

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

Obdobie: 12.10.2026 - 18.10.2026

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DD RC - DD RACIO

** Pondelok 12.10.2026 ***

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), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7), Ovocie 150g (E:321kj,B:1g,S:21g)
Obed	Pol. frankfurtská s párkom 330ml (E:1850kj,B:13g,T:26g,S:37g) (Al:1,12), Zeleninový rezeň 180g (E:2365kj,B:14g,T:30g,S:59g) (Al:1,3,7), Zemiaková kaša 250g (E:1075kj,B:4g,T:2g,S:46g) (Al:7), Cvikla 150g (E:264kj,B:1g,T:1g,S:12g) (Al:12), 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	Bravčové mäso s mrkvou 184g(m.65g) (E:1507kj,B:19g,T:26g,S:10g) (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)

*** Utorok 13.10.2026 ***

Ranajky	Pečivo 2ks (E:1066kj,B:8g,T:3g,S:49g) (Al:1), Paštéta 1ks (E:760kj,B:8g,T:15g,S:5g) (Al:6,12), 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), Lečo s klobásou a vajcom 420g (E:2044kj,B:17g,T:41g,S:14g) (Al:3,12), Zemiaky s maslom 210g (E:1993kj,B:1g,T:12g,S:52g) (Al:7), 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	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 14.10.2026 ***

Ranajky	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Nátierka tvarohová so šunkou 100g (E:524kj,B:15g,T:5g,S:5g) (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 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), Ryža dusená 200g (E:1707kj,B:6g,T:11g,S:72g), 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), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera	Krupicová kaša 350g (E:3142kj,B:22g,T:10g,S:107g) (Al:1,7), Kompót 150g (E:512kj,B:120g,S:60g), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Stvrtok 15.10.2026 ***

Ranajky	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), 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. hov.vývar s ryžou a hráškom 330ml (E:440kj,B:3g,T:6g,S:10g) (Al:12), Sviečková na smotane 210g(m.62g) (E:1371kj,B:6g,T:19g,S:18g) (Al:1,7,10,12), Knedľa parená 150g (Al:1,3,7), Čaj so sirupom 300ml (E:162kj,S:10g)
Olovrant	Slaná pochutina 1ks (Al:5), Čaj celodenný 200ml (E:65kj,S:4g)
Vecera	Zeleninové rizoto 300g (E:2414kj,B:10g,T:23g,S:78g) (Al:7,12), Syr tvrdý 50g (E:718kj,B:10g,T:10g,S:1g) (Al:7), Uhorky ster. 100g (E:118kj,B:1g,S:6g) (Al:12), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Piatok 16.10.2026 ***

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), Vajce 1ks (E:337kj,B:7g,T:6g,S:1g) (Al:3)
Obed	Polievka fazuľová sladká 330g (E:1713kj,B:21g,T:12g,S:67g) (Al:1,12), Buchty s lekvárom 300g (E:4499kj,B:22g,T:7g,S:190g) (Al:1,3,7), Čaj so sirupom 300ml (E:162kj,S:10g), Ovocná šľava
Olovrant	Jogurtový dezert 1ks, Piškóty 20g, Čaj celodenný 200ml (E:65kj,S:4g)
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), Čaj so sirupom 300ml (E:162kj,S:10g)

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** Sobota 17.10.2026 **

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 kelová 330ml (E:1922kj,B:16g,T:32g,S:27g) (Al:1),
Hovädzí guláš maďarský 143g(m.62g) (E:941kj,B:5g,T:16g,S:16g) (Al: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. Pagáč 1ks (E:967kj,B:5g,T:11g,S:29g) (Al:1,3), Džús mini 100% (E:325kj,S:18g) (Al:12),
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 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)

** Nedela 18.10.2026 **

Ranajky. Závin balený 1ks, Kakao 300ml (E:930kj,B:11g,T:5g,S:35g) (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),
Kuracie ražnice so slaninou 99g(m.63g) (E:1169kj,B:32g,T:12g,S:3g) (Al:10,12),
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), Ovocná šťava
Olovrant. Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8), Čaj celodenný 200ml (E:65kj,S:4g),
Ovocie 150g (E:321kj,B:1g,S:21g)
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: