

DD RC - DD RATIO***** Pondelok 13.04.2026 *****

Ranajky.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Nátierka rybacia 50g (E:831kj,B:8g,T:160g) (Al:4), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Polievka hrstková 330ml (E:976kj,B:10g,T:14g,S:20g) (Al:1,12), Syr vyprášaný 180g (E:1013kj,T:27g) (Al:1,3,7), Hranolky 150g (E:3285kj,B:6g,T:51g,S:74g), Tatárska omáčka 30g (Al:3,7,10), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant.	Jogurtový dezert 1ks, Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Kuracie mäso na šampiňón.lprs. 185g(m.64g) (E:1173kj,B:31g,T:13g,S:9g) (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)

***** Utorok 14.04.2026 *****

Ranajky.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7), Syr tvrdý 50g (E:718kj,B:10g,T:10g,S:1g) (Al:7), Vajce 1ks (E:337kj,B:7g,T:6g,S:1g) (Al:3), Zelenina voľná 50g (E:30kj,S:2g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Pol. s opraženou krupicou 330ml (E:629kj,B:3g,T:1g,S:16g) (Al:1,7), Plinená paprika 310g (E:1390kj,B:12g,T:17g,S:36g) (Al:1,3,12), Zemiaky varené 200g (E:662kj,S:42g), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant.	Sladké pečivo / Lúpačka 1ks (E:867kj,B:3g,T:4g,S:39g) (Al:1,3,7), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Rizoto z tofu 233g (E:1544kj,B:9g,T:10g,S:59g) (Al:6,7), Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), Džús mini 100% (E:325kj,S:18g) (Al:12), Čaj so sirupom 300ml (E:162kj,S:10g)

***** Streda 15.04.2026 *****

Ranajky.	Pečivo grahamové/celozrnné 2ks (E:1541kj,B:12g,T:6g,S:70g) (Al:1), Nátierka pašteková 50g (E:663kj,B:3g,T:110g,S:2g) (Al:6,12), Zelenina voľná 50g (E:30kj,S:2g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Pol. hov.vývar s ryžou a hrášok 330ml (E:440kj,B:3g,T:6g,S:10g) (Al:12), Kuracie stehno pečené 270g(m.150g) (E:1483kj,B:42g,T:8g,S:4g) (Al:1,7), Plnka k mäsu 210g (E:702kj,B:6g,T:4g,S:19g) (Al:1,3,7), Ryža dusená 200g (E:1707kj,B:6g,T:11g,S:72g), Kompót 150g (E:512kj,B:120g,S:60g), 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.	Cestoviny s tvarohom na slano 300g (E:2104kj,B:22g,T:12g,S:76g) (Al:1,3,7), Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g) (Al:7), Čaj so sirupom 300ml (E:162kj,S:10g)

***** Stvrtok 16.04.2026 *****

Ranajky.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Nátierka bryndzová 50g (E:706kj,B:7g,T:59g,S:1g) (Al:7), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Pol. rascová s vajcom 330ml (E:554kj,B:4g,T:9g,S:9g) (Al:1,3,12), Varená údenina 75g (E:243kj,B:2g,T:5g), Chrenová omáčka 150g (E:1082kj,B:5g,T:12g,S:25g) (Al:1,7), Knedľa parená 150g (Al:1,3,7), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant.	Smoothie kapsička 1ks (E:498kj,S:33g), Pagáč 1ks (E:967kj,B:5g,T:11g,S:29g) (Al:1,3), Čaj so sirupom 300ml (E:162kj,S:10g)
Vecera.	Zemiaky pečené (V) 400g (E:2437kj,B:1g,T:12g,S:125g), Opekaná špekačka 80g (E:1973kj,B:11g,T:47g,S:2g) (Al:1), Čaj so sirupom 300ml (E:162kj,S:10g), Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g) (Al:7)

***** Piatok 17.04.2026 *****

Ranajky.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7), Syr tvrdý 50g (E:718kj,B:10g,T:10g,S:1g) (Al:7), Zelenina voľná 50g (E:30kj,S:2g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Polievka fazuľková kyslá 330ml (E:1177kj,B:9g,T:17g,S:25g) (Al:1,7,12), Kysnutý koláč s ovocím 390g (E:4685kj,B:19g,T:37g,S:190g) (Al:1,3,7), Ovocná šľava, Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant.	Slaná pochutina 1ks (Al:5), 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 18.04.2026 ****

Ranajky.....	Makovka 1ks, Maslo 20g (E:626kj,T:2g) (Al:7), Džem mini (E:201kj,S:11g), Biela káva 300ml (E:784kj,B:7g,T:3g,S:33g) (Al:7)
Obed.....	Polievka kelová 330ml (E:1922kj,B:16g,T:32g,S:27g) (Al:1), Hovädzie na hubách 160g(m.64g) (E:576kj,B:3g,T:10g,S:8g) (Al:1), Knedľa parená 150g (Al:1,3,7), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant.....	Pečivo 1ks (E:533kj,B:4g,T:2g,S:25g) (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), Tlač./peč.syr/sekaná 166g (E:1926kj,B:21g,T:42g,S:1g), Zelenina voľná 50g (E:30kj,S:2g), Čaj so sirupom 300ml (E:162kj,S:10g)

**** Nedela 19.04.2026 ****

Ranajky.....	Babovka 0,5ks (Al:1,3,7), Kakao 300ml (E:930kj,B:11g,T:5g,S:35g) (Al:7)
Obed.....	Polievka vývar s cestovinou 330ml (E:901kj,B:9g,T:12g,S:18g) (Al:1,3,12), Bravčové pečené 182g(m.62g) (E:823kj,B:16g,T:13g,S:4g) (Al:1), Zemiaková kaša 250g (E:1075kj,B:4g,T:2g,S:46g) (Al:7), Kompót 150g (E:512kj,B:120g,S:60g), 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.....	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), Horčica 20g (E:73kj,B:1g,T:1g,S:1g) (Al:10,12), Kečup 20g (E:107kj,S:6g) (Al:12), Čaj so sirupom 300ml (E:162kj,S:10g)

Zmena jedálneho listka vyhradená. Jedalnicek vyhotovil: