

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

Obdobie: 04.10.2021 - 10.10.2021

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 04.10.2021 \*\*\***

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. . . . . 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12),  
26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (Al:1,7),  
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 05.10.2021 \*\*\***

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

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

Obed. . . . . 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),  
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
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 (E:1896kj,T:16g,S:73g)

Večera. . . . . 382225 Zapek. cest. so salam bez mlie 300g (E:3064kj,B:22g,T:33g,S:89g) (Al:1,3,7),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 06.10.2021 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99604 Maslo mini delacreame 20g,  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 041215 Polievka hraskovy kr. bez mlie 0,33l (E:531kj,B:4g,T:4g,S:15g) (Al:1,12),  
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),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 902535 Rezance so struh bez mlieka 300g (E:4994kj,B:18g,T:62g,S:144g) (Al:1,3),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 07.10.2021 \*\*\***

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

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

Obed. . . . . 04621 Polievka krupkova 0,33l (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99335 Croissant cokoladovy

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

**\*\*\* Piatok 08.10.2021 \*\*\***

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),

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Obdobie: 04.10.2021 - 10.10.2021

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900105 Kuracie prs. na zeleri bez mli 200g(m.64g) (E:1162kj,B:32g,T:11g,S:14g) (Al:1,9),  
 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. .... 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99604 Maslo mini delacream 20g  
 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 09.10.2021 \*\*\*

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. .... 99511 Broskyňa (E:285kj,B:1g,S:18g)  
 Obed. .... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99332 Rozok orechvy (E:1232kj,B:6g,T:6g,S:53g)  
 Večera. .... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99110 Parky (E:1107kj,B:17g,T:22g,S:1g) (Al:1,3),  
 99760 Horcica 20g (E:107kj,B:1g,T:1g,S:3g) (Al:10,12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 10.10.2021 \*\*\*

Raňajky. .... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacream 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. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),  
 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. .... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)  
 Večera. .... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99713 Tuniakovy salat,  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 04.10.2021 - 10.10.2021

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**DIA-9 - DIABETICKA STRAVA****1 - 1 r.****\*\*\* Pondelok 04.10.2021 \*\*\***

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 pravý 0,25l

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

Obed. . . . . 05621 Polievka zemiaková kyslá 0,33L (E:611kj,B:4g,T:6g,S:21g) (Al:1,7,12),  
 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),  
 51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravý 0,25l

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

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

II. večera. . . . . 99316 Dalamanka celozrnna, 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),  
 99602 Maslo mini (E:313kj,T:8g) (Al:7)

**\*\*\* Utorok 05.10.2021 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7),  
 99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravý 0,25l

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

Obed. . . . . 06811 Polievka gulasová 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),  
 90100 Morcacie prsia na prírodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
 49912 Zemiaky opekané 180g (E:1755kj,B:7g,T:15g,S:75g) (Al:7),  
 99762 Syrová omacka (,s.100g) (E:908kj,B:6g,T:18g,S:7g) (Al:1,7), 63111 Caj pravý 0,25l

Olovrant. . . . . 99323 Pagac

Večera. . . . . 38222 Zapekané cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

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

**\*\*\* Streda 06.10.2021 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 63421 Cierna káva z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04121 Polievka hraskový krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 90216 Masové gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),  
 50422 Knedle kysnuté 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravý 0,25l

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

Večera. . . . . 90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7), 63111 Caj pravý 0,25l

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

**\*\*\* Stvrtok 07.10.2021 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
 44721 Vajcový krem [jemná natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12),  
 63111 Caj pravý 0,25l

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

Obed. . . . . 04621 Polievka krupková 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
 35713 Br. rezen vypraz. so syrom 70g (E:2746kj,B:29g,T:48g,S:27g) (Al:1,3,7),  
 90280 Zemiaky dusené s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g),  
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravý 0,25l

Olovrant. . . . . 99316 Dalamanka celozrnna, 99621 Smotana pochutková (E:1512kj,B:6g,T:32g,S:8g)

Večera. . . . . 90270 Rizoto zeleninové 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),  
 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63111 Caj pravý 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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Obdobie: 04.10.2021 - 10.10.2021

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## \*\*\* Piatok 08.10.2021 \*\*\*

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g),  
 99706 Cesnaková natierka 50g (E:942kj,B:5g,T:22g,S:2g) (Al:7), 63111 Caj pravy 0,25l

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

Obed..... 06511 Polievka borsc 0,35L(m.40g) (E:754kj,B:14g,T:11g,S:8g) (Al:7,9,12),  
 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),  
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

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

Večera..... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),  
 39422 Volske oko 40g (E:431kj,B:7g,T:8g,S:1g) (Al:3), 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99639 Syr mozzarella (E:1029kj,B:18g,T:19g,S:2g)

## \*\*\* Sobota 09.10.2021 \*\*\*

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99402 Paprika (E:30kj,S:2g), 63111 Caj pravy 0,25l

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

Obed..... 05911 Polievka fazulova kysla 0,33L (E:847kj,B:9g,T:7g,S:32g) (Al:1,7,12),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l

Olovrant..... 99318 Rites cesnakovy 70g

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

Il. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Nedela 10.10.2021 \*\*\*

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 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..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 66619 Hov.dusené na hubách 170g(m.62g) (E:1054kj,B:18g,T:19g,S:3g) (Al:1,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99435 Calamada 150g (Al:12),  
 63111 Caj pravy 0,25l

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

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),  
 63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),  
 99602 Maslo mini (E:313kj,T:8g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 04.10.2021 - 10.10.2021

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**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 04.10.2021 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

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

Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
 26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (Al:1,7),  
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),  
 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

Il. večera. . . . . 99316 Dalamanka celozrnna, 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3),  
 99602 Maslo mini (E:313kj,T:8g) (Al:7)

**\*\*\* Utorok 05.10.2021 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7),  
 99403 Paradajka olupana (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),  
 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

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

Večera. . . . . 38222 Zapekane cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7),  
 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 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)

**\*\*\* Streda 06.10.2021 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 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),  
 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63111 Caj pravy 0,25l

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

Večera. . . . . 90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

**\*\*\* Stvrtok 07.10.2021 \*\*\***

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), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 63111 Caj pravy 0,25l

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
 90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),  
 63111 Caj pravy 0,25l

Olovrant. . . . . 99316 Dalamanka celozrnna, 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,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

Il. 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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Obdobie: 04.10.2021 - 10.10.2021

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## \*\*\* Piatok 08.10.2021 \*\*\*

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),  
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

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

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), 99639 Syr mozzarella (E:1029kj,B:18g,T:19g,S:2g)

## \*\*\* Sobota 09.10.2021 \*\*\*

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

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

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),  
63111 Caj pravy 0,25l

Olovrant..... 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)

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

Il. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Nedela 10.10.2021 \*\*\*

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
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..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99439 Cvikla DIA (E:197kj,B:1g,S:10g),  
63111 Caj pravy 0,25l

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

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g),  
63111 Caj pravy 0,25l

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),  
99602 Maslo mini (E:313kj,T:8g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 04.10.2021 - 10.10.2021

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**DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.****\*\*\* Pondelok 04.10.2021 \*\*\***

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. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
 26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (Al:1,7),  
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 05.10.2021 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)  
 Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (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  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Streda 06.10.2021 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 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), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
 Večera. . . . . 90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (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)

**\*\*\* Stvrtok 07.10.2021 \*\*\***

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. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
 90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)  
 Večera. . . . . 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

**\*\*\* Piatok 08.10.2021 \*\*\***

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),  
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 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)

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

Obdobie: 04.10.2021 - 10.10.2021

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## \*\*\* Sobota 09.10.2021 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
Desiata. . . . . 99511 Broskyňa (E:285kj,B:1g,S:18g)  
Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l  
Olovrant. . . . . 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)  
Večera. . . . . 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l  
II. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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## \*\*\* Nedela 10.10.2021 \*\*\*

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. . . . . 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l  
Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
Večera. . . . . 99555 Detsky prikrm, 63111 Caj pravy 0,25l  
II. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

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Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



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

Obdobie: 04.10.2021 - 10.10.2021

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**KASOV - ŠETRIACA - KAŠOVITÁ****1 - 1 r.****\*\*\* Pondelok 04.10.2021 \*\*\***

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), 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. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
 26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (Al:1,7),  
 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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 05.10.2021 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 99403 Paradajka olupana (E:42kj,B:1g,S:3g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (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 (E:1896kj,T:16g,S:73g)

Večera. . . . . 38222 Zapekane cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 06.10.2021 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 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),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 07.10.2021 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
 90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99335 Croissant cokoladovy

Večera. . . . . 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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Obdobie: 04.10.2021 - 10.10.2021

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**\*\*\* Piatok 08.10.2021 \*\*\***

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),  
 90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),  
 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..... 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

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 09.10.2021 \*\*\***

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), 99407 Kalerab 30g (E:105kj,B:3g,S:7g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)

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)

**\*\*\* Nedela 10.10.2021 \*\*\***

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..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),  
 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..... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)

Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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Obdobie: 04.10.2021 - 10.10.2021

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**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 04.10.2021 \*\*\***

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

Obed. . . . . 05621 Polievka zemiaková kyslá 0,33L (E:611kj,B:4g,T:6g,S:21g) (Al:1,7,12),  
 26714 Brav. maso na plovdivsky spos. 185g(m.65g) (E:1280kj,B:16g,T:23g,S:9g) (Al:1,12),  
 51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Utorok 05.10.2021 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 99401 Paradajka (E:42kj,B:1g,S:3g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12),  
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),  
 90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
 49912 Zemiaky opekane 180g (E:1755kj,B:7g,T:15g,S:75g) (Al:7),  
 99762 Syrová omacka (.s.100g) (E:908kj,B:6g,T:18g,S:7g) (Al:1,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)

Večera. . . . . 38222 Zapekane cestoviny so salamou 300g(m.47g) (E:3161kj,B:24g,T:34g,S:92g) (Al:1,3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 06.10.2021 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
 90216 Masove gul. s ryzou v rajcinov 340g(m.140g,s.200g) (E:1951kj,B:18g,T:22g,S:49g) (Al:1,3,7,12),  
 50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 07.10.2021 \*\*\***

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1),  
 44721 Vajcovy krem [jemna natierka] 48g (E:1018kj,B:2g,T:26g,S:1g) (Al:3,7,10,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
 35713 Br. rezen vypraz. so syrom 70g (E:2746kj,B:29g,T:48g,S:27g) (Al:1,3,7),  
 90280 Zemiaky dusene s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g),  
 52913 Salat z cinskej kapusty 150g (E:350kj,B:2g,T:6g,S:7g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99335 Croissant cokoladovy

Večera. . . . . 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12), 99520 Kompot 150g (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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Obdobie: 04.10.2021 - 10.10.2021

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## \*\*\* Piatok 08.10.2021 \*\*\*

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99706 Cesnaková natierka 50g (E:942kj,B:5g,T:22g,S:2g) (Al:7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 06511 Polievka borsc 0,35L(m.40g) (E:754kj,B:14g,T:11g,S:8g) (Al:7,9,12),  
 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),  
 59011 Dukat.buchticky s vanil.kremom 400g(s.180g,p.220g) (E:3860kj,B:22g,T:31g,S:139g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),  
 39422 Volske oko 40g (E:431kj,B:7g,T:8g,S:1g) (Al:3),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 09.10.2021 \*\*\*

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), 99402 Paprika (E:30kj,S:2g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 05911 Polievka fazulova kysla 0,33L (E:847kj,B:9g,T:7g,S:32g) (Al:1,7,12),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99318 Rites cesnakovy 70g

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)

## \*\*\* Nedela 10.10.2021 \*\*\*

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..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 66619 Hov.dusené na hubách 170g(m.62g) (E:1054kj,B:18g,T:19g,S:3g) (Al:1,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99435 Calamada 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1),  
 99640 Syr Lucina (E:1203kj,B:11g,T:27g,S:1g), 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: 04.10.2021 - 10.10.2021

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**TEKUT - TEKUTA STRAVA** 1 - 1 r.**\*\*\* Pondelok 04.10.2021 \*\*\***

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. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12),  
26514 Bravcove maso dus. v karotke 214g(m.64g) (E:1293kj,B:17g,T:23g,S:11g) (Al:1,7),  
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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 05.10.2021 \*\*\***

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
90100 Morcacie prsia na prirodno (m.64g) (E:990kj,B:22g,T:14g,S:6g) (Al:1,10,12),  
49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99748 Keks Marina 0,1 (E:1896kj,T:16g,S:73g)

Večera. . . . . 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 06.10.2021 \*\*\***

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

Obed. . . . . 04121 Polievka hraskovy krem 0,35L (E:944kj,B:6g,T:8g,S:30g) (Al:1,7,12),  
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),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 07.10.2021 \*\*\***

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12),  
90203 Bravcove mäso dusene (m.64g) (E:1213kj,B:16g,T:23g,S:4g) (Al:1),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 90270 Rizoto zeleninove 300g (E:2515kj,B:16g,T:14g,S:103g) (Al:9,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 08.10.2021 \*\*\***

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),  
90010 Kuracie prsia na zeleri 2g(m.64g) (E:1221kj,B:33g,T:12g,S:16g) (Al:1,7,9),  
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. . . . . 99615 Termix (E:615kj,B:4g,T:4g,S:8g)

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Obdobie: 04.10.2021 - 10.10.2021

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

## \*\*\* Sobota 09.10.2021 \*\*\*

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

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

Obed. .... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 90009 Kuracie prsia na rasci (m.64g) (E:1094kj,B:30g,T:13g,S:5g) (Al:1),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99619 Jogurt biely (E:632kj,B:9g,T:8g,S:11g)

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)

## \*\*\* Nedela 10.10.2021 \*\*\*

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. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12),  
 14514 Hov. pecienka na rajciakoch 183g(m.63g) (E:1032kj,B:23g,T:13g,S:11g) (Al:1,9,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. .... 99624 Mliecna ryza, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

☐