

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

dobie: 07.07.2025 - 13.07.2025

Datum t.l.: 24.06.2025

Str.: 7

ID RC - DD RACIO

** Pondelok 07.07.2025 ***

Ranajky. Pečivo 2ks 2ks (E:1066kj,B:8g,T:3g,S:49g) (Al:1),
Paštéta hydínová 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 gulášová 330ml(m.22g) (E:549kj,B:2g,T:6g,S:19g) (Al:1,12),
Posuch so smotanou a syrom 250g (E:4537kj,B:25g,T:55g,S:122g) (Al:1,7),
Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g) (Al:7)
Olovrant. Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera. Bravčové mäso s mrkvou 184g(m.65g) (E:1507kj,B:19g,T:26g,S:10g) (Al:1),
Ryža dusená 200g (E:1445kj,B:6g,T:4g,S:72g), Čaj so sirupom 300ml (E:162kj,S:10g)

** Utorok 08.07.2025 ***

Ranajky. Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1),
Nátierka jemná syrová 50g (E:16266kj,B:5g,T:4208g,S:1g) (Al:7),
Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed. Pol. z ovsených vločiek 330ml (E:460kj,B:3g,T:6g,S:10g) (Al:1,3,7),
Kurací zvitok 170g(m.100g) (E:1504kj,B:35g,T:19g,S:8g) (Al:1,3,12),
Zemiaková kaša 250g (E:1075kj,B:4g,T:2g,S:46g) (Al:7), Šalát uhorkový 120g (E:173kj,B:1g,S:11g) (Al:12),
Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant. Dezert 1ks, Čaj celodenný 200ml (E:65kj,S:4g)
Vecera. Krupicová kaša 350g (E:3142kj,B:22g,T:10g,S:107g) (Al:1,7), Kompot 150g (E:512kj,B:120g,S:60g),
Čaj so sirupom 300ml (E:162kj,S:10g)

*** Streda 09.07.2025 ***

Ranajky. Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1),
Nátierka šľahaný tvaroh 50g (E:26535kj,B:7g,T:7000g,S:2g) (Al:7), Čaj so sirupom 300ml (E:162kj,S:10g)
Obed. Polievka hrstková 330ml (E:976kj,B:10g,T:14g,S:20g) (Al:1,12),
Hovädzia pečienka milánska 263g(m.63g) (E:1559kj,B:8g,T:31g,S:13g) (Al:1,7,12),
Nokerle {halušky} 200g (E:1948kj,B:12g,T:13g,S:77g) (Al:1,3,7), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant. Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8), Ovocie 150g (E:321kj,B:1g,S:21g),
Čaj celodenný 200ml (E:65kj,S:4g)
Vecera. Špagety bolonske II. 400g (E:3609kj,B:30g,T:39g,S:97g) (Al:1,3,7,12),
Čaj so sirupom 300ml (E:162kj,S:10g)

*** Štvrtok 10.07.2025 ***

Ranajky. Pečivo 2ks 2ks (E:1066kj,B:8g,T:3g,S:49g) (Al:1), Párky 110g (E:1476kj,B:15g,T:32g,S:1g) (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. s vajec.usadeninou 330ml (E:627kj,B:9g,T:12g,S:2g) (Al:3,7),
Segedínsky guláš 285g(m.65g) (E:1672kj,B:18g,T:28g,S:17g) (Al:1,7), Knedľa parená 150g (Al:1,3,7),
Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant. Lúpačka 2ks (E:1734kj,B:7g,T:9g,S:77g) (Al:1,3,7), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera. Zemiaky s maslom 210g (E:1993kj,B:1g,T:12g,S:52g) (Al:7),
Opekaná špekačka 80g (E:1973kj,B:11g,T:47g,S:2g) (Al:1), Uhorky ster. 100g (E:118kj,B:1g,S:6g) (Al:12),
Čaj so sirupom 300ml (E:162kj,S:10g)

*** Piatok 11.07.2025 ***

Ranajky. Lúpačka 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 karfiolová 330ml (E:1043kj,B:7g,T:12g,S:12g) (Al:1,7),
Cestoviny s krupicou 395g (E:3935kj,B:18g,T:5g,S:150g) (Al:1,3,7), Kompot 150g (E:512kj,B:120g,S:60g),
Ovocie 150g (E:321kj,B:1g,S:21g), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant. Detská výživa DIA 1ks (E:498kj,S:33g), Piškóty 20g, Čaj celodenný 200ml (E:65kj,S:4g)
Vecera. Špenátový privarok 200g (E:963kj,B:8g,T:12g,S:26g) (Al:1,7), Zemiaky varené 200g (E:662kj,S:42g),
Vajce (E:337kj,B:7g,T:6g,S:1g) (Al:3), Čaj so sirupom 300ml (E:162kj,S:10g)

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*** Sobota 12.07.2025 ***

Ranajky. Lúpačka 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 hrachová s krúpami 0,33l (E:1312kj,B:12g,T:20g,S:25g) (Al:1,12),
Bravčový guláš 214g(m.64g) (E:1623kj,B:19g,T:26g,S:20g) (Al:1,12),
Cestoviny ako príloha 200g (E:1561kj,B:8g,T:12g,S:59g) (Al:1,3), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant. Jogurt ovocný (E:861kj,B:5g,T:11g,S:232g) (Al:7), Pečivo 2ks 2ks (E:1066kj,B:8g,T:3g,S:49g) (Al:1),
Čaj celodenný 200ml (E:65kj,S:4g)
Vecera. Pečivo 1ks 1ks (E:533kj,B:4g,T:2g,S:25g) (Al:1), Šunkový nárez 1ks, Zelenina 50g (E:30kj,S:2g),
Čaj so sirupom 300ml (E:162kj,S:10g)

*** Nedela 13.07.2025 ***

Ranajky. Závin balený 1ks, Kakao 300ml (E:930kj,B:11g,T:5g,S:35g) (Al:7)
Obed. Polievka slepačia s rezancami 330g (E:785kj,B:10g,T:10g,S:15g) (Al:1,3,12),
Rybí filé vyprážané 150g (E:2530kj,B:30g,T:42g,S:27g) (Al:1,3,4,7),
Zemiaky s maslom 210g (E:1993kj,B:1g,T:12g,S:52g) (Al:7), Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),
Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant. Ovocie 150g (E:321kj,B:1g,S:21g), Zakusok (E:239kj) (Al:1,3,5,7,8), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera. Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Maslo nátierkové 30g (E:940kj,T:25g) (Al:7),
Salama polosucha 100g (E:1778kj,B:13g,T:22g) (Al:1), Zelenina 50g (E:30kj,S:2g),
Čaj so sirupom 300ml (E:162kj,S:10g)

Zmena jedálneho listka vyhradená. Jedalnicek vyhotovil: