

DD RC - RAČIO DD***** Pondelok 11.09.2023 *****

Ranajky. Chlieb 2 ks 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7),
Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7), Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3)

Obed. Polievka gulasova 330ml(m.22g) (E:549kj,B:2g,T:5g,S:19g) (Al:1,12),
Halušky s tvarohom a smotanou 400g (E:3890kj,B:42g,T:16g,S:138g) (Al:1,3,7,12),
Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g)

Olovrant. Ovocie 150g (E:321kj,B:1g,S:21g), Caj celodenny 200ml (E:65kj,S:4g)

Vecera. Rizoto z brav.masa 350g(m.65g) (E:2694kj,B:6g,T:19g,S:92g) (Al:7,12),
Uhorky ster. 100g (E:118kj,B:1g,S:6g) (Al:12), Caj so sirupom 300ml (E:122kj,S:8g)

***** Utorok 12.09.2023 *****

Ranajky. Natierka tvaroh. krem s karot. 50g (E:353kj,B:7g,T:6g,S:2g) (Al:7),
Chlieb 2 ks 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. Polievka sajtlava 333ml (E:607kj,B:4g,T:6g,S:16g) (Al:1,7),
Kura pecene 270g(m.150g) (E:631kj,B:4g,T:2g,S:4g) (Al:1,7), Ryza dusena 200g (E:1746kj,B:1g,T:8g,S:74g),
Caj so sirupom 300ml (E:122kj,S:8g), Kompot 150g (E:512kj,B:120g,S:60g) (Al:12)

Olovrant. Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8,12), Caj celodenny 200ml (E:65kj,S:4g)

Vecera. Zemiakovy gulas 400g (E:2333kj,B:11g,T:27g,S:64g) (Al:1), Caj so sirupom 300ml (E:122kj,S:8g),
Pagac 1ks (E:967kj,B:5g,T:11g,S:29g)

***** Streda 13.09.2023 *****

Ranajky. Natierka rybacia 50g (E:831kj,B:8g,T:18g), Pecivo 2 ks (E:1240kj,B:98g,T:4g,S:58g) (Al:1),
Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. Pol.hov.vyvar s ryzou a hrask. 330ml (E:579kj,B:5g,T:7g,S:12g) (Al:12),
Hovädzi tokáň 183g(m.63g) (E:733kj,B:4g,T:11g,S:11g) (Al:1,12),
Zemiakova kasa 250g (E:1003kj,B:2g,T:2g,S:45g) (Al:7), Caj so sirupom 300ml (E:122kj,S:8g),
Šalát miešaný 150g (E:324kj,B:2g,T:3g,S:13g) (Al:12)

Olovrant. Caj celodenny 200ml (E:65kj,S:4g), Pagac 1ks (E:967kj,B:5g,T:11g,S:29g)

Vecera. Spagety so syrom a kecupom 360g (E:2974kj,B:19g,T:7g,S:106g) (Al:1,3,7,12),
Caj so sirupom 300ml (E:122kj,S:8g)

***** Stvrtok 14.09.2023 *****

Ranajky. Parky 110g (E:1476kj,B:15g,T:32g,S:1g) (Al:1,3), Pecivo 2 ks (E:1240kj,B:98g,T:4g,S:58g) (Al:1),
Horcica 20g (E:73kj,B:1g,T:1g,S:1g) (Al:10,12), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. Pol. hrachova s parkom 330ml (E:1624kj,B:22g,T:10g,S:59g) (Al:1,12),
Cestoviny s makom 300g (E:3340kj,B:5g,T:13g,S:106g) (Al:7), Caj so sirupom 300ml (E:122kj,S:8g)

Olovrant. Ovocie 150g (E:321kj,B:1g,S:21g), Caj celodenny 200ml (E:65kj,S:4g)

Vecera. Zabijackovy tanier (E:3287kj,B:39g,T:61g,S:21g), Zemiaky varene 200g (E:730kj,S:46g),
Calamada 100g (E:119kj,B:1g,S:5g) (Al:12)

***** Piatok 15.09.2023 *****

Ranajky. Vianocka 0,5KS, Biela kava 300ml (E:784kj,B:7g,T:3g,S:33g) (Al:7), Maslo 20g (E:626kj,T:2g) (Al:7),
Dzem mini (E:201kj,S:11g) (Al:12)

Obed. Polievka spenatova 330ml (E:938kj,B:11g,T:13g,S:12g) (Al:1,3,7),
Bravčové rezne polske 162g(m.62g) (E:2115kj,B:16g,T:27g,S:33g) (Al:1,3),
Ryza dusena 200g (E:1746kj,B:1g,T:8g,S:74g), Caj so sirupom 300ml (E:122kj,S:8g),
Uhorky ster. 100g (E:118kj,B:1g,S:6g) (Al:12)

Olovrant. Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g), Caj celodenny 200ml (E:65kj,S:4g),
Chlieb 0.5ks 50g (E:504kj,B:4g,T:1g,S:26g) (Al:1)

Vecera. Chlieb 2 ks 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1),
Tlac./pec.syr/sekana 166g (E:1926kj,B:21g,T:42g,S:1g), Maslo rastl. I. 30g (E:791kj,T:21g),
Zelenina 50g (E:30kj,S:2g), Caj so sirupom 300ml (E:122kj,S:8g)

***** Sobota 16.09.2023 *****

Ranajky. Lupacka 2ks (E:1734kj,B:7g,T:9g,S:77g), Caj so sirupom 300ml (E:122kj,S:8g)

Obed. Polievka rascova 330ml (E:988kj,B:7g,T:18g,S:8g) (Al:1,3),
Kuracie na smotane (prs.) 170g(m.64g) (E:898kj,B:6g,T:13g,S:15g) (Al:1,7,10,12),
Nokerle {halusky} 200g (E:1948kj,B:12g,T:11g,S:77g) (Al:1,3,7,12), Caj so sirupom 300ml (E:122kj,S:8g)

Olovrant. Pasteta hydinova 1ks (E:760kj,B:8g,T:15g,S:5g) (Al:3), Caj celodenny 200ml (E:65kj,S:4g),

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Pecivo 1 ks (E:620kj,B:49g,T:2g,S:29g) (Al:1)
Vecera. Chlieb 2 ks 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Salama makka 100g (E:1136kj,B:11g,T:11g) (Al:1,3),
Zelenina 50g (E:30kj,S:2g), Caj so sirupom 300ml (E:122kj,S:8g), Maslo rastl. I. 30g (E:791kj,T:21g)

*** Nedela 17.09.2023 ***

Ranajky. Zavin balený 1ks, Kakao 300ml (E:930kj,B:11g,T:5g,S:35g) (Al:7)
Obed. Polievka vyvar s rezncami 330ml (E:898kj,B:9g,T:12g,S:18g) (Al:1,3,12),
Bravcova krkovicka pecena 90g(m.60g) (E:312kj,B:4g,T:2g,S:11g) (Al:1), Knedľa parená 150g,
Dusená kyslá kapusta 150g (E:740kj,B:2g,T:6g,S:25g) (Al:1,12), Caj so sirupom 300ml (E:122kj,S:8g)
Olovrant. Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8,12), Caj celodenny 200ml (E:65kj,S:4g)
Vecera. Pasteta hydinova 1ks (E:760kj,B:8g,T:15g,S:5g) (Al:3),
Chlieb 2 ks 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Caj so sirupom 300ml (E:122kj,S:8g),
Zelenina 50g (E:30kj,S:2g)

Zmena jedálneho listka vyhradená. Jedalnicek vyhotovil:

D DA - DIA DD

*** Pondelok 11.09.2023 *****

Ranajky. Chlieb R DIA 65g (E:655kj,B:5g,T:1g,S:34g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7), Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3)

Desiata. Ovocie 150g (E:321kj,B:1g,S:21g)

Obed. Polievka gulasova D 330ml(m.22g) (E:398kj,B:2g,T:3g,S:16g) (Al:1,12),
Halušky s tvarohom a smotanou 200g (E:2533kj,B:33g,T:15g,S:74g) (Al:1,3,7,12),
Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g)

Olovrant. Ovocie 150g (E:321kj,B:1g,S:21g), Caj celodenny D 200ml (E:1kj)

Vecera. Rizoto z brav.masa D 190g(m.78g) (E:1563kj,B:6g,T:12g,S:48g) (Al:7,12),
Uhorky ster. D 150g (E:177kj,B:1g,S:9g) (Al:12), Caj Dla 200ml

II. vecera. Chlieb 0.5ks 50g (E:504kj,B:4g,T:1g,S:26g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7),
Zelenina 50g (E:30kj,S:2g)

**** Utorok 12.09.2023 *****

Ranajky. Natierka tvaroh. krem s karot. 50g (E:353kj,B:7g,T:6g,S:2g) (Al:7),
Chlieb R DIA 65g (E:655kj,B:5g,T:1g,S:34g) (Al:1), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Desiata. Ovocie 150g (E:321kj,B:1g,S:21g)

Obed. Polievka sajtlava 333ml (E:607kj,B:4g,T:6g,S:16g) (Al:1,7),
Kura pecene D 324g(m.180g) (E:388kj,B:5g,T:2g,S:2g) (Al:1,7),
Ryza dusena D 100g (E:896kj,B:1g,T:4g,S:38g), Caj Dla 200ml, Kompot DIA 150g (E:198kj,S:1g)

Olovrant. Keks DIA 1ks (E:938kj,B:4g,T:15g,S:18g), Caj celodenny D 200ml (E:1kj)

Vecera. Zemiakovy gulas D 200g (E:1949kj,B:11g,T:27g,S:40g) (Al:1), Caj Dla 200ml,
Pagac 1ks (E:967kj,B:5g,T:11g,S:29g)

II. vecera. Pecivo gragam 1 ks (E:642kj,B:5g,T:2g,S:29g) (Al:1),
Pasteta hydinova 1ks (E:760kj,B:8g,T:15g,S:5g) (Al:3), Zelenina 50g (E:30kj,S:2g)

***** Streda 13.09.2023 *****

Ranajky. Natierka rybacia 50g (E:831kj,B:8g,T:18g), Pecivo 1 ks (E:620kj,B:49g,T:2g,S:29g) (Al:1),
Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Desiata. Ovocie 150g (E:321kj,B:1g,S:21g)

Obed. Pol.hov.vyvar s ryzou a hr.D 330ml (E:506kj,B:5g,T:7g,S:8g) (Al:12),
Hovädzi tokáň D 183g(m.63g) (E:491kj,B:4g,T:6g,S:9g) (Al:1,12),
Zemiakova kasa D 125g (E:560kj,B:2g,T:1g,S:24g) (Al:7), Caj Dla 200ml,
Šalát miešaný 150g (E:324kj,B:2g,T:3g,S:13g) (Al:12)

Olovrant. Caj celodenny D 200ml (E:1kj), Pagac 1ks (E:967kj,B:5g,T:11g,S:29g)

Vecera. Spagety so syrom a kecupom D 180g (E:1764kj,B:12g,T:6g,S:60g) (Al:1,3,7,12), Caj Dla 200ml

II. vecera. Jogurt biely (E:470kj,B:7g,T:6g,S:9g), Pecivo gragam 1 ks (E:642kj,B:5g,T:2g,S:29g) (Al:1)

***** Stvrtok 14.09.2023 *****

Ranajky. Parky 110g (E:1476kj,B:15g,T:32g,S:1g) (Al:1,3), Pecivo 1 ks (E:620kj,B:49g,T:2g,S:29g) (Al:1),
Horcica 20g (E:73kj,B:1g,T:1g,S:1g) (Al:10,12), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Desiata. Ovocie 150g (E:321kj,B:1g,S:21g)

Obed. Pol. hrachova s parkom 330ml (E:1624kj,B:22g,T:10g,S:59g) (Al:1,12),
Cestoviny s makom D 150g (E:2105kj,B:4g,T:10g,S:71g) (Al:7), Caj Dla 200ml

Olovrant. Ovocie 150g (E:321kj,B:1g,S:21g), Caj celodenny D 200ml (E:1kj)

Vecera. Zabijackovy tanier D (E:3825kj,B:45g,T:72g,S:24g), Zemiaky varene D 100g (E:366kj,S:23g)

II. vecera. Chlieb 0.5ks 50g (E:504kj,B:4g,T:1g,S:26g) (Al:1), Pasteta hydinova 1ks (E:760kj,B:8g,T:15g,S:5g) (Al:3),
Zelenina 50g (E:30kj,S:2g)

***** Piatok 15.09.2023 *****

Ranajky. Vianočka dia 0,5ks, Biela kava Dia 300ml (E:460kj,B:7g,T:3g,S:13g) (Al:7),
Maslo 20g (E:626kj,T:2g) (Al:7), Dzem mini (E:201kj,S:11g) (Al:12)

Desiata. Ovocie 150g (E:321kj,B:1g,S:21g)

Obed. Polievka spenatova D 330ml (E:800kj,B:10g,T:12g,S:9g) (Al:1,3,7),
Bravčové rezne polske D 162g(m.75g) (E:2294kj,B:18g,T:30g,S:33g) (Al:1,3),
Ryza dusena D 100g (E:896kj,B:1g,T:4g,S:38g), Caj Dla 200ml,
Uhorky ster. D 150g (E:177kj,B:1g,S:9g) (Al:12)

Olovrant. Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g), Caj celodenny D 200ml (E:1kj),

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vecera. Chlieb 0.5ks 50g (E:504kj,B:4g,T:1g,S:26g) (Al:1)
 Chlieb V DIA 100g (E:1008kj,B:7g,T:1g,S:52g) (Al:1), Maslo rastl. I. 30g (E:791kj,T:21g),
 Tlac./pec.syr/sekana 166g (E:1926kj,B:21g,T:42g,S:1g), Zelenina 50g (E:30kj,S:2g), Caj Dla 200ml
 vecera. Detska vyziva DIA 1ks (E:498kj,S:33g)

*** Sobota 16.09.2023 *****

Ranajky. Lúpačka Dia 1ks, Caj Dla 200ml
 Desiata. Ovocie 150g (E:321kj,B:1g,S:21g)
 Obed. Polievka rascova D 330ml (E:887kj,B:6g,T:18g,S:3g) (Al:1,3),
 Kuracie na smotane (prs.) D 170g(m.77g) (E:636kj,B:6g,T:9g,S:11g) (Al:1,7,10,12),
 Nokerle {halusky} D 100g (E:1226kj,B:7g,T:10g,S:39g) (Al:1,3,7,12), Caj Dla 200ml
 Olovrant. Pasteta hydinova 1ks (E:760kj,B:8g,T:15g,S:5g) (Al:3), Caj celodenny D 200ml (E:1kj),
 Pecivo 1 ks (E:620kj,B:49g,T:2g,S:29g) (Al:1)
 vecera. Chlieb V DIA 100g (E:1008kj,B:7g,T:1g,S:52g) (Al:1), Salama makka 100g (E:1136kj,B:11g,T:11g) (Al:1,3),
 Zelenina 50g (E:30kj,S:2g), Caj Dla 200ml, Maslo rastl. I. 30g (E:791kj,T:21g)
 II. vecera. Pagac 1ks (E:967kj,B:5g,T:11g,S:29g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

**** Nedela 17.09.2023 *****

Ranajky. Zavin balený 1ks, Kakao DIA 300ml (E:606kj,B:11g,T:5g,S:15g) (Al:7)
 Desiata. Ovocie 150g (E:321kj,B:1g,S:21g)
 Obed. Polievka vyvar s rezancami D 330ml (E:767kj,B:8g,T:12g,S:11g) (Al:1,3,12),
 Bravcova krkovicka pecena D 90g(m.72g) (E:322kj,B:4g,T:3g,S:10g) (Al:1), Knedla parená D 75g,
 Dusena kysla kapusta D 150g (E:522kj,B:2g,T:6g,S:11g) (Al:1,12), Caj Dla 200ml
 Olovrant. Keks DIA 1ks (E:938kj,B:4g,T:15g,S:18g), Caj celodenny D 200ml (E:1kj)
 vecera. Pasteta hydinova 1ks (E:760kj,B:8g,T:15g,S:5g) (Al:3),
 Chlieb V DIA 100g (E:1008kj,B:7g,T:1g,S:52g) (Al:1), Caj Dla 200ml, Zelenina 50g (E:30kj,S:2g)
 II. vecera. Maslo 20g (E:626kj,T:2g) (Al:7), Chlieb 0.5ks 50g (E:504kj,B:4g,T:1g,S:26g) (Al:1),
 Zelenina 50g (E:30kj,S:2g)

Zmena jedálneho listka vyhradená. Jedalnicek vyhotovil:

