

# JEDÁLNY LÍSTOK NA OBDOBIE OD 31. 8. 2026 DO 6. 9. 2026

| Deň         | Raňajky                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Desiata                                                                                                                       | Obed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Olovrant                                                                                                                                              | Večera                                                                                                                                                            | Druhá večera                                                                    |
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| Po<br>31.8. | <b>D3BCD, D3ACD, D3 E, D5E, D7 AE, D7C, 10-15</b><br>chlieb spaldovy 50,70,80,100g (Obsahuje: 1, 7), natierka vlasska 20,26,32,40g (Obsahuje: 3, 10), caj ovocny - celodenny, zel. obloha mrkva 12,16,20,24g<br><b>D2 AE, D2BCD</b><br>chlieb spaldovy 50,70,80,100g (Obsahuje: 1, 7), caj ovocny - celodenny, sojova natierka 50gr. (Obsahuje: 6, 10)<br><b>D8 AC, D9CDE</b><br>chlieb spaldovy 50,70,80,100g (Obsahuje: 1, 7), natierka vlasska 20,26,32,40g (Obsahuje: 3, 10), caj ovocny celodenny D:9, zel. obloha mrkva 12,16,20,24g<br><b>bmlBD, bmlAC, bml10</b><br>chlieb spaldovy 50,70,80,100g (Obsahuje: 1, 7), caj ovocny - celodenny, sojova natierka 50gr. (Obsahuje: 6, 10), zel. obloha mrkva 12,16,20,24g<br><b>BLPK</b><br>chlieb bezglutenovy 100g (Obsahuje: 6), caj ovocny - celodenny, sojova natierka 50gr. (Obsahuje: 6, 10), zel. obloha mrkva 12,16,20,24g<br><b>6-10</b><br>chlieb spaldovy 50,70,80,100g (Obsahuje: 1, 7), natierka vlasska 20,26,32,40g (Obsahuje: 3, 10), zel. obloha mrkva 12,16,20,24g, caj ovocny - celodenny | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, D9CDE, bmlBD, bmlAC, BLPK, 6-10, 10-15, bml10</b><br>ovocie 1 ks | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, D9CDE, 6-10, 10-15</b><br>pol. brokolicova kremova 180,200,220,250ml (Obsahuje: 1, 7), zivanska na pekaci 36,42,48,54,60g (Obsahuje: 10), zemiakova kasa 140,160,210,260g (Obsahuje: 7), calamada 50,75,75,100g<br><b>bmlBD, bmlAC, bml10</b><br>pol. brokolicova kremova 180,200,220,250ml (Obsahuje: 1, 6), zivanska na pekaci 36,42,48,54,60g (Obsahuje: 10), zemiakova kasa 140,160,210,260g, calamada 50,75,75,100g<br><b>BLPK</b><br>pol. brokolicova kremova 180,200,220,250ml (Obsahuje: 6), zivanska na pekaci 36,42,48,54,60g (Obsahuje: 10), zemiakova kasa 140,160,210,260g, calamada 50,75,75,100g<br><b>Z</b><br>pol. brokolicova kremova 180,200,220,250ml (Obsahuje: 1, 7), ovocie 1 ks, zivanska na pekaci 36,42,48,54,60g (Obsahuje: 10), zemiakova kasa 140,160,210,260g (Obsahuje: 7), calamada 50,75,75,100g | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, D9CDE, bmlBD, bmlAC, BLPK, 6-10, 10-15, bml10</b><br>salat ovocny 140 gr. (Obsahuje: 12) | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, D9CDE, bmlBD, bmlAC, BLPK, 6-10, 10-15, bml10</b><br>kasa ryzova s kompotom 620g (Obsahuje: 1, 6, 7) | <b>D9CDE</b><br>rozok grahamovy 1 ks (Obsahuje: 1), syr troj. 1ks (Obsahuje: 7) |

| Deň        | Raňajky                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Desiata                                                                                                                       | Obed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Olovrant                                                                                                                                                                                                         | Večera                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Druhá večera                                                                    |
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| Ut<br>1.9. | <b>D3BCD, D3ACD, D3 E, D5E, D7 AE, D7C</b><br>rozok grahamovy 2 ks<br>(Obsahuje: 1), natierka z trescej pecene 20,26,32,40g, caj ovocny - celodenny<br><b>D2 AE, D2BCD</b><br>rozky 2 ks (Obsahuje: 1), natierka z trescej pecene 20,26,32,40g, caj ovocny - celodenny<br><b>D8 AC, D9CDE, 6-10, 10-15</b><br>rozok grahamovy 1 ks (Obsahuje: 1), natierka z trescej pecene 20,26,32,40g, caj ovocny - celodenny<br><b>bmlBD, bmlAC</b><br>rozok grahamovy 2 ks (Obsahuje: 1), caj ovocny - celodenny, ryby v oleji 1ks (Obsahuje: 4), rama 15gr., nad 15r.zam.20 gr. (Obsahuje: 7)<br><b>BLPK</b><br>chlieb bezglutenovy 100g (Obsahuje: 6), caj ovocny - celodenny, ryby v oleji 1ks (Obsahuje: 4), rama 15gr., nad 15r.zam.20 gr. (Obsahuje: 7)<br><b>bml10</b><br>rozok grahamovy 1 ks (Obsahuje: 1), caj ovocny - celodenny, ryby v oleji 1ks (Obsahuje: 4), rama 15gr., nad 15r.zam.20 gr. (Obsahuje: 7) | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, D9CDE, bmlBD, bmlAC, BLPK, 6-10, 10-15, bml10</b><br>ovocie 1 ks | <b>D3BCD, D3ACD, D3 E, D8 AC, bmlBD, bmlAC</b><br>pol. z udeniny s cestovinou 0,33L (Obsahuje: 1, 3, 6, 9, 10, 11), Hov. mäso na spôsob Stroganov 94,120,136,142 g (Obsahuje: 1, 10), cestoviny 120,140,165,185g (Obsahuje: 1, 3)<br><b>D2 AE, D2BCD, D5E</b><br>pol. zeleninova s cest.0,33L (Obsahuje: 1, 3, 6, 9, 10, 11), Hov. mäso na spôsob Stroganov 94,120,136,142 g (Obsahuje: 1, 10), cestoviny 120,140,165,185g (Obsahuje: 1, 3)<br><b>D7 AE, D7C</b><br>pol. z udeniny s cestovinou 0,33L (Obsahuje: 1, 3, 6, 9, 10, 11), Hov. mäso na spôsob Stroganov 94,120,136,142 g (Obsahuje: 1), cestoviny 120,140,165,185g (Obsahuje: 1, 3)<br><b>D9CDE</b><br>pol. z udeniny s cestovinou 0,33L (Obsahuje: 1, 3, 6, 9, 10, 11), Hov. mäso na spôsob Stroganov 94,120,136,142 g (Obsahuje: 1, 10, 13), cestoviny 120,140,165,185g (Obsahuje: 1, 3)<br><b>BLPK</b><br>pol. z udeniny s cestovinou 0,33L (Obsahuje: 1, 3, 6, 9, 10, 11), Hov. mäso na spôsob Stroganov 94,120,136,142 g (Obsahuje: 10), zemiaky varene 130,150,200,250g<br><b>6-10</b><br>pol. z udeniny s cestovinou 0,33L (Obsahuje: 1, 3, 6, 9, 10, 11), Hov. mäso na spôsob Stroganov 94,120,136,142 g (Obsahuje: 1, 10), cestoviny 60,70,83,93g (Obsahuje: 1, 3)<br><b>10-15, bml10</b><br>cestoviny 120,140,165,185g (Obsahuje: 1, 3), pol. z udeniny s cestovinou 0,33L (Obsahuje: 1, 3, 6, 9, 10, 11), Hov. mäso na spôsob Stroganov 94,120,136,142 g (Obsahuje: 1, 10)<br><b>Z</b><br>pol. z udeniny s cestovinou 0,33L (Obsahuje: 1, 3, 6, 9, 10, 11), Hov. mäso na spôsob Stroganov 94,120,136,142 g (Obsahuje: 1, 10), cestoviny 120,140,165,185g (Obsahuje: 1, 3), cokoladka 1 ks. (Obsahuje: 7, 8) | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, D9CDE, bmlBD, bmlAC, BLPK, 6-10, 10-15, bml10</b><br>hruskove smoothie so skorickou 150, 200, 200, 250g (Obsahuje: 1, 3, 5, 6, 7, 8, 9, 10, 11, 13) | <b>D3BCD, D3ACD, D3 E, D5E, D8 AC, D9CDE, 10-15</b><br>rizoto s kuracim masom a zel.320/50 gr. (Obsahuje: 1, 6, 7, 9, 10, 11), kysla uhorka 60,60,100,100g<br><b>D2 AE, D2BCD</b><br>rizoto s kuracim masom a zel.320/50 gr. (Obsahuje: 1, 6, 7, 9, 10, 11), rizoto s kuracim masom a zel.320/50 gr. (Obsahuje: 1, 6, 7, 9, 10, 11)<br><b>D7 AE, D7C</b><br>kysla uhorka 60,60,100,100g, rizoto s kuracim masom a zel.320/50 gr. (Obsahuje: 1, 6, 7, 9, 10, 11)<br><b>bmlBD, bmlAC, BLPK, bml10</b><br>rizoto s kuracim masom a zel.320/50 gr. (Obsahuje: 1, 6, 9, 10, 11), kysla uhorka 60,60,100,100g<br><b>6-10</b><br>rizoto s kuracim masom a zel.320/50 gr., kysla uhorka 60,60,100,100g | <b>D9CDE</b><br>syr troj. 1ks (Obsahuje: 7), rozok grahamovy 1 ks (Obsahuje: 1) |

| Deň        | Raňajky                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Desiata                                                                                                                       | Obed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Olovrant                                                                                                                                                                                                                                                                                                                                                                                                        | Večera                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Druhá večera                                                                       |
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| St<br>2.9. | <b>D3BCD, D3ACD, D3 E, D5E, D7 AE, D7C</b><br>natierka nivova 20,26,32,40g (Obsahuje: 7), caj ovocny so sirupom - celodenny, voda s ovocným sirupom 150,200,200,250 ml, paprika 0.5 ks, pletenka sypana s makom 100g 2 ks (Obsahuje: 1)<br><b>D2 AE, D2BCD</b><br>natierka nivova 20,26,32,40g (Obsahuje: 7), caj ovocny so sirupom - celodenny, voda s ovocným sirupom 150,200,200,250 ml, pletenka sypana s makom 100g 2 ks (Obsahuje: 1)<br><b>D8 AC</b><br>pletenka sypana s makom 100g 1ks (Obsahuje: 1), natierka nivova 20,26,32,40g (Obsahuje: 7), caj ovocny celodenny D:9, voda s ovocným sirupom 150,200,200,250 ml, paprika 0.5 ks<br><b>D9CDE</b><br>pletenka sypana s makom 100g 1ks (Obsahuje: 1), natierka nivova 20,26,32,40g (Obsahuje: 7), caj ovocny celodenny D:9, paprika 0.5 ks<br><b>bmlBD, bmlAC</b><br>sojova nat.100 gr. (Obsahuje: 6, 10), caj ovocny so sirupom - celodenny, voda s ovocným sirupom 150,200,200,250 ml, paprika 0.5 ks, pletenka sypana s makom 100g 2 ks (Obsahuje: 1)<br><b>BLPK</b><br>chlieb bezglutenovy 100g (Obsahuje: 6), sojova nat.100 gr. (Obsahuje: 6, 10), caj ovocny so sirupom - celodenny, voda s ovocným sirupom 150,200,200,250 ml, paprika 0.5 ks<br><b>6-10</b><br>pletenka sypana s makom 100g 1ks (Obsahuje: 1), voda s ovocným sirupom 150,200,200,250 ml | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, D9CDE, bmlBD, bmlAC, BLPK, 6-10, 10-15, bml10</b><br>ovocie 1 ks | <b>D3BCD, D3ACD, D2 AE, D2BCD, D7 AE, D7C, D8 AC</b><br>pol. paradajkova s ryzou 180,200,220,250g (Obsahuje: 1), bravcovy rezen prirodny 36,42,48,54,60g (Obsahuje: 1), zemiakova kasa 140,160,210,260g (Obsahuje: 7), salat uhorkovy 60,90,90,120g<br><b>D3 E, D5E</b><br>pol. paradajkova s ryzou 180,200,220,250g (Obsahuje: 1), bravcovy rezen vyprazany 0,90,100,115,125g (Obsahuje: 1, 3, 6, 7, 8, 11), zemiakova kasa 140,160,210,260g (Obsahuje: 7), salat uhorkovy 60,90,90,120g<br><b>D9CDE, 6-10</b><br>pol. paradajkova s ryzou 180,200,220,250g (Obsahuje: 1), bravcovy rezen prirodny 36,42,48,54,60g (Obsahuje: 1), zemiakova kasa 140,160,210,260g (Obsahuje: 7)<br><b>bmlBD, bmlAC, bml10</b><br>pol. paradajkova s ryzou 180,200,220,250g (Obsahuje: 1), bravcovy rezen prirodny 36,42,48,54,60g (Obsahuje: 1), zemiakova kasa 140,160,210,260g, salat uhorkovy 60,90,90,120g<br><b>BLPK</b><br>pol. paradajkova s ryzou 180,200,220,250g (Obsahuje: 1, 6), bravcovy rezen prirodny 36,42,48,54,60g, zemiakova kasa 140,160,210,260g, salat uhorkovy 60,90,90,120g<br><b>10-15</b><br>zemiakova kasa 140,160,210,260g (Obsahuje: 7), pol. paradajkova s ryzou 180,200,220,250g (Obsahuje: 1), bravcovy rezen prirodny 36,42,48,54,60g (Obsahuje: 1), salat uhorkovy 60,90,90,120g<br><b>Z</b><br>pol. paradajkova s ryzou 180,200,220,250g (Obsahuje: 1), bravcovy rezen vyprazany 0,90,100,115,125g (Obsahuje: 1, 3, 6, 7, 8, 11), salat uhorkovy 60,90,90,120g, zemiaky mast. maslom a cibul. 260 gr. | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, 6-10, 10-15</b><br>cerealne vankusiky s mliekom 160,210,260,325g (Obsahuje: 1, 7, 8)<br><b>D9CDE</b><br>cerealne vankusiky s mliekom 160,210,260,325g (Obsahuje: 5, 7, 8)<br><b>bmlBD, bmlAC, bml10</b><br>cerealne vankusiky s mliekom 160,210,260,325g (Obsahuje: 1, 6, 8)<br><b>BLPK</b><br>cini mini s mliekom 280ml (Obsahuje: 1, 5, 6, 7, 8) | <b>D3BCD, D5E, D7 AE, D7C</b><br>kaiserka cerealna 2ks (Obsahuje: 1, 6, 11), sunka 100 gr., maslo 20g, paradajka 1 ks<br><b>D3ACD, D3 E</b><br>kaiserka cerealna 2ks (Obsahuje: 1, 6, 11), sunka 100 gr., horcica 15 g (Obsahuje: 10), paradajka 1 ks<br><b>D2 AE, D2BCD</b><br>kaiserka cerealna 2ks (Obsahuje: 1, 6, 11), sunka 100 gr., maslo 20g<br><b>D8 AC</b><br>kaiserka cerealna 1ks (Obsahuje: 1, 6, 11), sunka 70gr., maslo 20g, paradajka 1 ks<br><b>D9CDE</b><br>kaiserka cerealna 1ks (Obsahuje: 1, 6, 11), sunka 100 gr., horcica 15 g (Obsahuje: 10), paradajka 1 ks<br><b>bmlBD, bml10</b><br>kaiserka cerealna 1ks (Obsahuje: 1, 6, 11), sunka 100 gr., paradajka 1 ks, sojova nat.100 gr. (Obsahuje: 6, 10)<br><b>bmlAC</b><br>kaiserka cerealna 2ks (Obsahuje: 1, 6, 11), sunka 100 gr., paradajka 1 ks, sojova nat.100 gr. (Obsahuje: 6, 10)<br><b>BLPK</b><br>sunka 70gr., paradajka 1 ks, chlieb bezglutenovy 0,10kg (Obsahuje: 6), sojova nat.100 gr. (Obsahuje: 6, 10)<br><b>6-10</b><br>kaiserka cerealna 1ks (Obsahuje: 1, 6, 11), sunka 20,30,45,50g, maslo 20g, paradajka 1 ks<br><b>10-15</b><br>kaiserka cerealna 1ks (Obsahuje: 1, 6, 11), sunka 100 gr., maslo 20g, paradajka 1 ks | <b>D9CDE</b><br>rozok grahamovy 1 ks (Obsahuje: 1), jogurt biely 1ks (Obsahuje: 7) |

| Deň        | Raňajky                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Desiata                                                                                                                       | Obed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Olovrant                                                                                                                                                                                                          | Večera                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Druhá večera                                              |
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| Št<br>3.9. | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, 10-15</b><br>vianočka 60,100,120,150g (Obsahuje: 7), nutela 20,26,32,40g (Obsahuje: 6, 7, 8), kava biela 150,200,200,250ml (Obsahuje: 7), čaj feniklový celodenný<br><b>D9CDE</b><br>maslo 20g, paprika 0.5 ks, kava biela 150,200,200,250ml (Obsahuje: 7), čaj feniklový celodenný, rozok spaldový 1 ks (Obsahuje: 1, 3, 7)<br><b>bmlBD, bmlAC, bml10</b><br>vianočka 60,100,120,150g (Obsahuje: 7), nutela 20,26,32,40g (Obsahuje: 6, 7, 8), kava biela 150,200,200,250ml (Obsahuje: 6), čaj feniklový celodenný<br><b>BLPK</b><br>sladke pecivo bezglutenove (Obsahuje: 7), kava biela 150,200,200,250ml (Obsahuje: 6), čaj feniklový celodenný<br><b>6-10</b><br>nutela 20,26,32,40g (Obsahuje: 6, 7, 8), kava biela 150,200,200,250ml (Obsahuje: 7), čaj feniklový celodenný, vianočka 60,100,120,150g (Obsahuje: 7) | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, D9CDE, bmlBD, bmlAC, BLPK, 6-10, 10-15, bml10</b><br>ovocie 1 ks | <b>D3BCD, D3ACD, D3 E, D7 AE, D7C, D8 AC, D9CDE, 6-10</b><br>pol. hrachova 180,200,220,250ml (Obsahuje: 1, 9), kuracie stehna pecene 85,100,115,130g (Obsahuje: 1, 3, 6, 7, 9, 10, 11, 12), ryza 110,150,170,190g (Obsahuje: 1), mrkva struhana 30g<br><b>D2 AE, D2BCD</b><br>pol. zeleninova so syrom 180,200,220,250g (Obsahuje: 7, 9), ryza 110,150,170,190g (Obsahuje: 1), kuracie stehna pecene 85,100,115,130g (Obsahuje: 1, 3, 6, 7, 9, 10, 11, 12)<br><b>D5E</b><br>pol. zeleninova so syrom 180,200,220,250g (Obsahuje: 7, 9), ryza 110,150,170,190g (Obsahuje: 1), kuracie stehna pecene 85,100,115,130g (Obsahuje: 1, 3, 6, 7, 9, 10, 11, 12), mrkva struhana 30g<br><b>bmlBD, bmlAC</b><br>pol. hrachova 180,200,220,250ml (Obsahuje: 1, 9), ryza 110,150,170,190g (Obsahuje: 1), kuracie stehna pecene 85,100,115,130g (Obsahuje: 1, 3, 6, 7, 9, 10, 11, 12), mrkva struhana 30g<br><b>BLPK</b><br>pol. hrachova 180,200,220,250ml (Obsahuje: 9), kuracie stehna pecene 85,100,115,130g (Obsahuje: 1, 3, 6, 7, 9, 10, 11, 12), ryza 110,150,170,190g (Obsahuje: 1), mrkva struhana 30g<br><b>10-15</b><br>ryza 110,150,170,190g (Obsahuje: 1), kuracie stehna pecene 85,100,115,130g (Obsahuje: 1, 3, 6, 7, 9, 10, 11, 12), pol. hrachova 180,200,220,250ml (Obsahuje: 1, 9), mrkva struhana 30g<br><b>bml10</b><br>ryza 110,150,170,190g (Obsahuje: 1), pol. hrachova 180,200,220,250ml (Obsahuje: 1, 9), kuracie stehna pecene 85,100,115,130g (Obsahuje: 1, 3, 6, 7, 9, 10, 11, 12), mrkva struhana 30g<br><b>Z</b><br>pol. hrachova 180,200,220,250ml (Obsahuje: 1, 9), kuracie stehna pecene 85,100,115,130g (Obsahuje: 1, 3, 6, 7, 9, 10, 11, 12), ryza 110,150,170,190g (Obsahuje: 1), salat mrkvovy s mandarinkami 120 gr. | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, D9CDE, 6-10, 10-15</b><br>tvarohovy krem s marhulovym kompotom 110,125,125,160g (Obsahuje: 7)<br><b>bmlBD, bmlAC, BLPK, bml10</b><br>presnidavka 1ks | <b>D3BCD, D3ACD, D5E, D8 AC, D9CDE, 6-10</b><br>privarok spenatovy so smotanou 100g,110g,140g,160g (Obsahuje: 1, 3, 7), salama dusena dietna 40,90g, zemiakova kasa 140,160,210,260g (Obsahuje: 7)<br><b>D3 E</b><br>privarok spenatovy so smotanou 100g,110g,140g,160g (Obsahuje: 1, 3, 7), pecena klob.80 gr., zemiakova kasa 140,160,210,260g (Obsahuje: 7)<br><b>D2 AE, D2BCD, D7 AE, D7C</b><br>privarok spenatovy so smotanou 100g,110g,140g,160g (Obsahuje: 1, 7), salama dusena dietna 40,90g, zemiakova kasa 140,160,210,260g (Obsahuje: 7)<br><b>bmlBD, bmlAC, bml10</b><br>privarok spenatovy so smotanou 100g,110g,140g,160g (Obsahuje: 1, 3, 6), salama dusena dietna 40,90g, zemiakova kasa 140,160,210,260g<br><b>BLPK</b><br>privarok spenatovy so smotanou 100g,110g,140g,160g (Obsahuje: 3, 6), zemiakova kasa 140,160,210,260g<br><b>10-15</b><br>salama dusena dietna 40,90g, zemiakova kasa 140,160,210,260g (Obsahuje: 7), privarok spenatovy so smotanou 100g,110g,140g,160g (Obsahuje: 1, 3, 7) | <b>D9CDE</b><br>acidofilne mlieko biele 1ks (Obsahuje: 7) |

| Deň        | Raňajky                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Desiata                                                                                                                       | Obed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Olovrant                                                                                                                                                                                                                                                                  | Večera                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Druhá večera                                                                  |
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| Pi<br>4.9. | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C</b><br>celozrny rozok 2 ks (Obsahuje: 1), natierka mrkvova 20,26,32,40g (Obsahuje: 3, 7), čaj mäťový - celodenný, voda s ovocným sirupom 150,200,200,250 ml<br><b>D8 AC, 10-15</b><br>cerealny rozok (Obsahuje: 1), natierka mrkvova 20,26,32,40g (Obsahuje: 3, 7), čaj mäťový - celodenný, voda s ovocným sirupom 150,200,200,250 ml<br><b>D9CDE</b><br>rozok grahamovy 1 ks (Obsahuje: 1), natierka mrkvova 20,26,32,40g (Obsahuje: 3, 7), čaj mäťový - celodenný<br><b>bmlBD, bmlAC</b><br>celozrny rozok 2 ks (Obsahuje: 1), sojova natierka 50gr. (Obsahuje: 6, 10), čaj mäťový - celodenný, voda s ovocným sirupom 150,200,200,250 ml<br><b>BLPK</b><br>chlieb bezglutenovy 100g (Obsahuje: 6), sojova natierka 50gr. (Obsahuje: 6, 10), čaj mäťový - celodenný, voda s ovocným sirupom 150,200,200,250 ml<br><b>6-10</b><br>cerealny rozok (Obsahuje: 1)<br><b>bml10</b><br>cerealny rozok (Obsahuje: 1), sojova natierka 50gr. (Obsahuje: 6, 10), čaj mäťový - celodenný, voda s ovocným sirupom 150,200,200,250 ml | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, D9CDE, bmlBD, bmlAC, BLPK, 6-10, 10-15, bml10</b><br>ovocie 1 ks | <b>D3BCD, D3ACD, D7C, D8 AC</b><br>pol. gulasova srbska 180,200,220,250ml (Obsahuje: 1), zapekana brokolica so syrom 105,150,210,260g (Obsahuje: 3, 7), zemiaková kasa 140,160,210,260g (Obsahuje: 7)<br><b>D3 E, D7 AE</b><br>pol. gulasova srbska 180,200,220,250ml (Obsahuje: 1), zemiaková kasa 140,160,210,260g (Obsahuje: 7)<br><b>D2 AE, D2BCD</b><br>pol. zeleninova s cest.0,33L (Obsahuje: 1, 3, 6, 9, 10, 11), zapekana brokolica so syrom 105,150,210,260g (Obsahuje: 3, 7), zemiaková kasa 140,160,210,260g (Obsahuje: 7)<br><b>D5E</b><br>pol. zeleninova s cest.0,33L (Obsahuje: 1, 3, 6, 9, 10, 11), zemiaková kasa 140,160,210,260g (Obsahuje: 7)<br><b>D9CDE</b><br>pol. gulasova srbska 180,200,220,250ml (Obsahuje: 1), zapekana brokolica so syrom 105,150,210,260g (Obsahuje: 3, 7), zemiaková kasa 140,160,210,260g (Obsahuje: 7), salat paradajkovy 70,100,100,120g, salat paradajkovy 70,100,100,120g, kompot 100,130,130,150g<br><b>bmlBD</b><br>pol. gulasova srbska 180,200,220,250ml (Obsahuje: 1), zapekana brokolica so syrom 105,150,210,260g (Obsahuje: 3, 6), zemiaková kasa 140,160,210,260g, salat paradajkovy 70,100,100,120g<br><b>bmlAC</b><br>pol. gulasova srbska 180,200,220,250ml (Obsahuje: 1), zapekana brokolica so syrom 105,150,210,260g (Obsahuje: 3, 6), zemiaková kasa 140,160,210,260g<br><b>BLPK</b><br>pol. gulasova srbska 180,200,220,250ml, zapekana brokolica so syrom 105,150,210,260g (Obsahuje: 3, 6), zemiaková kasa 140,160,210,260g<br><b>6-10</b><br>pol. gulasova srbska 180,200,220,250ml (Obsahuje: 1), salat paradajkovy 70,100,100,120g, zapekana brokolica so syrom 105,150,210,260g (Obsahuje: 3, 7), zemiaková kasa 140,160,210,260g (Obsahuje: 7) | <b>D3BCD, D3ACD, D3 E, D2 AE, D2AE, D2BCD, D5E, D7 AE, D7C, 6-10, 10-15</b><br>acidofilne mlieko ovocne 1ks (Obsahuje: 7)<br><b>D8 AC, D9CDE</b><br>acidofilne mlieko biele 1ks (Obsahuje: 7)<br><b>bmlBD, bmlAC, BLPK, bml10</b><br>jogurt bezlakt. ovocny (Obsahuje: 7) | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, D9CDE, bmlBD, bmlAC, 10-15, bml10</b><br>brav. maso v mrkve 36,42,48,54,60g (Obsahuje: 1), salat cviklový 50,75,75,100g, ryza 110,150,170,190g (Obsahuje: 1)<br><b>BLPK</b><br>brav. maso v mrkve 36,42,48,54,60g, salat cviklový 50,75,75,100g, ryza 110,150,170,190g (Obsahuje: 1)<br><b>6-10</b><br>brav. maso v mrkve 36,42,48,54,60g (Obsahuje: 1), ryza 110,150,170,190g (Obsahuje: 1), salat cviklový 50,75,75,100g | <b>D9CDE</b><br>rozok grahamovy 1 ks (Obsahuje: 1), paprika 0.5 ks, maslo 10g |

| Deň        | Raňajky                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Desiata                                                                                                                                               | Obed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Olovrant                                                                                                                                                                               | Večera                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Druhá večera                                                                           |
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| So<br>5.9. | <b>D3BCD, D3ACD, D3 E, D5E, D7 AE, D7C, bmlBD, bmlAC, 10-15, bml10</b><br>chlieb grahamovy<br>50,70,80,100g (Obsahuje: 1, 7),<br>pasteka 1 ks, caj ovocny - celodenny, paprika 0.5 ks<br><b>D2 AE, D2BCD</b><br>chlieb grahamovy<br>50,70,80,100g (Obsahuje: 1, 7),<br>pasteka 1 ks, caj ovocny - celodenny<br><b>D8 AC, D9CDE</b><br>chlieb 50,70,80,100g (Obsahuje: 1), pasteka 1 ks, caj ovocny celodenny D:9, paprika 0.5 ks<br><b>BLPK</b><br>chlieb bezglutenovy 100g (Obsahuje: 6), pasteka 1 ks, caj ovocny - celodenny, paprika 0.5 ks<br><b>6-10</b><br>chlieb 50,70,80,100g (Obsahuje: 1), pasteka 1 ks, caj ovocny - celodenny, paprika 0.5 ks | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, bmlBD, bmlAC, BLPK, 6-10, 10-15, bml10</b><br>dzus 200,ml<br><b>D9CDE</b><br>ovocie 1 ks | <b>D3BCD, D3ACD, D3 E, D2 AE, D5E, D7 AE, D7C, D8 AC, D9CDE, 6-10, Z</b><br>pol. zelerova s lievankou 180,200,220,250ml (Obsahuje: 1, 3, 7, 9),<br>bravcovy perkelt 36,42,48,54,60g (Obsahuje: 1, 7), cestoviny 120,140,165,185g (Obsahuje: 1, 3)<br><b>D2BCD</b><br>bravcovy perkelt 36,42,48,54,60g (Obsahuje: 1, 7), cestoviny 120,140,165,185g (Obsahuje: 1, 3)<br><b>bmlBD, bmlAC</b><br>pol. zelerova s lievankou 180,200,220,250ml (Obsahuje: 1, 3, 7, 9),<br>pol. zelerova s lievankou 180,200,220,250ml (Obsahuje: 1, 3, 6, 9),<br>bravcovy perkelt 36,42,48,54,60g (Obsahuje: 1, 6), cestoviny 120,140,165,185g (Obsahuje: 1, 3)<br><b>BLPK</b><br>pol. zelerova s lievankou 180,200,220,250ml (Obsahuje: 1, 3, 6, 9),<br>bravcovy perkelt 36,42,48,54,60g (Obsahuje: 6, 7), zemiaky varene 130,150,200,250g<br><b>10-15</b><br>pol. zelerova s lievankou 180,200,220,250ml (Obsahuje: 1, 3, 7, 9),<br>bravcovy perkelt 36,42,48,54,60g (Obsahuje: 1, 6), cestoviny 120,140,165,185g (Obsahuje: 1, 3)<br><b>bml10</b><br>pol. zelerova s lievankou 180,200,220,250ml (Obsahuje: 1, 3, 6, 9),<br>bravcovy perkelt 36,42,48,54,60g (Obsahuje: 1, 7), cestoviny 120,140,165,185g (Obsahuje: 1, 3) | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, D9CDE, bmlBD, bmlAC, BLPK, 6-10, 10-15, bml10</b><br>Jablko mrkvove smootie 150g, 200g, 200g, 250g, chrumky kukuričné 50g | <b>D3BCD, D3ACD, D3 E, D5E, D7 AE, D7C, D8 AC, D9CDE, 6-10, 10-15</b><br>zemiakova kasa s cibulkou na V 280,320,420,520g (Obsahuje: 7), mlieko 150,200,200,250 ml (Obsahuje: 7)<br><b>D2 AE, D2BCD</b><br>mlieko 150,200,200,250 ml (Obsahuje: 7), zemiakova kasa s cibulkou na V 280,320,420,520g (Obsahuje: 7)<br><b>bmlBD, bmlAC, BLPK, bml10</b><br>zemiakova kasa s cibulkou na V 280,320,420,520g (Obsahuje: 6), sojove mlieko 2,5 dl (Obsahuje: 6) | <b>D9CDE</b><br>chlieb 50g (Obsahuje: 1),<br>horcica 15 g (Obsahuje: 10),<br>sunka 20g |

| Deň        | Raňajky                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Desiata                                                                                                                                               | Obed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Olovrant                                                                                                                                                                                                     | Večera                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Druhá večera                                                                    |
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| Ne<br>6.9. | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C</b><br>celozrny rozok 2 ks (Obsahuje: 1), natierka tvarohova s kapiou 20,26,32,40g (Obsahuje: 7), caj cierny s citrónkou celodenný<br><b>D8 AC, D9CDE, 6-10, 10-15</b><br>celozrny rozok 1 ks (Obsahuje: 1), natierka tvarohova s kapiou 20,26,32,40g (Obsahuje: 7), caj cierny s citrónkou celodenný<br><b>bmlBD, bmlAC</b><br>celozrny rozok 2 ks (Obsahuje: 1), caj cierny s citrónkou celodenný, maslo bezlaktózove 20g<br><b>BLPK</b><br>chlieb bezglutenový 100g (Obsahuje: 6), caj cierny s citrónkou celodenný, maslo bezlaktózove 20g<br><b>bml10</b><br>celozrny rozok 1 ks (Obsahuje: 1), caj cierny s citrónkou celodenný, maslo bezlaktózove 20g | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, bmlBD, bmlAC, BLPK, 6-10, 10-15, bml10</b><br>dzus 200,ml<br><b>D9CDE</b><br>ovocie 1 ks | <b>D3BCD, D3ACD, D3 E, D5E, D7 AE, D7C, D8 AC, bmlBD, bmlAC, 6-10</b><br>pol. slepacia s rezancami 180,200,220,250 ml (Obsahuje: 1, 3, 9), španielsky vtáčik 43,53,59,65,71g (Obsahuje: 1, 3, 10), ryža 110,150,170,190g (Obsahuje: 1), kysla uhorka 60,60,100,100g<br><b>D2 AE, D2BCD</b><br>pol. slepacia s rezancami 180,200,220,250 ml (Obsahuje: 1, 3, 9), španielsky vtáčik 43,53,59,65,71g (Obsahuje: 1, 3, 10), ryža 110,150,170,190g (Obsahuje: 1)<br><b>D9CDE</b><br>pol. slepacia s rezancami 180,200,220,250 ml (Obsahuje: 1, 3, 9), španielsky vtáčik 43,53,59,65,71g (Obsahuje: 1, 3, 10, 13), ryža 110,150,170,190g (Obsahuje: 1), kysla uhorka 60,60,100,100g<br><b>BLPK</b><br>pol. slepacia s rezancami 180,200,220,250 ml (Obsahuje: 9), španielsky vtáčik 43,53,59,65,71g (Obsahuje: 3, 10), ryža 110,150,170,190g (Obsahuje: 1), kysla uhorka 60,60,100,100g<br><b>10-15, bml10</b><br>ryža 110,150,170,190g (Obsahuje: 1), pol. slepacia s rezancami 180,200,220,250 ml (Obsahuje: 1, 3, 9), kysla uhorka 60,60,100,100g, španielsky vtáčik 43,53,59,65,71g (Obsahuje: 1, 3, 10)<br><b>Z</b><br>pol. slepacia s rezancami 180,200,220,250 ml (Obsahuje: 1, 3, 6, 9, 10, 11), španielsky vtáčik 43,53,59,65,71g (Obsahuje: 1, 3, 10), ryža 110,150,170,190g (Obsahuje: 1), zel. obloha (mrkva,kapusta,kukurica) 80g | <b>D3BCD, D3ACD, D3 E, D2 AE, D2BCD, D5E, D7 AE, D7C, D8 AC, D9CDE, 6-10, 10-15</b><br>puding 210,150,150,210g (Obsahuje: 6, 7)<br><b>bmlBD, bmlAC, BLPK, bml10</b><br>puding 210,150,150,210g (Obsahuje: 6) | <b>D3BCD, D3ACD, D3 E, D5E, D7 AE, D7C</b><br>chlieb spaldový 150g (Obsahuje: 1, 7), lucina120g, paprika 1 ks<br><b>D2 AE, D2BCD</b><br>chlieb spaldový 150g (Obsahuje: 1, 7), lucina120g<br><b>D8 AC, D9CDE, 6-10, 10-15</b><br>chlieb spaldový 50,70,80,100g (Obsahuje: 1, 7), lucina120g, paprika 1 ks<br><b>bmlBD, bmlAC</b><br>chlieb spaldový 150g (Obsahuje: 1, 7), syr mozzarella bezlaktózova 1ks (Obsahuje: 7), paprika 1 ks<br><b>BLPK</b><br>chlieb bezglutenový 0,10kg (Obsahuje: 6), syr mozzarella bezlaktózova 1ks (Obsahuje: 7), paprika 1 ks<br><b>bml10</b><br>chlieb spaldový 50,70,80,100g (Obsahuje: 1, 7), syr mozzarella bezlaktózova 1ks (Obsahuje: 7), paprika 1 ks | <b>D9CDE</b><br>rozok grahamový 1 ks (Obsahuje: 1), syr troj. 1ks (Obsahuje: 7) |

Riaditeľka CSS Slniečko: .....

Vedúca Strav. úseku: .....

Vedúca OÚ: .....

Soc.prac./zástupca PSS: .....