

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

Obdobie: 31.08.2026 - 06.09.2026

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DD RC - DD RACIO

*** Pondelok 31.08.2026 ***

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.	Pol. rascová s vajcom 330ml (E:554kj,B:4g,T:9g,S:9g) (Al:1,3,12), Halusky s bryndzou 350g (E:4118kj,B:25g,T:28g,S:111g) (Al:1,7), Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g) (Al:7), 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), Džús mini 100% (E:325kj,S:18g) (Al:12)
Vecera.	Kuracie na srbsky sp. (prs.) 140g(m.65g) (E:1130kj,B:32g,T:12g,S:10g) (Al:1,12), Ryža dusená 200g (E:1707kj,B:6g,T:11g,S:72g), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Utorok 01.09.2026 ***

Ranajky.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Nátierka budapeštiansky krém 50g (E:832kj,B:11g,T:154g,S:4g) (Al:7,12), 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), * Brav. košárnický rezeň 125 (E:2515kj,B:23g,T:47g,S:17g) (Al:1,3,7), 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.	Slaná pochutina 1ks (Al:5), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Cestoviny s krupicou 395g (E:3935kj,B:18g,T:5g,S:150g) (Al:1,3,7), Kompót 150g (E:512kj,B:120g,S:60g), Čaj so sirupom 300ml (E:162kj,S:10g), Ovocie 150g (E:321kj,B:1g,S:21g)

*** Streda 02.09.2026 ***

Ranajky.	Slané pečivo 1ks (E:967kj,B:5g,T:11g,S:29g) (Al:1,3), 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.	Polievka vývar s cestovinou 330ml (E:901kj,B:9g,T:12g,S:18g) (Al:1,3,12), Brav. stehno po záhradnícky 170g(m.64g) (E:1408kj,B:16g,T:28g,S:4g) (Al:1,12), Ryža dusená 200g (E:1707kj,B:6g,T:11g,S:72g), Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8), 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), Džús mini 100% (E:325kj,S:18g) (Al:12)
Vecera.	Zemiaky s cibuľou a maslom 420g (E:2857kj,B:2g,T:12g,S:107g) (Al:7), Opekaná klobása 80g (E:2179kj,B:16g,T:51g,S:1g), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Stvrtok 03.09.2026 ***

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), Kečup 20g (E:107kj,S:6g) (Al:12), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7), Ovocie 150g (E:321kj,B:1g,S:21g)
Obed.	Polievka hrachová s krúpami 0,33l (E:1312kj,B:12g,T:20g,S:25g) (Al:1,12), Hovädzia pečenka milánska 263g(m.63g) (E:1559kj,B:8g,T:31g,S:13g) (Al:1,7,12), Knedľa parená 150g (Al:1,3,7), Čaj so sirupom 300ml (E:162kj,S:10g), Ovocná šťava
Olovrant.	Smoothie kapsička 1ks (E:498kj,S:33g), Piškóty 20g, Čaj so sirupom 300ml (E:162kj,S:10g)
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)

*** Piatok 04.09.2026 ***

Ranajky.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7), Džem mini (E:201kj,S:11g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7), Ovocie 150g (E:321kj,B:1g,S:21g)
Obed.	Pol. fazuľová kyslá 330ml (E:1059kj,B:11g,T:12g,S:29g) (Al:1,7,12), Žemľovka jablková s tvarohom 440g (E:4113kj,B:32g,T:34g,S:133g) (Al:1,3,7), Džús mini 100% (E:325kj,S:18g) (Al:12), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant.	Jogurtový dezert 1ks, Čaj celodenný 200ml (E:65kj,S:4g), Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8)
Vecera.	Cestoviny ako príloha 200g (E:1561kj,B:8g,T:12g,S:59g) (Al:1,3), Šampiňónová omáčka 150g (E:1041kj,B:5g,T:14g,S:17g) (Al:1,7,12), Syr tvrdý 50g (E:718kj,B:10g,T:10g,S:1g) (Al:7), Čaj so sirupom 300ml (E:162kj,S:10g)

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*** Sobota 05.09.2026 ***

Ranajky	Slané pečivo 1ks (E:967kj,B:5g,T:11g,S:29g) (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 kelová 330ml (E:1922kj,B:16g,T:32g,S:27g) (Al:1), Bravčový guláš 214g(m.64g) (E:1623kj,B:19g,T:26g,S:20g) (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), Ovocná šťava
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), Šalát kusový 1ks (E:1868kj,T:38g,S:1g), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Nedela 06.09.2026 ***

Ranajky	Babovka 0,5ks (Al:1,3,7), Kakao 300ml (E:930kj,B:11g,T:5g,S:35g) (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), * Kurací rezeň vyprážaný 165g (E:2292kj,B:49g,T:28g,S:24g) (Al:1,3,7), Zemiaky s maslom 210g (E:1993kj,B:1g,T:12g,S:52g) (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), Ovocná šťava
Vecera.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7), Saláma polosuchá 100g (E:1778kj,B:13g,T:22g) (Al:1), Parenica 1ks (Al:7), Zelenina voľná 50g (E:30kj,S:2g), Čaj so sirupom 300ml (E:162kj,S:10g)

Zmena jedálneho listka vyhradená. Jedalnicek vyhotovil:

* V CESTŮČKU