rezancami 0,33L(p.24g) (E:845kj,B:8g,T:9g,S:28g) (Al:1,3,7,9,12), 25714 Bravcove stehno nitrianske 229g(m.79g) (E:2005kj,B:23g,T:33g,S:23g) (Al:1,3,7,10,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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)

***** Utorok 30.08.2022 *****

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

Desiata. 99510 Nektarinka

Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 17914 Hov. maso dus. na madar. spos. 212g(m.62g) (E:1197kj,B:18g,T:21g,S:7g) (Al:1,7), 50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

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. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

***** Streda 31.08.2022 *****

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), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l

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

Obed. 90741 Polievka porova so syrom 330ml (E:549kj,B:5g,T:7g,S:16g) (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), 99433 Uhorky ster. DIA (E:26kj,S:1g), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Stvrtok 01.09.2022 *****

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

Obed. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9), 90114 Morcacie prsia na hor. s cibul 171g(m.60g) (E:978kj,B:22g,T:14g,S:7g) (Al:1,10,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99738 Pernik DIA

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g)

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Obdobie: 29.08.2022 - 04.09.2022

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*** Piatok 02.09.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

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

Obed. 05621 Polievka zemiaková kyslá 0,33L (E:611kj,B:4g,T:6g,S:21g) (Al:1,7,12), 90207 Brav. stehno na
rajčiakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12),
51112 Cestovinová ryža 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA
(E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 47722 Zeleninový rezen 150g (E:2393kj,B:13g,T:37g,S:51g) (Al:1,3,7,12), 49712 Zemiaky varene 330g
(E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

*** Sobota 03.09.2022 ***

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99703 Kalerabová natierka 55g
(E:1107kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. 04321 Polievka kapustová s klobasou 0,33L(m.15g) (E:824kj,B:7g,T:13g,S:13g) (Al:1,7,12), 99303
Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
40723 Kurací perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12), 50712 Cestovina
priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90270 Rizoto zeleninové 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99522 Kompot dia 0,15
(E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

*** Nedela 04.09.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99542 Dzem mini dia 20g,
63411 Káva z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 06611 Polievka drobková 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 24824 Brav.
belehrad.rezen so zemiak 364g(m.64g) (E:2704kj,B:21g,T:38g,S:65g) (Al:1,7,12),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 29.08.2022 - 04.09.2022

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DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 29.08.2022 *****

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 pravý 0,25l

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

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 25714 Bravcove
stehno nitrianske 229g(m.79g) (E:2005kj,B:23g,T:33g,S:23g) (Al:1,3,7,10,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

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

Večera. 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (Al:1,7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

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)

***** Utorok 30.08.2022 *****

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

Desiata. 99510 Nektarinka

Obed. 04811 Polievka z ovsených vločiek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 18114 Hov. maso
dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

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. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99121 Pasteta 48g 48g
(E:1386kj,B:14g,T:31g,S:1g)

***** Streda 31.08.2022 *****

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), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravý 0,25l

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

Obed. 90741 Polievka porova so syrom 330ml (E:549kj,B:5g,T:7g,S:16g) (Al:1,7,12), 90009 Kuracie prsia na
rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7)

***** Stvrtok 01.09.2022 *****

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 pravý 0,25l

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

Obed. 65119 Vývar z hov. mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9), 90114 Morcacie prsia na hor.
s cibul 171g(m.60g) (E:978kj,B:22g,T:14g,S:7g) (Al:1,10,12),
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99738 Pernik DIA

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99712 Tuniak v raj. omacke
(E:3310kj,B:110g,T:15g,S:53g)

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Obdobie: 29.08.2022 - 04.09.2022

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*** Piatok 02.09.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

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

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90207 Brav. stehno na
rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA
(E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 47722 Zeleninovy rezen 150g (E:2393kj,B:13g,T:37g,S:51g) (Al:1,3,7,12), 49712 Zemiaky varene 330g
(E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

*** Sobota 03.09.2022 ***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99703 Kalerabova natierka 55g
(E:1107kj,T:29g,S:1g) (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), 40723 Kuraci perkelt
262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

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

Večera..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99522 Kompot dia 0,15
(E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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)

*** Nedela 04.09.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99542 Dzem mini dia 20g,
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed..... 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 24414 Bravcovy
rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99522 Kompot dia 0,15
(E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 29.08.2022 - 04.09.2022

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DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.***** Pondelok 29.08.2022 *****

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. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 25714 Bravcove
 stehno nitrianske 229g(m.79g) (E:2005kj,B:23g,T:33g,S:23g) (Al:1,3,7,10,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom
 (E:337kj,S:20g) (Al:12)
 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), 63100 Voda so sirupom
 (E:337kj,S:20g) (Al:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 30.08.2022 *****

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. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 18114 Hov. maso
 dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7),
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom
 (E:337kj,S:20g) (Al:12)
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 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. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

***** Streda 31.08.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g, 63111 Caj
 pravy 0,25l
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 90741 Polievka porova so syrom 330ml (E:549kj,B:5g,T:7g,S:16g) (Al:1,7,12), 90009 Kuracie prsia na
 rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g)
 (Al:12)
 Il. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

***** Stvrtok 01.09.2022 *****

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 Broskyňa (E:285kj,B:1g,S:18g)
 Obed. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9), 90114 Morcacie prsia na hor.
 s cibul 171g(m.60g) (E:978kj,B:22g,T:14g,S:7g) (Al:1,10,12),
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g)
 (Al:12)
 Olovrant. 99738 Pernik DIA
 Večera. 99555 Detsky prikrm, 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 02.09.2022 *****

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. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90207 Brav. stehno na
 rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63100 Voda so sirupom
 (E:337kj,S:20g) (Al:12)
 Olovrant. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63100 Voda so sirupom

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(E:337kj,S:20g) (Al:12)

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

*** Sobota 03.09.2022 ***

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l

Desiata. 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), 40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),

50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

*** Nedela 04.09.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),

49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 99555 Detsky prikrm, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 29.08.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 25714 Bravcove stehno nitrianske 229g(m.79g) (E:2005kj,B:23g,T:33g,S:23g) (Al:1,3,7,10,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 30.08.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99510 Nektarinka

Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

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)

***** Streda 31.08.2022 *****

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), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 90741 Polievka porova so syrom 330ml (E:549kj,B:5g,T:7g,S:16g) (Al:1,7,12), 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99335 Croissant cokoladovy

Večera. 90271 Brokolica zapekana 280 (E:1220kj,B:13g,T:21g,S:19g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 01.09.2022 *****

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. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9), 90114 Morcacie prsia na hor. s cibul 171g(m.60g) (E:978kj,B:22g,T:14g,S:7g) (Al:1,10,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99748 Keks Marina 0,1

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 02.09.2022 *****

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

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

Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90207 Brav. stehno na rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)

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(Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
 Večera. 47722 Zeleninovy rezen 150g (E:2393kj,B:13g,T:37g,S:51g) (Al:1,3,7,12), 49712 Zemiaky varene 330g
 (E:964kj,B:6g,T:1g,S:60g), 99434 Uhorky ster. (E:71kj) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 03.09.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99703 Kalerabova natierka 55g
 (E:1107kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12), 40723 Kuraci perkelt
 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom
 (E:337kj,S:20g) (Al:12)
 Olovrant. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
 Večera. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 04.09.2022 ***

Raňajky. 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99602 Maslo mini (E:313kj,T:8g) (Al:7),
 99541 Dzem mini (Al:12),
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 24414 Bravcovy
 rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99640 Syr Lucina
 (E:1203kj,B:11g,T:27g,S:1g), 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 29.08.2022 *****

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

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

Obed. 06011 Polievka fazulova s rezancami 0,33L,(p.24g) (E:845kj,B:8g,T:9g,S:28g) (Al:1,3,7,9,12), 25714 Bravcove stehno nitrianske 229g(m.79g) (E:2005kj,B:23g,T:33g,S:23g) (Al:1,3,7,10,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 30.08.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 44611 Syrova natierka jemna 40g (E:748kj,B:4g,T:18g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. 99510 Nektarinka

Obed. 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 17914 Hov. maso dus. na madar. spos. 212g(m.62g) (E:1197kj,B:18g,T:21g,S:7g) (Al:1,7), 50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99323 Pagac

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)

***** Streda 31.08.2022 *****

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), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 90741 Polievka porova so syrom 330ml (E:549kj,B:5g,T:7g,S:16g) (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), 99434 Uhorky ster. (E:71kj) (Al:12), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99335 Croissant cokoladovy

Večera. 90271 Brokolica zapiekana 280 (E:1220kj,B:13g,T:21g,S:19g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 01.09.2022 *****

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

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

Obed. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9), 90114 Morcacie prsia na hor. s cibul 171g(m.60g) (E:978kj,B:22g,T:14g,S:7g) (Al:1,10,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99748 Keks Marina 0,1

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Piatok 02.09.2022 *****

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

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

Obed. 05621 Polievka zemiaková kysla 0,33L (E:611kj,B:4g,T:6g,S:21g) (Al:1,7,12), 58611 Slivkovy osuch peceny 320g (E:5246kj,B:21g,T:39g,S:205g) (Al:1,3,7),

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63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)
 Večera. 47722 Zeleninovy rezen 150g (E:2393kj,B:13g,T:37g,S:51g) (Al:1,3,7,12), 49712 Zemiaky varene 330g
 (E:964kj,B:6g,T:1g,S:60g), 99434 Uhorky ster. (E:71kj) (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Sobota 03.09.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99703 Kalerabova natierka 55g
 (E:1107kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 04321 Polievka kapustova s klobasou 0,33L(m.15g) (E:824kj,B:7g,T:13g,S:13g) (Al:1,7,12), 99301
 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 40723 Kuraci perkelt 262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12), 50712 Cestovina
 priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)
 Večera. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

*** Nedela 04.09.2022 ***

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),
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 24824 Brav.
 belehrad.rezen so zemiak 364g(m.64g) (E:2704kj,B:21g,T:38g,S:65g) (Al:1,7,12),
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)
 Olovrant. 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)
 Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99640 Syr Lucina
 (E:1203kj,B:11g,T:27g,S:1g), 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 29.08.2022 *****

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. 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 25714 Bravcove stehno nitrianske 229g(m.79g) (E:2005kj,B:23g,T:33g,S:23g) (Al:1,3,7,10,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Utorok 30.08.2022 *****

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. 04811 Polievka z ovsenych vloziek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9), 18114 Hov. maso dusene na karotke 205g(m.62g) (E:1179kj,B:18g,T:21g,S:7g) (Al:1,7), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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)

***** Streda 31.08.2022 *****

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

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

Obed. 90741 Polievka porova so syrom 330ml (E:549kj,B:5g,T:7g,S:16g) (Al:1,7,12), 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

***** Stvrtok 01.09.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 65119 Vývar z hov.mäsa 4l(m.0,62g) (E:875kj,B:19g,T:9g,S:13g) (Al:9), 90114 Morcacie prsia na hor. s cibul 171g(m.60g) (E:978kj,B:22g,T:14g,S:7g) (Al:1,10,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. 99748 Keks Marina 0,1

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

***** Piatok 02.09.2022 *****

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

Obed. 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90207 Brav. stehno na rajciakoch 183g(m.63g) (E:1282kj,B:16g,T:22g,S:10g) (Al:1,9,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63100 Voda so sirupom

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(E:337kj,S:20g) (Al:12)

*** Sobota 03.09.2022 ***

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. 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), 40723 Kuraci perkelt
262g(m.62g) (E:1144kj,B:31g,T:13g,S:8g) (Al:1,7,12),
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

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

Večera. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 63100 Voda so sirupom
(E:337kj,S:20g) (Al:12)

*** Nedela 04.09.2022 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99541 Dzem mini (Al:12), 63411 Kava z
kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 24414 Bravcovy
rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

□