

DD RC - RACIO DD***** Pondelok 18.09.2023 *****

Ranjky.	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), Zelenina 50g (E:30kj,S:2g), Syr taveny 1ks 1KS (E:490kj,B:6g,T:7g,S:1g)
Obed.	Polievka hrachova s op.chlebom 330ml (E:1172kj,B:15g,T:14g,S:27g) (Al:1), Spagety na domaci sp. bezml 300g (E:2447kj,B:24g,T:8g,S:85g) (Al:1,3,7,12), 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.	Prazske zemiaky 280g (E:2610kj,B:25g,T:50g,S:35g) (Al:3), Caj so sirupom 300ml (E:122kj,S:8g), Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12)

***** Utorok 19.09.2023 *****

Ranjky.	Nátierka tvarohová so šunkou 100g (E:524kj,B:15g,T:5g,S:5g) (Al:7,12), 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 vyvar s rezncami 330ml (E:898kj,B:9g,T:12g,S:18g) (Al:1,3,12), Kuracie na srbsky sp. (prs.) 140g(m.65g) (E:633kj,B:4g,T:9g,S:10g) (Al:1,12), Ryza dusena 200g (E:1746kj,B:1g,T:8g,S:74g), Caj so sirupom 300ml (E:122kj,S:8g)
Olovrant.	Caj celodenny 200ml (E:65kj,S:4g), Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8,12)
Vecera.	Cestoviny s krupicou 395g (E:3897kj,B:6g,T:3g,S:152g) (Al:1,7), Caj so sirupom 300ml (E:122kj,S:8g), Kompot 150g (E:512kj,B:120g,S:60g) (Al:12)

***** Streda 20.09.2023 *****

Ranjky.	Chlieb 2 ks 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Natierka rybacia 50g (E:831kj,B:8g,T:18g), Caj so sirupom 300ml (E:122kj,S:8g)
Obed.	Pol. z ovsenych vloziek 330ml (E:462kj,B:3g,T:5g,S:10g) (Al:1,3,7), Brav.paprikas BACSKAI 212g(m.64g) (E:1494kj,B:9g,T:25g,S:17g) (Al:1,7,12), 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.	Pagac 1ks (E:967kj,B:5g,T:11g,S:29g), Caj celodenny 200ml (E:65kj,S:4g)
Vecera.	Sedliacke pecene vajcia 200g (E:1806kj,B:16g,T:26g,S:26g) (Al:3,7), Caj so sirupom 300ml (E:122kj,S:8g), Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), Zemiaky varene 200g (E:730kj,S:46g)

***** Stvrtok 21.09.2023 *****

Ranjky.	Maslo 20g (E:626kj,T:2g) (Al:7), 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)
Obed.	Polievka sosovicova kysla 330ml (E:1415kj,B:16g,T:10g,S:48g) (Al:1,7,12), Masove gulky v pradajkovej om. 350g (E:2137kj,B:12g,T:16g,S:69g) (Al:1,3,7,12), Zemiaky varene 200g (E:730kj,S:46g), Caj so sirupom 300ml (E:122kj,S:8g)
Olovrant.	Caj celodenny 200ml (E:65kj,S:4g), Ovocie 150g (E:321kj,B:1g,S:21g)
Vecera.	Granatiersky pochod 320g (E:2029kj,B:2g,T:9g,S:84g), Caj so sirupom 300ml (E:122kj,S:8g), Uhorky ster. 100g (E:118kj,B:1g,S:6g) (Al:12)

***** Piatok 22.09.2023 *****

Ranjky.	Parky 110g (E:1476kj,B:15g,T:32g,S:1g) (Al:1,3), Pecivo graham 2 ks (E:1284kj,B:10g,T:5g,S:59g) (Al:1), Caj so sirupom 300ml (E:122kj,S:8g), Horcica 20g (E:73kj,B:1g,T:1g,S:1g) (Al:10,12)
Obed.	Polievka drzkova 330ml (E:1213kj,B:19g,T:13g,S:21g) (Al:1,12), Zemlovka jablkova s tvarohom 440g (E:4406kj,B:183g,T:30g,S:147g) (Al:1,3,7), Caj so sirupom 300ml (E:122kj,S:8g)
Olovrant.	Caj celodenny 200ml (E:65kj,S:4g), Ovocie 150g (E:321kj,B:1g,S:21g)
Vecera.	Bravcove dus. s hraskom 164g(m.64g) (E:868kj,B:7g,T:10g,S:12g) (Al:7,12), Cestoviny ako priloha 200g (E:1538kj,B:1g,T:8g,S:60g), Caj so sirupom 300ml (E:122kj,S:8g)

***** Sobota 23.09.2023 *****

Ranjky.	Lupacka 2ks (E:1734kj,B:7g,T:9g,S:77g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Polievka kelova 330ml (E:1922kj,B:16g,T:30g,S:27g) (Al:1), Kuracie prsia na koreni 212g(m.62g) (E:790kj,B:4g,T:13g,S:9g) (Al:1), Tarhona 200g (E:1641kj,B:1g,T:4g,S:75g) (Al:1,3), Caj so sirupom 300ml (E:122kj,S:8g)
Olovrant.	Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g), Caj celodenny 200ml (E:65kj,S:4g), Pecivo gragam 1 ks (E:642kj,B:5g,T:2g,S:29g) (Al:1)
Vecera.	Salama makka 100g (E:1136kj,B:11g,T:11g) (Al:1,3), Chlieb 2 ks 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Maslo rastl. I. 30g (E:791kj,T:21g), Zelenina 50g (E:30kj,S:2g), Caj so sirupom 300ml (E:122kj,S:8g)

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***** Nedela 24.09.2023 *****

Ranajky. Chlieb 2 ks 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Maslo rastl. I. 30g (E:791kj,T:21g),
Med mini (E:279kj,B:17g,S:16g), Caj so sirupom 300ml (E:122kj,S:8g)

Obed. Pol. vyvar s kr.haluskami 330ml (E:1038kj,B:10g,T:15g,S:17g) (Al:1,3,7,12),
Hovadzie varene 62g (E:43kj,B:2g), Koprova omacka 150g (E:1283kj,B:5g,T:15g,S:26g) (Al:1,7,12),
Knedľa parená 150g, Caj so sirupom 300ml (E:122kj,S:8g)

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

Vecera. Chlieb 2 ks 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Maslo rastl. I. 30g (E:791kj,T:21g),
Salama makka 100g (E:1136kj,B:11g,T:11g) (Al:1,3), Horcica 20g (E:73kj,B:1g,T:1g,S:1g) (Al:10,12),
Caj so sirupom 300ml (E:122kj,S:8g)

Zmena jedálneho listka vyhradená. Jedalnicek vyhotovil:

DD DA - DIA DD***** Pondelok 18.09.2023 *****

Ranjky.	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), Zelenina 50g (E:30kj,S:2g), Syr taveny 1ks 1KS (E:490kj,B:6g,T:7g,S:1g)
Desiata.	Ovocie 150g (E:321kj,B:1g,S:21g)
Obed.	Polievka hrachova s op. chl. D 330ml (E:1034kj,B:14g,T:11g,S:27g) (Al:1), Spagety na domaci sp. D bezml. 170g (E:1794kj,B:18g,T:8g,S:51g) (Al:1,3,7,12), Caj Dla 200ml
Olovrant.	Ovocie 150g (E:321kj,B:1g,S:21g), Caj celodenny D 200ml (E:1kj)
Vecera.	Prazske zemiaky 280g (E:2610kj,B:25g,T:50g,S:35g) (Al:3), Caj Dla 200ml, Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12)
II. vecera.	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)

***** Utorok 19.09.2023 *****

Ranjky.	Nátierka tvarohová so šunkou 100g (E:524kj,B:15g,T:5g,S:5g) (Al:7,12), 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 vyvar s rezancami D 330ml (E:767kj,B:8g,T:12g,S:11g) (Al:1,3,12), Kuracie na srbsky sp. (prs.) D 140g(m.77g) (E:427kj,B:5g,T:6g,S:8g) (Al:1,12), Ryza dusena D 100g (E:896kj,B:1g,T:4g,S:38g), Caj Dla 200ml
Olovrant.	Caj celodenny D 200ml (E:1kj), Keks DIA 1ks (E:938kj,B:4g,T:15g,S:18g)
Vecera.	Cestoviny s krupicou D 197,5g (E:2505kj,B:5g,T:2g,S:109g) (Al:1,7), Caj Dla 200ml, Kompot DIA 150g (E:198kj,S:1g)
II. vecera.	Pagac 1ks (E:967kj,B:5g,T:11g,S:29g)

***** Streda 20.09.2023 *****

Ranjky.	Chlieb R DIA 65g (E:655kj,B:5g,T:1g,S:34g) (Al:1), Natierka rybacia 50g (E:831kj,B:8g,T:18g), Caj Dla 200ml
Desiata.	Ovocie 150g (E:321kj,B:1g,S:21g)
Obed.	Pol. z ovsenych vloziek D 330ml (E:368kj,B:3g,T:3g,S:10g) (Al:1,3,7), Brav.paprikas BACSKAI D 212g(m.77g) (E:1171kj,B:9g,T:19g,S:14g) (Al:1,7,12), Nokerle {halusky} D 100g (E:1226kj,B:7g,T:10g,S:39g) (Al:1,3,7,12), Caj Dla 200ml
Olovrant.	Pagac 1ks (E:967kj,B:5g,T:11g,S:29g), Caj celodenny D 200ml (E:1kj)
Vecera.	Sedliacke pecene vajcia D 100g (E:1334kj,B:16g,T:20g,S:14g) (Al:3,7), Caj Dla 200ml, Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), Zemiaky varene D 100g (E:366kj,S:23g)
II. vecera.	Pecivo gragam 1 ks (E:642kj,B:5g,T:2g,S:29g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7), Zelenina 50g (E:30kj,S:2g), Syr tvrdy 50g (E:718kj,B:10g,T:10g,S:1g) (Al:7)

***** Stvrtok 21.09.2023 *****

Ranjky.	Maslo 20g (E:626kj,T: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), Zelenina 50g (E:30kj,S:2g)
Desiata.	Ovocie 150g (E:321kj,B:1g,S:21g)
Obed.	Polievka sosovickova kysla D 330ml (E:1155kj,B:15g,T:5g,S:44g) (Al:1,7,12), Masove gulky v pradj. om. D 350g (E:1780kj,B:11g,T:10g,S:65g) (Al:1,3,7,12), Zemiaky varene D 100g (E:366kj,S:23g), Caj Dla 200ml
Olovrant.	Caj celodenny D 200ml (E:1kj), Ovocie 150g (E:321kj,B:1g,S:21g)
Vecera.	Granatiersky pochod D 130g (E:1260kj,B:1g,T:5g,S:54g), Caj Dla 200ml, Uhorky ster. D 150g (E:177kj,B:1g,S:9g) (Al:12)
II. vecera.	Chlieb 0.5ks 50g (E:504kj,B:4g,T:1g,S:26g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7), Salama makka 1/2 50g (E:568kj,B:5g,T:6g) (Al:1,3), Zelenina 50g (E:30kj,S:2g)

***** Piatok 22.09.2023 *****

Ranjky.	Parky 110g (E:1476kj,B:15g,T:32g,S:1g) (Al:1,3), Pecivo gragam 1 ks (E:642kj,B:5g,T:2g,S:29g) (Al:1), Caj Dla 200ml, Horcica 20g (E:73kj,B:1g,T:1g,S:1g) (Al:10,12)
Desiata.	Ovocie 150g (E:321kj,B:1g,S:21g)
Obed.	Polievka drzkova D 330ml (E:1104kj,B:18g,T:13g,S:16g) (Al:1,12), Zemlovka jablkova s tvarohom D 220g (E:4052kj,B:113g,T:39g,S:99g) (Al:1,3,7), Caj Dla 200ml
Olovrant.	Caj celodenny D 200ml (E:1kj), Ovocie 150g (E:321kj,B:1g,S:21g)
Vecera.	Bravcove dus. s hraskom D 164g(m.77g) (E:628kj,B:5g,T:6g,S:11g) (Al:1,7), Cestoviny ako priloha D 80g (E:769kj,T:4g,S:30g), Caj Dla 200ml

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II. vecera. Chlieb 0.5ks 50g (E:504kj,B:4g,T:1g,S:26g) (Al:1), Jogurt biely (E:470kj,B:7g,T:6g,S:9g)

*** Sobota 23.09.2023 ***

Ranajky. Lúpačka Dia 1ks, Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

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

Obed. Polievka kelova 330ml (E:1922kj,B:16g,T:30g,S:27g) (Al:1),
Kuracie prsia na koreni D 212g(m.74,4g) (E:447kj,B:4g,T:7g,S:6g) (Al:1),
Tarhona D 100g (E:820kj,T:2g,S:38g) (Al:1,3), Caj Dla 200ml

Olovrant. Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g), Caj celodenny D 200ml (E:1kj),
Pecivo gragam 1 ks (E:642kj,B:5g,T:2g,S:29g) (Al:1)

Vecera. Salama makka 100g (E:1136kj,B:11g,T:11g) (Al:1,3), Maslo rastl. I. 30g (E:791kj,T:21g),
Chlieb V DIA 100g (E:1008kj,B:7g,T:1g,S:52g) (Al:1), Zelenina 50g (E:30kj,S:2g), Caj Dla 200ml

II. vecera. Pagac 1ks (E:967kj,B:5g,T:11g,S:29g)

*** Nedela 24.09.2023 ***

Ranajky. Chlieb R DIA 65g (E:655kj,B:5g,T:1g,S:34g) (Al:1), Maslo rastl. I. 30g (E:791kj,T:21g),
Med mini (E:279kj,B:17g,S:16g), Caj Dla 200ml

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

Obed. Pol. vyvar s kr.haluskami D 330ml (E:880kj,B:10g,T:14g,S:11g) (Al:1,3,7,12),
Hovadzie varene D 74g (E:52kj,B:2g), Koprova omacka D 150g (E:994kj,B:4g,T:11g,S:20g) (Al:1,7,12),
Kndela parená D 75g, Caj Dla 200ml

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

Vecera. Chlieb V DIA 100g (E:1008kj,B:7g,T:1g,S:52g) (Al:1), Maslo rastl. I. 30g (E:791kj,T:21g),
Salama polosucha 100g (E:1778kj,B:13g,T:22g), Horcica 20g (E:73kj,B:1g,T:1g,S:1g) (Al:10,12),
Caj Dla 200ml

II. vecera. Jogurt biely (E:470kj,B:7g,T:6g,S:9g), Piškoty DIA 20g

Zmena jedálneho listka vyhradená. Jedalnicek vyhotovil: