

DD RC - DD RACIO

*** Pondelok 19.10.2026 ***

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.	Polievka kapustová s úd.rebrom 330ml(m.33g) (E:800kj,B:3g,T:12g,S:18g) (Al:1,7,12), Škvarkové pagáče 330g (E:4467kj,B:63g,T:41g,S:115g) (Al:1,3,7), Čaj so sirupom 300ml (E:162kj,S:10g), Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g) (Al:7)
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.	Kuracie mäso na kari 182g(m.62g) (E:1109kj,B:12g,T:13g,S:10g) (Al:1), Slovenská ryža 200g (E:188kj,T:5g) (Al:1,3), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Utorok 20.10.2026 ***

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), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7), 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), Zemiakový prívarok 300g (E:1659kj,B:5g,T:17g,S:57g) (Al:1,7,12), Karbonátok 135g (E:1166kj,B:12g,T:20g,S:14g) (Al:1,3), Chlieb 1 100g (E:981kj,B:8g,T:1g,S:51g) (Al:1), Čaj so sirupom 300ml (E:162kj,S:10g), Ovocná šťava
Olovrant.	Pagáč 1ks (E:967kj,B:5g,T:11g,S:29g) (Al:1,3), 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)

*** Streda 21.10.2026 ***

Ranajky.	Pečivo grahamové/celozrnné 2ks (E:1541kj,B:12g,T:6g,S:70g) (Al:1), Nátierka budapeštiansky krém 50g (E:832kj,B:11g,T:154g,S:4g) (Al:7,12), Zelenina voľná 50g (E:30kj,S:2g), Čaj so sirupom 300ml (E:162kj,S:10g)
Obed.	Polievka hráškový krém (E:806kj,B:8g,T:2g,S:24g) (Al:1,7,12), Brav. rezeň belehradský IsteH. 290g(m.65g) (E:2575kj,B:21g,T:34g,S:60g) (Al:1,12), Ryža dusená 200g (E:1707kj,B:6g,T:11g,S:72g), Čaj so sirupom 300ml (E:162kj,S:10g), Keks (E:272kj,B:2g,T:18g,S:270g) (Al:1,3,5,7,8)
Olovrant.	Detská výživa 1ks (E:498kj,S:33g), Piškóty 20g, Čaj celodenný 200ml (E:65kj,S:4g)
Vecera.	Cestoviny s tvarohom na slano 300g (E:2104kj,B:22g,T:12g,S:76g) (Al:1,3,7), Slanina 50g (E:831kj,B:4g,T:2g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

*** Stvrtok 22.10.2026 ***

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), Čaj so sirupom 300ml (E:162kj,S:10g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed.	Pol. s vajec.usadeninou 330ml (E:627kj,B:9g,T:12g,S:2g) (Al:3,7), Hovädzie varené 62g (E:43kj,B:2g), Kôprová omáčka 150g (E:1283kj,B:5g,T:17g,S:26g) (Al:1,7,12), Knedľa parená 150g (Al:1,3,7), Čaj so sirupom 300ml (E:162kj,S:10g), Slaná pochutina 1ks (Al:5)
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.	Kapusta s rajčiakovým pretl. 200g (E:854kj,B:5g,T:11g,S:27g) (Al:1,12), Opekaná sekaná 80g (E:1960kj,B:14g,T:46g,S:1g), Zemiaky varené 200g (E:662kj,S:42g), Čaj so sirupom 300ml (E:162kj,S:10g)

*** Piatok 23.10.2026 ***

Ranajky.	Chlieb 2 150g (E:1373kj,B:11g,T:2g,S:72g) (Al:1), Nátierka z tvrdého syra 50g (E:599kj,B:8g,T:72g,S:5g) (Al:7), Zelenina voľná 50g (E:30kj,S:2g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7), Čaj so sirupom 300ml (E:162kj,S:10g)
Obed.	Polievka tekvicová 330g (E:942kj,B:9g,T:13g,S:20g) (Al:1,7,12), Ryžový nákyp s ovocím 390g (E:4354kj,B:138g,T:7g,S:219g) (Al:3,7), Ovocná šťava, 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)
Vecera.	Zemiaky pečené (V) 400g (E:2437kj,B:1g,T:12g,S:125g), Čaj so sirupom 300ml (E:162kj,S:10g), Zakysanka 1ks (E:528kj,B:6g,T:7g,S:9g) (Al:7)

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

Obdobie: 19.10.2026 - 25.10.2026

Str.: 8

*** Sobota 24.10.2026 ***

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 špenátová 330ml (E:938kj,B:11g,T:14g,S:12g) (Al:1,3,7),
Hovädzí guláš debrecínsky 200g (E:1021kj,B:5g,T:18g,S:11g) (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)

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 25.10.2026 ***

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. 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), Syr tavený 1ks 1KS (E:490kj,B:6g,T:7g,S:1g) (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: