

DIA-9 - DIABETICKA STRAVA***** Pondelok 08.06.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Nat. oskvarkova R (Al:1,3,7,10,12), Caj dia
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Paradajka, Vajce (Al:3), Maslo (Al:7)
 Obed. Pol. zeleninova s mrvenicou (Al:1,3,9,12), Udena krkovicka, Hrachova kasa (Al:1),
 Voda s dia sirupom (Al:12)
 Olovrant. Hruska
 Večera. Caj dia, Pecivo graham 2 ks (Al:1,3,7), Paradajka, Pecenovy syr 120g (Al:1,3)
 Večera II. Chlieb 1 ks (Al:1,3,7), Nat. pastetova R (Al:7)

***** Utorok 09.06.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Caj dia, Salam Inovec R, Paradajka
 Desiata. Pletenka so syrom (Al:1,3,7), Maslo (Al:7)
 Obed. Pol. kostova s krup.haluskami (Al:1,3,7,9), Kuracie stehna pecene, Ryza s hráškom (Al:1,9,12),
 DIA kompota (Al:12), Voda s dia sirupom (Al:12)
 Olovrant. Mandarinka
 Večera. Chlieb 1,5 ks (Al:1,3,7), Parky bratislavke (Al:1,3), Chren (Al:12), Caj dia
 Večera II. Chlieb 1 ks (Al:1,3,7), Nat.smotanova (Al:7)

***** Streda 10.06.2026 *****

Raňajky. Caj dia, Paradajka, Prazenica s cibulkou (Al:3), Chlieb 1 ks (Al:1,3,7)
 Desiata. Syr trojuholnikovy (Al:7), Pecivo graham 1 ks (Al:1,3,7)
 Obed. Pol.s bretonskej zel. s ov.vlc (Al:1,9,12), Dia zemlovka ovocna s tvarohom (Al:1,3,7,12), Caj dia
 Olovrant. Pomaranc
 Večera. Caj dia, Pagace (Al:1,3,7,11,12)
 Večera II. Chlieb 1 ks (Al:1,3,7), Nat.z kuracieho narezu O (Al:3,7)

***** Stvrtok 11.06.2026 *****

Raňajky. Mlieko (Al:7), Chlieb 1,5 ks (Al:1,3,7), Nat. drozdova s vajcom R (Al:3,7), Uhorka salatova
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Obed. Pol. franfurtska s parkom (Al:1,3,9,12), Zemiaky varene D (Al:7), Salat z kys.kapusty (Al:12),
 Voda s dia sirupom (Al:12), Jaternica (Al:1)
 Olovrant. Banan
 Večera. Caj dia, DIA Bublana s ovocim (Al:1,3,7,12)
 Večera II. Chlieb 1 ks (Al:1,3,7), Nat.vajickova so salamou O (Al:3,7)

***** Piatok 12.06.2026 *****

Raňajky. Caj dia, Chlieb 1,5 ks (Al:1,3,7), Paradajka, Pizza narez 70g (Al:1), Maslo (Al:7)
 Desiata. Maslo (Al:7), Pecivo graham 1 ks (Al:1,3,7)
 Obed. Pol. hrachova so zeleninou (Al:1,9,12), Syr vyprazany v cesticku (Al:1,3,7), Zemiaky varene D (Al:7),
 Voda s dia sirupom (Al:12), Kecup (Al:12)
 Olovrant. Jablko
 Večera. Caj dia, Pletenka so syrom (Al:1,3,7), Salamova natierka (Al:1,7,10,12), Paradajka
 Večera II. Chlieb 1 ks (Al:1,3,7), Maslo rastlinne (Al:7), Paradajka

***** Sobota 13.06.2026 *****

Raňajky. Dia granko (Al:7), Nat.vajcova s chrenom R (Al:1,3,7,10,12), Pletenka s posypom, Paradajka
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Brav.kare vo vajicku (Al:1,3,7,9,10,12),
 Slovenska ryza (Al:1,3), Salat miesany (Al:12), Voda s dia sirupom (Al:12)
 Olovrant. Banan
 Večera. Caj dia, Luncheon meat, Chlieb 2ks (Al:1,3,7), Horcica 10g (Al:1,10,12), Dia croasant (Al:1,3,7,8,12),
 Paradajka, Paprika
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat.smotanova (Al:7)

***** Nedela 14.06.2026 *****

Raňajky. Dia kakao (Al:7), Chlieb 1 ks (Al:1,3,7), Pecivo graham 1 ks (Al:1,3,7), Maslo (Al:7), Med mini
 Desiata. Hruska
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Brav. pleco na paprike (Al:1,9,12), Uhorka kysla (Al:12),
 Ryza dusena (Al:1), Caj dia, Kolac (Al:1,3,7,8,12)
 Olovrant. Pecivo graham 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)

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

Obdobie: 08.06.2026 - 14.06.2026

Str.: 2

Večera. Caj dia, Chlieb 2ks (Al:1,3,7), Maslo (Al:7), Malokarpatska salama V (Al:1), DIA Detska vyziva (Al:12)

Večera II. Chlieb 1 ks (Al:1,3,7), Natierka tvarohova (Al:7)

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

Zmena jedalneho listka je vyhradena.

RAC-2 - RACIONALNA STRAVA***** Pondelok 08.06.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Nat. oskvarkova R (Al:1,3,7,10,12), Caj
 Desiata. Pecivo 1 ks (Al:1,3,7), Paradajka, Vajce (Al:3), Maslo (Al:7)
 Obed. Pol. zeleninova s mrvenicou (Al:1,3,9,12), Udena krkovicka, Hrachova kasa (Al:1),
 Voda so sirupom (Al:12)

Olovrant. Hruska

Večera. Caj, Pecivo 2 ks (Al:1,3,7), Paradajka, Pecenovy syr 100g (Al:1,3)

***** Utorok 09.06.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Caj, Salam Inovec R, Paradajka
 Desiata. Pletenka so syrom (Al:1,3,7), Maslo (Al:7)
 Obed. Pol. kostova s krup.haluskami (Al:1,3,7,9), Kuracie stehna pecene, Ryza s hráškom (Al:1,9,12),
 Kompot (Al:12), Voda so sirupom (Al:12)

Olovrant. Mandarinka

Večera. Chlieb 1,5 ks (Al:1,3,7), Parky bratislavke (Al:1,3), Chren (Al:12), Caj

***** Streda 10.06.2026 *****

Raňajky. Caj, Paradajka, Prazenica s cibulkou (Al:3), Chlieb 1 ks (Al:1,3,7)
 Desiata. Syr trojuholnikovy (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol.s bretonskej zel. s ov.vlc (Al:1,9,12), Zemlovka ovocna s tvarohom (Al:1,3,7,12), Caj

Olovrant. Pomaranc

Večera. Caj, Pačace (Al:1,3,7,11,12)

***** Stvrtok 11.06.2026 *****

Raňajky. Mlieko (Al:7), Chlieb 1,5 ks (Al:1,3,7), Nat. drozdova s vajcom R (Al:3,7), Uhorka salatova
 Desiata. Pecivo 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Obed. Pol. franfurtska s parkom (Al:1,3,9,12), Zemiaky varene D (Al:7), Salat z kys.kapusty (Al:12),
 Voda so sirupom (Al:12), Jaternica (Al:1)

Olovrant. Banan

Večera. Caj, Bublanina s ovocim (Al:1,3,7,12)

***** Piatok 12.06.2026 *****

Raňajky. Caj, Chlieb 1,5 ks (Al:1,3,7), Paradajka, Pizza narez 50g (Al:1), Maslo (Al:7)
 Desiata. Maslo (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. hrachova so zeleninou (Al:1,9,12), Syr vyprazany v cesticku (Al:1,3,7), Zemiaky varene D (Al:7),
 Voda so sirupom (Al:12), Kecup (Al:12)

Olovrant. Jablko

Večera. Caj, Pletenka so syrom (Al:1,3,7), Salamova natierka (Al:1,7,10,12), Paradajka

***** Sobota 13.06.2026 *****

Raňajky. Granko (Al:7), Pletenka s posypom, Nat.vajcova s chrenom R (Al:1,3,7,10,12), Paradajka
 Desiata. Pecivo 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Brav.kare vo vajicku (Al:1,3,7,9,10,12),
 Slovenska ryza (Al:1,3), Salat miesany (Al:12), Voda so sirupom (Al:12)

Olovrant. Banan

Večera. Caj, Luncheon meat, Chlieb 2ks (Al:1,3,7), Horcica 10g (Al:1,10,12), Croasant (Al:1,3,7,8,12), Paradajka,
 Paprika

***** Nedela 14.06.2026 *****

Raňajky. Kakao (Al:7), Lupacka (Al:1,3,7), Pecivo 1 ks (Al:1,3,7), Maslo (Al:7), Med mini
 Desiata. Hruska
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Brav. pleco na paprike (Al:1,9,12), Uhorka kysla (Al:12),
 Ryza dusena (Al:1), Caj, Kolac (Al:1,3,7,8,12)

Olovrant. Pecivo 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)

Večera. Caj, Chlieb 2ks (Al:1,3,7), Maslo (Al:7), Malokarpatska salama V (Al:1), Detska vyziva (Al:12)

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

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

Obdobie: 08.06.2026 - 14.06.2026

Str.: 4

RAC-Z - ZAMESTNANCI***** Pondelok 08.06.2026 *****

Obed. Pol. zeleninova s mrvenicou (Al:1,3,9,12), Udena krkovicka, Hrachova kasa (Al:1),
Voda so sirupom (Al:12)

***** Utorok 09.06.2026 *****

Obed. Pol. kostova s krup.haluskami (Al:1,3,7,9), Kuracie stehna pecene, Ryza s hráškom (Al:1,9,12),
Kompot (Al:12), Voda so sirupom (Al:12)

***** Streda 10.06.2026 *****

Obed. Pol.s bretonskej zel. s ov.vlc (Al:1,9,12), Zemlovka ovocna s tvarohom (Al:1,3,7,12), Caj

***** Stvrtok 11.06.2026 *****

Obed. Pol. franfurtska s parkom (Al:1,3,9,12), Zemiaky varene D (Al:7), Salat z kys.kapusty (Al:12),
Voda so sirupom (Al:12), Jaternica (Al:1)

***** Piatok 12.06.2026 *****

Obed. Pol. hrachova so zeleninou (Al:1,9,12), Syr vyprazany v cesticku (Al:1,3,7), Zemiaky varene D (Al:7),
Tatarska omacka (Al:1,3,10,12), Voda so sirupom (Al:12)

***** Sobota 13.06.2026 *****

Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Brav.kare vo vajicku (Al:1,3,7,9,10,12),
Slovenska ryza (Al:1,3), Salat miesany (Al:12), Voda so sirupom (Al:12)

***** Nedela 14.06.2026 *****

Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Brav. pleco na paprike (Al:1,9,12), Uhorka kysla (Al:12),
Ryza dusena (Al:1), Caj

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

Zmena jedálneho listka je vyhradená.

SET-3 - ŠETRIACA STRAVA***** Pondelok 08.06.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Nat. oskvarkova R (Al:1,3,7,10,12), Caj
 Desiata. Pecivo 1 ks (Al:1,3,7), Paradajka, Vajce (Al:3), Maslo (Al:7)
 Obed. Pol. zeleninova s mrvenicou (Al:1,3,9,12), Kuracie prsia na prirodno V (Al:1,9,12),
 Zemiakove pyre (Al:7), Kompot (Al:12), Voda so sirupom (Al:12)
 Olovrant. Hruska
 Večera. Caj, Pecivo 2 ks (Al:1,3,7), Paradajka, Peceny syr 100g (Al:1,3)

***** Utorok 09.06.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Caj, Salam Inovec R, Paradajka
 Desiata. Pletenka so syrom (Al:1,3,7), Maslo (Al:7)
 Obed. Pol. kostova s krup.haluskami (Al:1,3,7,9), Kuracie stehna pecene, Ryza s hráškom (Al:1,9,12),
 Kompot (Al:12), Voda so sirupom (Al:12)
 Olovrant. Mandarinka
 Večera. Chlieb 1,5 ks (Al:1,3,7), Parky bratislavke (Al:1,3), Chren (Al:12), Caj

***** Streda 10.06.2026 *****

Raňajky. Caj, Paradajka, Chlieb 1 ks (Al:1,3,7), Prazenica s cibulkou (Al:3)
 Desiata. Syr trojuholnikovy (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol.s bretonskej zel. s ov.vlc (Al:1,9,12), Zemlovka ovocna s tvarohom (Al:1,3,7,12), Caj
 Olovrant. Pomaranc
 Večera. Caj, Pačace (Al:1,3,7,11,12)

***** Stvrtok 11.06.2026 *****

Raňajky. Mlieko (Al:7), Chlieb 1,5 ks (Al:1,3,7), Nat. drozdova s vajcom R (Al:3,7), Paradajka
 Desiata. Pecivo 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Obed. Pol. franfurtska s parkom (Al:1,3,9,12), Brav.pleco na bratislavky spos (Al:1,7,9,12),
 Zemiaky varene D (Al:7), Voda so sirupom (Al:12)
 Olovrant. Banan
 Večera. Caj, Bublanina s ovocim (Al:1,3,7,12)

***** Piatok 12.06.2026 *****

Raňajky. Caj, Chlieb 1,5 ks (Al:1,3,7), Paradajka, Pizza narez 50g (Al:1), Maslo (Al:7)
 Desiata. Maslo (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. hrachova so zeleninou (Al:1,9,12), Grilovany syr (Al:7), Zemiaky varene D (Al:7),
 Voda so sirupom (Al:12), Kecup (Al:12)
 Olovrant. Jablko
 Večera. Caj, Pletenka so syrom (Al:1,3,7), Salamova natierka (Al:1,7,10,12), Paradajka

***** Sobota 13.06.2026 *****

Raňajky. Granko (Al:7), Pletenka s posypom, Nat.vajcova s chrenom R (Al:1,3,7,10,12), Paradajka
 Desiata. Pecivo 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Brav.kare vo vajcku (Al:1,3,7,9,10,12),
 Slovenska ryza (Al:1,3), Rajciakovy salat (Al:12), Voda so sirupom (Al:12)
 Olovrant. Banan
 Večera. Caj, Luncheon meat, Chlieb 2ks (Al:1,3,7), Horcica 10g (Al:1,10,12), Croasant (Al:1,3,7,8,12), Paradajka

***** Nedela 14.06.2026 *****

Raňajky. Kakao (Al:7), Lupacka (Al:1,3,7), Pecivo 1 ks (Al:1,3,7), Maslo (Al:7), Med mini
 Desiata. Hruska
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Brav. pleco na paprike (Al:1,9,12), Uhorka kysla (Al:12),
 Ryza dusena (Al:1), Caj, Kolac (Al:1,3,7,8,12)
 Olovrant. Pecivo 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Malokarpatska salama V (Al:1), Maslo (Al:7), Detska vyziva (Al:12)

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