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Obdobie: 20.07.2026 - 26.07.2026

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DD RC - DD RACIO

*** Pondelok 20.07.2026 ***

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

Obed. Pol. hrachová s párkom 330ml (E:1624kj,B:22g,T:11g,S:59g) (Al:1,12),
Karfiol zapekaný 250g (E:1429kj,B:12g,T:25g,S:16g) (Al:1,3,7),
Zemiaky s maslom 210g (E:1993kj,B:1g,T:12g,S:52g) (Al:7), Čaj so sirupom 300ml (E:162kj,S:10g),
Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8), Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12)

Olovrant. Nanuk 1ks, Čaj celodenný 200ml (E:65kj,S:4g)

Vecera. Kuracie na slanine 180g(m.62g) (E:1112kj,B:12g,T:13g,S:6g) (Al:1),
Slovenská ryža 200g (E:188kj,T:5g) (Al:1,3), Uhorky ster. 100g (E:118kj,B:1g,S:6g) (Al:12),
Čaj so sirupom 300ml (E:162kj,S:10g)

*** Utorok 21.07.2026 ***

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

Obed. Polievka brokolicová 330ml (E:1043kj,B:7g,T:12g,S:12g) (Al:1,7),
Mexický guláš 363g(m.63g) (E:2453kj,B:14g,T:20g,S:85g) (Al:1,7,12),
Ryža dusená 200g (E:1707kj,B:6g,T:11g,S:72g), Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12),
Čaj so sirupom 300ml (E:162kj,S:10g), Zákusok (E:239kj) (Al:1,3,5,7,8)

Olovrant. Jogurtový dezert 1ks, Čaj celodenný 200ml (E:65kj,S:4g)

Vecera. Zemiaky s cibuľou a maslom 420g (E:2857kj,B:2g,T:12g,S:107g) (Al:7),
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)

*** Streda 22.07.2026 ***

Ranajky. Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1),
Nátierka vitaminový krém 50g (E:692kj,B:13g,T:90g,S:4g) (Al:7,12), Zelenina voľná 50g (E:30kj,S:2g),
Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7), Ovocie 150g (E:321kj,B:1g,S:21g)

Obed. Polievka kapustová kyslá 330ml (E:958kj,B:5g,T:12g,S:25g) (Al:1,7),
Bravčový zvitok 170g(m.100g) (E:1853kj,B:19g,T:36g,S:7g) (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. Sladké pečivo / Lúpačka 1ks (E:867kj,B:3g,T:4g,S:39g) (Al:1,3,7), Džús mini 100% (E:325kj,S:18g) (Al:12),
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)

*** Štvrtok 23.07.2026 ***

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),
Zelenina voľná 50g (E:30kj,S:2g), Čaj so sirupom 300ml (E:162kj,S:10g), Ovocie 150g (E:321kj,B:1g,S:21g)

Obed. Polievka cesnaková so zem. 330ml (E:1053kj,B:6g,T:17g,S:19g) (Al:12),
Bravčové stehno nitrianske 229g(m.79g) (E:2038kj,B:22g,T:31g,S:22g) (Al:1,7,10,12),
Knedľa parená 150g (Al:1,3,7), Čaj so sirupom 300ml (E:162kj,S:10g)

Olovrant. Smoothie kapsička 1ks (E:498kj,S:33g), Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8),
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),
Syr tvrdý 50g (E:718kj,B:10g,T:10g,S:1g) (Al:7), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Piatok 24.07.2026 ***

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

Obed. Polievka fazuľková kyslá 330ml (E:1177kj,B:9g,T:17g,S:25g) (Al:1,7,12),
Šúľance s makom 400g (E:2584kj,B:11g,T:26g,S:41g) (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. Rybie filé dusené so syrom 150g(m.110g) (E:1110kj,B:27g,T:16g,S:1g) (Al:4,7),

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Zemiaky varené 200g (E:662kj,S:42g), Čalamáda 100g (E:119kj,B:1g,S:5g) (Al:12),
Čaj so sirupom 300ml (E:162kj,S:10g)

*** Sobota 25.07.2026 ***

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. Pol. zemiaková sladká 330ml (E:1282kj,B:7g,T:14g,S:41g) (Al:1,12),
Hovädzie na smotane 213g(m.63g) (E:1252kj,B:5g,T:22g,S:15g) (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. 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), Šunkový nárez 1ks,
Čaj so sirupom 300ml (E:162kj,S:10g), Zelenina voľná 50g (E:30kj,S:2g)

*** Nedela 26.07.2026 ***

Ranajky. Vianočka 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 rezancami 330ml (E:901kj,B:9g,T:12g,S:18g) (Al:1,3,12),
Brav. karé pečené 182g(m.62g) (E:974kj,B:14g,T:18g,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. 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), Syr tavený 1ks 1KS (E:490kj,B:6g,T:7g,S:1g) (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)

Zmena jedálneho listka vyhradená. Jedalnicek vyhotovil: