

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

Obdobie: 19.12.2022 - 25.12.2022

Str.: 1

BEZML - ŠETRIACA BEZ MLIEČNA**1 - 1 r.******* Pondelok 19.12.2022 *****

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

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

Obed. 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12), 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,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. 99335 Croissant cokoladovy

Večera. 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 20.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99604 Maslo mini delacream 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 256145 Bravcove stehno brat. bezml. 214g(m.64g) (E:1403kj,B:17g,T:25g,S:10g) (Al:1,7,9,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99332 Rozok orechvy (E:1232kj,B:6g,T:6g,S:53g)

Večera. 281125 Prazske zemiaky bezmlieka 400g (E:2502kj,B:19g,T:35g,S:62g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Streda 21.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,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. 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99604 Maslo mini delacream 20g

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

***** Stvrtok 22.12.2022 *****

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

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

Obed. 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12), 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 39423 Volske oko 2 ks 80g (E:863kj,B:13g,T:17g,S:1g) (Al:3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 23.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),

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Obdobie: 19.12.2022 - 25.12.2022

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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. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 99680 Vajce
 (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 24.12.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g, 99715
 Tuniak 70g (E:767kj,B:9g,T:18g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 902705 Rizoto zeleninove bez mlieka 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)
 Olovrant. 99748 Keks Marina 0,1
 Večera. 907315 Vianocna kapustnica bez mlieka 0,33l (E:456kj,B:4g,T:5g,S:17g) (Al:1,7,12), 99301 Chlieb 1
 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7), 441125 Zemiak salat s majon bez
 mliek 400g (E:1643kj,B:6g,T:18g,S:64g) (Al:3,9,12), 99754 Vianocne oplatky,
 99740 Med mini, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 25.12.2022 ***

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 20g, 99740
 Med mini, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18124 Hov. maso dusene na
 zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)
 (Al:12), 99743 Zakusok (Al:1,3,5,7,8,12), 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. 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99520 Kompot 150g (Al:12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

BMLR2 - RACIONÁLNA BEZ MLIEČNA 1 - 1 r.***** Pondelok 19.12.2022 *****

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

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

Obed. 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12), 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,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. 99335 Croissant cokoladovy

Večera. 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Utorok 20.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99604 Maslo mini delacreame 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 256145 Bravcove stehno brat. bezml. 214g(m.64g) (E:1403kj,B:17g,T:25g,S:10g) (Al:1,7,9,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99332 Rozok orechvy (E:1232kj,B:6g,T:6g,S:53g)

Večera. 281125 Prazske zemiaky bezmlieka 400g (E:2502kj,B:19g,T:35g,S:62g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Streda 21.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g, 99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,S:6g) (Al:1,10,12), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

***** Stvrtok 22.12.2022 *****

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

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

Obed. 06911 Pol. frankfurt.s parkom a zem. 0,33L(m.15g) (E:610kj,B:5g,T:8g,S:14g) (Al:1,3,7,12), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 55022 Granatiarsky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 39423 Volske oko 2 ks 80g (E:863kj,B:13g,T:17g,S:1g) (Al:3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Piatok 23.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g, 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),

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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. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 99680 Vajce
 (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 24.12.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g, 99715
 Tuniak 70g (E:767kj,B:9g,T:18g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 902705 Rizoto zeleninove bez mlieka 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)
 Olovrant. 99748 Keks Marina 0,1
 Večera. 907315 Vianocna kapustnica bez mlieka 0,33l (E:456kj,B:4g,T:5g,S:17g) (Al:1,7,12), 99301 Chlieb 1
 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7), 441125 Zemiak salat s majon
 bez mliek 400g (E:1643kj,B:6g,T:18g,S:64g) (Al:3,9,12), 99754 Vianocne oplatky,
 99740 Med mini, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 25.12.2022 ***

Raňajky. 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 20g, 99740
 Med mini, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18124 Hov. maso dusene na
 zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj)
 (Al:12), 99743 Zakusok (Al:1,3,5,7,8,12), 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. 49922 Zemiaky bratislavské 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99520 Kompot 150g (Al:12),
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 19.12.2022 - 25.12.2022

Str.: 5

D-STA - DIABETICKA STRAVA -BEZ MLIEČNA**1 - 1 r.******* Pondelok 19.12.2022 *****

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

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

Obed. 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12), 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravý 0,25l

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

Večera. 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravý 0,25l

Il. večera. 99316 Dalamanka celozrnna, 99604 Maslo mini delacreame 20g

***** Utorok 20.12.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99604 Maslo mini delacreame 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 256145 Bravcove stehno brat. bezml. 214g(m.64g) (E:1403kj,B:17g,T:25g,S:10g) (Al:1,7,9,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (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), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

Večera. 281125 Prazske zemiaky bezmlieka 400g (E:2502kj,B:19g,T:35g,S:62g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

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

***** Streda 21.12.2022 *****

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

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

Obed. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,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. 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99604 Maslo mini delacreame 20g

Večera. 37823 Salama pecena 80g (E:1646kj,B:10g,T:38g,S:2g) (Al:1,3,7), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

Il. večera. 99316 Dalamanka celozrnna, 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

***** Stvrtok 22.12.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g, 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravý 0,25l

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

Obed. 902005 Polievka brokolic. bez mlieka 0,33l (E:425kj,B:3g,T:2g,S:20g) (Al:1,12), 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

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

Večera. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 39423 Volske oko 2 ks 80g (E:863kj,B:13g,T:17g,S:1g) (Al:3), 63111 Caj pravý 0,25l

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

***** Piatok 23.12.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99542 Dzem mini dia 20g, 63111 Caj pravý 0,25l

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

Obed. 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12), 90103 Morcacie

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prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99522 Kompot dia 0,15
 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
 Olovrant. 99738 Pernik DIA
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 99680 Vajce
 (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g

*** Sobota 24.12.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99715 Tuniak
 70g (E:767kj,B:9g,T:18g), 63111 Caj pravy 0,25l
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 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 pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 907315 Vianocna kapustnica bez mlieka 0,33l (E:456kj,B:4g,T:5g,S:17g) (Al:1,7,12), 99303 Chlieb
 tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),
 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7), 441125 Zemiak salat s majon bez
 mliek 400g (E:1643kj,B:6g,T:18g,S:64g) (Al:3,9,12), 99754 Vianocne oplatky,
 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 20g

*** Nedela 25.12.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99108 Sunka
 50g 50g (E:185kj,B:6g,T:1g,S:2g), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18124 Hov. maso dusene na
 zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (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), 99750 Zakusok DIA, 63111 Caj pravy 0,25l
 Olovrant. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
 Večera. 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99522 Kompot dia 0,15
 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99604 Maslo mini delacreame 20g

Vyhotovil:Kaštilová

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DIA-9 - DIABETICKA STRAVA**1 - 1 r.******* Pondelok 19.12.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99703 Kalerabova natierka 55g
(E:1107kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90210 Brav. stehno
juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,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. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

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

Il. večera. 99316 Dalamanka celozrnna, 99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo
mini (E:313kj,T:8g) (Al:7)

***** Utorok 20.12.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99106 Salama makka 50g 50g
(E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 25614 Bravcove stehno
bratislavske 214g(m.64g) (E:1557kj,B:19g,T:27g,S:13g) (Al:1,7,9,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera. 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7), 99433 Uhorky ster. DIA
(E:26kj,S:1g), 63111 Caj pravy 0,25l

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

***** Streda 21.12.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)
(Al:7), 99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90016 Kuracie prsia na horcici
171g(m.60g) (E:1040kj,B:31g,T:12g,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. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99621 Smotana pochutkova
(E:1512kj,B:6g,T:32g,S:8g)

Večera. 50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12), 99303 Chlieb tmavý 1ks
(E:688kj,B:5g,T:1g,S:32g), 63111 Caj pravy 0,25l

Il. večera. 99316 Dalamanka celozrnna, 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

***** Stvrtok 22.12.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
63111 Caj pravy 0,25l

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

Obed. 06911 Pol. frankfurt.s parkom a zem. 0,33L(m.15g) (E:610kj,B:5g,T:8g,S:14g) (Al:1,3,7,12), 99301
Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),
55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99433 Uhorky ster. DIA
(E:26kj,S:1g), 63111 Caj pravy 0,25l

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

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

Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 63521 Mlieko 0,25l 0,25l
(E:1940kj,B:34g,T:15g,S:49g)

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*** Piatok 23.12.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99709 Natierka z nivy (.s.45g)
(E:933kj,B:5g,T:22g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 90739 Polievka kulajda 330 (E:639kj,B:6g,T:5g,S:24g) (Al:1,3,7,12), 90103 Morcacie prsia na rasci
(m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99522 Kompot dia 0,15
(E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l

Olovrant..... 99738 Pernik DIA

Večera..... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 99680 Vajce
(E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravy 0,25l

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

*** Sobota 24.12.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99714 Tuniakova natierka 40g
(E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravy 0,25l

Desiata..... 99504 Mandarinka (E:160kj,B:1g,S:9g)

Obed..... 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

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

Večera..... 90731 Vianocna kapustnica 0,33l (E:562kj,B:5g,T:6g,S:19g) (Al:1,7,12), 99303 Chlieb tmavý 1ks
(E:688kj,B:5g,T:1g,S:32g),
12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7), 44112 Zemiakovy salat s
majonezou 400g (E:1794kj,B:7g,T:21g,S:65g) (Al:3,7,9,12), 99754 Vianocne oplatky,
63111 Caj pravy 0,25l

II. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g)
(Al:7)

*** Nedela 25.12.2022 ***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 14714 Hov.pecienka na
smot.svieckova 213g(m.63g) (E:1694kj,B:27g,T:25g,S:20g) (Al:1,7,9,10,12),
50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 99750 Zakusok DIA, 63111 Caj
pravy 0,25l

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

Večera..... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 63111 Caj pravy 0,25l

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

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DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.***** Pondelok 19.12.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99703 Kalerabova natierka 55g
(E:1107kj,T:29g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90210 Brav. stehno
juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,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. 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)

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

Il. večera. 99316 Dalamanka celozrnna, 99633 Syr tvrdy 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo
mini (E:313kj,T:8g) (Al:7)

***** Utorok 20.12.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99106 Salama makka 50g 50g
(E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 25614 Bravcove stehno
bratislavske 214g(m.64g) (E:1557kj,B:19g,T:27g,S:13g) (Al:1,7,9,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera. 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7), 99433 Uhorky ster. DIA
(E:26kj,S:1g), 63111 Caj pravy 0,25l

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

***** Streda 21.12.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)
(Al:7), 99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90016 Kuracie prsia na horcici
171g(m.60g) (E:1040kj,B:31g,T:12g,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. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99621 Smotana pochutkova
(E:1512kj,B:6g,T:32g,S:8g)

Večera. 50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12), 99303 Chlieb tmavý 1ks
(E:688kj,B:5g,T:1g,S:32g), 63111 Caj pravy 0,25l

Il. večera. 99316 Dalamanka celozrnna, 99123 Sunkova pena Matko (E:1044kj,B:5g,T:24g,S:4g)

***** Stvrtok 22.12.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99605 Natierkove maslo 50g (Al:7),
63111 Caj pravy 0,25l

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

Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12), 55022 Granatiersky pochod
360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99433 Uhorky ster. DIA (E:26kj,S:1g),
63111 Caj pravy 0,25l

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

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

Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 63521 Mlieko 0,25l 0,25l
(E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 23.12.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l

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

Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 90103 Morcacie prsia

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na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99522 Kompot dia 0,15
 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravy 0,25l
 Olovrant. 99738 Pernik DIA
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 99680 Vajce
 (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

*** Sobota 24.12.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99714 Tuniakova natierka 40g
 (E:1013kj,B:3g,T:26g) (Al:7), 63111 Caj pravy 0,25l
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 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
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90731 Vianocna kapustnica 0,33l (E:562kj,B:5g,T:6g,S:19g) (Al:1,7,12), 99303 Chlieb tmavý 1ks
 (E:688kj,B:5g,T:1g,S:32g), 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 44112 Zemiakovy salat s majonezou 400g (E:1794kj,B:7g,T:21g,S:65g) (Al:3,7,9,12), 99754 Vianocne
 oplatky, 63111 Caj pravy 0,25l
 Il. večera. 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g)
 (Al:7)

*** Nedela 25.12.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),
 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18124 Hov. maso dusene na
 zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (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), 99750 Zakusok DIA, 63111 Caj pravy 0,25l
 Olovrant. 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)
 Večera. 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 63111 Caj pravy 0,25l
 Il. večera. 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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DIA-T - DIABETICKA STRAVA - TEKUTÁ**1 - 1 r.******* Pondelok 19.12.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90210 Brav. stehno
 juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,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. 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Utorok 20.12.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63411 Kava z kavoviny
 - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 25614 Bravcove stehno
 bratislavske 214g(m.64g) (E:1557kj,B:19g,T:27g,S:13g) (Al:1,7,9,12),
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99611 Jogurt dia (E:200kj,B:3g,S:8g)
 Večera. 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Streda 21.12.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g, 63421 Cierna
 kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90016 Kuracie prsia na horcici
 171g(m.60g) (E:1040kj,B:31g,T:12g,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. 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)
 Večera. 50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Stvrtok 22.12.2022 *****

Raňajky. 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g, 63111 Caj
 pravy 0,25l
 Desiata. 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)
 Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12), 55022 Granatiersky pochod
 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 63111 Caj pravy 0,25l
 Olovrant. 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)
 Večera. 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

***** Piatok 23.12.2022 *****

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99502 Banan (E:476kj,B:2g,S:25g)
 Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 90103 Morcacie prsia
 na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),
 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. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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*** Sobota 24.12.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 63111 Caj pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 90731 Vianocna kapustnica 0,33l (E:562kj,B:5g,T:6g,S:19g) (Al:1,7,12), 99303 Chlieb tmavý 1ks
 (E:688kj,B:5g,T:1g,S:32g), 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99754 Vianocne oplatky, 63111 Caj pravy 0,25l
 Il. večera. 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

*** Nedela 25.12.2022 ***

Raňajky. 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63411 Kava z kavoviny
 - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18124 Hov. maso dusene na
 zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99750 Zakusok DIA, 63111 Caj
 pravy 0,25l
 Olovrant. 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)
 Večera. 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 63111 Caj pravy 0,25l
 Il. večera. 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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KASOV - ŠETRIACA - KAŠOVITÁ**1 - 1 r.******* Pondelok 19.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99703 Kalerabova natierka 55g
(E:1107kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 04121 Polievka hraskovy krem 0,35l (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90210 Brav. stehno
juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,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. 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)

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

***** Utorok 20.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99106 Salama makka 50g 50g
(E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 90738 Polievka francuzska 0,33l (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 25614 Bravcove stehno
bratislavske 214g(m.64g) (E:1557kj,B:19g,T:27g,S:13g) (Al:1,7,9,12),
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63112 Caj ovocny 0,25l
(E:403kj,S:21g)

Olovrant. 99336 Moravsky kolac

Večera. 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7), 99434 Uhorky ster.
(E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Streda 21.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)
(Al:7), 99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 04911 Polievka rajciakova 0,33l (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90016 Kuracie prsia na horcici
171g(m.60g) (E:1040kj,B:31g,T:12g,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. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. 50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12), 99301 Chlieb 1 ks 50g
(E:608kj,T:1g,S:30g) (Al:1), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 22.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99605 Natierkove maslo 50g (Al:7), 63112
Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12), 55022 Granatiersky pochod
360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12),
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

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

***** Piatok 23.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)
(Al:7), 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 04821 Polievka porova s vajcom 0,33l (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 90103 Morcacie prsia
na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (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)

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Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 99680 Vajce
 (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Sobota 24.12.2022 ***

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99714 Tuniakova natierka 40g
 (E:1013kj,B:3g,T:26g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 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)
 Olovrant. 99748 Keks Marina 0,1
 Večera. 90731 Vianocna kapustnica 0,33l (E:562kj,B:5g,T:6g,S:19g) (Al:1,7,12), 99301 Chlieb 1 ks 50g
 (E:608kj,T:1g,S:30g) (Al:1), 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7),
 44112 Zemiakovy salat s majonezou 400g (E:1794kj,B:7g,T:21g,S:65g) (Al:3,7,9,12), 99754 Vianocne
 oplatky, 99740 Med mini, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 25.12.2022 ***

Raňajky. 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99609 Maslo mini 2ks (E:626kj,T:17g)
 (Al:7), 99740 Med mini, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18124 Hov. maso dusene na
 zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12),
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99434 Uhoroky ster. (E:71kj)
 (Al:12), 99743 Zakusok (Al:1,3,5,7,8,12), 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. 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 63113 Caj pravy s citronom
 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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RAC-2 - RACIONALNA STRAVA**1 - 1 r.******* Pondelok 19.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99703 Kalerabova natierka 55g (E:1107kj,T:29g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,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. 99321 Kolac tvarohovy (E:1019kj,B:6g,T:5g,S:41g) (Al:1,3,7)

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

***** Utorok 20.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 25614 Bravcove stehno bratislavske 214g(m.64g) (E:1557kj,B:19g,T:27g,S:13g) (Al:1,7,9,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99332 Rozok orechvy (E:1232kj,B:6g,T:6g,S:53g)

Večera. 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Streda 21.12.2022 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,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. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. 50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Stvrtok 22.12.2022 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99605 Natierkove maslo 50g (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 06911 Pol. frankfurt.s parkom a zem. 0,33L(m.15g) (E:610kj,B:5g,T:8g,S:14g) (Al:1,3,7,12), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

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

***** Piatok 23.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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. 99502 Banan (E:476kj,B:2g,S:25g)

Obed. 90739 Polievka kulajda 330 (E:639kj,B:6g,T:5g,S:24g) (Al:1,3,7,12), 58311 Parene buchty s lekvar.a mak. 315g (E:6229kj,B:28g,T:61g,S:212g) (Al:1,3,7,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obdobie: 19.12.2022 - 25.12.2022

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Olovrant. 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)
 Večera. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 99680 Vajce
 (E:337kj,B:7g,T:6g,S:1g) (Al:3), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Sobota 24.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99714 Tuniakova natierka 40g
 (E:1013kj,B:3g,T:26g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)
 Desiata. 99504 Mandarinka (E:160kj,B:1g,S:9g)
 Obed. 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)
 Olovrant. 99748 Keks Marina 0,1
 Večera. 90731 Vianocna kapustnica 0,33l (E:562kj,B:5g,T:6g,S:19g) (Al:1,7,12), 99301 Chlieb 1 ks 50g
 (E:608kj,T:1g,S:30g) (Al:1),
 12112 Treska vyprazana 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7), 44112 Zemiakovy salat s
 majonezou 400g (E:1794kj,B:7g,T:21g,S:65g) (Al:3,7,9,12), 99754 Vianocne oplatky,
 99740 Med mini, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

***** Nedela 25.12.2022 *****

Raňajky. 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99609 Maslo mini 2ks (E:626kj,T:17g)
 (Al:7), 99740 Med mini, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)
 Desiata. 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)
 Obed. 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 14714 Hov.pecienka na
 smot.svieckova 213g(m.63g) (E:1694kj,B:27g,T:25g,S:20g) (Al:1,7,9,10,12),
 50422 Knedle kysnute 200g (E:2374kj,B:15g,T:15g,S:94g) (Al:1,3,7), 99743 Zakusok (Al:1,3,5,7,8,12),
 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. 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 63113 Caj pravy s citronom
 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 19.12.2022 - 25.12.2022

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TEKUT - TEKUTA STRAVA 1 - 1 r.***** Pondelok 19.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12), 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,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. 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

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

***** Utorok 20.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. 90738 Polievka francuzska 0,33L (E:308kj,B:2g,T:5g,S:5g) (Al:7,12), 25614 Bravcove stehno bratislavske 214g(m.64g) (E:1557kj,B:19g,T:27g,S:13g) (Al:1,7,9,12), 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. 28112 Prazske zemiaky zapecene 400g (E:2483kj,B:19g,T:34g,S:63g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

***** Streda 21.12.2022 *****

Raňajky. 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99541 Dzem mini (Al:12), 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90016 Kuracie prsia na horcici 171g(m.60g) (E:1040kj,B:31g,T:12g,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. 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. 50122 Zemiaky na smotane 360g (E:1578kj,B:7g,T:18g,S:52g) (Al:1,7,12), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

***** Stvrtok 22.12.2022 *****

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

Obed. 90200 Polievka brokolicova 0,33l (E:599kj,B:5g,T:5g,S:23g) (Al:1,7,12), 55022 Granatiersky pochod 360g (E:2300kj,B:16g,T:16g,S:90g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. 99748 Keks Marina 0,1

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

***** Piatok 23.12.2022 *****

Raňajky. 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 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. 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

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Obdobie: 19.12.2022 - 25.12.2022

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*** Sobota 24.12.2022 ***

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

Desiata..... 99504 Mandarinka (E:160kj,B:1g,S:9g)

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

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

Večera..... 90731 Vianocna kapustnica 0,33l (E:562kj,B:5g,T:6g,S:19g) (Al:1,7,12), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 90083 Treska pecena 150g (E:2372kj,B:27g,T:38g,S:31g) (Al:1,3,4,7), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99754 Vianocne oplatky, 99740 Med mini, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

*** Nedela 25.12.2022 ***

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

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

Obed..... 65223 Slepacia polievka 0,33l (E:754kj,B:12g,T:9g,S:14g) (Al:1,3,9), 18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99743 Zakusok (Al:1,3,5,7,8,12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

☐