

DIA-9 - DIABETICKA STRAVA***** Pondelok 15.06.2026 *****

Raňajky. Caj dia, Chlieb vo vajci (Al:1,3,7)
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Vajce (Al:3), Maslo (Al:7)
 Obed. Pol.mrkvova s haluskami (Al:1,3,9,12), Plovdivske maso O.D (Al:1,9,12), Tarhona dusena (Al:1,3),
 Hlavkovy salat (Al:12), Voda so sirupom (Al:12)
 Olovrant. Banan
 Večera. Caj dia, Chlieb 2ks (Al:1,3,7), Horcica 10g (Al:1,10,12), Syr trojuholnikovy (Al:7), junior salam O
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat. pastetova R (Al:7)

***** Utorok 16.06.2026 *****

Raňajky. Pecivo graham 1 ks (Al:1,3,7), Maslo (Al:7), Dia granko (Al:7), Salam Inovec R, Paprika,
 Chlieb 1 ks (Al:1,3,7)
 Desiata. Broskyna
 Obed. Pol. milanska (Al:1,3,7,9,12), Bravcova krkovicka na zelenine (Al:1), Zemiakove pyre (Al:7),
 Salat uhorkovy (Al:12), Voda s dia sirupom (Al:12)
 Olovrant. Pecivo dia hreben (Al:1,3,7)
 Večera. Kolac (Al:1,3,7,8,12), Nat. lecova O (Al:3,7,12)
 Večera II. Chlieb 1 ks (Al:1,3,7), Maslo rastlinne (Al:7), Vajce (Al:3)

***** Streda 17.06.2026 *****

Raňajky. Caj dia, Paradajka, Chlieb vo vajci (Al:1,3,7)
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Obed. Pol. goralska (Al:1,7,9,12), DIA Palacinky s tvarohom K (Al:1,3,7), Caj dia
 Olovrant. Nektarinka
 Večera. Caj dia, Chlieb 2ks (Al:1,3,7), Paprika, Nat.vajcova s chrenom R (Al:1,3,7,10,12)
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat.z brav.masa vo vls.stave O (Al:3,7)

***** Stvrtok 18.06.2026 *****

Raňajky. Dia biela kava (Al:1,7), Pletenka s posypom, Paradajka, Natierka tvarohova (Al:7)
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Obed. Pol. spenatova s vajcom (Al:1,3,7,9,12), Zivanska na pekaci (Al:1,9,10,12), Zemiaky varene D (Al:7),
 DIA uhorky (Al:12), Kava zrnkova dia
 Olovrant. Hruska
 Večera. Caj dia, Zemiaky so salamou a vajcom (Al:3), Cvikla (Al:12)
 Večera II. Chlieb 1 ks (Al:1,3,7), Nat.z kuracieho narezu O (Al:3,7)

***** Piatok 19.06.2026 *****

Raňajky. Kaiserka (Al:1,3,7,11), Caj dia, Paradajka, Horcica 10g (Al:1,10,12), Malokarpatska salama R (Al:1),
 Pecivo graham 1 ks (Al:1,3,7), Maslo (Al:7)
 Desiata. Maslo (Al:7), Pecivo graham 1 ks (Al:1,3,7)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Strapacky s kys.kap.a slaninu (Al:1,3,12), Caj dia
 Olovrant. Hrozno
 Večera. Caj dia, Halusky s vajcom (Al:1,3,7,12), DIA uhorky (Al:12)
 Večera II. Chlieb 1 ks (Al:1,3,7), Nat.smotanova (Al:7)

***** Sobota 20.06.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Caj dia, Paradajka, Nat.syrova so salamou R (Al:7)
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Nat.smotanova (Al:7)
 Obed. Polievka zelerová (Al:1,7,9), Brav.pleco na bratislavky spos (Al:1,7,9,12), Tarhona dusena (Al:1,3),
 Salat uhorkovy (Al:12), Caj dia, Kolac (Al:1,3,7,8,12), Dia Dzus mini (Al:12)
 Olovrant. Banan
 Večera. Caj dia, Chlieb 2ks (Al:1,3,7), Nat.nivova R (Al:7), Redkovka
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Maslo (Al:7), Eidam syr (Al:7)

***** Nedela 21.06.2026 *****

Raňajky. Dia granko (Al:7), Maslo (Al:7), DIA Dzem, Vianocka K (Al:1,3,7), Pecivo graham 1 ks (Al:1,3,7)
 Desiata. Banan
 Obed. Pol. sliepacia s mrvenicou (Al:1,3,9,12), Kuracie prsia vypr. v ceticku (Al:1,3,7), Ryza dusena (Al:1),
 Salat miesany (Al:12), Caj dia, Dzus mini 100% (Al:12)
 Olovrant. Nat.smotanova (Al:7), Pecivo graham 1 ks (Al:1,3,7), 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: 15.06.2026 - 21.06.2026

Str.: 2

Večera. Caj dia, Nat.vajickova so salamou O (Al:3,7), Uhorka salatova, Pletenka s posypom

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

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

Zmena jedalneho listka je vyhradena.

RAC-2 - RACIONALNA STRAVA***** Pondelok 15.06.2026 *****

Raňajky. Caj, Chlieb vo vajci (Al:1,3,7)
 Desiata. Pecivo 1 ks (Al:1,3,7), Vaice (Al:3), Maslo (Al:7)
 Obed. Pol.mrkvova s haluskami (Al:1,3,9,12), Plovdivske maso O.r.s.z (Al:1,9,12), Tarhona dusena (Al:1,3),
 Hlavkovy salat (Al:12), Voda so sirupom (Al:12)

Olovrant. Banan

Večera. Caj, Chlieb 2ks (Al:1,3,7), Horcica 10g (Al:1,10,12), Syr trojuholnikovy (Al:7), Junior salam O

***** Utorok 16.06.2026 *****

Raňajky. Pecivo 1 ks (Al:1,3,7), Maslo (Al:7), Granko (Al:7), Salam Inovec R, Paprika, Chlieb 1 ks (Al:1,3,7)

Desiata. Broskyna

Obed. Pol. milanska (Al:1,3,7,9,12), Bravcova krkovicica na zelenine (Al:1), Zemiakove pyre (Al:7),
 Salat uhorkovy (Al:12), Voda so sirupom (Al:12)

Olovrant. Pecivo hreben (Al:1,3,7,12)

Večera. Kolac (Al:1,3,7,8,12), Nat. lecova O (Al:3,7,12)

***** Streda 17.06.2026 *****

Raňajky. Caj, Paradajka, Chlieb vo vajci (Al:1,3,7)

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

Obed. Pol. goralska (Al:1,7,9,12), Palacinky s tvarohom K (Al:1,3,7), Caj

Olovrant. Nektarinka

Večera. Caj, Chlieb 2ks (Al:1,3,7), Paprika, Nat.vajcova s chrenom R (Al:1,3,7,10,12)

***** Stvrtok 18.06.2026 *****

Raňajky. Pletenka s posypom, Biela kava (Al:1,7), Paradajka, Natierka tvarohova (Al:7)

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

Obed. Pol. spenatova s vajcom (Al:1,3,7,9,12), Zivanska na pekaci (Al:1,9,10,12), Zemiaky varene D (Al:7),
 Uhorka kysla (Al:12), Kava zrnkova

Olovrant. Hruska

Večera. Caj, Zemiaky so salamou a vajcom (Al:3), Cvikla (Al:12)

***** Piatok 19.06.2026 *****

Raňajky. Kaiserka (Al:1,3,7,11), Caj, Paradajka, Horcica 10g (Al:1,10,12), Malokarpatska salama R (Al:1),
 Pecivo 1 ks (Al:1,3,7), Maslo (Al:7)

Desiata. Maslo (Al:7), Pecivo 1 ks (Al:1,3,7)

Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Strapacky s kys.kap.a slaninu (Al:1,3,12), Caj

Olovrant. Hrozno

Večera. Caj, Halusky s vajcom (Al:1,3,7,12), Uhorka kysla (Al:12)

***** Sobota 20.06.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Caj, Paradajka, Nat.syrova so salamou R (Al:7)

Desiata. Pecivo 1 ks (Al:1,3,7), Nat.smotanova (Al:7)

Obed. Polievka zelerová (Al:1,7,9), Brav.pleco na bratislavky spos (Al:1,7,9,12), Tarhona dusena (Al:1,3),
 Salat uhorkovy (Al:12), Caj, Kolac (Al:1,3,7,8,12), Dzus mini 100% (Al:12)

Olovrant. Banan

Večera. Caj, Chlieb 2ks (Al:1,3,7), Nat.nivova R (Al:7), Redkovka

***** Nedela 21.06.2026 *****

Raňajky. Granko (Al:7), Maslo (Al:7), Dzem (Al:12), Pecivo 1 ks (Al:1,3,7), Vianocka K (Al:1,3,7)

Desiata. Banan

Obed. Pol. sliepacia s mrvenicou (Al:1,3,9,12), Kuracie prsia vypr. v ceticku (Al:1,3,7), Ryza dusena (Al:1),
 Salat miesany (Al:12), Caj, Dzus mini 100% (Al:12)

Olovrant. Pecivo 1 ks (Al:1,3,7), Nat.smotanova (Al:7), Napolitanka (Al:1,3,5,6,7,8,12)

Večera. Caj, Nat.vajickova so salamou O (Al:3,7), Uhorka salatova, Pletenka s posypom

* **ALERGENY:** 1-Obilniny, 3-Vajcia, 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-Z - ZAMESTNANCI***** Pondelok 15.06.2026 *****

Obed. Pol.mrkvova s haluskami (Al:1,3,9,12), Plovdivske maso O.r.s.z (Al:1,9,12), Tarhona dusena (Al:1,3),
Hlavkovy salat (Al:12), Voda so sirupom (Al:12)

***** Utorok 16.06.2026 *****

Obed. Pol. milanska (Al:1,3,7,9,12), Bravcova krkovicka na zelenine (Al:1), Zemiakove pyre (Al:7),
Salat uhorkovy (Al:12), Voda so sirupom (Al:12)

***** Streda 17.06.2026 *****

Obed. Pol. goralska (Al:1,7,9,12), Palacinky s tvarohom K (Al:1,3,7), Caj

***** Stvrtok 18.06.2026 *****

Obed. Pol. spenatova s vajcom (Al:1,3,7,9,12), Zivanska na pekaci (Al:1,9,10,12), Zemiaky varene D (Al:7),
Uhorka kysla (Al:12), Kava zrnkova

***** Piatok 19.06.2026 *****

Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Strapacky s kys.kap.a slaninu (Al:1,3,12), Caj

***** Sobota 20.06.2026 *****

Obed. Polievka zelerová (Al:1,7,9), Brav.pleco na bratislavky spos (Al:1,7,9,12), Tarhona dusena (Al:1,3),
Salat uhorkovy (Al:12), Caj

***** Nedela 21.06.2026 *****

Obed. Pol. sliepacia s mrvenicou (Al:1,3,9,12), Kuracie prsia vypr. v ceticku (Al:1,3,7), Ryza dusena (Al:1),
Salat miesany (Al:12), Caj

* **ALERGENY:** 1-Obilniny, 3-Vajcia, 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 15.06.2026 *****

Raňajky. Caj, Chlieb vo vajci (Al:1,3,7)
 Desiata. Pecivo 1 ks (Al:1,3,7), Vaice (Al:3), Maslo (Al:7)
 Obed. Pol.mrkvova s haluskami (Al:1,3,9,12), Plovdivske maso O.r.s.z (Al:1,9,12), Tarhona dusena (Al:1,3),
 Hlavkovy salat (Al:12), Voda so sirupom (Al:12)

Olovrant. Banan

Večera. Caj, Chlieb 2ks (Al:1,3,7), Horcica 10g (Al:1,10,12), Syr trojuholnikovy (Al:7), Junior salam O

***** Utorok 16.06.2026 *****

Raňajky. Pecivo 1 ks (Al:1,3,7), Maslo (Al:7), Granko (Al:7), Salam Inovec R, Paradajka, Chlieb 1 ks (Al:1,3,7)
 Desiata. Broskyna
 Obed. Pol. milanska (Al:1,3,7,9,12), Bravcova krkovicka na zelenine (Al:1), Zemiakove pyre (Al:7),
 Cvikla (Al:12), Voda so sirupom (Al:12)

Olovrant. Pecivo hreben (Al:1,3,7,12)

Večera. Kolac (Al:1,3,7,8,12), Nat. lecova O (Al:3,7,12)

***** Streda 17.06.2026 *****

Raňajky. Caj, Paradajka, Chlieb vo vajci (Al:1,3,7)
 Desiata. Pecivo 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Obed. Pol. goralska (Al:1,7,9,12), Palacinky s tvarohom K (Al:1,3,7), Caj

Olovrant. Nektarinka

Večera. Caj, Chlieb 2ks (Al:1,3,7), Paradajka, Nat.vajcova s chrenom R (Al:1,3,7,10,12)

***** Stvrtok 18.06.2026 *****

Raňajky. Pletenka s posypom, Biela kava (Al:1,7), Paradajka, Natierka tvarohova (Al:7)
 Desiata. Pecivo 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7)
 Obed. Pol. spenatova s vajcom (Al:1,3,7,9,12), Zivanska na pekaci (Al:1,9,10,12), Zemiaky varene D (Al:7),
 Uhorka kysla (Al:12), Kava zrnkova

Olovrant. Hruska

Večera. Caj, Zemiaky so salamou a vajcom (Al:3), Cvikla (Al:12)

***** Piatok 19.06.2026 *****

Raňajky. Kaiserka (Al:1,3,7,11), Caj, Paradajka, Horcica 10g (Al:1,10,12), Malokarpatska salama R (Al:1),
 Pecivo 1 ks (Al:1,3,7), Maslo (Al:7)
 Desiata. Maslo (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Strapačky s kysl. kapustou Š (Al:1,3,12), Caj

Olovrant. Hrozno

Večera. Caj, Halusky s vajcom (Al:1,3,7,12), Uhorka kysla (Al:12)

***** Sobota 20.06.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Caj, Paradajka, Nat.syrova so salamou R (Al:7)
 Desiata. Pecivo 1 ks (Al:1,3,7), Nat.smotanova (Al:7)
 Obed. Polievka zelerová (Al:1,7,9), Brav.pleco na bratislavky spos (Al:1,7,9,12), Tarhona dusena (Al:1,3),
 Salat uhorkovy (Al:12), Caj, Kolac (Al:1,3,7,8,12), Dzus mini 100% (Al:12)

Olovrant. Banan

Večera. Caj, Chlieb 2ks (Al:1,3,7), Nat.nivova R (Al:7), Redkovka

***** Nedela 21.06.2026 *****

Raňajky. Granko (Al:7), Maslo (Al:7), Dzem (Al:12), Pecivo 1 ks (Al:1,3,7), Vianocka K (Al:1,3,7)
 Desiata. Banan
 Obed. Pol. sliepacia s mrvenicou (Al:1,3,9,12), Kuracie prsia vypr. v ceticku (Al:1,3,7), Ryza dusena (Al:1),
 Rajciakovy salat (Al:12), Caj, Dzus mini 100% (Al:12)

Olovrant. Pecivo 1 ks (Al:1,3,7), Nat.smotanova (Al:7), Napolitanka (Al:1,3,5,6,7,8,12)

Večera. Caj, Nat.vajickova so salamou O (Al:3,7), Pletenka s posypom

* **ALERGENY:** 1-Obilniny, 3-Vajcia, 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.