

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

Obdobie: 10.10.2022 - 16.10.2022

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 10.10.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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. . . . . 99511 Broskyňa (E:285kj,B:1g,S:18g)

Obed. . . . . 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 901105 Mor. maso dus. v kaler  
bezmlie 214g(m.64g) (E:1078kj,B:22g,T:15g,S:9g) (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. . . . . 99335 Croissant cokoladovy

Večera. . . . . 382225 Zapek. cest. so salam bez mlie 300g (E:3064kj,B:22g,T:33g,S:89g) (Al:1,3,7), 99434 Uhorky  
ster. (E:71kj) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Utorok 11.10.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g, 99541  
Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 022215 Hov. pol. s liatym cest bezmlie 0,33L (p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12), 90204  
Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),  
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. . . . . 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)

**\*\*\* Streda 12.10.2022 \*\*\***

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 20g, 99740  
Med mini, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90008 Kuracie stehna dusene  
(E:955kj,B:42g,T:6g,S:1g), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),  
99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99323 Pagac

Večera. . . . . 90480 Omeleta bez mlieka 85g (E:1050kj,B:13g,T:22g,S:1g) (Al:3), 99450 Kecup 40g  
(E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 13.10.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99118 Salama parizer 50g, 99604 Maslo  
mini delacreame 20g, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12), 90727 Karfiol  
vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

**\*\*\* Piatok 14.10.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacreame 20g, 99408  
Mrkva 30 (E:21kj,S:2g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

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),  
604125 Zemlovka jablkova bez mlieka 400g (E:3577kj,B:12g,T:31g,S:138g) (Al:1,3,7), 63112 Caj ovocny  
0,25l (E:403kj,S:21g)

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Obdobie: 10.10.2022 - 16.10.2022

Str.: 2

Olovrant. .... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)  
 Večera. .... 37823 Salama pecena 80g (E:1646kj,B:10g,T:38g,S:2g) (Al:1,3,7), 49712 Zemiaky varene 330g  
 (E:964kj,B:6g,T:1g,S:60g), 99434 Uhorky ster. (E:71kj) (Al:12),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

## \*\*\* Sobota 15.10.2022 \*\*\*

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:2  
 g), 99604 Maslo mini delacreame 20g, 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 90209 Brav. stehno  
 znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99316 Dalamanka celozrnna, 99604 Maslo mini delacreame 20g  
 Večera. .... 557215 Spagety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12), 63113 Caj pravy s  
 citronom 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 16.10.2022 \*\*\*

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), 18313 Hovadzi tokan  
 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
 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. .... 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), 99124 Sunkovy narez, 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: 10.10.2022 - 16.10.2022

Str.: 3

**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 10.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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. . . . . 99511 Broskyňa (E:285kj,B:1g,S:18g)

Obed. . . . . 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 901105 Mor. maso dus. v kaler  
bezmlie 214g(m.64g) (E:1078kj,B:22g,T:15g,S:9g) (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. . . . . 99738 Pernik DIA

Večera. . . . . 382225 Zapek. cest. so salam bez mlie 300g (E:3064kj,B:22g,T:33g,S:89g) (Al:1,3,7), 99433 Uhorky  
ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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

**\*\*\* Utorok 11.10.2022 \*\*\***

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

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

Obed. . . . . 022215 Hov. pol. s liatym cest bezmlie 0,33L(p.30g) (E:243kj,B:2g,T:1g,S:11g) (Al:1,3,9,12), 90204  
Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),  
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. . . . . 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)

Večera. . . . . 904115 Rezance so struh. DIA bezmliek 300g (E:3780kj,B:18g,T:37g,S:135g) (Al:1,3), 63111 Caj pravy  
0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),  
99604 Maslo mini delacream 20g

**\*\*\* Streda 12.10.2022 \*\*\***

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

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

Obed. . . . . 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90008 Kuracie stehna dusene  
(E:955kj,B:42g,T:6g,S:1g), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7),  
99441 Mrkvovy salat s jablkom DIA 150g (E:199kj,B:1g,S:16g), 63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Pagac

Večera. . . . . 90480 Omeleta bez mlieka 85g (E:1050kj,B:13g,T:22g,S:1g) (Al:3), 99450 Kecup 40g  
(E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l

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

**\*\*\* Stvrtok 13.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99118 Salama parizer 50g, 99604 Maslo mini  
delacream 20g, 63111 Caj pravy 0,25l

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

Obed. . . . . 052215 Polievka z tekvice bez mlieka 0,33l (E:470kj,B:2g,T:5g,S:12g) (Al:1,12), 90727 Karfiol  
vareny 220g (E:114kj,B:3g,S:6g), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g),  
99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

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

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

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

**\*\*\* Piatok 14.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacream 20g, 99408 Mrkva 30  
(E:21kj,S:2g), 63111 Caj pravy 0,25l

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

Obed. . . . . 06811 Polievka gulasova 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),

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

Obdobie: 10.10.2022 - 16.10.2022

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904005 Zemlovka DIA bezmlieka 370g (E:1100kj,B:2g,T:21g,S:24g) (Al:3), 63111 Caj pravy 0,25l  
 Olovrant. .... 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)  
 Večera. .... 37823 Salama pecena 80g (E:1646kj,B:10g,T:38g,S:2g) (Al:1,3,7), 49712 Zemiaky varene 330g  
 (E:964kj,B:6g,T:1g,S:60g), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l  
 II. večera. .... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99121 Pasteta 48g 48g  
 (E:1386kj,B:14g,T:31g,S:1g)

## \*\*\* Sobota 15.10.2022 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),  
 99604 Maslo mini delacreame 20g, 63111 Caj pravy 0,25l  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 044215 Polievka karotkova bez mlieka 0,33l (E:328kj,B:1g,T:3g,S:13g) (Al:12), 90209 Brav. stehno  
 znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),  
 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. .... 99316 Dalamanka celozrnna, 99604 Maslo mini delacreame 20g  
 Večera. .... 557215 Spagety bolonske bez mlieka 320g (E:2453kj,B:17g,T:23g,S:79g) (Al:1,3,12), 63111 Caj pravy  
 0,25l  
 II. večera. .... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

## \*\*\* Nedela 16.10.2022 \*\*\*

Raňajky. .... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacreame 20g, 99542 Dzem  
 mini dia 20g, 63111 Caj 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), 18313 Hovadzi tokan  
 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
 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. .... 99744 Keks dia (E:2267kj,B:11g,T:34g,S:46g)  
 Večera. .... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99124 Sunkovy narez, 63111 Caj pravy 0,25l  
 II. večera. .... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99107 Salama sucha 50g 50g  
 (E:992kj,B:11g,T:22g,S:1g), 99604 Maslo mini delacreame 20g

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 10.10.2022 - 16.10.2022

Str.: 5

**DIA-9 - DIABETICKA STRAVA****1 - 1 r.****\*\*\* Pondelok 10.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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 pravy 0,25l

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

Obed. . . . . 03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12), 90109 Morcacie na  
smotane 350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12),  
51012 Halusky - priloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 38222 Zapekane 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 pravy 0,25l

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

**\*\*\* Utorok 11.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99683 Prazenica (E:1620kj,B:17g,T:34g,S:3g)  
(Al:3), 63111 Caj pravy 0,25l

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

Obed. . . . . 02221 Hov. polievka s liatym cestom 0,33L(p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 23124  
Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1),  
46221 Kapusta hlavkova dusena 200g (E:640kj,B:3g,T:10g,S:17g) (Al:1,7,12), 50422 Knedle kysnute  
200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63111 Caj pravy 0,25l

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

Večera. . . . . 90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7), 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)

**\*\*\* Streda 12.10.2022 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)  
(Al:7), 99542 Dzem mini dia 20g,  
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. . . . . 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12), 90002 Kuracie  
stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99441 Mrkvovy salat s jablkom DIA 150g  
(E:199kj,B:1g,S:16g), 63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Pagac

Večera. . . . . 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12), 99450 Kecup 40g  
(E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l

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

**\*\*\* Stvrtok 13.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99118 Salama parizer 50g, 99609 Maslo mini 2ks  
(E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 47423 Karfiol vyprazany 300g  
(E:3060kj,B:16g,T:49g,S:63g) (Al:1,3,7),  
49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99761 Tatarska omacka  
(m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

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

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

Il. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99633 Syr tvrdy 50g 50g  
(E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

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

Obdobie: 10.10.2022 - 16.10.2022

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**\*\*\* Piatok 14.10.2022 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99706 Cesnaková natierka 50g  
(E:942kj,B:5g,T:22g,S:2g) (Al:7), 63111 Caj pravý 0,25l

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

Obed..... 06811 Polievka gulasova 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),  
90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63111 Caj pravý 0,25l

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

Večera..... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 63522 Mlieko 0,25l  
(E:485kj,B:8g,T:4g,S:12g) (Al:7)

II. večera..... 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99121 Pasteta 48g 48g  
(E:1386kj,B:14g,T:31g,S:1g)

**\*\*\* Sobota 15.10.2022 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g),  
99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravý 0,25l

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

Obed..... 90730 Polievka fazulova s kapustou 0,33l (E:1010kj,B:10g,T:10g,S:32g) (Al:1,7,12), 99303 Chlieb  
tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),  
90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12), 51212 Ryza dusena  
190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravý 0,25l

Olovrant..... 99316 Dalamanka celozrnná, 99630 Syr tavený 35g (E:343kj,B:6g,T:6g) (Al:7)

Večera..... 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63111 Caj pravý 0,25l

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

**\*\*\* Nedela 16.10.2022 \*\*\***

Raňajky..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
99542 Dzem mini dia 20g, 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), 18313 Hovadzi tokan  
183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99435 Calamada 150g (Al:12),  
63111 Caj pravý 0,25l

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

Večera..... 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99634 Syr v cievku 100g  
(E:971kj,B:16g,T:18g,S:1g), 63111 Caj pravý 0,25l

II. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99107 Salama sucha 50g 50g  
(E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 10.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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 pravy 0,25l

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

Obed. . . . . 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90109 Morcacie na smotane  
350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12),  
51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 38222 Zapekane 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 pravy 0,25l

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

**\*\*\* Utorok 11.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
99631 Syr tvrdý light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. . . . . 02221 Hov. polievka s liatym cestom 0,33L(p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 90204  
Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),  
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. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

Večera. . . . . 90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7), 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)

**\*\*\* Streda 12.10.2022 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g)  
(Al:7), 99542 Dzem mini dia 20g,  
63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. . . . . 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12), 90002 Kuracie  
stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99441 Mrkvovy salat s jablkom DIA 150g  
(E:199kj,B:1g,S:16g), 63111 Caj pravy 0,25l

Olovrant. . . . . 99323 Pagac

Večera. . . . . 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12), 99450 Kecup 40g  
(E:182kj,B:1g,S:10g) (Al:12), 63111 Caj pravy 0,25l

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

**\*\*\* Stvrtok 13.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99118 Salama parizer 50g, 99609 Maslo mini 2ks  
(E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 90724 Karfiol pečený 300g  
(E:3060kj,B:16g,T:49g,S:63g) (Al:1,3,7),  
49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99761 Tatarska omacka  
(m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63111 Caj pravy 0,25l

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

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

Il. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99633 Syr tvrdý 50g 50g  
(E:718kj,B:13g,T:13g,S:1g) (Al:7), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

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

Obdobie: 10.10.2022 - 16.10.2022

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**\*\*\* Piatok 14.10.2022 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

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

Obed. . . . . 06811 Polievka gulasova 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),  
90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63111 Caj pravy 0,25l

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

Večera. . . . . 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

Il. večera. . . . . 99312 Pecivo graham 1 ks (E:715kj,B:5g,T:1g,S:33g) (Al:1), 99121 Pasteta 48g 48g (E:1386kj,B:14g,T:31g,S:1g)

**\*\*\* Sobota 15.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99108 Sunka 50g 50g (E:185kj,B:6g,T:1g,S:2g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63111 Caj pravy 0,25l

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

Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63111 Caj pravy 0,25l

Olovrant. . . . . 99316 Dalamanka celozrnna, 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

Večera. . . . . 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63111 Caj pravy 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99711 Sardinky (E:816kj,B:14g,T:15g,S:2g)

**\*\*\* Nedela 16.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99542 Dzem mini dia 20g, 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), 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63111 Caj pravy 0,25l

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

Večera. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63111 Caj pravy 0,25l

Il. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99107 Salama sucha 50g 50g (E:992kj,B:11g,T:22g,S:1g), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

Vyhotovil:Kaštílová

Schválila:Stravovacia komisia



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

Obdobie: 10.10.2022 - 16.10.2022

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**DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.****\*\*\* Pondelok 10.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99511 Broskyňa (E:285kj,B:1g,S:18g)  
 Obed. . . . . 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90109 Morcacie na smotane  
 350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12),  
 51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99738 Pernik DIA  
 Večera. . . . . 90453 Ryzova kasa DIA 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Utorok 11.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. . . . . 02221 Hov. polievka s liatym cestom 0,33L,(p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 90204  
 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)  
 Večera. . . . . 90411 Rezance so struh. DIA 300g (E:4657kj,B:18g,T:60g,S:135g) (Al:1,3,7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99611 Jogurt dia (E:200kj,B:3g,S:8g)

**\*\*\* Streda 12.10.2022 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g, 63411 Kava z  
 kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  
 Desiata. . . . . 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. . . . . 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90002 Kuracie stehna pecene  
 (E:1362kj,B:42g,T:17g,S:1g) (Al: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. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

**\*\*\* Stvrtok 13.10.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
 Desiata. . . . . 99507 Hruska (E:368kj,B:1g,T:1g,S:19g)  
 Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 90727 Karfiol vareny 220g  
 (E:114kj,B:3g,S:6g), 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. . . . . 90451 Puding s piskotami DIA 320g (E:1492kj,B:12g,T:6g,S:68g) (Al:7), 63111 Caj pravy 0,25l  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Piatok 14.10.2022 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g, 63111 Caj  
 pravy 0,25l  
 Desiata. . . . . 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12), 90453 Ryzova kasa DIA  
 350g (E:2700kj,B:18g,T:25g,S:90g) (Al:7), 63111 Caj pravy 0,25l  
 Olovrant. . . . . 99523 Kompot dia ks (E:1190kj,B:4g,T:10g,S:37g)  
 Večera. . . . . 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 63522 Mlieko 0,25l  
 (E:485kj,B:8g,T:4g,S:12g) (Al:7)  
 Il. večera. . . . . 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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Obdobie: 10.10.2022 - 16.10.2022

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## \*\*\* Sobota 15.10.2022 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l  
Desiata. . . . . 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
Obed. . . . . 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90209 Brav. stehno znojemske  
193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),  
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. . . . . 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 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 16.10.2022 \*\*\*

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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), 18313 Hovadzi tokan  
183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 63111 Caj pravy 0,25l  
Olovrant. . . . . 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  
Večera. . . . . 99555 Detsky prikrm, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)  
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: 10.10.2022 - 16.10.2022

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**KASOV - ŠETRIACA - KAŠOVITÁ****1 - 1 r.****\*\*\* Pondelok 10.10.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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. . . . . 99511 Broskyňa (E:285kj,B:1g,S:18g)

Obed. . . . . 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90109 Morcacie na smotane 350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12), 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. . . . . 99335 Croissant cokoladovy

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)

**\*\*\* Utorok 11.10.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99631 Syr tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 02221 Hov. polievka s liatym cestom 0,33L(,p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9), 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. . . . . 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. . . . . 90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 12.10.2022 \*\*\***

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99708 Medové maslo nátiarka 50g (E:1305kj,T:29g,S:12g) (Al:7), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. . . . . 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12), 90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99336 Moravsky kolac

Večera. . . . . 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 13.10.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99118 Salama parizer 50g, 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 90724 Karfiol pečeny 300g (E:3060kj,B:16g,T:49g,S:63g) (Al:1,3,7), 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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)

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**\*\*\* Piatok 14.10.2022 \*\*\***

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99408 Mrkva 30 (E:21kj,S:2g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

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),  
60412 Zemlovka jablkova 400g (E:4029kj,B:16g,T:39g,S:144g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

**\*\*\* Sobota 15.10.2022 \*\*\***

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),  
63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant..... 99316 Dalamanka celozrnna, 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)

Večera..... 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Nedela 16.10.2022 \*\*\***

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), 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99434 Uhorky ster. (E:71kj) (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99634 Syr v cievku 100g (E:971kj,B:16g,T:18g,S:1g), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 10.10.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (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. . . . . 99511 Broskyňa (E:285kj,B:1g,S:18g)

Obed. . . . . 03821 Cesnakova pol. s opr. chlebom 0,33L (E:765kj,B:1g,T:10g,S:21g) (Al:1,7,12), 90109 Morcacie na smotane 350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12), 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. . . . . 99335 Croissant cokoladovy

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)

**\*\*\* Utorok 11.10.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99683 Prazenica (E:1620kj,B:17g,T:34g,S:3g) (Al:3), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 02221 Hov. polievka s liatym cestom 0,33L (p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 23124 Br.stehno pecene po sedliacky 164g(m.64g) (E:837kj,B:16g,T:13g,S:5g) (Al:1), 46221 Kapusta hlavkova dusena 200g (E:640kj,B:3g,T:10g,S:17g) (Al:1,7,12), 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. . . . . 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)

Večera. . . . . 90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 12.10.2022 \*\*\***

Raňajky. . . . . 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99708 Medové maslo nátierka 50g (E:1305kj,T:29g,S:12g) (Al:7), 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. . . . . 04921 Polievka rajciakova so syrom 0,33L (E:1055kj,B:9g,T:9g,S:35g) (Al:1,7,12), 90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al:7), 51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 99437 Mrkvovy salat s jablkom 150g (E:234kj,B:1g,S:17g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Olovrant. . . . . 99336 Moravsky kolac

Večera. . . . . 38812 Omeleta s hraskom 90g (E:1172kj,B:15g,T:22g,S:5g) (Al:3,7,12), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 13.10.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99118 Salama parizer 50g, 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 47423 Karfiol vyprazany 300g (E:3060kj,B:16g,T:49g,S:63g) (Al:1,3,7), 49822 Zemiakova kasa [pyre] 210g (E:1357kj,B:8g,T:10g,S:61g) (Al:7), 99761 Tatarska omacka (m.0,05g) (E:1607kj,B:1g,T:4g,S:8g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 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)

**\*\*\* Piatok 14.10.2022 \*\*\***

Raňajky. . . . . 99311 Pecivo 2 ks (E:886kj,B:6g,T:1g,S:43g) (Al:1), 99706 Cesnaková natierka 50g (E:942kj,B:5g,T:22g,S:2g) (Al:7), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

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

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(E:608kj,T:1g,S:30g) (Al:1),  
 60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7), 63112 Caj ovocny  
 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)  
 Večera. .... 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 63522 Mlieko 0,25l  
 (E:485kj,B:8g,T:4g,S:12g) (Al:7)

## \*\*\* Sobota 15.10.2022 \*\*\*

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),  
 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)  
 Desiata. .... 99506 Jablko (E:322kj,B:1g,T:1g,S:24g)  
 Obed. .... 90730 Polievka fazulova s kapustou 0,33l (E:1010kj,B:10g,T:10g,S:32g) (Al:1,7,12), 99301 Chlieb 1  
 ks 50g (E:608kj,T:1g,S:30g) (Al:1),  
 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12), 51212 Ryza dusena  
 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)  
 Olovrant. .... 99316 Dalamanka celozrnná, 99630 Syr taveny 35g (E:343kj,B:6g,T:6g) (Al:7)  
 Večera. .... 55721 Spagety bolonske 320g (E:2884kj,B:24g,T:31g,S:80g) (Al:1,3,7,12), 63113 Caj pravy s citronom  
 0,25l (E:403kj,S:21g)

## \*\*\* Nedela 16.10.2022 \*\*\*

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), 18313 Hovadzi tokan  
 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (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), 99634 Syr v cievku 100g  
 (E:971kj,B:16g,T:18g,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: 10.10.2022 - 16.10.2022

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**TEKUT - TEKUTA STRAVA** 1 - 1 r.**\*\*\* Pondelok 10.10.2022 \*\*\***

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

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

Obed. . . . . 64822 Polievka rascová 0,33l (E:434kj,B:2g,T:4g,S:16g) (Al:1,7), 90109 Morcacie na smotane 350g(m.64g) (E:1510kj,B:26g,T:20g,S:21g) (Al:1,7,9,10,12), 51012 Halusky - príloha 225g (E:2080kj,B:13g,T:13g,S:84g) (Al:1,3,7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

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

**\*\*\* Utorok 11.10.2022 \*\*\***

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

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

Obed. . . . . 02221 Hov. polievka s liatym cestom 0,33L(p.30g) (E:274kj,B:3g,T:1g,S:12g) (Al:1,3,7,9,12), 90204 Bravcove maso na zelenine (m.64g) (E:919kj,B:15g,T:16g,S:3g) (Al:1,9), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 90253 Rezance so struhankou 300g (E:5120kj,B:18g,T:65g,S:144g) (Al:1,3,7), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Streda 12.10.2022 \*\*\***

Raňajky. . . . . 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. . . . . 04911 Polievka rajciakova 0,33L (E:866kj,B:3g,T:6g,S:35g) (Al:1,12), 90002 Kuracie stehna pecene (E:1362kj,B:42g,T:17g,S:1g) (Al: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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

Večera. . . . . 90282 Karfiolove pyre 300g (E:716kj,B:7g,T:5g,S:32g) (Al:7), 63113 Caj pravy s citrnom 0,25l (E:403kj,S:21g)

**\*\*\* Stvrtok 13.10.2022 \*\*\***

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

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

Obed. . . . . 05221 Polievka z tekvice 0,33L (E:629kj,B:4g,T:8g,S:14g) (Al:1,7,12), 90727 Karfiol vareny 220g (E:114kj,B:3g,S:6g), 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. . . . . 99550 Detska vyziva (E:3070kj,B:4g,T:2g,S:180g)

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

**\*\*\* Piatok 14.10.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99740 Med mini, 63111 Caj pravy 0,25l

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

Obed. . . . . 06811 Polievka gulasova 0,33L(m.22g) (E:732kj,B:8g,T:9g,S:18g) (Al:1,7,12), 55822 Ryzova kasa 350g (E:3075kj,B:18g,T:25g,S:108g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera. . . . . 48812 Zemiaky s tvarohom 390g (E:2438kj,B:13g,T:31g,S:75g) (Al:7,9), 63522 Mlieko 0,25l (E:485kj,B:8g,T:4g,S:12g) (Al:7)

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

Obdobie: 10.10.2022 - 16.10.2022

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## \*\*\* Sobota 15.10.2022 \*\*\*

Raňajky..... 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99541 Dzem mini (Al:12), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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

Obed..... 04421 Polievka karotkova 0,33L (E:429kj,B:2g,T:5g,S:14g) (Al:7,12), 90209 Brav. stehno znojemske 193g(m.63g) (E:1358kj,B:16g,T:25g,S:8g) (Al:1,7,12),  
51212 Ryza dusena 190g (E:1633kj,B:7g,T:7g,S:76g) (Al:7), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Večera..... 90284 Zeleninove pyre 300g (E:528kj,B:5g,T:1g,S:31g) (Al:7,9), 63113 Caj pravy s citronom 0,25l (E:403kj,S:21g)

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## \*\*\* Nedela 16.10.2022 \*\*\*

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), 18313 Hovadzi tokan 183g(m.63g) (E:1266kj,B:19g,T:21g,S:11g) (Al:1,7,12),  
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (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, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

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Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková   
Hejbalová   
Kubrická   
Šimovcová   
Kaštilová