

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

Obdobie: 13.01.2025 - 19.01.2025

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 13.01.2025 \*\*\***

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..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90726 Brokolica varena 230g (E:150kj,B:5g,S:8g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 14.01.2025 \*\*\***

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
99543 Nugeta, 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),  
667195 Hov. dus. s kopro bezmlika 160g(m.62g) (E:1094kj,B:18g,T:19g,S:6g) (Al:1),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99434 Uhorky ster. (E:71kj) (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99739 Piskoty dlhe

Večera..... 902705 Rizoto zeleninove bez mlika 300g (E:2316kj,B:11g,T:11g,S:103g) (Al:9,12),  
99520 Kompot 150g (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Streda 15.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99719 Sardinky 0,0625 (0,5 ks) (E:408kj,B:7g,T:7g,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 044215 Polievka karotkova bez mlika 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),  
368135 Karbonatka bez mlika 110g (E:2657kj,B:22g,T:38g,S:52g) (Al:1,3),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99335 Croissant cokoladovy

Večera..... 547225 Rezance s orechmi bezmlika 300g (E:2450kj,B:15g,T:10g,S:110g) (Al:1,3,7,8),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 16.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
44621 Drozdova natierka 50g (E:756kj,B:9g,T:12g,S:10g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
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),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 477235 Zeleninovy rezen bez mlika 300g (E:2734kj,B:14g,T:42g,S:58g) (Al:1,3,12),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 17.01.2025 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),  
57422 Strapacky s kys. kapustou 450g (E:3746kj,B:25g,T:24g,S:156g) (Al:1,3,7,12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

Obdobie: 13.01.2025 - 19.01.2025

Str.: 2

Večera. .... 469215 Tekvica s kopro m bez mlieka 180g (E:705kj,B:4g,T:8g,S:12g) (Al:1,12),  
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 18.01.2025 \*\*\*

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

Desiata. .... 99501 Ovocie

Obed. .... 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),  
 900105 Kuracie prs. na zeleri bez mli 200g(m.64g) (E:1122kj,B:31g,T:11g,S:11g) (Al:1,9),  
 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. .... 99323 Pagac

Večera. .... 902535 Rezance so struh bez mlieka 300g (E:4994kj,B:18g,T:62g,S:144g) (Al:1,3),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 19.01.2025 \*\*\*

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

Desiata. .... 99501 Ovocie

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al: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:1334kj,B:8g,T:1g,S:83g), 99435 Calamada 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. .... 99302 Chlieb 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)

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

Obdobie: 13.01.2025 - 19.01.2025

Str.: 3

**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 13.01.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,  
99408 Mrkva 30 (E:21kj,S:2g), 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),  
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

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

Večera..... 90726 Brokolica varena 230g (E:150kj,B:5g,S:8g), 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99604 Maslo mini delacreame 40g 40

**\*\*\* Utorok 14.01.2025 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
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),  
667195 Hov. dus. s kopro bezmlika 160g(m.62g) (E:1094kj,B:18g,T:19g,S:6g) (Al:1),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
63111 Caj pravy 0,25l

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

Večera..... 902705 Rizoto zeleninove bez mlika 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 pravy 0,25l

Il. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

**\*\*\* Streda 15.01.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99604 Maslo mini delacreame 40g 40,  
99719 Sardinky 0,0625 (0,5 ks) (E:408kj,B:7g,T:7g,S:1g), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 044215 Polievka karotkova bez mlika 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12),  
368135 Karbonatka bez mlika 110g (E:2657kj,B:22g,T:38g,S:52g) (Al:1,3),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant..... 99318 Rites cesnakovy 70g

Večera..... 904055 Rezance s orechmi DIA bezmlika 300 (E:2141kj,B:15g,T:10g,S:99g) (Al:1,3,8), 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)

**\*\*\* Stvrtok 16.01.2025 \*\*\***

Raňajky..... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
44621 Drozdova natierka 50g (E:756kj,B:9g,T:12g,S:10g) (Al:1,3,7), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
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), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 477235 Zeleninovy rezen bez mlika 300g (E:2734kj,B:14g,T:42g,S:58g) (Al:1,3,12),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l

Il. večera..... 99330 Rozok celozrnnny (E:730kj,B:1g,T:4g,S:26g), 99604 Maslo mini delacreame 40g 40,  
99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g)

**\*\*\* Piatok 17.01.2025 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63111 Caj pravy 0,25l

Desiata..... 99501 Ovocie

Obed..... 048215 Polievka por. s vajcom bez ml. 0,33l (E:362kj,B:2g,T:4g,S:11g) (Al:1,3,12),  
57422 Strapacky s kys. kapustou 450g (E:3746kj,B:25g,T:24g,S:156g) (Al:1,3,7,12), 63111 Caj pravy 0,25l

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

Obdobie: 13.01.2025 - 19.01.2025

Str.: 4

Olovrant. .... 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)  
 Večera. .... 469215 Tekvica s kopro bez mlieka 180g (E:705kj,B:4g,T:8g,S:12g) (Al:1,12),  
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
 63111 Caj pravy 0,25l  
 Il. večera. .... 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99604 Maslo mini delacreame 40g 40

## \*\*\* Sobota 18.01.2025 \*\*\*

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. .... 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),  
 900105 Kuracie prs. na zeleri bez mli 200g(m.64g) (E:1122kj,B:31g,T:11g,S:11g) (Al:1,9),  
 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. .... 99323 Pagac  
 Večera. .... 904115 Rezance so struh. DIA bezmliek 300g (E:3780kj,B:18g,T:37g,S:135g) (Al:1,3), 63111 Caj pravy 0,25l  
 Il. večera. .... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99604 Maslo mini delacreame 40g 40

## \*\*\* Nedela 19.01.2025 \*\*\*

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, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al: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:1334kj,B:8g,T:1g,S:83g), 99435 Calamada 150g (Al:12), 63111 Caj pravy 0,25l  
 Olovrant. .... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)  
 Večera. .... 99304 Chlieb tmavý 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), 99604 Maslo mini delacreame 40g 40

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 13.01.2025 - 19.01.2025

Str.: 5

**DIA-9 - DIABETICKA STRAVA 1 - 1 r.****\*\*\* Pondelok 13.01.2025 \*\*\***

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12),  
 25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

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

Večera. . . . . 90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (Al:1,3,7), 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Utorok 14.01.2025 \*\*\***

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. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 90051 Hov. varene \* 62g (E:1012kj,B:21g,T:18g),  
 65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),  
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera. . . . . 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), 63111 Caj pravy 0,25l

II. večera. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

**\*\*\* Streda 15.01.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),  
 36813 Karbonatka 110g (E:2715kj,B:23g,T:38g,S:54g) (Al:1,3,7),  
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),  
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. . . . . 99318 Rites cesnakovy 70g

Večera. . . . . 90405 Rezance s orechmi DIA 300 (E:3002kj,B:15g,T:33g,S:100g) (Al:1,3,7,8), 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)

**\*\*\* Stvrtok 16.01.2025 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
 44621 Drozdova natierka 50g (E:756kj,B:9g,T:12g,S:10g) (Al:1,3,7), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,7,9,12),  
 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), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),  
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7), 63111 Caj pravy 0,25l

II. večera. . . . . 99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g)

**\*\*\* Piatok 17.01.2025 \*\*\***

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),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63111 Caj pravy 0,25l

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 57422 Strapacky s kys. kapustou 450g (E:3746kj,B:25g,T:24g,S:156g) (Al:1,3,7,12), 63111 Caj pravy 0,25l

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

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

Obdobie: 13.01.2025 - 19.01.2025

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Večera. .... 46921 Tekvica na smotane s kopro 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),  
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
 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)

## \*\*\* Sobota 18.01.2025 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
 99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63111 Caj pravý 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),  
 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

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

II. večera. .... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
 99633 Syr tvrdý 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

## \*\*\* Nedela 19.01.2025 \*\*\*

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

Desiata. .... 99501 Ovocie

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),  
 90280 Zemiaky dusene s paprikou 280g (E:1950kj,B:8g,T:17g,S:84g), 99435 Calamada 150g (Al:12),  
 63111 Caj pravý 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),  
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 13.01.2025 \*\*\***

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. ....	90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12), 25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l
Olovrant. ....	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. ....	90401 Palacinky DIA 350g (E:3331kj,B:20g,T:32g,S:121g) (Al:1,3,7), 63111 Caj pravý 0,25l
II. večera. ....	99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Utorok 14.01.2025 \*\*\***

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. ....	04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 90051 Hov. varene * 62g (E:1012kj,B:21g,T:18g), 65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12), 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravý 0,25l
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), 99520 Kompot 150g (Al:12), 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)

**\*\*\* Streda 15.01.2025 \*\*\***

Raňajky. ....	99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63111 Caj pravý 0,25l
Desiata. ....	99501 Ovocie
Obed. ....	05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7), 36813 Karbonatka 110g (E:2715kj,B:23g,T:38g,S:54g) (Al:1,3,7), 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravý 0,25l
Olovrant. ....	99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
Večera. ....	90406 Rezance s kakaom DIA 300 (E:2966kj,B:15g,T:30g,S:105g) (Al:1,3,7), 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)

**\*\*\* Stvrtok 16.01.2025 \*\*\***

Raňajky. ....	99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 44621 Drozdova natierka 50g (E:756kj,B:9g,T:12g,S:10g) (Al:1,3,7), 63111 Caj pravý 0,25l
Desiata. ....	99501 Ovocie
Obed. ....	05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12), 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), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l
Olovrant. ....	99738 Pernik DIA
Večera. ....	47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12), 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7), 63111 Caj pravý 0,25l
II. večera. ....	99330 Rozok celozrnný (E:730kj,B:1g,T:4g,S:26g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g)

**\*\*\* Piatok 17.01.2025 \*\*\***

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), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63111 Caj pravý 0,25l
Desiata. ....	99501 Ovocie
Obed. ....	04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 57222 Halusky s tvarohom 380g (E:4273kj,B:44g,T:30g,S:154g) (Al:1,3,7), 63111 Caj pravý 0,25l
Olovrant. ....	99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

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

Obdobie: 13.01.2025 - 19.01.2025

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Večera. .... 46921 Tekvica na smotane s kopro 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),  
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99303 Chlieb tmavý 2ks 75g (E:836kj,B:7g,T:1g,S:39g),  
 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)

## \*\*\* Sobota 18.01.2025 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g),  
 99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63111 Caj pravý 0,25l

Desiata. .... 99501 Ovocie

Obed. .... 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),  
 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

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

II. večera. .... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
 99633 Syr tvrdý 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

## \*\*\* Nedela 19.01.2025 \*\*\*

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

Desiata. .... 99501 Ovocie

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al: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:1660kj,B:9g,T:9g,S:84g) (Al:7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 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),  
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



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

Obdobie: 13.01.2025 - 19.01.2025

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**DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.****\*\*\* Pondelok 13.01.2025 \*\*\***

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. . . . . 90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12),  
 25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 14.01.2025 \*\*\***

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. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 90051 Hov. varene \* 62g (E:1012kj,B:21g,T:18g),  
 65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),  
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Streda 15.01.2025 \*\*\***

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. . . . . 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),  
 36813 Karbonatka 110g (E:2715kj,B:23g,T:38g,S:54g) (Al:1,3,7),  
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 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 16.01.2025 \*\*\***

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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 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), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 Večera. . . . . 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l  
 II. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Piatok 17.01.2025 \*\*\***

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. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 57222 Halusky s tvarohom 380g (E:4273kj,B:44g,T:30g,S:154g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)  
 Večera. . . . . 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),  
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravy 0,25l  
 II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Sobota 18.01.2025 \*\*\***

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. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),

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51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (AI:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. .... 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. .... 90452 Krupicova kasa DIA 350g (E:2539kj,B:22g,T:26g,S:73g) (AI:1,7), 63111 Caj pravy 0,25l  
 II. večera. .... 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Nedela 19.01.2025 \*\*\***

Raňajky. .... 99304 Chlieb tmavý 3ks 110g (E:1130kj,B:9g,T:1g,S:53g), 99542 Dzem mini dia 20g,  
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (AI:9,12),  
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (AI:1,10,12),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**KASOV - KAŠOVITÁ 1 - 1 r.****\*\*\* Pondelok 13.01.2025 \*\*\***

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..... 90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12),  
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 14.01.2025 \*\*\***

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..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
90051 Hov. varene \* 62g (E:1012kj,B:21g,T:18g),  
65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),  
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..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Streda 15.01.2025 \*\*\***

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..... 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),  
36813 Karbonatka 110g (E:2715kj,B:23g,T:38g,S:54g) (Al:1,3,7),  
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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 16.01.2025 \*\*\***

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..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
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..... 99748 Keks Marina 0,1

Večera..... 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 17.01.2025 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99740 Med mini,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
57222 Halusky s tvarohom 380g (E:4273kj,B:44g,T:30g,S:154g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),  
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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Obdobie: 13.01.2025 - 19.01.2025

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## \*\*\* Sobota 18.01.2025 \*\*\*

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. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),  
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

Večera. . . . . 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 19.01.2025 \*\*\*

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

Desiata. . . . . 99501 Ovocie

Obed. . . . . 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al: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:1334kj,B:8g,T:1g,S:83g), 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 Mliečna ryza, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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**PAN-4 - PANKREASOVÁ S OBMEDZENIM TUKU****1 - 1 r.****\*\*\* Pondelok 13.01.2025 \*\*\***

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. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 90726 Brokolica varena 230g (E:150kj,B:5g,S:8g),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 14.01.2025 \*\*\***

Raňajky. . . . . 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 40g 40,  
99543 Nugeta, 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),  
667195 Hov. dus. s koprom bezmlieka 160g(m.62g) (E:1094kj,B:18g,T:19g,S:6g) (Al:1),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Streda 15.01.2025 \*\*\***

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),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (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. . . . . 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 16.01.2025 \*\*\***

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. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
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. . . . . 99748 Keks Marina 0,1

Večera. . . . . 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 17.01.2025 \*\*\***

Raňajky. . . . . 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1), 99604 Maslo mini delacreame 40g 40,  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99501 Ovocie

Obed. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
57222 Halusky s tvarohom 380g (E:4273kj,B:44g,T:30g,S:154g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),  
99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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## \*\*\* Sobota 18.01.2025 \*\*\*

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. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),  
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

Večera. . . . . 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 19.01.2025 \*\*\*

Raňajky. . . . . 99320 Vianočka 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. . . . . 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al: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:1660kj,B:9g,T:9g,S:84g) (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),

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 13.01.2025 - 19.01.2025

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**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 13.01.2025 \*\*\***

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..... 90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12),  
 25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 57712 Palacinky s dzemom 350g (E:3979kj,B:20g,T:32g,S:503g) (Al:1,3,7,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 14.01.2025 \*\*\***

Raňajky..... 99329 Makovka (E:949kj,B:6g,T:4g,S:42g), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7), 99543 Nugeta,  
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata..... 99501 Ovocie

Obed..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 90051 Hov. varene \* 62g (E:1012kj,B:21g,T:18g),  
 65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),  
 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..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Streda 15.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),  
 36813 Karbonatka 110g (E:2715kj,B:23g,T:38g,S:54g) (Al:1,3,7),  
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),  
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99335 Croissant cokoladovy

Večera..... 54722 Rezance s orechmi 300g (E:3312kj,B:15g,T:33g,S:110g) (Al:1,3,7,8),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 16.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
 44621 Drozdova natierka 50g (E:756kj,B:9g,T:12g,S:10g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 06421 Polievka hrstkova 0,33L (E:587kj,B:5g,T:5g,S:20g) (Al:1,7,9,12),  
 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),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),  
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),  
 63113 Caj pravý s citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 17.01.2025 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99608 Maslo mini 3ks (E:940kj,T:25g) (Al:7),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 57422 Strapacky s kys. kapustou 450g (E:3746kj,B:25g,T:24g,S:156g) (Al:1,3,7,12),

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63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)  
 Večera. .... 46921 Tekvica na smotane s kopróm 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),  
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 18.01.2025 \*\*\*

Raňajky. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
 99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),  
 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. .... 99323 Pagac  
 Večera. .... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 19.01.2025 \*\*\*

Raňajky. .... 99342 Zavin orechovy 100g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),  
 90280 Zemiaky dusene s paprikou 280g (E:1950kj,B:8g,T:17g,S:84g), 99435 Calamada 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)  
 Večera. .... 99302 Chlieb 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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



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**SETR - ŠETRIACA 1 - 1 r.****\*\*\* Pondelok 13.01.2025 \*\*\***

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..... 90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12),  
 25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 57712 Palacinky s dzemom 350g (E:3979kj,B:20g,T:32g,S:503g) (Al:1,3,7,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 14.01.2025 \*\*\***

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),  
 99543 Nugeta, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

Desiata..... 99501 Ovocie

Obed..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
 90051 Hov. varene \* 62g (E:1012kj,B:21g,T:18g),  
 65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),  
 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..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Streda 15.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),  
 36813 Karbonatka 110g (E:2715kj,B:23g,T:38g,S:54g) (Al:1,3,7),  
 49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),  
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99335 Croissant cokoladovy

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 16.01.2025 \*\*\***

Raňajky..... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
 44621 Drozdova natierka 50g (E:756kj,B:9g,T:12g,S:10g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 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),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),  
 90302 Zemiaky varene s vnatkou 330g (E:1660kj,B:9g,T:9g,S:84g) (Al:7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 17.01.2025 \*\*\***

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),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 57222 Halusky s tvarohom 380g (E:4273kj,B:44g,T:30g,S:154g) (Al:1,3,7),

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63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99521 Kompot mandarinkovy (E:2920kj,B:4g,T:1g,S:166g)  
 Večera. .... 46921 Tekvica na smotane s kopro 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),  
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 99301 Chlieb 2ks 80g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 18.01.2025 \*\*\*

Raňajky. .... 99302 Chlieb 3ks 120g (E:1476kj,B:1g,T:2g,S:73g) (Al:1),  
 99709 Natierka z nivy (,s.45g) (E:933kj,B:5g,T:22g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),  
 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. .... 99323 Pagac  
 Večera. .... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 19.01.2025 \*\*\*

Raňajky. .... 99320 Vianocka 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), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)  
 Desiata. .... 99501 Ovocie  
 Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al: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:1660kj,B:9g,T:9g,S:84g) (Al:7),  
 99434 Uhorky ster. (E:71kj) (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),  
 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g), 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 \*

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**TEKUT - TEKUTA STRAVA 1 - 1 r.****\*\*\* Pondelok 13.01.2025 \*\*\***

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..... 90739 Polievka kulajda 330 (E:718kj,B:7g,T:5g,S:29g) (Al:1,3,7,12),  
25814 Bravcove stehno zahradnicke 164g(m.64g) (E:1419kj,B:16g,T:28g,S:5g) (Al:1,7,9,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 14.01.2025 \*\*\***

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..... 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12),  
90051 Hov. varene \* 62g (E:1012kj,B:21g,T:18g),  
65819 Kôprová omáčka 0,15l (E:738kj,B:4g,T:13g,S:11g) (Al:1,7,12),  
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..... 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

**\*\*\* Streda 15.01.2025 \*\*\***

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..... 05721 Polievka bryndzova so zemiakmi 0,33L (E:980kj,B:10g,T:14g,S:18g) (Al:1,7),  
36813 Karbonatka 110g (E:2715kj,B:23g,T:38g,S:54g) (Al:1,3,7),  
49822 Zemiakova kasa [pyre] 210g (E:1714kj,B:10g,T:10g,S:84g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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 16.01.2025 \*\*\***

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..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 47723 Zeleninovy rezen 300g (E:2812kj,B:16g,T:43g,S:60g) (Al:1,3,7,12),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 17.01.2025 \*\*\***

Raňajky..... 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99740 Med mini,  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99501 Ovocie

Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
57222 Halusky s tvarohom 380g (E:4273kj,B:44g,T:30g,S:154g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12),  
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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## \*\*\* Sobota 18.01.2025 \*\*\*

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. .... 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1180kj,B:32g,T:12g,S:13g) (Al:1,7,9),  
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

Večera. .... 55812 Krupicova kasa 350g (E:2828kj,B:22g,T:26g,S:88g) (Al:1,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 19.01.2025 \*\*\*

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

Desiata. .... 99501 Ovocie

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al: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:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková   
Hejbalová   
Kubrická   
Šimovcová   
Kaštilová