

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 25.03.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3), 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. . . . . 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),  
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (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. . . . . 99323 Pagac

Večera. . . . . 462115 Karotka s hraskom bez mlieka 180g (E:555kj,B:4g,T:5g,S:19g) (Al:1,7,12),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
 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 26.03.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacreame 20g,  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradaiky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12),  
 218135 Tel. maso na hubach bezmlieka 262g(m.62g) (E:1127kj,B:16g,T:18g,S:12g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),  
 52623 Uhorkovy salat 160g (E:241kj,B:1g,S:14g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 903045 Zemiaky s ud.a kys.kap.bezmlie 400g (E:2074kj,B:19g,T:13g,S:90g) (Al:1,3,12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 27.03.2024 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99604 Maslo mini delacreame 20g,  
 99408 Mrkva 30 (E:21kj,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. . . . . 06611 Polievka drobkova 0,33l(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
 66019 Hov.pečienka prirodna 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 548125 Rezance s kakaom bezmliec. 300g (E:2479kj,B:15g,T:7g,S:118g) (Al:1,3),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 28.03.2024 \*\*\***

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99769 Salat treska,  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 05011 Polievka rascova s vajcom 0,33l (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 466115 Spenat duseny bez mlieka 200g (E:631kj,B:4g,T:11g,S:12g) (Al:1,7),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99680 Vaice (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99335 Croissant cokoladovy

Večera. . . . . 562125 Sunkove fliacky bez mlieka 300g (E:2422kj,B:21g,T:24g,S:71g) (Al:1,3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 29.03.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (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. . . . . 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. . . . . 907335 Polievka portugalska bezmlieka 0,33l (E:507kj,B:2g,T:6g,S:16g) (Al:1,9,12),  
 902555 Sulance so str. bezmlieka 330g (E:3265kj,B:6g,T:50g,S:76g) (Al:1,3),

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 2

63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99748 Keks Marina 0,1  
 Večera. .... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99700 Tuniak (E:1534kj,B:17g,T:35g),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 30.03.2024 \*\*\*

Raňajky. .... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99604 Maslo mini delacreame 20g,  
 99408 Mrkva 30 (E:21kj,S:2g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. .... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 90021 Pecka velkonocna setriaca (E:2038kj,B:32g,T:16g,S:54g) (Al:3),  
 44112 Zemiakovy salat s majonezou 400g (E:1715kj,B:6g,T:21g,S:60g) (Al:3,7,9,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99747 Cokolada 100g (E:2292kj,B:8g,T:33g,S:55g)  
 Večera. .... 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 31.03.2024 \*\*\*

Raňajky. .... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 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),  
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)  
 Večera. .... 49922 Zemiaky bratislavske 390g (E:1578kj,B:9g,T:8g,S:79g) (Al:7,12),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 3

**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 25.03.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),  
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3), 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. . . . . 042215 Polievka karfiolova bez mlieka 0,33l (E:458kj,B:4g,T:3g,S:20g) (Al:1,3,12),  
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Pagac

Večera. . . . . 462115 Karotka s hraskom bez mlieka 180g (E:555kj,B:4g,T:5g,S:19g) (Al:1,7,12),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99433 Uhorky ster. DIA (E:26kj,S:1g),  
 63111 Caj pravy 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99604 Maslo mini delacreame 20g

**\*\*\* Utorok 26.03.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g,  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradaiky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
 63111 Caj pravy 0,25l

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

Obed. . . . . 048215 Polievka por. s vajcom bez ml. 0,33l (E:373kj,B:2g,T:5g,S:11g) (Al:1,3,12),  
 218135 Tel. maso na hubach bezmlieka 262g(m.62g) (E:1127kj,B:16g,T:18g,S:12g) (Al:1),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),  
 99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63111 Caj pravy 0,25l

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

Večera. . . . . 903045 Zemiaky s ud.a kys.kap.bezmlie 400g (E:2074kj,B:19g,T:13g,S:90g) (Al:1,3,12),  
 63111 Caj pravy 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99604 Maslo mini delacreame 20g

**\*\*\* Streda 27.03.2024 \*\*\***

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), 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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravy 0,25l

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 904065 Rezance s kakaom DIA bezmlieka 300 (E:2105kj,B:15g,T:7g,S:104g) (Al:1,3), 63111 Caj pravy 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),  
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

**\*\*\* Stvrtok 28.03.2024 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99769 Salat treska, 63111 Caj pravy 0,25l

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

Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12),  
 466115 Spenat duseny bez mlieka 200g (E:631kj,B:4g,T:11g,S:12g) (Al:1,7),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99680 Vaice (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 63111 Caj pravy 0,25l

Olovrant. . . . . 99318 Rites cesnakovy 70g

Večera. . . . . 562125 Sunkove fliacky bez mlieka 300g (E:2422kj,B:21g,T:24g,S:71g) (Al:1,3,7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

Il. večera. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99604 Maslo mini delacreame 20g

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 4

## \*\*\* Piatok 29.03.2024 \*\*\*

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacreame 20g,  
 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

Desiata. . . . . 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. . . . . 907335 Polievka portugalska bezmlieka 0,33l (E:507kj,B:2g,T:6g,S:16g) (Al:1,9,12),  
 904135 Sulance so str. DIA bezmlieka 330g (E:2855kj,B:6g,T:50g,S:56g) (Al:1,3), 63111 Caj pravy 0,25l

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99700 Tuniak (E:1534kj,B:17g,T:35g),  
 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99604 Maslo mini delacreame 20g

## \*\*\* Sobota 30.03.2024 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g,  
 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 90021 Pecka velkonocna setriaca (E:2038kj,B:32g,T:16g,S:54g) (Al:3),  
 44112 Zemiakovy salat s majonezou 400g (E:1715kj,B:6g,T:21g,S:60g) (Al:3,7,9,12), 63111 Caj pravy 0,25l

Olovrant. . . . . 99751 Cokolada dia

Večera. . . . . 46521 Miesana zelenina 180g (E:461kj,B:4g,T:5g,S:15g) (Al:1,7,12),  
 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63111 Caj pravy 0,25l

II. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99604 Maslo mini delacreame 20g

## \*\*\* Nedela 31.03.2024 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99604 Maslo mini delacreame 20g,  
 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l

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),  
 24414 Bravcovy rezen na roste 122g(m.65g) (E:1402kj,B:15g,T:29g,S:4g) (Al:1,10,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
 63111 Caj pravy 0,25l

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

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

II. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99604 Maslo mini delacreame 20g

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 5

**DIA-9 - DIABETICKA STRAVA****1 - 1 r.****\*\*\* Pondelok 25.03.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),  
 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 99406 Redkovka 30g (E:24kj,S:1g),  
 63111 Caj pravý 0,25l

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l

Olovrant. . . . . 99323 Pagac

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

Il. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Utorok 26.03.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
 63111 Caj pravý 0,25l

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

Obed. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 21813 Tel. maso dusene na hubach 262g(m.62g) (E:1174kj,B:16g,T:19g,S:12g) (Al:1,7),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),  
 99442 Uhorkovy salat DIA 160g (E:101kj,B:1g,S:7g) (Al:12), 63111 Caj pravý 0,25l

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

Večera. . . . . 90304 Zemiaky s udenym a kys.kapust. 400g (E:2299kj,B:21g,T:17g,S:93g) (Al:1,3,7,12),  
 63111 Caj pravý 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),  
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Streda 27.03.2024 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7), 99408 Mrkva 30 (E:21kj,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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravý 0,25l

Olovrant. . . . . 99620 Tvarohovy Mišo DIA

Večera. . . . . 90405 Rezance s orechmi DIA 300 (E:3002kj,B:15g,T:33g,S:100g) (Al:1,3,7,8), 63111 Caj pravý 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),  
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

**\*\*\* Stvrtok 28.03.2024 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99769 Salat treska, 63111 Caj pravý 0,25l

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

Obed. . . . . 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),  
 46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
 39422 Volske oko 40g (E:431kj,B:7g,T:8g,S:1g) (Al:3), 63111 Caj pravý 0,25l

Olovrant. . . . . 99318 Rites cesnakovy 70g

Večera. . . . . 56212 Sunkove fliacky zapekane 300g (E:2566kj,B:22g,T:26g,S:73g) (Al:1,3,7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

Il. večera. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 6

## \*\*\* Piatok 29.03.2024 \*\*\*

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

Desiata. . . . . 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. . . . . 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
90417 Sulance s makom DIA 330g (E:3034kj,B:5g,T:75g,S:15g) (Al:7), 63111 Caj pravý 0,25l

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99700 Tuniak (E:1534kj,B:17g,T:35g),  
63111 Caj pravý 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99604 Maslo mini delacreame 20g

## \*\*\* Sobota 30.03.2024 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),  
44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (Al:7), 63111 Caj pravý 0,25l

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
90020 Pecka veľkonocna (E:2155kj,B:33g,T:19g,S:53g) (Al:3),  
44112 Zemiakovy salat s majonezou 400g (E:1715kj,B:6g,T:21g,S:60g) (Al:3,7,9,12), 63111 Caj pravý 0,25l

Olovrant. . . . . 99751 Cokolada dia

Večera. . . . . 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63111 Caj pravý 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

## \*\*\* Nedela 31.03.2024 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
99542 Dzem mini dia 20g, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (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),  
90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
63111 Caj pravý 0,25l

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

Večera. . . . . 48812 Zemiaky s tvarohom 390g (E:2734kj,B:15g,T:31g,S:94g) (Al:7,9),  
99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

Il. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 7

**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 25.03.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),  
 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 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. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63111 Caj pravý 0,25l

Olovrant. . . . . 99323 Pagac

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

Il. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Utorok 26.03.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
 63111 Caj pravý 0,25l

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

Obed. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 21813 Tel. maso dusene na hubach 262g(m.62g) (E:1174kj,B:16g,T:19g,S:12g) (Al:1,7),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
 63111 Caj pravý 0,25l

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

Večera. . . . . 48912 Zemiaky zapekane so syrom 400g (E:2836kj,B:23g,T:39g,S:71g) (Al:3,7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),  
 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Streda 27.03.2024 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1),  
 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7), 99408 Mrkva 30 (E:21kj,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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63111 Caj pravý 0,25l

Olovrant. . . . . 99620 Tvarohovy Mišo DIA

Večera. . . . . 90406 Rezance s kakaom DIA 300 (E:2966kj,B:15g,T:30g,S:105g) (Al:1,3,7), 63111 Caj pravý 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g),  
 99115 Peceny syr 50g 50g (E:53kj,B:7g,T:11g,S:2g) (Al:1,3)

**\*\*\* Stvrtok 28.03.2024 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99769 Salat treska, 63111 Caj pravý 0,25l

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

Obed. . . . . 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),  
 46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99680 Vaice (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 63111 Caj pravý 0,25l

Olovrant. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7)

Večera. . . . . 56212 Sunkove fliacky zapekane 300g (E:2566kj,B:22g,T:26g,S:73g) (Al:1,3,7),  
 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravý 0,25l

Il. večera. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1),  
 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 8

## \*\*\* Piatok 29.03.2024 \*\*\*

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

Desiata. . . . . 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. . . . . 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
90413 Sulance so struhankou DIA 330g (E:3419kj,B:6g,T:65g,S:56g) (Al:1,3,7), 63111 Caj pravý 0,25l

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99700 Tuniak (E:1534kj,B:17g,T:35g),  
63111 Caj pravý 0,25l

II. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99604 Maslo mini delacreame 20g

## \*\*\* Sobota 30.03.2024 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),  
44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (Al:7), 63111 Caj pravý 0,25l

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

Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
90021 Pecka velkonocna setriaca (E:2038kj,B:32g,T:16g,S:54g) (Al:3),  
44112 Zemiakovy salat s majonezou 400g (E:1715kj,B:6g,T:21g,S:60g) (Al:3,7,9,12), 63111 Caj pravý 0,25l

Olovrant. . . . . 99751 Cokolada dia

Večera. . . . . 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63111 Caj pravý 0,25l

II. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

## \*\*\* Nedela 31.03.2024 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
99542 Dzem mini dia 20g, 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (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),  
90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g),  
63111 Caj pravý 0,25l

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

Večera. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g),  
48812 Zemiaky s tvarohom 390g (E:2734kj,B:15g,T:31g,S:94g) (Al:7,9),  
99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

II. večera. . . . . 99303 Chlieb tmavý 1ks 45g (E:590kj,B:5g,T:1g,S:28g), 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7)

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 9

**DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.****\*\*\* Pondelok 25.03.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (Al:1,9),  
 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. . . . . 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Utorok 26.03.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 21813 Tel. maso dusene na hubach 262g(m.62g) (E:1174kj,B:16g,T:19g,S:12g) (Al:1,7),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99756 Piskoty DIA 120g (E:1832kj,B:13g,T:5g,S:80g)  
 Večera. . . . . 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Streda 27.03.2024 \*\*\***

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. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99620 Tvarohovy Mišo DIA  
 Večera. . . . . 90406 Rezance s kakaom DIA 300 (E:2966kj,B:15g,T:30g,S:105g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

**\*\*\* Stvrtok 28.03.2024 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,  
 63111 Caj pravy 0,25l  
 Desiata. . . . . 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. . . . . 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),  
 46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Piatok 29.03.2024 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g,  
 63111 Caj pravy 0,25l  
 Desiata. . . . . 99505 Pomaranc (E:261kj,B:1g,S:11g)  
 Obed. . . . . 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
 90413 Sulance so struhankou DIA 330g (E:3419kj,B:6g,T:65g,S:56g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 99555 Detsky prikrm, 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

**\*\*\* Sobota 30.03.2024 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. . . . . 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99751 Cokolada dia  
 Večera. . . . . 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12), 63111 Caj pravy 0,25l

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 10

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

**\*\*\* Nedela 31.03.2024 \*\*\***Raňajky. .... 99304 Chlieb tmavý 2ks 90g (E:1180kj,B:9g,T:1g,S:55g), 99542 Dzem mini dia 20g,  
63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (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),

90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),

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. .... 48812 Zemiaky s tvarohom 390g (E:2734kj,B:15g,T:31g,S:94g) (Al:7,9),

99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 11

**KASOV - KAŠOVITÁ** 1 - 1 r.

## \*\*\* Pondelok 25.03.2024 \*\*\*

Raňajky. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (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. . . . . 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 citronom 0,25l (E:403kj,S:21g)

## \*\*\* Utorok 26.03.2024 \*\*\*

Raňajky. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (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. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
21813 Tel. maso dusene na hubach 262g(m.62g) (E:1174kj,B:16g,T:19g,S:12g) (Al:1,7),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Streda 27.03.2024 \*\*\*

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99541 Dzem mini (Al:12),  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99618 Tvarohovy Mišo

Večera. . . . . 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Stvrtok 28.03.2024 \*\*\*

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

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

Obed. . . . . 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),  
46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Piatok 29.03.2024 \*\*\*

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

Desiata. . . . . 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. . . . . 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
90255 Sulance so struhankou 330g (E:3829kj,B:6g,T:65g,S:76g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 12

## \*\*\* Sobota 30.03.2024 \*\*\*

Raňajky. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

Olovrant. . . . . 99747 Cokolada 100g (E:2292kj,B:8g,T:33g,S:55g)

Večera. . . . . 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 31.03.2024 \*\*\*

Raňajky. . . . . 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (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),  
90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99747 Cokolada 100g (E:2292kj,B:8g,T:33g,S:55g)

Večera. . . . . 48812 Zemiaky s tvarohom 390g (E:2734kj,B:15g,T:31g,S:94g) (Al:7,9),  
99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 13

**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 25.03.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 99406 Redkovka 30g (E:24kj,S:1g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (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. . . . . 99323 Pagac

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 26.03.2024 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 21813 Tel. maso dusene na hubach 262g(m.62g) (E:1174kj,B:16g,T:19g,S:12g) (Al:1,7),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),  
 52623 Uhorkovy salat 160g (E:241kj,B:1g,S:14g) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 90304 Zemiaky s udenym a kys.kapust. 400g (E:2299kj,B:21g,T:17g,S:93g) (Al:1,3,7,12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 27.03.2024 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g),  
 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7), 99408 Mrkva 30 (E:21kj,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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99618 Tvarohovy Mišo

Večera. . . . . 54722 Rezance s orechmi 300g (E:3312kj,B:15g,T:33g,S:110g) (Al:1,3,7,8),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 28.03.2024 \*\*\***

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99769 Salat treska,  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),  
 46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g),  
 39422 Volske oko 40g (E:431kj,B:7g,T:8g,S:1g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99318 Rites cesnakovy 70g

Večera. . . . . 56212 Sunkove fliacky zapekane 300g (E:2566kj,B:22g,T:26g,S:73g) (Al:1,3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 29.03.2024 \*\*\***

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. . . . . 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. . . . . 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
 90259 Sulance s makom 330g (E:3440kj,B:5g,T:75g,S:36g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 14

Olovrant. .... 99748 Keks Marina 0,1  
 Večera. .... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99700 Tuniak (E:1534kj,B:17g,T:35g),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Sobota 30.03.2024 \*\*\***

Raňajky. .... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
 44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. .... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 90020 Pecka velkonocna (E:2155kj,B:33g,T:19g,S:53g) (Al:3),  
 44112 Zemiakovy salat s majonezou 400g (E:1715kj,B:6g,T:21g,S:60g) (Al:3,7,9,12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99747 Cokolada 100g (E:2292kj,B:8g,T:33g,S:55g)  
 Večera. .... 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Nedela 31.03.2024 \*\*\***

Raňajky. .... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (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),  
 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)  
 Večera. .... 48812 Zemiaky s tvarohom 390g (E:2734kj,B:15g,T:31g,S:94g) (Al:7,9),  
 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 15

**SETR - ŠETRIACA 1 - 1 r.****\*\*\* Pondelok 25.03.2024 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 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..... 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
 90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (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..... 99323 Pagac

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 26.03.2024 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99562 Paradajky cherry 5 ks (E:3023kj,B:45g,T:11g,S:189g),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
 21813 Tel. maso dusene na hubach 262g(m.62g) (E:1174kj,B:16g,T:19g,S:12g) (Al:1,7),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99739 Piskoty dlhe

Večera..... 48912 Zemiaky zapekane so syrom 400g (E:2836kj,B:23g,T:39g,S:71g) (Al:3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 27.03.2024 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7),  
 99408 Mrkva 30 (E:21kj,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..... 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
 66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (Al:1),  
 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7),  
 52913 Salat z cinskej kapusty 150g (E:469kj,B:2g,T:6g,S:14g) (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99618 Tvarohovy Mišo

Večera..... 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 28.03.2024 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99769 Salat treska,  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed..... 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),  
 46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7),  
 49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 99680 Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99335 Croissant cokoladovy

Večera..... 56212 Sunkove fliacky zapekane 300g (E:2566kj,B:22g,T:26g,S:73g) (Al:1,3,7),  
 99434 Uhorky ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Piatok 29.03.2024 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99605 Natierkove maslo 50g (Al:7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata..... 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed..... 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
 90255 Sulance so struhankou 330g (E:3829kj,B:6g,T:65g,S:76g) (Al:1,3,7),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 16

Olovrant. .... 99748 Keks Marina 0,1  
 Večera. .... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99700 Tuniak (E:1534kj,B:17g,T:35g),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 30.03.2024 \*\*\*

Raňajky. .... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1),  
 44411 Bryndzova natierka 50g (E:683kj,B:8g,T:14g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Desiata. .... 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. .... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
 90021 Pecka velkonocna setriaca (E:2038kj,B:32g,T:16g,S:54g) (Al:3),  
 44112 Zemiakovy salat s majonezou 400g (E:1715kj,B:6g,T:21g,S:60g) (Al:3,7,9,12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99747 Cokolada 100g (E:2292kj,B:8g,T:33g,S:55g)  
 Večera. .... 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 31.03.2024 \*\*\*

Raňajky. .... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (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),  
 90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99520 Kompot 150g (Al:12),  
 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99742 Keks (E:746kj,B:2g,T:11g,S:19g) (Al:1,3,5,7,8,12)  
 Večera. .... 48812 Zemiaky s tvarohom 390g (E:2734kj,B:15g,T:31g,S:94g) (Al:7,9),  
 99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 17

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

## \*\*\* Pondelok 25.03.2024 \*\*\*

Raňajky. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04221 Polievka karfiolova 0,33L (E:547kj,B:5g,T:4g,S:21g) (Al:1,3,7,12),  
90106 Morcacie na zelenine (m.64g) (E:639kj,B:21g,T:6g,S:3g) (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. . . . . 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 citronom 0,25l (E:403kj,S:21g)

## \*\*\* Utorok 26.03.2024 \*\*\*

Raňajky. . . . . 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (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. . . . . 04821 Polievka porova s vajcom 0,33L (E:483kj,B:3g,T:7g,S:12g) (Al:1,3,7,12),  
21813 Tel. maso dusene na hubach 262g(m.62g) (E:1174kj,B:16g,T:19g,S:12g) (Al:1,7),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99739 Piskoty dlhe

Večera. . . . . 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Streda 27.03.2024 \*\*\*

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99541 Dzem mini (Al:12),  
63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:884kj,B:13g,T:8g,S:22g) (Al:1,3,7,9,12),  
66019 Hov.pečienka prírodná 170g(m.62g) (E:965kj,B:22g,T:15g,S:3g) (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. . . . . 99618 Tvarohovy Mišo

Večera. . . . . 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Stvrtok 28.03.2024 \*\*\*

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

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

Obed. . . . . 90743 Polievka syrová s opek. zmlou 330ml (E:1134kj,B:15g,T:16g,S:16g) (Al:1,3,7),  
46611 Spenat duseny 200g (E:690kj,B:5g,T:11g,S:13g) (Al:1,7),  
49712 Zemiaky varene 330g (E:1334kj,B:8g,T:1g,S:83g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Piatok 29.03.2024 \*\*\*

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

Desiata. . . . . 99505 Pomaranc (E:261kj,B:1g,S:11g)

Obed. . . . . 90733 Polievka portugalska 0,33l (E:545kj,B:2g,T:7g,S:16g) (Al:1,7,9,12),  
90255 Sulance so struhankou 330g (E:3829kj,B:6g,T:65g,S:76g) (Al:1,3,7),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

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

Obdobie: 25.03.2024 - 31.03.2024

Str.: 18

## \*\*\* Sobota 30.03.2024 \*\*\*

Raňajky. .... 99302 Chlieb 2 ks 90g (E:1042kj,B:1g,T:1g,S:52g) (Al:1), 99541 Dzem mini (Al:12),  
63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. .... 05411 Pol. zeleninova so struhankou 0,33L (E:402kj,B:2g,T:5g,S:11g) (Al:7,9,12),  
90283 Brokolicove pyre 300g (E:743kj,B:8g,T:5g,S:33g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99747 Cokolada 100g (E:2292kj,B:8g,T:33g,S:55g)

Večera. .... 90501 Cestoviny so syrovo-nivov. om. 320g (E:1336kj,B:9g,T:27g,S:10g) (Al:1,7,12),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 31.03.2024 \*\*\*

Raňajky. .... 99324 Babovka 100g (E:1194kj,B:6g,T:7g,S:50g), 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (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),  
90205 Obrateny rezen 120g (E:3268kj,B:23g,T:62g,S:34g) (Al:1,3,7),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. .... 99747 Cokolada 100g (E:2292kj,B:8g,T:33g,S:55g)

Večera. .... 48812 Zemiaky s tvarohom 390g (E:2734kj,B:15g,T:31g,S:94g) (Al:7,9),  
99600 Mlieko acidofilne 0,25l (E:683kj,B:9g,T:9g,S:12g) (Al:7)

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia

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

☐