

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

Obdobie: 13.07.2026 - 19.07.2026

Str.: 7

## DD RC - DD RACIO

## \*\*\* Pondelok 13.07.2026 \*\*\*

|                   |                                                                                                                                                                                                                                         |
|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ranajky. . . . .  | Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1),<br>Nátierka šľahaný tvaroh 50g (E:419kj,B:7g,T:70g,S:2g) (Al:7), Zelenina voľná 50g (E:30kj,S:2g),<br>Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7), Ovocie 150g (E:321kj,B:1g,S:21g) |
| Obed. . . . .     | Polievka gulášová 330ml(m.22g) (E:549kj,B:2g,T:6g,S:19g) (Al:1,12),<br>Žemľovka jablková s tvarohom 440g (E:4113kj,B:32g,T:34g,S:133g) (Al:1,3,7),<br>Čaj so sirupom 300ml (E:162kj,S:10g), Džús mini 100% (E:325kj,S:18g) (Al:12)      |
| Olovrant. . . . . | Jogurtový dezert 1ks, Čaj celodenný 200ml (E:65kj,S:4g)                                                                                                                                                                                 |
| Vecera. . . . .   | Kuracia pečeň dusená na cib. 164g(m.64g) (E:1406kj,B:31g,T:18g,S:12g) (Al:1),<br>Zemiaky varené 200g (E:662kj,S:42g), Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),<br>Čaj so sirupom 300ml (E:162kj,S:10g)                            |

## \*\*\* Utorok 14.07.2026 \*\*\*

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| Ranajky. . . . .  | Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1),<br>Nátierka pašteková 50g (E:663kj,B:3g,T:110g,S:2g) (Al:6,12), Zelenina voľná 50g (E:30kj,S:2g),<br>Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7), Ovocie 150g (E:321kj,B:1g,S:21g)                                                                                                                   |
| Obed. . . . .     | Polievka goralská 330ml (E:838kj,B:7g,T:4g,S:28g) (Al:1,7),<br>Karbonátok 135g (E:1166kj,B:12g,T:20g,S:14g) (Al:1,3),<br>Zemiaky s maslom 210g (E:1993kj,B:1g,T:12g,S:52g) (Al:7), Horčica 20g (E:73kj,B:1g,T:1g,S:1g) (Al:10,12),<br>Cibuľa 10g (E:22kj,S:1g), Čaj so sirupom 300ml (E:162kj,S:10g),<br>Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8) |
| Olovrant. . . . . | Pagáč 1ks (E:967kj,B:5g,T:11g,S:29g) (Al:1,3), Čaj celodenný 200ml (E:65kj,S:4g)                                                                                                                                                                                                                                                                         |
| Vecera. . . . .   | Cestoviny s vajcom 300g (E:2228kj,B:19g,T:11g,S:89g) (Al:1,3), Slanina 50g (E:831kj,B:4g,T:2g),<br>Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g) (Al:7), Čaj so sirupom 300ml (E:162kj,S:10g)                                                                                                                                                                   |

## \*\*\* Streda 15.07.2026 \*\*\*

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| 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),<br>Ovocie 150g (E:321kj,B:1g,S:21g)                                                                                                             |
| Obed. . . . .     | Polievka pórková 330ml (E:1166kj,B:10g,T:20g,S:15g) (Al:1,3,7),<br>Hovädzí guláš kasárenský 190g(m.62g) (E:838kj,B:4g,T:13g,S:17g) (Al:1,12),<br>Cestoviny ako príloha 200g (E:1561kj,B:8g,T:12g,S:59g) (Al:1,3), 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),<br>Ovocná šťava                                                                                                                                   |
| Vecera. . . . .   | Kuracie rizoto 300g(m.65g) (E:2903kj,B:20g,T:26g,S:82g) (Al:7),<br>Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), Čaj so sirupom 300ml (E:162kj,S:10g)                                                                                                 |

## \*\*\* Stvrtok 16.07.2026 \*\*\*

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| Ranajky. . . . .  | Pečivo 2ks (E:1066kj,B:8g,T:3g,S:49g) (Al:1), Syr tavený 1ks 1KS (E:490kj,B:6g,T:7g,S:1g) (Al:7),<br>Zelenina voľná 50g (E:30kj,S:2g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7),<br>Ovocie 150g (E:321kj,B:1g,S:21g)          |
| Obed. . . . .     | Polievka cibuľačka s tofu 330ml (E:643kj,B:1g,T:9g,S:17g) (Al:1,6,12),<br>Segedínsky guláš 285g(m.65g) (E:1672kj,B:18g,T:28g,S:17g) (Al:1,7), Knedľa parená 150g (Al:1,3,7),<br>Čaj so sirupom 300ml (E:162kj,S:10g), Ovocná šťava |
| Olovrant. . . . . | Smoothie kapsička 1ks (E:498kj,S:33g), Čaj celodenný 200ml (E:65kj,S:4g)                                                                                                                                                           |
| Vecera. . . . .   | Cestoviny s makom 300g (E:3371kj,B:15g,T:16g,S:104g) (Al:1,3,7), Kompót 150g (E:512kj,B:120g,S:60g),<br>Čaj so sirupom 300ml (E:162kj,S:10g)                                                                                       |

## \*\*\* Piatok 17.07.2026 \*\*\*

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| Ranajky. . . . .  | Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7),<br>Syr tvrdý 50g (E:718kj,B:10g,T:10g,S:1g) (Al:7), Zelenina voľná 50g (E:30kj,S:2g),<br>Čaj so sirupom 300ml (E:162kj,S:10g), Ovocie 150g (E:321kj,B:1g,S:21g)   |
| Obed. . . . .     | Polievka šalátová 330ml (E:835kj,B:6g,T:9g,S:16g) (Al:1,7,12),<br>Syr vyprážaný 180g (E:1013kj,T:27g) (Al:1,3,7), Zemiaky s maslom 210g (E:1993kj,B:1g,T:12g,S:52g) (Al:7),<br>Tatárska omáčka 30g (Al:3,7,10), Čaj so sirupom 300ml (E:162kj,S:10g) |
| Olovrant. . . . . | Slaná pochutina 1ks (Al:5), Čaj celodenný 200ml (E:65kj,S:4g)                                                                                                                                                                                        |
| Vecera. . . . .   | Cestoviny ako príloha 200g (E:1561kj,B:8g,T:12g,S:59g) (Al:1,3),<br>Šampiňónová omáčka 150g (E:1041kj,B:5g,T:14g,S:17g) (Al:1,7,12), Čaj so sirupom 300ml (E:162kj,S:10g)                                                                            |

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## \*\*\* Sobota 18.07.2026 \*\*\*

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), Ovocie 150g (E:321kj,B:1g,S:21g)

Obed. . . . . Polievka zel.zpražená s mrven. 330ml (E:1057kj,B:8g,T:14g,S:23g) (Al:1,3,12),  
 Hovädzie na hubách 160g(m.64g) (E:576kj,B:3g,T:10g,S:8g) (Al:1),  
 Cestoviny ako príloha 200g (E:1561kj,B:8g,T:12g,S:59g) (Al:1,3), 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), Makovka 1ks, 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),  
 Saláma polosuchá 100g (E:1778kj,B:13g,T:22g) (Al:1), Zelenina voľná 50g (E:30kj,S:2g),  
 Čaj so sirupom 300ml (E:162kj,S:10g)

## \*\*\* Nedela 19.07.2026 \*\*\*

Ranajky. . . . . Babovka 0,5ks (Al:1,3,7), Biela káva 300ml (E:784kj,B:7g,T:3g,S:33g) (Al:7),  
 Ovocie 150g (E:321kj,B:1g,S:21g)

Obed. . . . . Polievka vývar s cestovinou 330ml (E:901kj,B:9g,T:12g,S:18g) (Al:1,3,12),  
 Bravčové rezne poľské 162g(m.62g) (E:2124kj,B:20g,T:33g,S:33g) (Al:1,3),  
 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. . . . . 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. . . . . 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: