

DIA-9 - DIABETICKA STRAVA***** Pondelok 01.06.2026 *****

Raňajky. Chlieb 1 ks (Al:1,3,7), Maslo (Al:7), DIA Melta (Al:1,7), DIA Dzem
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Paradajka, Nat.syrova so salamou R (Al:7)
 Obed. Pol. hrachova so zeleninou (Al:1,9,12), Kuracie rizoto D (Al:1,7,9,12), DIA uhorky (Al:12),
 Voda s dia sirupom (Al:12)
 Olovrant. Mandarinka
 Večera. Caj dia, Cestovina s masom a syrom (Al:1,3,7,9,12)
 Večera II. Chlieb 1 ks (Al:1,3,7), Natierka bryndzova (Al:7)

***** Utorok 02.06.2026 *****

Raňajky. Chlieb 1 ks (Al:1,3,7), Maslo (Al:7), Mlieko (Al:7), Sunkova salama D, Paprika,
 Pecivo graham 1 ks (Al:1,3,7)
 Desiata. Banan
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Bravcovy rezen vyprazany D (Al:1,3,7),
 Zemiakovy salat (Al:1,10,12), Voda s dia sirupom (Al:12)
 Olovrant. DIA croasant (Al:1,3,7,8,12)
 Večera. Raqu s masom (Al:1,7,9,12), Caj dia, Chlieb 1,5 ks (Al:1,3,7)
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat.nivova R (Al:7)

***** Streda 03.06.2026 *****

Raňajky. Dia biela kava (Al:1,7), Pecivo graham 1 ks (Al:1,3,7), Maslo (Al:7), DIA Dzem
 Desiata. Syr trojuholnikovy (Al:7), Pecivo graham 1 ks (Al:1,3,7)
 Obed. Pol.kostova s nitovkami (Al:1,3,9,12), Caj dia, Buchty domace plnene (Al:1,3,7,12)
 Olovrant. Hrozno
 Večera. Caj dia, Pletenka s posypom, Maslo rastlinne (Al:7), Horcica 10g (Al:1,10,12), Salam Inovec V, Paradajka
 Večera II. Chlieb 1 ks (Al:1,3,7), Nat.syrova so salamou O (Al:7)

***** Stvrtok 04.06.2026 *****

Raňajky. Caj dia, Chlieb 1,5 ks (Al:1,3,7), Nat.syrova s cesnakom O (Al:7), Uhorka salatova
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Obed. Pol.brokoliceva so zeleninou (Al:1,9,12), Kuracie prsia na zelenine D (Al:1,9,12), Ryza dusena (Al:1),
 Salat uhorkovy (Al:12), Voda s dia sirupom (Al:12)
 Olovrant. Pomaranc
 Večera. Caj dia, Chlieb 1,5 ks (Al:1,3,7), Paradajka, Nat. z kuracich pecienok R (Al:7)
 Večera II. Chlieb 1 ks (Al:1,3,7), Natierka mrkovová (Al:7)

***** Piatok 05.06.2026 *****

Raňajky. Dia granko (Al:7), Chlieb 1,5 ks (Al:1,3,7), Paradajka, Luncheon meat, Maslo (Al:7)
 Desiata. Kolac (Al:1,3,7,8,12)
 Obed. Pol.luskova mliecna (Al:1,7,12), Granatiersky pochod-syr v (Al:1,3,7), DIA uhorky (Al:12), Caj dia
 Olovrant. Mandarinka
 Večera. Caj dia, Chlieb 1,5 ks (Al:1,3,7), Paradajka, Horcica 10g (Al:1,10,12), Spekacka (Al:1)
 Večera II. Chlieb 1 ks (Al:1,3,7), Maslo rastlinne (Al:7)

***** Sobota 06.06.2026 *****

Raňajky. Mlieko (Al:7), Chlieb 1,5 ks (Al:1,3,7), Paradajka, Nat.vajickova so salamou R (Al:3,7)
 Desiata. DIA Jogurt (Al:7), Pecivo dia hreben (Al:1,3,7)
 Obed. Pol.karfiolova so zeleninou (Al:1,9,12), Br.pliecko pecene po sedliacky (Al:1),
 Ryza s hráškom (Al:1,9,12), Salat z cinskej kapusty (Al:12), Voda s dia sirupom (Al:12)
 Olovrant. Banan
 Večera. Caj dia, Chlieb 2ks (Al:1,3,7), Horcica 10g (Al:1,10,12), DIA napolitanka (Al:1,3,5,6,7,8,12),
 Syr trojuholnikovy (Al:7), Pizza narez 120g (Al:1)
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat.smotanova (Al:7)

***** Nedela 07.06.2026 *****

Raňajky. Dia biela kava (Al:1,7), Vianočka K (Al:1,3,7), Pecivo graham 1 ks (Al:1,3,7), Dia dzem mini,
 Maslo (Al:7)
 Desiata. DIA Jogurt (Al:7), Pecivo graham 1 ks (Al:1,3,7)
 Obed. Pol. vyvar z masa s nitovkami (Al:1,3,9,12), Brav. pliecko na rasci (Al:1,9,12), Slovenska ryza (Al:1,3),
 Salat miesany (Al:12), Caj dia, DIA napolitanka (Al:1,3,5,6,7,8,12)

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

Obdobie: 01.06.2026 - 07.06.2026

Str.: 2

Olovrant. Banan

Večera. Caj dia, Pletenka s posypom, Paradajka, DIA Detska vyziva (Al:12), Nat. rybacia R (Al:4,7)

Večera II. Chlieb 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)

* ALERGENY: 1-Obilniny, 3-Vajcia, 4-Ryby, 5-Arasidy, 6-Sojove zrna, 7-Mlieko, 8-Orechy, 9-Zeler, 10-Horcica,
11-Sezamove zrna, 12-Oxid siricity a siricityany

Zmena jedálneho listka je vyhradená.

RAC-2 - RACIONALNA STRAVA***** Pondelok 01.06.2026 *****

Raňajky. Chlieb 1 ks (Al:1,3,7), Maslo (Al:7), Melta (Al:1,7), Dzem (Al:12)
 Desiata. Pecivo 1 ks (Al:1,3,7), Paradajka, Nat.syrova so salamou R (Al:7)
 Obed. Pol. hrachova so zeleninou (Al:1,9,12), Kuracie rizoto (Al:1,7,9,12), Uhorka kysla (Al:12),
 Voda so sirupom (Al:12)
 Olovrant. Mandarinka
 Večera. Caj, Cestovina s masom a syrom (Al:1,3,7,9,12)

***** Utorok 02.06.2026 *****

Raňajky. Chlieb 1 ks (Al:1,3,7), Maslo (Al:7), Mlieko (Al:7), Sunkova salama R + Š, Paprika,
 Kaiserka (Al:1,3,7,11)
 Desiata. Banan
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Bravcovy rezen vyprazany RZŠ (Al:1,3,7),
 Zemiakovy salat (Al:1,10,12), Voda so sirupom (Al:12)
 Olovrant. Croasant (Al:1,3,7,8,12)
 Večera. Raqu s masom (Al:1,7,9,12), Caj, Chlieb 1,5 ks (Al:1,3,7)

***** Streda 03.06.2026 *****

Raňajky. Biela kava (Al:1,7), Lupacka (Al:1,3,7), Maslo (Al:7), Dzem (Al:12)
 Desiata. Syr trojuholnikovy (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol.kostova s nitovkami (Al:1,3,9,12), Caj, Buchty domace plnene (Al:1,3,7,12)
 Olovrant. Hrozno
 Večera. Caj, Pletenka s posypom, Maslo rastlinne (Al:7), Horcica 10g (Al:1,10,12), Salam Inovec V, Paradajka

***** Stvrtok 04.06.2026 *****

Raňajky. Caj, Chlieb 1,5 ks (Al:1,3,7), Nat.syrova s cesnakom O (Al:7), Uhorka salatova
 Desiata. Pecivo 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Obed. Pol.brokoliceva so zeleninou (Al:1,9,12), Kuracie prsia na zelenine O (Al:1,9,12), Ryza dusena (Al:1),
 Salat uhorkovy (Al:12), Voda so sirupom (Al:12)
 Olovrant. Pomaranc
 Večera. Caj, Chlieb 1,5 ks (Al:1,3,7), Paradajka, Nat. z kuracich pecienok R (Al:7)

***** Piatok 05.06.2026 *****

Raňajky. Granko (Al:7), Chlieb 1,5 ks (Al:1,3,7), Paradajka, Luncheon meat, Maslo (Al:7)
 Desiata. Kolac (Al:1,3,7,8,12)
 Obed. Pol.luskova mliecna (Al:1,7,12), Granatiersky pochod-syr v (Al:1,3,7), Uhorka kysla (Al:12), Caj
 Olovrant. Mandarinka
 Večera. Caj, Chlieb 1,5 ks (Al:1,3,7), Paradajka, Horcica 10g (Al:1,10,12), Spekacka (Al:1)

***** Sobota 06.06.2026 *****

Raňajky. Mlieko (Al:7), Chlieb 1,5 ks (Al:1,3,7), Paradajka, Nat.vajickova so salamou R (Al:3,7)
 Desiata. Jogurt (Al:7), Pecivo hreben (Al:1,3,7,12)
 Obed. Pol.karfiolova so zeleninou (Al:1,9,12), Br.pliecko pecene po sedliacky (Al:1),
 Ryza s hráškom (Al:1,9,12), Salat z cinskej kapusty (Al:12), Voda so sirupom (Al:12)
 Olovrant. Banan
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Horcica 10g (Al:1,10,12), Napolitanka (Al:1,3,5,6,7,8,12),
 Syr trojuholnikovy (Al:7), Pizza narez 100g (Al:1)

***** Nedela 07.06.2026 *****

Raňajky. Biela kava (Al:1,7), Vianocka K (Al:1,3,7), Pecivo 1 ks (Al:1,3,7), Dzem mini (Al:12), Maslo (Al:7)
 Desiata. Jogurt (Al:7), Lupacka (Al:1,3,7)
 Obed. Pol. vyvar z masa s nitovkami (Al:1,3,9,12), Brav. pliecko na rasci (Al:1,9,12), Slovenska ryza (Al:1,3),
 Salat miesany (Al:12), Caj, Napolitanka (Al:1,3,5,6,7,8,12)
 Olovrant. Banan
 Večera. Caj, Pletenka s posypom, Paradajka, Detska vyziva (Al:12), Nat. rybacia R (Al:4,7)

* ALERGENY: 1-Obilniny, 3-Vajcia, 4-Ryby, 5-Arasidy, 6-Sojove zrna, 7-Mlieko, 8-Orechy, 9-Zeler, 10-Horcica, 11-Sezamove zrna, 12-Oxid siricity a siricity

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

Obdobie: 01.06.2026 - 07.06.2026

Str.: 4

RAC-Z - ZAMESTNANCI***** Pondelok 01.06.2026 *****

Obed. Pol. hrachova so zeleninou (Al:1,9,12), Kuracie rizoto (Al:1,7,9,12), Uhorka kysla (Al:12),
Voda so sirupom (Al:12)

***** Utorok 02.06.2026 *****

Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Bravcovy rezen vyprazany RZŠ (Al:1,3,7),
Zemiakovy salat (Al:1,10,12), Voda so sirupom (Al:12)

***** Streda 03.06.2026 *****

Obed. Pol.kostova s nitovkami (Al:1,3,9,12), Caj, Buchty domace plnene (Al:1,3,7,12)

***** Stvrtok 04.06.2026 *****

Obed. Pol.brokoliceva so zeleninou (Al:1,9,12), Kuracie prsia na zelenine O (Al:1,9,12), Ryza dusena (Al:1),
Salat uhorkovy (Al:12), Voda so sirupom (Al:12)

***** Piatok 05.06.2026 *****

Obed. Pol.luskova mliecna (Al:1,7,12), Granatiersky pochod-syr v (Al:1,3,7), Uhorka kysla (Al:12), Caj

***** Sobota 06.06.2026 *****

Obed. Pol.karfiolova so zeleninou (Al:1,9,12), Br.pliecko pecene po sedliacky (Al:1),
Ryza s hráškom (Al:1,9,12), Salat z cinskej kapusty (Al:12), Voda so sirupom (Al:12)

***** Nedela 07.06.2026 *****

Obed. Pol. vyvar z masa s nitovkami (Al:1,3,9,12), Brav. pliecko na rasci (Al:1,9,12), Slovenska ryza (Al:1,3),
Salat miesany (Al:12), Caj

* **ALERGENY:** 1-Obilniny, 3-Vajcia, 4-Ryby, 5-Arasidy, 6-Sojove zrna, 7-Mlieko, 8-Orechy, 9-Zeler, 10-Horcica, 11-Sezamove zrna, 12-Oxid siricity a siricityany

Zmena jedalneho listka je vyhradena.

SET-3 - ŠETRIACA STRAVA***** Pondelok 01.06.2026 *****

Raňajky. Chlieb 1 ks (Al:1,3,7), Maslo (Al:7), Melta (Al:1,7), Dzem (Al:12)
 Desiata. Pecivo 1 ks (Al:1,3,7), Paradajka, Nat.syrova so salamou R (Al:7)
 Obed. Pol. hrachova so zeleninou (Al:1,9,12), Kuracie rizoto (Al:1,7,9,12), Uhorka kysla (Al:12),
 Voda so sirupom (Al:12)
 Olovrant. Mandarinka
 Večera. Caj, Cestovina s masom a syrom (Al:1,3,7,9,12)

***** Utorok 02.06.2026 *****

Raňajky. Chlieb 1 ks (Al:1,3,7), Maslo (Al:7), Mlieko (Al:7), Sunkova salama R + Š, Paradajka,
 Kaiserka (Al:1,3,7,11)
 Desiata. Banan
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Brav.prirodny platok (Al:1,9,12), Zemiakovy salat (Al:1,10,12),
 Voda so sirupom (Al:12)
 Olovrant. Croasant (Al:1,3,7,8,12)
 Večera. Raqu s masom (Al:1,7,9,12), Chlieb 1,5 ks (Al:1,3,7), Caj

***** Streda 03.06.2026 *****

Raňajky. Biela kava (Al:1,7), Lupacka (Al:1,3,7), Maslo (Al:7), Dzem (Al:12)
 Desiata. Syr trojuholnikovy (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol.kostova s nitovkami (Al:1,3,9,12), Cestovina s van.kremom (Al:1,3,7), Caj
 Olovrant. Hrozno
 Večera. Caj, Pletenka s posypom, Maslo rastlinne (Al:7), Horcica 10g (Al:1,10,12), Salam Inovec V, Paradajka

***** Stvrtok 04.06.2026 *****

Raňajky. Caj, Chlieb 1,5 ks (Al:1,3,7), Nat.syrova s cesnakom O (Al:7), Paradajka
 Desiata. Pecivo 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Obed. Pol.brokoliceva so zeleninou (Al:1,9,12), Kuracie prsia na zelenine O (Al:1,9,12), Ryza dusena (Al:1),
 Salat uhorkovy (Al:12), Voda so sirupom (Al:12)
 Olovrant. Pomaranc
 Večera. Caj, Chlieb 1,5 ks (Al:1,3,7), Paradajka, Nat. z kuracich pecienok R (Al:7)

***** Piatok 05.06.2026 *****

Raňajky. Granko (Al:7), Chlieb 1,5 ks (Al:1,3,7), Paradajka, Luncheon meat, Maslo (Al:7)
 Desiata. Kolac (Al:1,3,7,8,12)
 Obed. Pol.zemiakova (Al:1,9,12), Granatiersky pochod-syr v (Al:1,3,7), Uhorka kysla (Al:12), Caj
 Olovrant. Mandarinka
 Večera. Caj, Chlieb 1,5 ks (Al:1,3,7), Paradajka, Horcica 10g (Al:1,10,12), Spekacka (Al:1)

***** Sobota 06.06.2026 *****

Raňajky. Mlieko (Al:7), Chlieb 1,5 ks (Al:1,3,7), Paradajka, Nat.vajickova so salamou R (Al:3,7)
 Desiata. Jogurt (Al:7), Pecivo hreben (Al:1,3,7,12)
 Obed. Pol.karfiolova so zeleninou (Al:1,9,12), Br.pliecko pecene po sedliacky (Al:1),
 Ryza s hráškom (Al:1,9,12), Voda so sirupom (Al:12)
 Olovrant. Banan
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Horcica 10g (Al:1,10,12), Napolitanka (Al:1,3,5,6,7,8,12),
 Syr trojuholnikovy (Al:7), Pizza narez 100g (Al:1)

***** Nedela 07.06.2026 *****

Raňajky. Biela kava (Al:1,7), Vianocka K (Al:1,3,7), Pecivo 1 ks (Al:1,3,7), Dzem mini (Al:12), Maslo (Al:7)
 Desiata. Jogurt (Al:7), Lupacka (Al:1,3,7)
 Obed. Pol. vyvar z masa s nitovkami (Al:1,3,9,12), Brav. pliecko na rasci (Al:1,9,12), Slovenska ryza (Al:1,3),
 Cvikla (Al:12), Caj, Napolitanka (Al:1,3,5,6,7,8,12)
 Olovrant. Banan
 Večera. Caj, Pletenka s posypom, Paradajka, Detska vyziva (Al:12), Nat. rybacia R (Al:4,7)

* **ALERGENY:** 1-Obilniny, 3-Vajcia, 4-Ryby, 5-Arasidy, 6-Sojove zrna, 7-Mlieko, 8-Orechy, 9-Zeler, 10-Horcica, 11-Sezamove zrna, 12-Oxid siricity a siricity

Zmena jedálneho listka je vyhradena.