

DD RC - DD RACIO***** Pondelok 14.07.2025 *****

Ranajky.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Nátierka škvarková 50g (E:1450kj,B:54g,T:14g,S:2g) (Al:10,12), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Polievka zemiaková s vajcom 330ml (E:1338kj,B:8g,T:12g,S:30g) (Al:1,3,7,12), Buchty s lekvárom 300g (E:4499kj,B:22g,T:7g,S:190g) (Al:1,3,7), Džús mini (E:325kj,S:18g) (Al:12), Čaj so sirupom 300ml (E:162kj,S:10g)
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 dus. na zel.(prsia) 240g(m.64g) (E:1651kj,B:33g,T:13g,S:8g) (Al:7), Slovenská ryža 200g (E:188kj,T:5g) (Al:1,3), Čaj so sirupom 300ml (E:162kj,S:10g)

***** Utorok 15.07.2025 *****

Ranajky.	Pečivo grahamové 2ks 2ks (E:1541kj,B:12g,T:6g,S:70g) (Al:1), Nátierka šunková pena 50g (E:46501kj,B:3g,T:12257g,S:1g) (Al:7), 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), Salama v cesticku 140g (E:3054kj,B:17g,T:67g,S:16g) (Al:1,3,7), Zemiaky s maslom 210g (E:1993kj,B:1g,T:12g,S:52g) (Al:7), Tatárska omáčka 30g (Al:3,7,10), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant.	Dezert 1ks, Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Polievka hubová s mrvenicou 0,33l (E:1087kj,B:5g,T:3g,S:37g) (Al:1,3,7), Chlieb 1 100G (E:981kj,B:8g,T:1g,S:51g) (Al:1), Čaj so sirupom 300ml (E:162kj,S:10g)

***** Streda 16.07.2025 *****

Ranajky.	Slane pecivo 2ks 2ks (E:1934kj,B:10g,T:22g,S:58g) (Al:1,3), Paštéta hydinová 1ks (E:760kj,B:8g,T:15g,S:5g) (Al:6,12), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Polievka vývar s liatym cestom 330ml (E:888kj,B:10g,T:12g,S:15g) (Al:1,3,7,12), Mexický guláš 363g(m.63g) (E:2453kj,B:14g,T:20g,S:85g) (Al:1,7,12), Ryža dusená 200g (E:1445kj,B:6g,T:4g,S:72g), Calamada 100g (E:119kj,B:1g,S:5g) (Al:12), 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.	Pražské zemiaky 280g (E:2610kj,B:25g,T:54g,S:35g) (Al:3), Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g) (Al:7)

***** Stvrtok 17.07.2025 *****

Ranajky.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Nátierka rybacia 50g (E:59592kj,B:8g,T:15753g) (Al:4), Čaj so sirupom 300ml (E:162kj,S:10g)
Obed.	Pol. zemiaková sladká 330ml (E:1282kj,B:7g,T:14g,S:41g) (Al:1,12), Bravcove stehno na smotane 184g(m.64g) (E:1712kj,B:18g,T:26g,S:13g) (Al:1,7), Knedľa parená 150g (Al:1,3,7), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant.	Ovocie 150g (E:321kj,B:1g,S:21g), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Cestoviny zapékané s hubami 350g (E:3158kj,B:21g,T:35g,S:87g) (Al:1,3,7), Uhorky ster. 100g (E:118kj,B:1g,S:6g) (Al:12), Čaj so sirupom 300ml (E:162kj,S:10g)

***** Piatok 18.07.2025 *****

Ranajky.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Syr tavený 1ks 1KS (E:490kj,B:6g,T:7g,S:1g) (Al:7), Zelenina 50g (E:30kj,S:2g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Pol. cicerová kyslá so zem. 330ml (E:1540kj,B:14g,T:17g,S:39g) (Al:1,7,12), Zeleninové rizoto 300g (E:2414kj,B:10g,T:23g,S:78g) (Al:7,12), 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), Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Zemiakový guláš 400g (E:2333kj,B:11g,T:30g,S:64g) (Al:1), Chlieb 1 100G (E:981kj,B:8g,T:1g,S:51g) (Al:1), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Sobota 19.07.2025 ***

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 špenátová 330ml (E:938kj,B:11g,T:14g,S:12g) (Al:1,3,7), Hovädzí guláš kasárenský 190g(m.62g) (E:838kj,B:4g,T:13g,S:17g) (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.	Pečivo 2ks 2ks (E:1066kj,B:8g,T:3g,S:49g) (Al:1), Jogurt ovocný (E:861kj,B:5g,T:11g,S:232g) (Al:7), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (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:162kj,S:10g)

*** Nedela 20.07.2025 ***

Ranajky.	Vianočka 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 vývar s cestovinou 330ml (E:901kj,B:9g,T:12g,S:18g) (Al:1,3,12), Brav. raznici so sl. 99g(m.63g) (E:1367kj,B:17g,T:24g,S:2g) (Al:10,12), Ryža dusená 200g (E:1445kj,B:6g,T:4g,S:72g), Kompot 150g (E:512kj,B:120g,S:60g), Čaj so sirupom 300ml (E:162kj,S:10g)
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:1373kj,B:11g,T:2g,S:72g) (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), Čaj so sirupom 300ml (E:162kj,S:10g)

Zmena jedálneho listka vyhradená. Jedalnicek vyhotovil: