

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 1

**BEZML - ŠETRIACA BEZ MLIEČNA****1 - 1 r.****\*\*\* Pondelok 12.09.2022 \*\*\***

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

Desiata. . . . . 99510 Nektarinka

Obed. . . . . 64923 Polievka zelerová so zemiakmi 0,33l (E:326kj,B:1g,T:5g,S:9g) (Al:9), 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 52913 Salat z cinskej kapusty 150g (E:350kj,B:2g,T:6g,S:7g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 469215 Tekvica s koprom bez mlieka 180g (E:705kj,B:4g,T:8g,S:12g) (Al:1,12), 99111 Parka obyčajna dietna 100g (E:1107kj,B:17g,T:22g,S:1g), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Utorok 13.09.2022 \*\*\***

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

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

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 99682 Chlieb vo vajicku (E:3901kj,B:13g,T:71g,S:53g) (Al:1,3), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Streda 14.09.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99604 Maslo mini delacream 20g, 99118 Salama parizer 50g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 901995 Polievka sampionova so zemiak. 0,33l (E:369kj,B:3g,S:20g) (Al:1,12), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 52513 Rajciakovy salat 150g (E:347kj,B:1g,T:5g,S:11g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99323 Pagac

Večera. . . . . 54812 Rezance s kakaom 300g (E:3340kj,B:15g,T:30g,S:118g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Stvrtok 15.09.2022 \*\*\***

Raňajky. . . . . 99326 Zavin kakaovy 100g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 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), 99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99335 Croissant cokoladovy

Večera. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Piatok 16.09.2022 \*\*\***

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), 99401 Paradajka (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12), 604125 Zemlovka jablkova bez mlieka 400g (E:3577kj,B:12g,T:31g,S:138g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 2

Večera. .... 411135 Kuracie rizoto bezmlieka 350g (E:3208kj,B:39g,T:27g,S:92g) (Al:12), 99520 Kompot 150g  
(Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Sobota 17.09.2022 \*\*\*

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

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

Obed. .... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 90211 Bravcove sote  
153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom  
(E:337kj,S:20g) (Al:12)

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

Večera. .... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99434 Uhorky ster. (E:71kj)  
(Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 18.09.2022 \*\*\*

Raňajky. .... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99604 Maslo mini delacreame 20g, 99740  
Med mini, 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 90101 Morcacie  
prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g)  
(Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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), 99712 Tuniak v raj. omacke  
(E:3310kj,B:110g,T:15g,S:53g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 3

**D-STA - DIABETICKA STRAVA -BEZ MLIEČNA 1 - 1 r.****\*\*\* Pondelok 12.09.2022 \*\*\***

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

Desiata. . . . . 99510 Nektarinka

Obed. . . . . 64923 Polievka zelerová so zemiakmi 0,33l (E:326kj,B:1g,T:5g,S:9g) (Al:9), 90210 Brav. stehno juhoslovenske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99445 Salat z cinskej kapusty DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 469215 Tekvica s koproem bez mlieka 180g (E:705kj,B:4g,T:8g,S:12g) (Al:1,12), 99111 Parka obyčajna dietna 100g (E:1107kj,B:17g,T:22g,S:1g), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

**\*\*\* Utorok 13.09.2022 \*\*\***

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 pravý 0,25l

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

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 18124 Hov. maso dusene na zelenine 212g(m.62g) (E:1314kj,B:19g,T:22g,S:12g) (Al:1,7,12), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 99684 Chlieb vo vajicku tmavy (E:4137kj,B:22g,T:72g,S:61g) (Al:3), 99450 Kecup 40g (E:182kj,B:1g,S:10g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. 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 14.09.2022 \*\*\***

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99604 Maslo mini delacream 20g, 99118 Salama parizer 50g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 901995 Polievka sampionova so zemiak. 0,33l (E:369kj,B:3g,S:20g) (Al:1,12), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99451 Rajciakovy salat dia 150g (E:281kj,B:1g,T:5g,S:7g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99323 Pagac

Večera. . . . . 90406 Rezance s kakaom DIA 300 (E:2966kj,B:15g,T:30g,S:105g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

**\*\*\* Stvrtok 15.09.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99604 Maslo mini delacream 20g, 99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 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), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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), 99120 Pasteta 115g 115g (E:1386kj,B:14g,T:31g,S:1g) (Al:3), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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 delacream 20g

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 4

**\*\*\* Piatok 16.09.2022 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99115 Peceny sy 50g 50g  
(E:53kj,B:7g,T:11g,S:2g) (Al:1,3), 99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

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

Obed..... 042115 Polievka kalerabova bez mlieka 0,33l (E:313kj,B:1g,T:5g,S:7g) (Al:1,12), 904005 Zemlovka DIA  
bezmlieka 370g (E:1100kj,B:2g,T:21g,S:24g) (Al:3),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant..... 99738 Pernik DIA

Večera..... 411135 Kuracie rizoto bezmlieka 350g (E:3208kj,B:39g,T:27g,S:92g) (Al:12), 99522 Kompot dia 0,15  
(E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera..... 99316 Dalamanka celozrnna, 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

**\*\*\* Sobota 17.09.2022 \*\*\***

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

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

Obed..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 90211 Bravcove sote  
153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom  
(E:337kj,S:20g) (Al:12)

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

Večera..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99433 Uhorky ster. DIA  
(E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99106 Salama makka 50g 50g  
(E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99604 Maslo mini delacreame 20g

**\*\*\* Nedela 18.09.2022 \*\*\***

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

Obed..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 90101 Morcacie  
prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100  
Voda so sirupom (E:337kj,S:20g) (Al:12)

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), 99712 Tuniak v raj. omacke  
(E:3310kj,B:110g,T:15g,S:53g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

**DIA-9 - DIABETICKA STRAVA****1 - 1 r.****\*\*\* Pondelok 12.09.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44511 Tvarohova natierka 50g  
(E:629kj,B:4g,T:14g,S:1g) (Al:7), 99406 Redkovka 30g (E:24kj,S:1g), 63111 Caj pravy 0,25l

Desiata. . . . . 99510 Nektarinka

Obed. . . . . 64923 Polievka zelerová so zemiakmi 0,33l (E:326kj,B:1g,T:5g,S:9g) (Al:9), 90210 Brav. stehno  
juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99445 Salat z cinskej kapusty  
DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 46921 Tekvica na smotane s kopro 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12), 99111 Parka obycajna  
dietna 100g (E:1107kj,B:17g,T:22g,S:1g), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. . . . . 99316 Dalamanka celozrnna, 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Utorok 13.09.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99701 Rybacia natierka 45g (E:802kj,T:21g,S:1g)  
(Al:7), 63111 Caj pravy 0,25l

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

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 14714 Hov.pecienka  
na smot.svieckova 213g(m.63g) (E:1694kj,B:27g,T:25g,S:20g) (Al:1,7,9,10,12),  
50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63100 Voda so sirupom  
(E:337kj,S:20g) (Al:12)

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

Večera. . . . . 40021 Syrovy nakyp jemny 160g (E:2354kj,B:30g,T:36g,S:30g) (Al:1,3,7), 99433 Uhorky ster. DIA  
(E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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 14.09.2022 \*\*\***

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), 99118 Salama parizer 50g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 90199 Polievka sampionova kremova 0,33l (E:530kj,B:4g,T:4g,S:17g) (Al:1,7,12), 90112 Morcacia prsia  
vypr. v cestick 100g (E:1486kj,B:24g,T:25g,S:10g) (Al:1,3,7),  
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99451 Rajciakovy salat dia  
150g (E:281kj,B:1g,T:5g,S:7g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99323 Pagac

Večera. . . . . 90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7), 63100 Voda so sirupom  
(E:337kj,S:20g) (Al:12)

Il. večera. . . . . 99316 Dalamanka celozrnna, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Stvrtok 15.09.2022 \*\*\***

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

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 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), 99522 Kompot dia 0,15  
(E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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), 99634 Syr v cievku 100g  
(E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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)

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 6

**\*\*\* Piatok 16.09.2022 \*\*\***

Raňajky..... 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravý 0,25l

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

Obed..... 46721 Kapusta hlavkova rajciakova 200g (E:858kj,B:4g,T:8g,S:33g) (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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 41113 Kuracie rizoto 350g(m.120g) (E:3423kj,B:42g,T:31g,S:92g) (Al:7,12), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera..... 99316 Dalamanka celozrnna, 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

**\*\*\* Sobota 17.09.2022 \*\*\***

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),  
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..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 90303 Zemiaky zapekané svajciarske 350g (E:2651kj,B:20g,T:36g,S:67g) (Al:1,3,7), 99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera..... 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

**\*\*\* Nedela 18.09.2022 \*\*\***

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

Obed..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
90280 Zemiaky dusene s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g), 99435 Calamada 150g (Al:12),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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), 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Vyhotoval:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 7

**DIA-S - DIABETICKA STRAVA-SETRIACA 1 - 1 r.****\*\*\* Pondelok 12.09.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 44511 Tvarohova natierka 50g  
(E:629kj,B:4g,T:14g,S:1g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

Desiata. . . . . 99510 Nektarinka

Obed. . . . . 64923 Polievka zelerová so zemiakmi 0,33l (E:326kj,B:1g,T:5g,S:9g) (Al:9), 90210 Brav. stehno  
juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12),  
51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 99445 Salat z cinskej kapusty  
DIA 150g (E:300kj,B:1g,T:6g,S:5g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99738 Pernik DIA

Večera. . . . . 46921 Tekvica na smotane s kopro 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12), 99111 Parka obycajna  
dietna 100g (E:1107kj,B:17g,T:22g,S:1g), 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g),  
63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Il. večera. . . . . 99316 Dalamanka celozrnna, 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7)

**\*\*\* Utorok 13.09.2022 \*\*\***

Raňajky. . . . . 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7),  
99408 Mrkva 30 (E:21kj,S:2g), 63111 Caj pravy 0,25l

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

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 14714 Hov.pecienka  
na smot.svieckova 213g(m.63g) (E:1694kj,B:27g,T:25g,S:20g) (Al:1,7,9,10,12),  
90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom  
(E:337kj,S:20g) (Al:12)

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

Večera. . . . . 40021 Syrovy nakyp jemny 160g (E:2354kj,B:30g,T:36g,S:30g) (Al:1,3,7), 99433 Uhorky ster. DIA  
(E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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 14.09.2022 \*\*\***

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), 99118 Salama parizer 50g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 90199 Polievka sampionova kremova 0,33l (E:530kj,B:4g,T:4g,S:17g) (Al:1,7,12), 90103 Morcacie prsia  
na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1),  
90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 99451 Rajciakovy salat dia  
150g (E:281kj,B:1g,T:5g,S:7g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99621 Smotana pochutkova  
(E:1512kj,B:6g,T:32g,S:8g)

Večera. . . . . 90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7), 63100 Voda so sirupom  
(E:337kj,S:20g) (Al:12)

Il. večera. . . . . 99316 Dalamanka celozrnna, 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)

**\*\*\* Stvrtok 15.09.2022 \*\*\***

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

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 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), 99522 Kompot dia 0,15  
(E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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), 99634 Syr v cievku 100g  
(E:971kj,B:16g,T:18g,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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)

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 8

## \*\*\* Piatok 16.09.2022 \*\*\*

Raňajky. . . . . 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 99401 Paradajka (E:42kj,B:1g,S:3g), 63111 Caj pravy 0,25l

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

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 90400 Zemlovka jablk.s tvar. DIA 370g (E:1676kj,B:15g,T:27g,S:32g) (Al:3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 41113 Kuracie rizoto 350g(m.120g) (E:3423kj,B:42g,T:31g,S:92g) (Al:7,12), 99522 Kompot dia 0,15 (E:179kj,B:1g,T:2g,S:5g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. . . . . 99316 Dalamanka celozrnna, 99704 Sardinky v rajcinach (E:760kj,B:14g,T:13g,S:3g)

## \*\*\* Sobota 17.09.2022 \*\*\*

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 tvrdy light 50g 50g (E:718kj,B:13g,T:13g,S:1g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63111 Caj pravy 0,25l

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

Obed. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99433 Uhorky ster. DIA (E:26kj,S:1g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

II. večera. . . . . 99303 Chlieb tmavý 1ks (E:688kj,B:5g,T:1g,S:32g), 99106 Salama makka 50g 50g (E:405kj,B:4g,T:9g,S:1g) (Al:1,3), 99602 Maslo mini (E:313kj,T:8g) (Al:7)

## \*\*\* Nedela 18.09.2022 \*\*\*

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

Obed. . . . . 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12), 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99439 Cvikla DIA (E:197kj,B:1g,S:10g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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), 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia



**DIA-T - DIABETICKA STRAVA - TEKUTÁ 1 - 1 r.****\*\*\* Pondelok 12.09.2022 \*\*\***

|                  |  |
|------------------|--|
| Raňajky. ....    | 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63111 Caj pravy 0,25l   |
| Desiata. ....    | 99510 Nektarinka   |
| Obed. ....       | 64923 Polievka zelerová so zemiakmi 0,33l (E:326kj,B:1g,T:5g,S:9g) (Al:9), 90210 Brav. stehno juhoslovenske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12) |
| Olovrant. ....   | 99551 Detska vyziva dia (E:1670kj,B:4g,T:3g,S:117g)  |
| Večera. ....     | 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)   |
| II. večera. .... | 99611 Jogurt dia (E:200kj,B:3g,S:8g)   |

**\*\*\* Utorok 13.09.2022 \*\*\***

|                  |  |
|------------------|--|
| 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. ....       | 06611 Polievka drobkova 0,33l(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 14714 Hov.pecienka na smot.svieckova 213g(m.63g) (E:1694kj,B:27g,T:25g,S:20g) (Al:1,7,9,10,12), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12) |
| Olovrant. ....   | 99611 Jogurt dia (E:200kj,B:3g,S:8g)   |
| Večera. ....     | 40021 Syrovy nakyp jemny 160g (E:2354kj,B:30g,T:36g,S:30g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)   |
| II. večera. .... | 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)  |

**\*\*\* Streda 14.09.2022 \*\*\***

|                  |   |
|------------------|---|
| Raňajky. ....    | 99313 Pecivo graham 2 ks (E:1429kj,B:10g,T:3g,S:65g) (Al:1), 99542 Dzem mini dia 20g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)   |
| Desiata. ....    | 99502 Banan (E:476kj,B:2g,S:25g)  |
| Obed. ....       | 90199 Polievka sampionova kremova 0,33l (E:530kj,B:4g,T:4g,S:17g) (Al:1,7,12), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12) |
| Olovrant. ....   | 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)   |
| Večera. ....     | 90407 Rezance s tvarohom DIA 300 (E:3464kj,B:25g,T:40g,S:102g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  |
| II. večera. .... | 63521 Mlieko 0,25l 0,25l (E:1940kj,B:34g,T:15g,S:49g)   |

**\*\*\* Stvrtok 15.09.2022 \*\*\***

|                  |  |
|------------------|--|
| Raňajky. ....    | 99304 Chlieb tmavý 2ks (E:1278kj,B:10g,T:1g,S:60g), 99542 Dzem mini dia 20g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)  |
| Desiata. ....    | 99511 Broskyna (E:285kj,B:1g,S:18g)  |
| Obed. ....       | 04621 Polievka krupkova 0,33l (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12) |
| 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. .... | 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)  |

**\*\*\* Piatok 16.09.2022 \*\*\***

|                |   |
|----------------|---|
| 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. ....     | 04211 Polievka kalerabova 0,33l (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12) |
| Olovrant. .... | 99611 Jogurt dia (E:200kj,B:3g,S:8g)  |

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 10

Večera. . . . . 41113 Kuracie rizoto 350g(m.120g) (E:3423kj,B:42g,T:31g,S:92g) (Al:7,12), 63111 Caj pravy 0,25l

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

## \*\*\* Sobota 17.09.2022 \*\*\*

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. . . . . 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 90211 Bravcove sote  
153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom  
(E:337kj,S:20g) (Al:12)

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

Večera. . . . . 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 63100 Voda so sirupom  
(E:337kj,S:20g) (Al:12)

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

## \*\*\* Nedela 18.09.2022 \*\*\*

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

Obed. . . . . 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 90101 Morcacie  
prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),

49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 11

**KASOV - ŠETRIACA - KAŠOVITÁ****1 - 1 r.****\*\*\* Pondelok 12.09.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99407 Kalerab 30g (E:105kj,B:3g,S:7g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99510 Nektarinka

Obed. . . . . 64923 Polievka zelerová so zemiakmi 0,33l (E:326kj,B:1g,T:5g,S:9g) (Al:9), 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 52913 Salat z cinskej kapusty 150g (E:350kj,B:2g,T:6g,S:7g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12), 99111 Parka obycajna dietna 100g (E:1107kj,B:17g,T:22g,S:1g), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Utorok 13.09.2022 \*\*\***

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

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

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 14714 Hov.pecienka na smot.svieckova 213g(m.63g) (E:1694kj,B:27g,T:25g,S:20g) (Al:1,7,9,10,12), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 40021 Syrovy nakyp jemny 160g (E:2354kj,B:30g,T:36g,S:30g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Streda 14.09.2022 \*\*\***

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), 99118 Salama parizer 50g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 90199 Polievka sampionova kremova 0,33l (E:530kj,B:4g,T:4g,S:17g) (Al:1,7,12), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 52513 Rajciakovy salat 150g (E:347kj,B:1g,T:5g,S:11g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 99621 Smotana pochutkova (E:1512kj,B:6g,T:32g,S:8g)

Večera. . . . . 54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Stvrtok 15.09.2022 \*\*\***

Raňajky. . . . . 99326 Zavin kakaovy 100g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 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), 99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99335 Croissant cokoladovy

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Piatok 16.09.2022 \*\*\***

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), 99401 Paradajka (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 60612 Zemlovka jablkova s

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 12

tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7),  
 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. .... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)  
 Večera. .... 41113 Kuracie rizoto 350g(m.120g) (E:3423kj,B:42g,T:31g,S:92g) (Al:7,12), 99520 Kompot 150g  
 (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Sobota 17.09.2022 \*\*\*

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),  
 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. .... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 90211 Bravcove sote  
 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom  
 (E:337kj,S:20g) (Al:12)  
 Olovrant. .... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)  
 Večera. .... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 99434 Uhorky ster. (E:71kj)  
 (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 18.09.2022 \*\*\*

Raňajky. .... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99609 Maslo mini 2ks (E:626kj,T:17g)  
 (Al:7), 99740 Med mini, 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)  
 Desiata. .... 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. .... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 90101 Morcacie  
 prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
 49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 99436 Cvikla 150g (E:264kj,B:1g,T:1g,S:12g)  
 (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 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), 99712 Tuniak v raj. omacke  
 (E:3310kj,B:110g,T:15g,S:53g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 13

**RAC-2 - RACIONALNA STRAVA****1 - 1 r.****\*\*\* Pondelok 12.09.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 44511 Tvarohova natierka 50g (E:629kj,B:4g,T:14g,S:1g) (Al:7), 99406 Redkovka 30g (E:24kj,S:1g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

Desiata. . . . . 99510 Nektarinka

Obed. . . . . 64923 Polievka zelerová so zemiakmi 0,33l (E:326kj,B:1g,T:5g,S:9g) (Al:9), 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 52913 Salat z cinskej kapusty 150g (E:350kj,B:2g,T:6g,S:7g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 46921 Tekvica na smotane s kopróm 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12), 99111 Parka obyčajna dietna 100g (E:1107kj,B:17g,T:22g,S:1g), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Utorok 13.09.2022 \*\*\***

Raňajky. . . . . 99302 Chlieb 2 ks 100g (E:1215kj,B:1g,T:1g,S:60g) (Al:1), 99701 Rybacia natierka 45g (E:802kj,T:21g,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. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 14714 Hov.pecienka na smot.svieckova 213g(m.63g) (E:1694kj,B:27g,T:25g,S:20g) (Al:1,7,9,10,12), 50422 Knedle kysnute 200g (E:2378kj,B:15g,T:15g,S:94g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 40021 Syrovy nakyp jemny 160g (E:2354kj,B:30g,T:36g,S:30g) (Al:1,3,7), 99434 Uhorky ster. (E:71kj) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Streda 14.09.2022 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99118 Salama parizer 50g, 63421 Cierna kava z kavoviny 0,25l (E:333kj,B:1g,S:17g)

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

Obed. . . . . 90199 Polievka sampionova kremova 0,33l (E:530kj,B:4g,T:4g,S:17g) (Al:1,7,12), 90112 Morcacia prsia vypr. v cestick 100g (E:1486kj,B:24g,T:25g,S:10g) (Al:1,3,7), 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 52513 Rajciakovy salat 150g (E:347kj,B:1g,T:5g,S:11g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99323 Pagac

Večera. . . . . 54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Stvrtok 15.09.2022 \*\*\***

Raňajky. . . . . 99326 Zavin kakaovy 100g, 63411 Kava z kavoviny - biela 0,25l (E:462kj,B:5g,T:2g,S:17g) (Al:7)

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 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), 99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Olovrant. . . . . 99335 Croissant cokoladovy

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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Piatok 16.09.2022 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 44712 Pastetova natierka 40g (E:526kj,B:3g,T:18g,S:1g) (Al:1,3,7), 99401 Paradajka (E:42kj,B:1g,S:3g), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 46721 Kapusta hlavkova rajciakova 200g (E:858kj,B:4g,T:8g,S:33g) (Al:1,7,12), 99301 Chlieb 1 ks 50g (E:608kj,T:1g,S:30g) (Al:1),

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 14

60612 Zemlovka jablkova s tvarohom 370g (E:3508kj,B:23g,T:33g,S:115g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. .... 99610 Jogurt (E:253kj,B:4g,T:2g,S:7g) (Al:7)  
 Večera. .... 41113 Kuracie rizoto 350g(m.120g) (E:3423kj,B:42g,T:31g,S:92g) (Al:7,12), 99520 Kompot 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Sobota 17.09.2022 \*\*\***

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), 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. .... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12), 50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 Olovrant. .... 99314 Croissant cereal (E:918kj,B:4g,T:13g,S:23g)  
 Večera. .... 90303 Zemiaky zapekané svajciarske 350g (E:2651kj,B:20g,T:36g,S:67g) (Al:1,3,7), 99438 Kapusta kysla (E:56kj,B:1g,S:3g) (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Nedela 18.09.2022 \*\*\***

Raňajky. .... 99320 Vianočka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99609 Maslo mini 2ks (E:626kj,T:17g) (Al:7), 99740 Med mini, 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)  
 Desiata. .... 99502 Banan (E:476kj,B:2g,S:25g)  
 Obed. .... 02311 Hov. polievka so struhankou 0,33L(p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12), 90280 Zemiaky dusene s paprikou 280g (E:1571kj,B:6g,T:17g,S:61g), 99435 Calamada 150g (Al:12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)  
 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), 99712 Tuniak v raj. omacke (E:3310kj,B:110g,T:15g,S:53g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 15

**TEKUT - TEKUTA STRAVA 1 - 1 r.****\*\*\* Pondelok 12.09.2022 \*\*\***

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. . . . . 99510 Nektarinka

Obed. . . . . 64923 Polievka zelerová so zemiakmi 0,33l (E:326kj,B:1g,T:5g,S:9g) (Al:9), 90210 Brav. stehno juhoslovanske 200g(m.64g) (E:1243kj,B:16g,T:23g,S:6g) (Al:1,12), 51112 Cestovinova ryza 190g (E:1595kj,B:11g,T:8g,S:68g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 46921 Tekvica na smotane s koprom 180g (E:908kj,B:6g,T:10g,S:16g) (Al:1,7,12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Utorok 13.09.2022 \*\*\***

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

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

Obed. . . . . 06611 Polievka drobkova 0,33L(m.20g) (E:901kj,B:14g,T:8g,S:23g) (Al:1,3,7,9,12), 14714 Hov.pecienka na smot.svieckova 213g(m.63g) (E:1694kj,B:27g,T:25g,S:20g) (Al:1,7,9,10,12), 90301 Cestovina priemyselna-vretena 225g (E:113kj,T:3g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 40021 Syrovy nakyp jemny 160g (E:2354kj,B:30g,T:36g,S:30g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Streda 14.09.2022 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 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. . . . . 90199 Polievka sampionova kremova 0,33l (E:530kj,B:4g,T:4g,S:17g) (Al:1,7,12), 90103 Morcacie prsia na rasci (m.64g) (E:1012kj,B:21g,T:15g,S:5g) (Al:1), 90302 Zemiaky varene s vnatkou 330g (E:1289kj,B:6g,T:9g,S:61g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 54822 Rezance s tvarohom 350g (E:3727kj,B:25g,T:40g,S:110g) (Al:1,3,7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

**\*\*\* Stvrtok 15.09.2022 \*\*\***

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

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

Obed. . . . . 04621 Polievka krupkova 0,33L (E:436kj,B:2g,T:5g,S:13g) (Al:1,7,9,12), 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), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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)

**\*\*\* Piatok 16.09.2022 \*\*\***

Raňajky. . . . . 99319 Kaiserka natural 2ks 100g (E:984kj,B:7g,T:2g,S:48g), 99541 Dzem mini (Al:12), 63112 Caj ovocny 0,25l (E:403kj,S:21g)

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

Obed. . . . . 04211 Polievka kalerabova 0,33L (E:376kj,B:2g,T:7g,S:7g) (Al:1,7,12), 90281 Mrkvove pyre 300g (E:851kj,B:6g,T:5g,S:44g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera. . . . . 41113 Kuracie rizoto 350g(m.120g) (E:3423kj,B:42g,T:31g,S:92g) (Al:7,12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Obdobie: 12.09.2022 - 18.09.2022

Str.: 16

## \*\*\* Sobota 17.09.2022 \*\*\*

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..... 05011 Polievka rascova s vajcom 0,33L (E:553kj,B:3g,T:6g,S:18g) (Al:1,3,7,12), 90211 Bravcove sote 153g(m.63g) (E:1188kj,B:16g,T:22g,S:5g) (Al:1,10,12),  
50712 Cestovina priemyselna-kolienka 225g (E:1520kj,B:12g,T:4g,S:71g) (Al:7), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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

Večera..... 49922 Zemiaky bratislavske 390g (E:1525kj,B:8g,T:8g,S:76g) (Al:7,12), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

## \*\*\* Nedela 18.09.2022 \*\*\*

Raňajky..... 99320 Vianocka 100g (E:1305kj,B:8g,T:6g,S:58g) (Al:1,3,7), 99740 Med mini, 99617 Granko 0,25l (E:720kj,B:9g,T:4g,S:24g) (Al:7)

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

Obed..... 02311 Hov. polievka so struhankou 0,33L(,p.30g) (E:245kj,B:2g,S:13g) (Al:9,12), 90101 Morcacie prsia na sampionoch 120g(m.64g) (E:1062kj,B:23g,T:15g,S:7g) (Al:1,12),  
49712 Zemiaky varene 330g (E:964kj,B:6g,T:1g,S:60g), 63100 Voda so sirupom (E:337kj,S:20g) (Al:12)

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)

Vyhotovil:Kaštilová

Schválila:Stravovacia komisia

Stravovacia komisia: Černoková   
Hejbalová   
Kubrická   
Šimovcová   
Kaštilová