

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

Obdobie: 31.03.2025 - 06.04.2025

Datum t.l.: 27.03.2025

Str.: 7

**DD RC - RACIO DD****\*\*\* Pondelok 31.03.2025 \*\*\***

Ranajky. .... Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Syr taveny 1ks 1KS (E:490kj,B:6g,T:7g,S:1g), Zelenina 50g (E:30kj,S:2g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. .... Pol.zemiaková sladká 330ml (E:1282kj,B:7g,T:12g,S:41g) (Al:1,12), Halusky s vajcom 300g (E:3793kj,B:26g,T:31g,S:122g) (Al:1,3,7,12), Salat hlavkový 0,25ks (E:95kj,B:1g,S:6g) (Al:12), Caj so sirupom 300ml (E:122kj,S:8g)

Olovrant. .... Pagac 1ks (E:967kj,B:5g,T:11g,S:29g), Caj celodenny 200ml (E:65kj,S:4g)

Vecera. .... Kuracie na spôsob bazanta 114g (E:1024kj,B:12g,T:12g,S:4g) (Al:1), Slovenska ryza 200g (E:1641kj,B:1g,T:4g,S:75g) (Al:1,3), Caj so sirupom 300ml (E:122kj,S:8g)

**\*\*\* Utorok 01.04.2025 \*\*\***

Ranajky. .... Slane pecivo 2ks 2ks (E:1934kj,B:10g,T:22g,S:58g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. .... Polievka mrkvová 330ml (E:782kj,B:5g,T:10g,S:13g) (Al:7,12), Kuracie stehno pečené 270g(m.150g) (E:623kj,B:5g,T:2g,S:4g) (Al:1,7), Ryza dusená 200g (E:1746kj,B:1g,T:8g,S:74g), Kompot 150g (E:512kj,B:120g,S:60g) (Al:12), Caj so sirupom 300ml (E:122kj,S:8g)

Olovrant. .... Ovocie 150g (E:321kj,B:1g,S:21g), Caj celodenny 200ml (E:65kj,S:4g)

Vecera. .... Spagety so syrom a kecupom 360g (E:2974kj,B:19g,T:7g,S:106g) (Al:1,3,7,12), Syr tvrdý 50g (E:718kj,B:10g,T:10g,S:1g) (Al:7), Caj so sirupom 300ml (E:122kj,S:8g)

**\*\*\* Streda 02.04.2025 \*\*\***

Ranajky. .... Pecivo 2 ks (E:1240kj,B:98g,T:4g,S:58g) (Al:1), Nártierka budapeštiansky krém 50g (E:832kj,B:11g,T:16g,S:4g) (Al:7,12), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. .... Pol. z ovsených vločiek 330ml (E:460kj,B:3g,T:5g,S:10g) (Al:1,3,7), Hovadzie na slanine/plece 180g(m.62g) (E:710kj,B:3g,T:9g,S:6g) (Al:1), Cestoviny ako príloha 200g (E:1538kj,B:1g,T:8g,S:60g), Caj so sirupom 300ml (E:122kj,S:8g)

Olovrant. .... Dezert 1ks, Caj celodenny 200ml (E:65kj,S:4g)

Vecera. .... Cestoviny s krupicou 395g (E:3897kj,B:6g,T:3g,S:152g) (Al:1,7), Caj so sirupom 300ml (E:122kj,S:8g)

**\*\*\* Stvrtok 03.04.2025 \*\*\***

Ranajky. .... Lupacka 2ks (E:1734kj,B:7g,T:9g,S:77g), Maslo 20g (E:626kj,T:2g) (Al:7), Biela kava 300ml (E:784kj,B:7g,T:3g,S:33g) (Al:7)

Obed. .... Pol.s vajcovou zaprazkou 330ml (E:1003kj,B:7g,T:14g,S:16g) (Al:1,3,12), Karbonatok 135g (E:802kj,B:14g,T:11g,S:15g) (Al:1,3), Koprova omacka 150g (E:1283kj,B:5g,T:15g,S:26g) (Al:1,7,12), Knedľa parená 150g, Caj so sirupom 300ml (E:122kj,S:8g)

Olovrant. .... Piškoty 20g, Detska vyziva DIA 1ks (E:498kj,S:33g), Caj celodenny 200ml (E:65kj,S:4g)

Vecera. .... Granatiersky pochod 320g (E:2029kj,B:2g,T:9g,S:84g), Uhroka kysla 100g (E:227kj,B:1g,S:12g) (Al:12), Caj so sirupom 300ml (E:122kj,S:8g)

**\*\*\* Piatok 04.04.2025 \*\*\***

Ranajky. .... Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Parky 110g (E:1476kj,B:15g,T:32g,S:1g) (Al:1,3), Horcica 20g (E:73kj,B:1g,T:1g,S:1g) (Al:10,12), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. .... Polievka drzková 330ml (E:1213kj,B:19g,T:13g,S:21g) (Al:1,12), Ryzový nakyp s ovocím 390g (E:4354kj,B:129g,T:7g,S:219g) (Al:3,7,12), Caj so sirupom 300ml (E:122kj,S:8g), Dzus mini (E:325kj,S:18g) (Al:12)

Olovrant. .... Ovocie 150g (E:321kj,B:1g,S:21g), Caj celodenny 200ml (E:65kj,S:4g)

Vecera. .... Brav.stehno po zahradnícky 170g(m.64g) (E:733kj,B:3g,T:13g,S:4g) (Al:1,12), Zemiaky varene 200g (E:728kj,S:46g), Caj so sirupom 300ml (E:122kj,S:8g)

**\*\*\* Sobota 05.04.2025 \*\*\***

Ranajky. .... Lupacka 2ks (E:1734kj,B:7g,T:9g,S:77g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)

Obed. .... Polievka spenatová 330ml (E:938kj,B:11g,T:13g,S:12g) (Al:1,3,7), Kuracie na paprike 120g(m.64g) (E:732kj,B:5g,T:11g,S:11g) (Al:1,7), Cestoviny ako príloha 200g (E:1538kj,B:1g,T:8g,S:60g), Caj so sirupom 300ml (E:122kj,S:8g)

Olovrant. .... Jogurt ovocný (E:861kj,B:5g,T:11g,S:232g) (Al:7), Pecivo 1 ks (E:620kj,B:49g,T:2g,S:29g) (Al:1), Caj celodenny 200ml (E:65kj,S:4g)

Vecera. .... Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Tlac./pec.syr/sekana 166g (E:1926kj,B:21g,T:42g,S:1g),

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**Zelenina 50g (E:30kj,S:2g), Caj so sirupom 300ml (E:122kj,S:8g)**

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**\*\*\* Nedela 06.04.2025 \*\*\***

Ranajky. .... Zavín balený 1ks, Kakao 300ml (E:930kj,B:11g,T:5g,S:35g) (Al:7)  
Obed. .... Polievka slepacia s rezancami 330g (E:780kj,B:10g,T:10g,S:15g) (Al:1,3,12),  
Rybie file na slanine s cib. 170g(m.130g) (E:1461kj,B:35g,T:13g,S:4g) (Al:12),  
Zemiaková kaša 250g (E:1003kj,B:2g,T:2g,S:45g) (Al:7), Caj so sirupom 300ml (E:122kj,S:8g)  
Olovrant. .... Zakusok (E:239kj) (Al:1,3,5,7,8,12), Caj celodenný 200ml (E:65kj,S:4g)  
Vecera. .... Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Maslo 20g (E:626kj,T:2g) (Al:7),  
Salama makka 100g (E:1136kj,B:11g,T:11g) (Al:1,3), Zelenina 50g (E:30kj,S:2g),  
Caj so sirupom 300ml (E:122kj,S:8g)

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Zmena jedálneho listka vyhradená. Jedalnicek vyhotovil: