

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

Obdobie: 09.12.2024 - 15.12.2024

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 09.12.2024 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),  
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 49922 Zemiaky bratislavske 390g (E:1578kj,B:9g,T:8g,S:79g) (Al:7,12),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 10.12.2024 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
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..... 99345 Satocka s ovoc. naplnou

Večera..... 55022 Granatiarsky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 11.12.2024 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99118 Salama parizer 50g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9),  
212235 Tel.rezen prir.zahr. bezmlieka 223g(m.68g) (E:1131kj,B:17g,T:20g,S:7g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
52623 Uhorkovy salat 160g (E:241kj,B:1g,S:14g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99748 Keks Marina 0,1, 99743 Zakusok (Al:1,3,5,7,8,12)

Večera..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 90231 Zabijackova kasa 250g (E:413kj,T:11g),  
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 12.12.2024 \*\*\***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata..... 99501 Ovocie

Obed..... 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
90081 Losos duseny 100g (E:374kj,B:32g,T:6g,S:10g) (Al:1),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 902705 Rizoto zeleninove bez mlieka 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12),  
99520 Kompot 150g (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 13.12.2024 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99769 Salat treska,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 06011 Polievka fazulova s rezancami 0,33l(p.24g) (E:845kj,B:8g,T:9g,S:28g) (Al:1,3,7,9,12),  
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),

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99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 14.12.2024 \*\*\*

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),

90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (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. . . . . 99345 Satocka s ovoc. naplnou

Večera. . . . . 547125 Rezance s makom bez mlieka 300g (E:2621kj,B:17g,T:14g,S:113g) (Al:1,3,7),

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

## \*\*\* Nedela 15.12.2024 \*\*\*

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),

90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),

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 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99124 Sunkovy narez,

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 09.12.2024 - 15.12.2024

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**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 09.12.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacream 40g 40,  
63111 Caj pravý 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12),  
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l

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

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1578kj,B:9g,T:8g,S:79g) (Al:7,12),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g) . . . . .

**\*\*\* Utorok 10.12.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacream 40g 40,  
99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravý 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
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. . . . . 99738 Pernik DIA

Večera. . . . . 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g) . . . . .

**\*\*\* Streda 11.12.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacream 40g 40,  
99118 Salama parizer 50g, 63111 Caj pravý 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 048115 Polievka z ovs. vloc. bez mlie 0,33l (E:402kj,B:2g,T:6g,S:10g) (Al:1,7,9),  
212235 Tel.rezen prir.zahr. bezmlieka 223g(m.68g) (E:1131kj,B:17g,T:20g,S:7g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63111 Caj pravý 0,25l

Olovrant. . . . . 99323 Paqac, 99750 Zakusok DIA

Večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 90231 Zabijackova kasa 250g (E:413kj,T:11g),  
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

Il. večera. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99604 Maslo mini delacream 40g 40 . . . . .

**\*\*\* Stvrtok 12.12.2024 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacream 40g 40,  
99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
90081 Losos duseny 100g (E:374kj,B:32g,T:6g,S:10g) (Al:1),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravý 0,25l

Olovrant. . . . . 99738 Pernik DIA

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), 63111 Caj pravý 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g) . . . . .

**\*\*\* Piatok 13.12.2024 \*\*\***

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. . . . . 99501 Ovocie

Obed. . . . . 06011 Polievka fazulova s rezancami 0,33L(,p.24g) (E:845kj,B:8g,T:9g,S:28g) (Al:1,3,7,9,12),  
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),

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Obdobie: 09.12.2024 - 15.12.2024

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51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l  
 Olovrant. .... 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63111 Caj pravy 0,25l  
 II. večera. .... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99604 Maslo mini delacreame 40g 40

## \*\*\* Sobota 14.12.2024 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,  
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l  
 Desiata. .... 99501 Ovocie  
 Obed. .... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l  
 Olovrant. .... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 Večera. .... 904045 Rezance s makom DIA bezmlieka 300 (E:2294kj,B:17g,T:14g,S:100g) (Al:1,3), 63111 Caj pravy 0,25l  
 II. večera. .... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

## \*\*\* Nedela 15.12.2024 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,  
 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. .... 99501 Ovocie  
 Obed. .... 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),  
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
 63111 Caj pravy 0,25l  
 Olovrant. .... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)  
 Večera. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99124 Sunkovy narez, 63111 Caj pravy 0,25l  
 II. večera. .... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 09.12.2024 - 15.12.2024

Str.: 5

**DIA-9 - DIABETICKA STRAVA****1 - 1 r.****\*\*\* Pondelok 09.12.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
63111 Caj pravý 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l

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

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1578kj,B:9g,T:8g,S:79g) (Al:7,12),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 10.12.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63111 Caj pravý 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravý 0,25l

Olovrant. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. . . . . 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

**\*\*\* Streda 11.12.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
99112 Tlacenka hydinova 80g 80g (E:444kj,B:13g,T:6g), 99560 Cibula (E:19kj,S:1g), 63111 Caj pravý 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
21223 Tel.rezen prirodny zahradnický 223g(m.68g) (E:1225kj,B:17g,T:22g,S:7g) (Al:1,7,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63111 Caj pravý 0,25l

Olovrant. . . . . 99323 Pagac, 99750 Zakusok DIA

Večera. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 90231 Zabijackova kasa 250g (E:413kj,T:11g),  
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

II. večera. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),  
99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Stvrtok 12.12.2024 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (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. . . . . 99501 Ovocie

Obed. . . . . 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
99764 Citronova omacka 50ml (E:274kj,B:2g,T:5g,S:3g) (Al:7,10,12), 63111 Caj pravý 0,25l

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7), 63111 Caj pravý 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

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

Obdobie: 09.12.2024 - 15.12.2024

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**\*\*\* Piatok 13.12.2024 \*\*\***

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. .... 99501 Ovocie  
 Obed. .... 06011 Polievka fazulova s rezancami 0,33L(p.24g) (E:845kj,B:8g,T:9g,S:28g) (Al:1,3,7,9,12),  
 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l  
 Olovrant. .... 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63111 Caj pravy 0,25l  
 Il. večera. .... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Sobota 14.12.2024 \*\*\***

Raňajky. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),  
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l  
 Desiata. .... 99501 Ovocie  
 Obed. .... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l  
 Olovrant. .... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 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 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

**\*\*\* Nedela 15.12.2024 \*\*\***

Raňajky. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99542 Dzem mini dia 20g, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),  
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
 63111 Caj pravy 0,25l  
 Olovrant. .... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)  
 Večera. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),  
 63111 Caj pravy 0,25l  
 Il. večera. .... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 09.12.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
63111 Caj pravý 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l

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

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1578kj,B:9g,T:8g,S:79g) (Al:7,12),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 10.12.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63111 Caj pravý 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravý 0,25l

Olovrant. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. . . . . 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

**\*\*\* Streda 11.12.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
99118 Salama parizer 50g, 63111 Caj pravý 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
21223 Tel.rezen prirodny zahradnický 223g(m.68g) (E:1225kj,B:17g,T:22g,S:7g) (Al:1,7,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
63111 Caj pravý 0,25l

Olovrant. . . . . 99323 Pagac, 99750 Zakusok DIA

Večera. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 90231 Zabijackova kasa 250g (E:413kj,T:11g),  
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

II. večera. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),  
99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Stvrtok 12.12.2024 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (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. . . . . 99501 Ovocie

Obed. . . . . 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
99790 Citronova omacka setriaca 50ml (E:269kj,B:2g,T:5g,S:3g) (Al:7,10,12), 63111 Caj pravý 0,25l

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 90402 Ryzovy nakyp DIA (E:2931kj,B:19g,T:29g,S:94g) (Al:3,7), 63111 Caj pravý 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

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

Obdobie: 09.12.2024 - 15.12.2024

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## \*\*\* Piatok 13.12.2024 \*\*\*

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. .... 99501 Ovocie  
 Obed. .... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l  
 Olovrant. .... 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63111 Caj pravy 0,25l  
 Il. večera. .... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

## \*\*\* Sobota 14.12.2024 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),  
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63111 Caj pravy 0,25l  
 Desiata. .... 99501 Ovocie  
 Obed. .... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l  
 Olovrant. .... 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 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 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

## \*\*\* Nedela 15.12.2024 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99542 Dzem mini dia 20g, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),  
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
 63111 Caj pravy 0,25l  
 Olovrant. .... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)  
 Večera. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),  
 63111 Caj pravy 0,25l  
 Il. večera. .... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 09.12.2024 - 15.12.2024

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**DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.****\*\*\* Pondelok 09.12.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
 90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1578kj,B:9g,T:8g,S:79g) (Al:7,12), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 10.12.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)  
 Večera. . . . . 55022 Granatiarsky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

**\*\*\* Streda 11.12.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
 21223 Tel.rezen prirodny zahradnický 223g(m.68g) (E:1225kj,B:17g,T:22g,S:7g) (Al:1,7,12),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g), 99750 Zakusok DIA  
 Večera. . . . . 90406 Rezance s kakaom DIA 300 (E:2966kj,B:15g,T:30g,S:105g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Stvrtok 12.12.2024 \*\*\***

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. . . . . 99501 Ovocie  
 Obed. . . . . 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
 90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Piatok 13.12.2024 \*\*\***

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. . . . . 99501 Ovocie  
 Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
 90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),  
 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. . . . . 99555 Detsky prikrm, 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Sobota 14.12.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99501 Ovocie  
 Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (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. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)

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

Obdobie: 09.12.2024 - 15.12.2024

Str.: 10

Večera. .... 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (AI:7), 63111 Caj pravy 0,25l

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

**\*\*\* Nedela 15.12.2024 \*\*\***

Raňajky. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g,

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

Desiata. .... 99501 Ovocie

Obed. .... 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (AI:1,3,9),

90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (AI:1,12),

51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (AI:7), 63111 Caj pravy 0,25l

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

Večera. .... 99555 Detsky prikrm, 63111 Caj pravy 0,25l

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

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

Obdobie: 09.12.2024 - 15.12.2024

Str.: 11

**KASOV - KAŠOVITÁ 1 - 1 r.****\*\*\* Pondelok 09.12.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1578kj,B:9g,T:8g,S:79g) (Al:7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 10.12.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99740 Med mini,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 11.12.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99740 Med mini,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
21223 Tel.rezen prirodny zahradnický 223g(m.68g) (E:1225kj,B:17g,T:22g,S:7g) (Al:1,7,12),  
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. . . . . 99748 Keks Marina 0,1, 99743 Zakusok (Al:1,3,5,7,8,12)

Večera. . . . . 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 12.12.2024 \*\*\***

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. . . . . 99501 Ovocie

Obed. . . . . 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Piatok 13.12.2024 \*\*\***

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),  
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 99624 Mliecna ryza, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obdobie: 09.12.2024 - 15.12.2024

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## \*\*\* Sobota 14.12.2024 \*\*\*

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (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. . . . . 99739 Piskoty dlhe

Večera. . . . . 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 15.12.2024 \*\*\*

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,  
99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),  
90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 99624 Mliecna ryza, 63112 Caj ovocny 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: 09.12.2024 - 15.12.2024

Str.: 13

**PAN-4 - PANKREASOVÁ S OBMEDZENIM TUKU****1 - 1 r.****\*\*\* Pondelok 09.12.2024 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
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..... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)

Večera..... 49922 Zemiaky bratislavske 390g (E:1578kj,B:9g,T:8g,S:79g) (Al:7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 10.12.2024 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04211 Polievka kalerabova 0,33l (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 55022 Granatiarsky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 11.12.2024 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04811 Polievka z ovsenych vlociek 0,33l (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
21423 Telacie maso na rasci 262g(m.62g) (E:1198kj,B:16g,T:20g,S:11g) (Al:1,7),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99748 Keks Marina 0,1, 99743 Zakusok (Al:1,3,5,7,8,12)

Večera..... 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 12.12.2024 \*\*\***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
99790 Citronova omacka setriaca 50ml (E:269kj,B:2g,T:5g,S:3g) (Al:7,10,12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)

Večera..... 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 13.12.2024 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04421 Polievka karotkova 0,33l (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),

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Obdobie: 09.12.2024 - 15.12.2024

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----- 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g) -----

## \*\*\* Sobota 14.12.2024 \*\*\*

Raňajky. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99345 Satocka s ovoc. naplnou

Večera. .... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g) -----

## \*\*\* Nedela 15.12.2024 \*\*\*

Raňajky. .... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),  
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (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

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

Obdobie: 09.12.2024 - 15.12.2024

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**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 09.12.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1578kj,B:9g,T:8g,S:79g) (Al:7,12),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 10.12.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. . . . . 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 11.12.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
99112 Tlacenka hydinova 80g 80g (E:444kj,B:13g,T:6g), 99560 Cibula (E:19kj,S:1g),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
21223 Tel.rezen prirodny zahradnický 223g(m.68g) (E:1225kj,B:17g,T:22g,S:7g) (Al:1,7,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
52623 Uhorkovy salat 160g (E:241kj,B:1g,S:14g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99748 Keks Marina 0,1, 99743 Zakusok (Al:1,3,5,7,8,12)

Večera. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 90231 Zabijackova kasa 250g (E:413kj,T:11g),  
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 12.12.2024 \*\*\***

Raňajky. . . . . 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99608 Maslo mini 3ks (E:940kj,T:25g) (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. . . . . 99501 Ovocie

Obed. . . . . 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
99764 Citronova omacka 50ml (E:274kj,B:2g,T:5g,S:3g) (Al:7,10,12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)

Večera. . . . . 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 13.12.2024 \*\*\***

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. . . . . 99501 Ovocie

Obed. . . . . 06011 Polievka fazulova s rezancami 0,33L(p.24g) (E:845kj,B:8g,T:9g,S:28g) (Al:1,3,7,9,12),  
59011 Dukat.buchticky s vanil.kremom 400g(s.180g,p.220g) (E:3860kj,B:22g,T:31g,S:139g) (Al:1,3,7),

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

Obdobie: 09.12.2024 - 15.12.2024

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	63112	Caj ovocny 0,25l (E:403kj,S:21g)
Olovrant. ....	99550	Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
Večera. ....	99302	Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),
	99123	Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63112
		Caj ovocny 0,25l (E:403kj,S:21g) -----
<b>*** Sobota 14.12.2024 ***</b>		
Raňajky. ....	99302	Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99608
		Maslo mini 3ks (E:940kj,T:25g) (Al:7),
	99631	Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),
	99562	Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112
		Caj ovocny 0,25l (E:403kj,S:21g)
Desiata. ....	99501	Ovocie
Obed. ....	05011	Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),
	90211	Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (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. ....	99345	Satocka s ovoc. naplnou
Večera. ....	90455	Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63112
		Caj ovocny 0,25l (E:403kj,S:21g) -----
<b>*** Nedela 15.12.2024 ***</b>		
Raňajky. ....	99320	Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),
	99708	Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),
	99617	Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)
Desiata. ....	99501	Ovocie
Obed. ....	65112	Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),
	90101	Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),
	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 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99640
		Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),
	63112	Caj ovocny 0,25l (E:403kj,S:21g) -----

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**SETR - ŠETRIACA 1 - 1 r.****\*\*\* Pondelok 09.12.2024 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 49922 Zemiaky bratislavske 390g (E:1578kj,B:9g,T:8g,S:79g) (Al:7,12),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 10.12.2024 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
99702 Mrkvova natierka 55g (E:1110kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera..... 55022 Granatiersky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 11.12.2024 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
99118 Salama parizer 50g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
21223 Tel.rezen prirodny zahradnický 223g(m.68g) (E:1225kj,B:17g,T:22g,S:7g) (Al:1,7,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99748 Keks Marina 0,1, 99743 Zakusok (Al:1,3,5,7,8,12)

Večera..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 90231 Zabijackova kasa 250g (E:413kj,T:11g),  
90219 Bravcove vypecky 135g(m.75g) (E:1204kj,B:20g,T:21g,S:6g) (Al:1),  
99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 12.12.2024 \*\*\***

Raňajky..... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99608 Maslo mini 3ks (E:940kj,T:25g) (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..... 99501 Ovocie

Obed..... 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
99790 Citronova omacka setriaca 50ml (E:269kj,B:2g,T:5g,S:3g) (Al:7,10,12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)

Večera..... 60112 Ryzovy nakyp so slivkami 360g (E:3718kj,B:19g,T:29g,S:136g) (Al:3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 13.12.2024 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99769 Salat treska,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
59011 Dukat.buchticky s vanil.kremom 400g(,s.180g,p.220g) (E:3860kj,B:22g,T:31g,S:139g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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Olovrant. .... 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)  
 Večera. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 14.12.2024 \*\*\*

Raňajky. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7),  
 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (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. .... 99345 Satocka s ovoc. naplnou  
 Večera. .... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 15.12.2024 \*\*\*

Raňajky. .... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7),  
 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7),  
 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),  
 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
 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 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

## \*\*\* Pondelok 09.12.2024 \*\*\*

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12),  
90107 Morcaci perkelt 262g(m.62g) (E:1062kj,B:22g,T:15g,S:8g) (Al:1,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1578kj,B:9g,T:8g,S:79g) (Al:7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Utorok 10.12.2024 \*\*\*

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99740 Med mini,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 55022 Granatiarsky pochod 360g (E:2379kj,B:16g,T:16g,S:95g) (Al:1,3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Streda 11.12.2024 \*\*\*

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99740 Med mini,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04811 Polievka z ovsenych vlociek 0,33L (E:441kj,B:3g,T:6g,S:11g) (Al:1,7,9),  
21223 Tel.rezen prirodny zahradnický 223g(m.68g) (E:1225kj,B:17g,T:22g,S:7g) (Al:1,7,12),  
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), 99743 Zakusok (Al:1,3,5,7,8,12)

Večera. . . . . 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Stvrtok 12.12.2024 \*\*\*

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. . . . . 99501 Ovocie

Obed. . . . . 90734 Morcacia polievka 0,33l (E:255kj,B:2g,S:13g) (Al:1,3,9),  
90080 Losos na masle 100 (E:1063kj,B:32g,T:24g,S:10g) (Al:1,7),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

## \*\*\* Piatok 13.12.2024 \*\*\*

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12),  
90011 Kuracie prsia v pretlaku (m.64g) (E:1037kj,B:30g,T:11g,S:6g) (Al:1,12),  
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 99624 Mliecna ryza, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obdobie: 09.12.2024 - 15.12.2024

Str.: 20

## \*\*\* Sobota 14.12.2024 \*\*\*

Raňajky. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. .... 99501 Ovocie

Obed. .... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (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. .... 99739 Piskoty dlhe

Večera. .... 90455 Puding s piskotami 320g (E:2014kj,B:13g,T:6g,S:93g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 15.12.2024 \*\*\*

Raňajky. .... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini,  
99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

Desiata. .... 99501 Ovocie

Obed. .... 65112 Vývar z hov.mäsa 0,33l(m.0,45g) (E:602kj,B:19g,T:2g,S:14g) (Al:1,3,9),  
90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. .... 99624 Mliecna ryza, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

□