

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

Obdobie: 24.08.2026 - 30.08.2026

Str.: 7

DD RC - DD RACIO

*** Pondelok 24.08.2026 ***

Ranajky.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (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), 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), Syr vyprážaný 180g (E:1013kj,T:27g) (Al:1,3,7), Zemiaková kaša 250g (E:1075kj,B:4g,T:2g,S:46g) (Al:7), 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 na slanine 180g(m.62g) (E:1112kj,B:12g,T:13g,S:6g) (Al:1), Tarhoňa 200g (E:1728kj,B:12g,T:7g,S:72g) (Al:1,3), Uhorky ster. 100g (E:118kj,B:1g,S:6g) (Al:12), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Utorok 25.08.2026 ***

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), 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 drožďová 330ml (E:643kj,B:8g,T:8g,S:12g) (Al:1,3), Lečo s klobásou a vajcom 420g (E:2044kj,B:17g,T:41g,S:14g) (Al:3,12), Zemiaky varené 200g (E:662kj,S:42g), Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant.	Slaná pochutina 1ks (Al:5), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Rizoto z brav. mäsa 350g(m.65g) (E:3438kj,B:26g,T:38g,S:91g) (Al:7,12), Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Streda 26.08.2026 ***

Ranajky.	Slané pečivo 2ks (E:1934kj,B:10g,T:22g,S:58g) (Al:1,3), Čaj so sirupom 300ml (E:162kj,S:10g), 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), Kuracie stehno pečené 270g(m.150g) (E:1483kj,B:42g,T:8g,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.	Detská výživa 1ks (E:498kj,S:33g), Piškóty 20g, Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Šalát kusový 1ks (E:1868kj,T:38g,S:1g), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Stvrtok 27.08.2026 ***

Ranajky.	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), Čaj so sirupom 300ml (E:162kj,S:10g), Ovocie 150g (E:321kj,B:1g,S:21g)
Obed.	Polievka paradajková s cest. 330ml (E:1181kj,B:8g,T:19g,S:20g) (Al:1,3,12), Segedínsky guláš 285g(m.65g) (E:1672kj,B:18g,T:28g,S:17g) (Al:1,7), Knedľa parená 150g (Al:1,3,7), 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), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Cestoviny s tvarohom a slan. 300g (E:2468kj,B:33g,T:6g,S:93g) (Al:1,3,7), Slanina 50g (E:831kj,B:4g,T:2g), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Piatok 28.08.2026 ***

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 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.	Pagáč 1ks (E:967kj,B:5g,T:11g,S:29g) (Al:1,3), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Zemiaky s cibuľou a maslom 420g (E:2857kj,B:2g,T:12g,S:107g) (Al:7), Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g) (Al:7), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Sobota 29.08.2026 ***

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 špenátová 330ml (E:938kj,B:11g,T:14g,S:12g) (Al:1,3,7), Hovädzie mäso cigánske 160g(m.64g) (E:654kj,B:4g,T:11g,S:8g) (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 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, Zelenina voľná 50g (E:30kj,S:2g), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Nedela 30.08.2026 ***

Ranajky.	Závin balený 1ks, Biela káva 300ml (E:784kj,B:7g,T:3g,S:33g) (Al:7), Ovocie 150g (E:321kj,B:1g,S:21g)
Obed.	Polievka slepačia s rezancami 330g (E:785kj,B:10g,T:10g,S:15g) (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.	Čaj celodenný 200ml (E:65kj,S:4g), Zákusok (E:239kj) (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), 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)

Zmena jedálneho listka vyhradená. Jedalnicek vyhotovil: