

RC - DD RATIO

* Pondelok 28.04.2025 ***	
Ranajky.	Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Nátierka škvarková 50g (E:1450kj,B:54g,T:14g,S:2g) (Al:10,12), Zelenina 50g (E:30kj,S:2g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Pol. frankfurtská s párkom 330ml (E:1850kj,B:13g,T:24g,S:37g) (Al:1,12), Pirohy s lekvárom/strúhankou 400g (E:2216kj,B:5g,T:3g,S:70g) (Al:1,3,7), Džús mini (E:325kj,S:18g) (Al:12), Čaj so sirupom 300ml (E:122kj,S:8g)
Olovrant.	Pagáč 1ks (E:967kj,B:5g,T:11g,S:29g) (Al:1,3), Ovocie 150g (E:321kj,B:1g,S:21g), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Kuracie na paprike 120g(m.64g) (E:732kj,B:5g,T:11g,S:11g) (Al:1,7), Cestoviny ako príloha 200g (E:1538kj,B:1g,T:8g,S:60g) (Al:1,3), Čaj so sirupom 300ml (E:122kj,S:8g)
* Utorok 29.04.2025 ***	
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 tekvicová 330g (E:942kj,B:9g,T:12g,S:20g) (Al:1,7,12), Brav. stehno po záhradnícky 170g(m.64g) (E:1403kj,B:3g,T:13g,S:4g) (Al:1,12), Ryža dusená 200g (E:1464kj,B:1g,T:3g,S:72g), 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.	Špenátový prívarok 200g (E:963kj,B:8g,T:10g,S:26g) (Al:1,7), Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), Zemiaky varené 100g (E:662kj,S:42g), Čaj so sirupom 300ml (E:122kj,S:8g)
* Streda 30.04.2025 ***	
Ranajky.	Pecivo 2ks 2ks (E:1240kj,B:98g,T:4g,S:58g) (Al:1), Nátierka rybacia 50g (E:831kj,B:8g,T:18g) (Al:4), Zelenina 50g (E:30kj,S:2g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Polievka hráškový krém (E:806kj,B:8g,T:2g,S:24g) (Al:1,7,12), Kuracie rizoto 300g(m.65g) (E:2903kj,B:14g,T:21g,S:82g) (Al:7), Uhorky ster. 100g (E:59kj,S:3g) (Al:12), Čaj so sirupom 300ml (E:122kj,S:8g)
Olovrant.	Dezert 1ks, Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Špagety bolonske II. 400g (E:3609kj,B:30g,T:35g,S:97g) (Al:1,3,7,12), Ovocie 150g (E:321kj,B:1g,S:21g), Čaj so sirupom 300ml (E:122kj,S:8g)
* Stvrtok 01.05.2025 ***	
Ranajky.	Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7), Med 20g (E:279kj,B:17g,S:16g), Biela káva 300ml (E:784kj,B:7g,T:3g,S:33g) (Al:7)
Obed.	Polievka vývar s rezancami 330ml (E:896kj,B:9g,T:12g,S:18g) (Al:1,3,12), Rybíe filé vyprážané 150g (E:2530kj,B:30g,T:34g,S:27g) (Al:1,3,4,7), Zemiaková kaša 250g (E:1075kj,B:4g,T:2g,S:46g) (Al:7), Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), Čaj so sirupom 300ml (E:122kj,S:8g)
Olovrant.	Piškóty 20g, Jogurt ovocný (E:861kj,B:5g,T:11g,S:232g) (Al:7), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7), Saláma mäkká 100g (E:1136kj,B:11g,T:11g) (Al:1), 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)
*** Piatok 02.05.2025 ***	
Ranajky.	Pecivo 2ks 2ks (E:1240kj,B:98g,T:4g,S:58g) (Al:1), Nátierka šľahaný tvaroh 50g (E:419kj,B:7g,T:7g,S:2g) (Al:7), Cibufa 10g (E:22kj,S:1g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Pol. fazuľová kyslá 330ml (E:1059kj,B:11g,T:11g,S:29g) (Al:1,7,12), Syr vyprážaný - hermelín 180g (E:1013kj,T:21g) (Al:1,3,7), Zemiaky varené 100g (E:662kj,S:42g), Tatárska omáčka 50g (Al:3,7,10), 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.	Bravčové karé cigánske 130g (E:1447kj,B:11g,T:23g,S:1g), Slovenská ryža 200g (E:1641kj,B:1g,T:4g,S:75g) (Al:1,3), Čaj so sirupom 300ml (E:122kj,S:8g)

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

dobie: 28.04.2025 - 04.05.2025

Datum tl.: 24.04.2025

Str.:

8

Sobota 03.05.2025 ***

Snajky. Lúpačka - 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)
Jed. Polievka pórková 330ml (E:1166kj,B:10g,T:19g,S:15g) (Al:1,3,7),
Bravčové dusené 164g(m.64g) (E:633kj,B:1g,T:10g,S:1g) (Al:7),
Nokerle {halušky} 200g (E:1948kj,B:12g,T:11g,S:77g) (Al:1,3,7), Čaj so sirupom 300ml (E:122kj,S:8g)
Dovrant. Jogurt ovocný (E:861kj,B:5g,T:11g,S:232g) (Al:7), Pečivo 1ks 1ks (E:620kj,B:49g,T:2g,S:29g) (Al:1),
Čaj celodenný 200ml (E:65kj,S:4g)
Džera. Pečivo 2ks 2ks (E:1240kj,B:98g,T:4g,S:58g) (Al:1), Šunkový nárez 1ks,
Čaj so sirupom 300ml (E:122kj,S:8g)

Nedela 04.05.2025 ***

Snajky. Závin balený 1ks, Kakao 300ml (E:930kj,B:11g,T:5g,S:35g) (Al:7)
Jed. Polievka vývar s cestovinou 330ml (E:896kj,B:7g,T:12g,S:18g) (Al:1,3,12),
Sviečková na smotane 210g(m.62g) (E:1371kj,B:6g,T:17g,S:18g) (Al:1,7,10,12),
Knedľa parená 150g (Al:1,3,7), Čaj so sirupom 300ml (E:122kj,S:8g)
Dovrant. Zakusok (E:239kj) (Al:1,3,5,7,8), Ovocie 150g (E:321kj,B:1g,S:21g), Čaj celodenný 200ml (E:65kj,S:4g)
Džera. Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7), Parenica 1ks (Al:7),
Zelenina 50g (E:30kj,S:2g), Čaj so sirupom 300ml (E:122kj,S:8g)

Jedálna jedálneho listka vyhradená. Jedalnicek vyhotovil: