

DD RC - DD RACIO***** Pondelok 20.04.2026 *****

Ranajky.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Paštéta 1ks (E:760kj,B:8g,T:15g,S:5g) (Al:6,12), Zelenina voľná 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:26g,S:37g) (Al:1,12), Fľačky s hlávkovou kap. 400g (E:2574kj,B:13g,T:27g,S:84g) (Al:1,3), Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant.	Jogurtový dezert 1ks, Čaj celodenný 200ml (E:65kj,S:4g), Džús mini 100% (E:325kj,S:18g) (Al:12)
Vecera.	Kuracie mäso na cesnaku 100g(m.64g) (E:1246kj,B:11g,T:22g,S:2g), Ryža dusená 200g (E:1707kj,B:6g,T:11g,S:72g), Čalamáda 100g (E:119kj,B:1g,S:5g) (Al:12), Čaj so sirupom 300ml (E:162kj,S:10g)

***** Utorok 21.04.2026 *****

Ranajky.	Pečivo 2ks (E:1066kj,B:8g,T:3g,S:49g) (Al:1), Nátierka vajcová 50g (E:1196kj,B:10g,T:184g,S:2g) (Al:3,10,12), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Polievka brokolicová 330ml (E:1043kj,B:7g,T:12g,S:12g) (Al:1,7), Rizoto z brav. mäsa 350g(m.65g) (E:3438kj,B:26g,T:38g,S:91g) (Al:7,12), Šalát uhorkový 120g (E:173kj,B:1g,S:11g) (Al:12), Čaj so sirupom 300ml (E:162kj,S:10g), Ovocná šťava
Olovrant.	Sladké pečivo / Lúpačka 1ks (E:867kj,B:3g,T:4g,S:39g) (Al:1,3,7), Ovocie 150g (E:321kj,B:1g,S:21g), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Granatiersky pochod 320g (E:2052kj,B:9g,T:12g,S:83g) (Al:1,3), Uhorky ster. 100g (E:118kj,B:1g,S:6g) (Al:12), Čaj so sirupom 300ml (E:162kj,S:10g)

***** Streda 22.04.2026 *****

Ranajky.	Slané pečivo 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.	Pol. s vajec.usadeninou 330ml (E:627kj,B:9g,T:12g,S:2g) (Al:3,7), Rybie filé vyprážené 150g (E:2530kj,B:30g,T:42g,S:27g) (Al:1,3,4,7), Zemiakový šalát 200g (E:849kj,B:2g,T:5g,S:38g) (Al:12), 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.	Ryžová kaša s maslom 360g (E:2828kj,B:14g,T:16g,S:85g) (Al:7), Kompót 150g (E:512kj,B:120g,S:60g), Čaj so sirupom 300ml (E:162kj,S:10g), Džús mini 100% (E:325kj,S:18g) (Al:12)

***** Stvrtok 23.04.2026 *****

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), Čaj so sirupom 300ml (E:162kj,S:10g)
Obed.	Polievka cibulačka s tofu 330ml (E:643kj,B:1g,T:9g,S:17g) (Al:1,6,12), Hovädzie varené 62g (E:43kj,B:2g), Paradajková omáčka 150g (E:1004kj,B:6g,T:12g,S:29g) (Al:1,12), Knedľa parená 150g (Al:1,3,7), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant.	Jogurt ovocný (E:861kj,B:5g,T:11g,S:232g) (Al:7), Makovka 1ks, Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Polievka zel.zpražená s mrven. 330ml (E:1057kj,B:8g,T:14g,S:23g) (Al:1,3,12), Chlieb 1 100g (E:981kj,B:8g,T:1g,S:51g) (Al:1), Čaj so sirupom 300ml (E:162kj,S:10g)

***** Piatok 24.04.2026 *****

Ranajky.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Nátierka jemná syrová 50g (E:596kj,B:5g,T:50g,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 šošovicová kyslá 330ml (E:1415kj,B:16g,T:12g,S:48g) (Al:1,7,12), Buchty na pare s kakaom 360g (E:4562kj,B:25g,T:12g,S:176g) (Al:1,3,7), Ovocná šťava, Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant.	Slaná pochutina 1ks (Al:5), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Lečo s vajcom 200g (E:1413kj,B:15g,T:27g,S:8g) (Al:3,12), Zemiaky varené 200g (E:662kj,S:42g), Čaj so sirupom 300ml (E:162kj,S:10g)

***** Sobota 25.04.2026 *****

Ranajky.	Sladké pečivo / 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 paradajková s cest. 330ml (E:1181kj,B:8g,T:19g,S:20g) (Al:1,3,12), Hovädzi tokáň 183g(m.63g) (E:733kj,B:4g,T:13g,S:11g) (Al:1,12),

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Obdobie: 20.04.2026 - 26.04.2026

Str.: 8

	Nokerle {halušky} 200g (E:1948kj,B:12g,T:13g,S:77g) (Al:1,3,7), Čaj so sirupom 300ml (E:162kj,S:10g), Džús mini 100% (E:325kj,S:18g) (Al:12)
Olovrant.	Jogurt ovocný (E:861kj,B:5g,T:11g,S:232g) (Al:7), Pečivo 1ks (E:533kj,B:4g,T:2g,S:25g) (Al:1), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7), Saláma mäkká 100g (E:1090kj,B:12g,T:24g) (Al:1), Zelenina voľná 50g (E:30kj,S:2g), Čaj so sirupom 300ml (E:162kj,S:10g)

***** Nedela 26.04.2026 *****

Ranajky.	Vianočka 0,5KS (Al:1,3,7), Maslo 20g (E:626kj,T:2g) (Al:7), Džem mini (E:201kj,S:11g), Kakao 300ml (E:930kj,B:11g,T:5g,S:35g) (Al:7)
Obed.	Polievka vývar s rezancami 330ml (E:901kj,B:9g,T:12g,S:18g) (Al:1,3,12), Kurací rezeň prírodný 150g(m.65g) (E:1434kj,B:45g,T:12g,S:4g) (Al:1,7), 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.	Zákusok (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:1373kj,B:11g,T:2g,S:72g) (Al:1), Tuniakový šalát v konzerve 1ks, Čaj so sirupom 300ml (E:162kj,S:10g)

Zmena jedálneho listka vyhradená. Jedalnicek vyhotovil: