

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

Obdobie: 21.04.2025 - 27.04.2025

Datum tľ.: 16.04.2025

Str.: 7

DD RC - RACIO DD

*** Pondelok 21.04.2025 ***

Ranajky. Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1),
 Pasteta hydinova 1ks (E:760kj,B:8g,T:15g,S:5g) (Al:6,12), Zelenina 50g (E:30kj,S:2g),
 Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. Polievka z udeneho masa s krup 330ml (E:264kj,B:1g,S:15g) (Al:1), Udenina 50g (E:1620kj,B:16g,T:37g),
 Zemiakový salat 200g (E:849kj,B:2g,T:4g,S:38g) (Al:12), Čaj so sirupom 300ml (E:122kj,S:8g)

Olovrant. Zakusok (E:239kj) (Al:1,3,5,7,8), Ovocie 150g (E:321kj,B:1g,S:21g), Čaj celodenný 200ml (E:65kj,S:4g)

Vecera. Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Chren str. 20g,
 Salama makka 100g (E:1136kj,B:11g,T:11g) (Al:1), Salama polosucha 100g (E:1778kj,B:13g,T:22g) (Al:1),
 Syr tvrdý 50g (E:718kj,B:10g,T:10g,S:1g) (Al:7), Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3),
 Zelenina 50g (E:30kj,S:2g), Čaj so sirupom 300ml (E:122kj,S:8g)

*** Utorok 22.04.2025 ***

Ranajky. Natierka sunkova pena 50g (E:798kj,B:3g,T:19g,S:1g) (Al:7),
 Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Paradajka 50g (E:30kj,S:2g),
 Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. Polievka cibulacka s tofu 330ml (E:643kj,B:1g,T:8g,S:17g) (Al:1,6,12),
 Halušky s tvarohom a smotanou 400g (E:3890kj,B:42g,T:16g,S:138g) (Al:1,3,7),
 Slanina 50g (E:831kj,B:4g,T:2g), Čaj so sirupom 300ml (E:122kj,S:8g)

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

Vecera. Kuracie dus. na zel.(prsia) 240g(m.64g) (E:1154kj,B:6g,T:11g,S:8g) (Al:7),
 Ryza dusena 200g (E:1464kj,B:1g,T:3g,S:72g), Čaj so sirupom 300ml (E:122kj,S:8g)

*** Streda 23.04.2025 ***

Ranajky. Slane pecivo 2ks 2ks (E:1934kj,B:10g,T:22g,S:58g) (Al:1,3),
 Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. Polievka sosovicova kysla 330ml (E:1415kj,B:16g,T:10g,S:48g) (Al:1,7,12),
 Bravčové rezne polske 162g(m.62g) (E:2115kj,B:16g,T:27g,S:33g) (Al:1,3),
 Zemiaková kaša 250g (E:1003kj,B:2g,T:2g,S:45g) (Al:7), Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),
 Čaj so sirupom 300ml (E:122kj,S:8g)

Olovrant. Dezert 1ks, Čaj celodenný 200ml (E:65kj,S:4g)

Vecera. Polievka zel.zprazena s mrven. 330ml (E:1013kj,B:8g,T:14g,S:19g) (Al:1,3,12),
 Chlieb 1 100G (E:1008kj,B:7g,T:1g,S:52g) (Al:1), Čaj so sirupom 300ml (E:122kj,S:8g),
 Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8)

*** Stvrtok 24.04.2025 ***

Ranajky. Lupacka - 2 ks 2ks (E:1734kj,B:7g,T:9g,S:77g) (Al:1,3,7), Maslo 20g (E:626kj,T:2g) (Al:7),
 Dzem mini (E:201kj,S:11g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. Polievka drozdova 330ml (E:651kj,B:8g,T:7g,S:12g) (Al:1,3),
 Masove gulky v pradjkovej om. 350g (E:2137kj,B:12g,T:16g,S:69g) (Al:1,3,7,12),
 Zemiaky varene 200g (E:728kj,S:46g), Čaj so sirupom 300ml (E:122kj,S:8g)

Olovrant. Ovocie 150g (E:321kj,B:1g,S:21g), Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8),
 Čaj celodenný 200ml (E:65kj,S:4g)

Vecera. Zemiaky s cibulou a maslom 420g (E:2857kj,B:2g,T:10g,S:107g) (Al:7),
 Opekaná špekačka 80g (E:1973kj,B:11g,T:44g,S:2g) (Al:1), Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g) (Al:7)

*** Piatok 25.04.2025 ***

Ranajky. Chlieb 1 100G (E:1008kj,B:7g,T:1g,S:52g) (Al:1), Natierka bryndzova 50g (E:706kj,B:7g,T:15g,S:1g) (Al:7),
 Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. Polievka gulášová 330ml(m.22g) (E:549kj,B:2g,T:5g,S:19g) (Al:1,12),
 Žemľovka jablková s tvarohom 440g (E:4406kj,B:183g,T:30g,S:147g) (Al:1,3,7),
 Ovocie 150g (E:321kj,B:1g,S:21g), Čaj so sirupom 300ml (E:122kj,S:8g)

Olovrant. Detska vyziva DIA 1ks (E:498kj,S:33g), Čaj so sirupom 300ml (E:122kj,S:8g)

Vecera. Kuracie na slanine 180g(m.62g) (E:1112kj,B:12g,T:11g,S:6g) (Al:1),
 Tarhona 200g (E:1641kj,B:1g,T:4g,S:75g) (Al:1,3), Čaj so sirupom 300ml (E:122kj,S:8g)

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*** Sobota 26.04.2025 ***

Ranajky. Lupacka - 2 ks 2ks (E:1734kj,B:7g,T:9g,S:77g) (Al:1,3,7), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. Polievka karfiolová 330ml (E:1043kj,B:7g,T:11g,S:12g) (Al:1,7),

Mexický guláš 363g(m.63g) (E:2453kj,B:8g,T:16g,S:85g) (Al:1,7,12),

Ryza dusena 200g (E:1464kj,B:1g,T:3g,S:72g), Čaj so sirupom 300ml (E:122kj,S:8g)

Olovrant. Jogurt ovocny (E:861kj,B:5g,T:11g,S:232g) (Al:7), Čaj celodenný 200ml (E:65kj,S:4g),

Pecivo 1 ks 1ks (E:620kj,B:49g,T:2g,S:29g) (Al:1)

Vecera. Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Tlac./pec.syr/sekana 166g (E:1926kj,B:21g,T:42g,S:1g),

Zelenina 50g (E:30kj,S:2g), Čaj so sirupom 300ml (E:122kj,S:8g)

*** Nedela 27.04.2025 ***

Ranajky. Vianocka 0,5KS (Al:1,3,7), Maslo 20g (E:626kj,T:2g) (Al:7),

Biela káva 300ml (E:784kj,B:7g,T:3g,S:33g) (Al:7)

Obed. Polievka slepacia s rezancami 330g (E:780kj,B:10g,T:10g,S:15g) (Al:1,3,12),

Bravcova krkovicka pecena 90g(m.60g) (E:312kj,B:4g,T:2g,S:11g) (Al:1),

Dusena kysla kapusta 150g (E:740kj,B:2g,T:6g,S:25g) (Al:1), Knedľa parená 150g (Al:1,3,7),

Čaj so sirupom 300ml (E:122kj,S:8g)

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

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

Vecera. Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Maslo natierkove 30g (E:940kj,T:25g) (Al:7),

Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), Zelenina 50g (E:30kj,S:2g), Čaj so sirupom 300ml (E:122kj,S:8g)

Zmena jedálneho listka vyhradená. Jedalnicek vyhotovil: