

JEDÁLNY LÍSTOK NA OBDOBIE OD 5. 2. 2018 DO 11. 2. 2018

| Deň | Raňajky | Desiata | Obed | Olovrant | Večera | Druhá večera |
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| Po 5.2. | <p>D3, D5, D7, D9, bezml cesnakovy vencek 2 ks, caj mäťovy - celodenný</p> <p>D2 pasteka 0.5ks, rozky 2 ks, caj mäťovy - celodenný</p> <p>D8, 3-6 cesnakovy vencek 1 ks, caj mäťovy - celodenný</p> <p>BLPK pasteka 0.5ks, chlieb bezglutenovy 100g, caj mäťovy - celodenný</p> | <p>D3, D2, D5, D7, D8, D9, bezml, BLPK, 3-6 ovocie 1 ks</p> | <p>D3, D5, D7, 3-6 pol. zeleninova so syrom 180,200,220,250g, hovadzi gulas taliansky 34,40,46,52,58g, knedla kysnuta 80,90,120,150g</p> <p>D2, D9, bezml pol. zeleninova so syrom 180,200,220,250g, hovadzi gulas taliansky 34,40,46,52,58g, cestoviny 120,140,165,185g</p> <p>D8 pol. zeleninova so syrom 180,200,220,250g, hovadzi gulas taliansky 34,40,46,52,58g, cestoviny 60,70,83,93g</p> <p>BLPK pol. zeleninova so syrom 180,200,220,250g, hovadzi gulas taliansky 34,40,46,52,58g, cestoviny bezglutenove 185g</p> <p>Z pol. zeleninova so syrom 180,200,220,250g, hovadzi gulas taliansky 34,40,46,52,58g, knedla kysnuta 80,90,120,150g, mineralka 200,200,200,250 ml</p> | <p>D3, D5, D7 jogurt ovocny 1ks, ovsene vločky 20 gr.</p> <p>D2, 3-6 jogurt ovocny 1ks</p> <p>D8, D9 jogurt biely 1ks, ovsene vločky 20 gr.</p> <p>bezml sojaciak 1ks, ovsene vločky 20 gr.</p> <p>BLPK sojaciak 1ks</p> | <p>D3, D7, D8, D9, bezml, BLPK, 3-6 fliacky s kyslou kapustou 190,230,270,300g</p> <p>D2, D5 cestovina s dzemom nad15r.zam.280gr.</p> | <p>D9 chlieb 50g, syr tvrdy 20,30,45,50g, maslo 20g</p> |
| Ut 6.2. | <p>D3, D5, D7, bezml chlieb 60,100g, sunka 20,30,45,50g, horcica 15 g, caj ovocny - celodenny</p> <p>D2, 3-6 chlieb 60,100g, sunka 20,30,45,50g, maslo 20g, caj ovocny - celodenny</p> <p>D8 chlieb 50g, sunka 20,30,45,50g, horcica 15 g, caj ovocny celodenny D:9</p> <p>D9 chlieb 60,100g, sunka 20,30,45,50g, horcica 15 g, caj ovocny celodenny D:9</p> <p>BLPK chlieb bezglutenovy 100g, sunka 20,30,45,50g, horcica 15 g, caj ovocny - celodenny</p> | <p>D3, D2, D5, D7, D8, D9, bezml, BLPK, 3-6 ovocie 1 ks</p> | <p>D3, D7, D8, D9, 3-6 pol. sosovicova mliecna 180,200,220,250ml, ryzovy nakyp s tvarohom a kompotom 200,260,310,370g, mlieko 150,200,200,250 ml</p> <p>D2, D5 pol. zeleninova s cest.0,33L, ryzovy nakyp s tvarohom a kompotom 200,260,310,370g, mlieko 150,200,200,250 ml</p> <p>bezml, BLPK pol. sosovicova mliecna 180,200,220,250ml, ryzovy nakyp s tvarohom a kompotom 200,260,310,370g, sojove mlieko 2,5 dl</p> <p>Z pol. sosovicova mliecna 180,200,220,250ml, ryzovy nakyp s tvarohom a kompotom 200,260,310,370g, mineralka 200,200,200,250 ml</p> | <p>D3, D5, D7, D8, D9, 3-6 rozok 1 ks, maslo 10gr.dieta, paradajka 1 ks</p> <p>D2 rozok 1 ks, maslo 10gr.dieta</p> <p>bezml rozok 1 ks, paradajka 1 ks</p> <p>BLPK sojaciak 1ks</p> | <p>D3, D9, bezml privarok karfiolový 120g,150g,190g,230g, chlieb 60,100g, klobasa 1ks</p> <p>D2, D5, D7 privarok karfiolový 120g,150g,190g,230g, chlieb 60,100g, salama dusena dietna 50,100g</p> <p>D8 privarok karfiolový 120g,150g,190g,230g, chlieb 50g, salama dusena dietna 50,100g</p> <p>BLPK privarok karfiolový 120g,150g,190g,230g, chlieb bezglutenovy 100g, klobasa 1ks</p> <p>3-6 privarok karfiolový 120g,150g,190g,230g, salama dusena dietna 50,100g</p> | <p>D9 rozok grahamovy 1 ks, jogurt biely 1ks</p> |

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| <p>St 7.2.</p> | <p>D3, D2, D5, D7, 3-6 rozky 2 ks, natierka liptovska 20,26,32,40g, caj ovocny so sirupom - celodenny D8 rozok 1 ks, natierka liptovska 20,26,32,40g, caj ovocny celodenny D:9 D9 rozky 2 ks, natierka liptovska 20,26,32,40g, caj ovocny celodenny D:9 bezml rozky 2 ks, sojova natierka 50gr., caj ovocny so sirupom - celodenny BLPK chlieb bezglutenovy 100g, sojova natierka 50gr., caj ovocny so sirupom - celodenny</p> | <p>D3, D2, D5, D7, D8, D9, bezml, BLPK, 3-6 ovocie 1 ks</p> | <p>D3, D7, D9, bezml, BLPK pol. spenatova s vajcom 180,200,220,250g, vyprazany karbonatok 55,75,95,115g, zemiakova kasa 140,160,210,260g, kysla uhorka 60,60,100,100g D2, D5, 3-6 pol. spenatova s vajcom 180,200,220,250g, vyprazany karbonatok 55,75,95,115g, zemiakova kasa 140,160,210,260g, kompot 100,130,130,150g D8 pol. spenatova s vajcom 180,200,220,250g, vyprazany karbonatok 55,75,95,115g, zemiakova kasa 130g, kysla uhorka 60,60,100,100g Z pol. spenatova s vajcom 180,200,220,250g, vyprazany karbonatok 55,75,95,115g, zemiakova kasa 140,160,210,260g, kysla uhorka 60,60,100,100g, mineralka 200,200,200,250 ml</p> | <p>D3, D2, D5, D7, bezml presnidavka 1ks, keks 1ks D8, D9 dia presnidavka 1ks, keks dia BLPK presnidavka 1ks, keks bezglutenovy 1ks 3-6 presnidavka 1ks</p> | <p>D3, D5, bezml chlieb 150g, parky 100gr., horcica 0,20,30,50g, voda s ovocným sirupom 150,200,200,250 ml D2 chlieb 150g, maslo 15,20,25,40g, sunka 20,30,45,50g, voda s ovocným sirupom 150,200,200,250 ml D7 chlieb 150g, parky 100gr., horcica 0,20,30,50g, maslo 15,20,25,40g, voda s ovocným sirupom 150,200,200,250 ml D8 chlieb 60,100g, paradajka 1 ks, sunka 20,30,45,50g, voda s ovocným sirupom 150,200,200,250 ml D9 chlieb 150g, parky 100gr., horcica 0,20,30,50g BLPK chlieb bezglutenovy 150g, sunka 20,30,45,50g, voda s ovocným sirupom 150,200,200,250 ml 3-6 chlieb 60,100g, paradajka 1 ks, sunka 20,30,45,50g, maslo 15,20,25,40g, voda s ovocným sirupom 150,200,200,250 ml</p> | <p>D9 acidofilne mlieko biele 1ks</p> |
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| <p>Št 8.2.</p> | <p>D3, D2, D5, D7, bezml plundra 2 ks, caj kamilkovy - celodenný D8 rozok grahamovy 1 ks, maslo 15,20,25,40g, dzem dia 20,26,32,40g, caj kamilkovy - celodenný D9 rozok grahamovy 2 ks, maslo 15,20,25,40g, dzem dia 20,26,32,40g, caj kamilkovy - celodenný BLPK sladke pecivo bezglutenove, dzem 20,26,32,40g, caj kamilkovy - celodenný 3-6 plundra 1 ks, caj kamilkovy - celodenný</p> | <p>D3, D2, D5, D7, D8, D9, bezml, BLPK, 3-6 salat jablkovy s pomarancom 60,80,80,100g</p> | <p>D3, D2, D5, D7, D9, bezml, 3-6 pol. z drozdia so zel. 180,200,220,250ml, bulgur 110,140,160,190g, bravcove stehno na zelenine 36,42,48,54,60g D8 pol. z drozdia so zel. 180,200,220,250ml, bulgur 95g, bravcove stehno na zelenine 36,42,48,54,60g BLPK pol. z drozdia so zel. 180,200,220,250ml, cestoviny bezglutenove 185g, bravcove stehno na zelenine 36,42,48,54,60g Z pol. z drozdia so zel. 180,200,220,250ml, bulgur 110,140,160,190g, bravcove stehno na zelenine 36,42,48,54,60g, mineralka 200,200,200,250 ml, zel. obloha (mrkva,kukurica) 80g</p> | <p>D3, D2, D5, D7, D8, D9, bezml rozok 1 ks, pasteka 0.5ks BLPK banan 2 ks 3-6 termix 1 ks</p> | <p>D3, D2, D5, D7, D8, D9 mlieko 150,200,200,250 ml, cestoviny s kakaom 245 g bezml cestoviny s kakaom 245 g, sojove mlieko 2,5 dl BLPK sojove mlieko 2,5 dl, cestoviny s kakaom 245 g 3-6 cestoviny s kakaom 245 g, mlieko 150,200,200,250 ml</p> | <p>D9 rozok grahamovy 1 ks, syrokrem 50g/1ks</p> |
| <p>Pi 9.2.</p> | <p>D3, D2, D5, D7, 3-6 chlieb 60,100g, natierka z redkovky a syra 20,26,32,40g, caj ovocny - celodenny D8 chlieb 50g, natierka z redkovky a syra 20,26,32,40g, caj ovocny celodenny D:9 D9 chlieb 60,100g, natierka z redkovky a syra 20,26,32,40g, caj ovocny celodenny D:9 bezml chlieb 60,100g, ryby v tomate 1ks, caj ovocny - celodenny BLPK chlieb bezglutenovy 100g, ryby v tomate 1ks, caj ovocny celodenny D:9</p> | <p>D3, D2, D5, D7, D8, D9, bezml, BLPK, 3-6 ovocie 1 ks</p> | <p>D3, D7, D8, D9, 3-6, Z pol. šči 180,200,220,250ml, halusky so syrokremom 180,240,290,340g, zakysanka 150,200,200,250 ml D2, D5 pol. karfiolova s krupami 0,33L, halusky so syrokremom 180,240,290,340g, zakysanka 150,200,200,250 ml bezml, BLPK pol. šči 180,200,220,250ml, halusky so syrokremom 180,240,290,340g</p> | <p>D3, D2, D5, D7 jogurt ovocny 1ks, rozok 1 ks D8 jogurt biely 1ks D9 jogurt biely 1ks, rozok 1 ks bezml sojacik 1ks, rozok 1 ks BLPK sojacik 1ks 3-6 jogurt ovocny 1ks</p> | <p>D3, D9, bezml, BLPK, 3-6 brav. pecen na cibuli 37,43,50,55,60g, ryza 110,150,170,190g, kysla uhorka 60,60,100,100g D2, D5 brav. pecen na cibuli 37,43,50,55,60g, ryza 110,150,170,190g D7 brav. pecen na cibuli 37,43,50,55,60g, brav. pecen na cibuli 37,43,50,55,60g, ryza 110,150,170,190g, kysla uhorka 60,60,100,100g D8 brav. pecen na cibuli 37,43,50,55,60g, ryza 95g, kysla uhorka 60,60,100,100g</p> | <p>D9 acidofilne mlieko biele 1ks</p> |

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| <p style="text-align: center;">So 10.2.</p> | <p>D3, D2, D5, D7 rozky 2 ks, syrokrem 50g/1ks, mlieko kakaove 150,200,200,250 ml, caj ovocny - celodenny D8 rozok 1 ks, syrokrem 50g/1ks, mlieko 150,200,200,250 ml, caj ovocny - celodenny D9 rozky 2 ks, syrokrem 50g/1ks, mlieko 150,200,200,250 ml, caj ovocny - celodenny bezml rozky 2 ks, sojova natierka 50gr., mlieko kakaove 150,200,200,250 ml, caj ovocny - celodenny BLPK chlieb bezglutenovy 100g, sojova natierka 50gr., mlieko kakaove 150,200,200,250 ml, caj ovocny - celodenny 3-6 rozok 1 ks, syrokrem 50g/1ks, mlieko kakaove 150,200,200,250 ml, caj ovocny - celodenny</p> | <p>D3, D2, D5, D7, D8, D9, bezml, BLPK, 3-6 ovocie 1 ks</p> | <p>D3, D2, D5, D7, D9, bezml, 3-6 pol. zelerova s lievankou 180,200,220,250ml, bravcovy perkelt 36,42,48,54,60g, cestoviny 120,140,165,185g D8 pol. zelerova s lievankou 180,200,220,250ml, bravcovy perkelt 36,42,48,54,60g, cestoviny 60,70,83,93g BLPK pol. zeleninova s cestovinou 180,200,220,250ml (13,15,17,20g), bravcovy perkelt 36,42,48,54,60g, cestoviny bezglutenove 185g Z pol. zelerova s lievankou 180,200,220,250ml, bravcovy perkelt 36,42,48,54,60g, cestoviny 120,140,165,185g, mineralka 200,200,200,250 ml</p> | <p>D3, D2, D5, D7, bezml, BLPK, 3-6 presnidavka 1ks D8, D9 dia presnidavka 1ks</p> | <p>D3, D7, D8, D9, bezml, BLPK, 3-6 rizoto so zeleninou a syrom 180,230,280,330g, salat uhorkovy 60,90,90,120g D2, D5 rizoto so zeleninou a syrom 180,230,280,330g, kompot 100,130,130,150g</p> | <p>D9 rozok grahamovy 1 ks, pasteka 0.5ks</p> |
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| <p style="text-align: center;">Ne 11.2.</p> | <p>D3, D2, D5, D7 vianočka 175 gr., dzem 20,26,32,40g, caj ovocny - celodenny, granko 0.25 l</p> <p>D8 vianočka 120 gr., dzem dia 20,26,32,40g, caj ovocny - celodenny, mlieko 150,200,200,250 ml</p> <p>D9 chlieb 60,100g, maslo 15,20,25,40g, dzem dia 20,26,32,40g, caj ovocny - celodenny, mlieko 150,200,200,250 ml</p> <p>bezml vianočka 175 gr., dzem 20,26,32,40g, caj ovocny - celodenny, sojove mlieko 2,5 dl</p> <p>BLPK sladke pecivo bezglutenove, caj ovocny - celodenny, sojove mlieko 2,5 dl</p> <p>3-6 vianočka 120 gr., dzem 20,26,32,40g, caj ovocny - celodenny, granko 0.25 l</p> | <p>D3, D2, D5, D7, D8, D9, bezml, BLPK, 3-6 ovocie 1 ks</p> | <p>D3, D2, D7, bezml, BLPK, 3-6 pol. hov.s masom,hraskom a ryzou 180,200,220,250ml, kuracie stehna pecene 85,100,115,130g, zemiakova kasa 140,160,210,260g, kompot 100,130,130,150g</p> <p>D5 pol. hov.s masom,hraskom a ryzou 180,200,220,250ml, zemiakova kasa 140,160,210,260g, kompot 100,130,130,150g</p> <p>D8 pol. hov.s masom,hraskom a ryzou 180,200,220,250ml, kuracie stehna pecene 85,100,115,130g, zemiakova kasa 130g, kompot dia 100,130,130,150g</p> <p>D9 pol. hov.s masom,hraskom a ryzou 180,200,220,250ml, kuracie stehna pecene 85,100,115,130g, zemiakova kasa 140,160,210,260g, kompot dia 100,130,130,150g</p> <p>Z pol. hov.s masom,hraskom a ryzou 180,200,220,250ml, kuracie stehna pecene 85,100,115,130g, zemiakova kasa 140,160,210,260g, kompot 100,130,130,150g, mineralka 200,200,200,250 ml</p> | <p>D3, D2, D5, D7, 3-6 mliečna ryža 1ks, piskoty 0.5 ks</p> <p>D8, D9 jogurt biely 1ks, piskoty dia 20g</p> <p>bezml sojaciak 1ks, piskoty 0.5 ks</p> <p>BLPK sojaciak 1ks</p> | <p>D3, D5, D7, D9, bezml chlieb 150g, sunka 100 gr., horcica 15 g, zel. obloha redkovka 12,16,20,24g</p> <p>D2 chlieb 150g, sunka 100 gr., maslo 20g, zel. obloha redkovka 12,16,20,24g</p> <p>D8 chlieb 60,100g, horcica 15 g, sunka 20,30,45,50g, zel. obloha redkovka 12,16,20,24g</p> <p>BLPK chlieb bezlglutenovy 150g, sunka 100 gr., horcica 15 g, zel. obloha redkovka 12,16,20,24g</p> <p>3-6 chlieb 60,100g, maslo 20g, sunka 20,30,45,50g, zel. obloha redkovka 12,16,20,24g</p> | <p>D9 acidofilne mlieko biele 1ks</p> |
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Riaditeľka CSS Slniečko:..... Vedúca ÚSoPSS:..... Vedúca OÚ:..... Vedúca SP:..... Hl. kuchárka:..... Soc.prac./zástupca PSS:.....