

DIA-9 - DIABETICKA STRAVA***** Pondelok 27.07.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Caj dia, Dusena sunka, Paradajka
 Desiata. Mandarinka
 Obed. Pol. mrkvova s ov.vlockami (Al:1,9,12), Kuraci paprikas (Al:1,7,9,12), Cestovina kolienka (Al:1,3),
 Voda s dia sirupom (Al:12)
 Olovrant. Pecivo dia hreben (Al:1,3,7)
 Večera. Chlieb 2ks (Al:1,3,7), Paradajka, Nat. z kuracich pecienok R (Al:7)
 Večera II. Kaiserka (Al:1,3,7,11), Maslo rastlinne (Al:7), Vajce (Al:3)

***** Utorok 28.07.2026 *****

Raňajky. Caj dia, Paprika, Chlieb vo vajci (Al:1,3,7)
 Desiata. Syr trojuholnikovy (Al:7), Pecivo graham 1 ks (Al:1,3,7)
 Obed. Pol. zeleninova s lievankou (Al:1,3,9,12), Gulas mexicky (Al:1,7,9,12), Ryza dusena (Al:1),
 Uhorka kysla (Al:12), Caj dia
 Olovrant. Pomaranc
 Večera. Caj dia, Chlieb 1,5 ks (Al:1,3,7), Parky bratislavke (Al:1,3), Horcica 10g (Al:1,10,12)
 Večera II. Chlieb 1 ks (Al:1,3,7), Nat. z kuracich pecienok R (Al:7)

***** Streda 29.07.2026 *****

Raňajky. Caj dia, Chlieb 1,5 ks (Al:1,3,7), Nat.nivova R (Al:7), Paradajka
 Desiata. Pletenka so syrom (Al:1,3,7), Maslo (Al:7)
 Obed. Polievka gulasova (Al:1,9,12), DIA Parené buchty k (Al:1,3,7,12), Kava zrnkova dia,
 Chlieb 0,5ks (Al:1,3,7), DIA Zmrzlina (Al:1,3,7,8)
 Olovrant. Banan
 Večera. Caj dia, Cestovina s masom a zeleninou (Al:1,3,7,9,12)
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat.z brav.masa vo vls.stave O (Al:3,7)

***** Stvrtok 30.07.2026 *****

Raňajky. DIA Melta (Al:1,7), Pecivo graham 2 ks (Al:1,3,7), Nat. tvarohova s kapiou R (Al:7,12)
 Desiata. Maslo (Al:7), Pecivo graham 1 ks (Al:1,3,7)
 Obed. Pol. vyvar z masa s nitovkami (Al:1,3,9,12), Masove gulky v kyslej kapuste (Al:1,3,9,12),
 Zemiaky varene D (Al:7), Caj dia
 Olovrant. Hruska
 Večera. Caj dia, Chlieb 2ks (Al:1,3,7), Paradajka, Syr trojuholnikovy (Al:7), Pizza narez 120g (Al:1)
 Večera II. Kaiserka (Al:1,3,7,11), Maslo rastlinne (Al:7)

***** Piatok 31.07.2026 *****

Raňajky. Caj dia, Chlieb 1,5 ks (Al:1,3,7), Nat.vajcova R (Al:1,3,7,10,12), Paradajka
 Desiata. DIA Jogurt (Al:7), Pecivo graham 1 ks (Al:1,3,7)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Bryndzove halusky (Al:1,7), Caj dia
 Olovrant. Nektarinka
 Večera. Caj dia, Brav.pliecko znojemske V,D (Al:1,9,12), Slovenska ryza (Al:1,3)
 Večera II. Pecivo dia hreben (Al:1,3,7)

***** Sobota 01.08.2026 *****

Raňajky. Caj dia, Chlieb 1 ks (Al:1,3,7), Maslo (Al:7), Pecivo graham 1 ks (Al:1,3,7), Pecenovy syr 70g (Al:1,3),
 Uhorka salatova
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Maslo rastlinne (Al:7)
 Obed. Pol.kostova s nitovkami (Al:1,3,9,12), Privarok zem. s dusenym masom (Al:7,12), Caj dia,
 Chlieb 0,5ks (Al:1,3,7)
 Olovrant. Jablko, Pecivo dia hreben (Al:1,3,7)
 Večera. Caj dia, Pletenka so syrom (Al:1,3,7), Maslo (Al:7), Dusena sunka
 Večera II. Kaiserka (Al:1,3,7,11), Syr trojuholnikovy (Al:7)

***** Nedela 02.08.2026 *****

Raňajky. Chlieb 1 ks (Al:1,3,7), Maslo (Al:7), Dia granko (Al:7), DIA Dzem, Pecivo graham 1 ks (Al:1,3,7)
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Paradajka, Dusena sunka r, Maslo (Al:7)
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Kuracie prsia na zelenine D (Al:1,9,12), Tarhona dusena (Al:1,3),
 Salat mrkva a ananas DIA, Voda s dia sirupom (Al:12), Kava zrnkova 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: 27.07.2026 - 02.08.2026

Str.: 2

Olovrant. Hrozno

Večera. Chlieb 2ks (Al:1,3,7), Caj dia, Paradajka, Maslo (Al:7), Salam Inovec V, Kreky (Al:1,3,7,11),
Horcica 1g (Al:1,10,12)

Večera II. Pecivo graham 1 ks (Al:1,3,7), Natierka pastetova O (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 siricitany

Zmena jedálneho listka je vyhradená.

RAC-2 - RACIONALNA STRAVA***** Pondelok 27.07.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Caj, Dusena sunka r, Paradajka
 Desiata. Mandarinka
 Obed. Pol. mrkvova s ov.vlockami (Al:1,9,12), Kuraci paprikas (Al:1,7,9,12), Cestovina kolienka (Al:1,3),
 Voda so sirupom (Al:12)
 Olovrant. Pecivo hreben (Al:1,3,7,12)
 Večera. Chlieb 2ks (Al:1,3,7), Paradajka, Nat. z kuracich pecienok R (Al:7)

***** Utorok 28.07.2026 *****

Raňajky. Caj, Paprika, Chlieb vo vajci (Al:1,3,7)
 Desiata. Syr trojuholnikovy (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. zeleninova s lievankou (Al:1,3,9,12), Gulas mexicky (Al:1,7,9,12), Ryza dusena (Al:1),
 Uhorka kysla (Al:12), Caj
 Olovrant. Pomaranc
 Večera. Caj, Chlieb 1,5 ks (Al:1,3,7), Parky bratislavke (Al:1,3), Horcica 10g (Al:1,10,12)

***** Streda 29.07.2026 *****

Raňajky. Caj, Chlieb 1,5 ks (Al:1,3,7), Nat.nivova R (Al:7), Paradajka
 Desiata. Pletenka so syrom (Al:1,3,7), Maslo (Al:7)
 Obed. Polievka gulasova (Al:1,9,12), Parené buchty k (Al:1,3,7,12), Kava zrnkova, Chlieb 0,5ks (Al:1,3,7),
 Zmrzlina (Al:1,3,7,8)
 Olovrant. Banan
 Večera. Caj, Cestovina s masom a zeleninou (Al:1,3,7,9,12)

***** Stvrtok 30.07.2026 *****

Raňajky. Melta (Al:1,7), Pecivo 2 ks (Al:1,3,7), Nat. tvarohova s kapiou R (Al:7,12)
 Desiata. Maslo (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. vyvar z masa s nitovkami (Al:1,3,9,12), Masove gulky v kyslej kapuste (Al:1,3,9,12),
 Zemiaky varene D (Al:7), Caj
 Olovrant. Hruska
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Paradajka, Syr trojuholnikovy (Al:7), Pizza narez 100g (Al:1)

***** Piatok 31.07.2026 *****

Raňajky. Caj, Chlieb 1,5 ks (Al:1,3,7), Nat.vajcova R (Al:1,3,7,10,12), Paradajka
 Desiata. Jogurt (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Bryndzove halusky (Al:1,7), Caj
 Olovrant. Nektarinka
 Večera. Caj, Brav.pliecko znojemske V.R,S (Al:1,9,12), Slovenska ryza (Al:1,3)

***** Sobota 01.08.2026 *****

Raňajky. Caj, Chlieb 1 ks (Al:1,3,7), Maslo (Al:7), Pecivo 1 ks (Al:1,3,7), Uhorka salatova,
 Pecenovy syr 50g (Al:1,3)
 Desiata. Pecivo 1 ks (Al:1,3,7), Maslo rastlinne (Al:7)
 Obed. Pol.kostova s nitovkami (Al:1,3,9,12), Privarok zem. s dusenym masom (Al:7,12), Caj,
 Chlieb 0,5ks (Al:1,3,7)
 Olovrant. Jablko, Pecivo hreben (Al:1,3,7,12)
 Večera. Caj, Pletenka so syrom (Al:1,3,7), Maslo (Al:7), Dusena sunka

***** Nedela 02.08.2026 *****

Raňajky. Chlieb 1 ks (Al:1,3,7), Maslo (Al:7), Granko (Al:7), Dzem (Al:12), Pecivo 1 ks (Al:1,3,7)
 Desiata. Pecivo 1 ks (Al:1,3,7), Paradajka, Dusena sunka r, Maslo (Al:7)
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Kuracie prsia na zelenine v R, (Al:1,9,12),
 Tarhona dusena (Al:1,3), Salat mrkva a ananas, Voda so sirupom (Al:12), Kava zrnkova,
 Napolitanka (Al:1,3,5,6,7,8,12)
 Olovrant. Hrozno
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Paradajka, Maslo (Al:7), Salam Inovec V, Horcica 1g (Al:1,10,12),
 Kreky (Al:1,3,7,11)

* ALERGENY: 1-Obilniny, 3-Vajcia, 5-Arasydy, 6-Sojove zrna, 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 27.07.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Caj, Dusena sunka r, Paradajka
 Desiata. Mandarinka
 Obed. Pol. mrkvova s ov.vlockami (Al:1,9,12), Kuraci paprikas (Al:1,7,9,12), Cestovina kolienka (Al:1,3),
 Voda so sirupom (Al:12)
 Olovrant. Pecivo hreben (Al:1,3,7,12)
 Večera. Chlieb 2ks (Al:1,3,7), Paradajka, Nat. z kuracich pecienok R (Al:7)

***** Utorok 28.07.2026 *****

Raňajky. Caj, Paradajka, Chlieb vo vajci (Al:1,3,7)
 Desiata. Syr trojuholnikovy (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. zeleninova s lievankou (Al:1,3,9,12), Gulas mexicky (Al:1,7,9,12), Ryza dusena (Al:1), Caj,
 Paradajka
 Olovrant. Pomaranc
 Večera. Caj, Chlieb 1,5 ks (Al:1,3,7), Parky bratislavke (Al:1,3), Horcica 10g (Al:1,10,12)

***** Streda 29.07.2026 *****

Raňajky. Caj, Chlieb 1,5 ks (Al:1,3,7), Nat.nivova R (Al:7), Paradajka
 Desiata. Pletenka so syrom (Al:1,3,7), Maslo (Al:7)
 Obed. Polievka gulasova (Al:1,9,12), Parené buchty k (Al:1,3,7,12), Kava zrnkova, Chlieb 0,5ks (Al:1,3,7),
 Zmrzlina (Al:1,3,7,8)
 Olovrant. Banan
 Večera. Caj, Cestovina s masom a zeleninou (Al:1,3,7,9,12)

***** Stvrtok 30.07.2026 *****

Raňajky. Melta (Al:1,7), Pecivo 2 ks (Al:1,3,7), Nat. tvarohova s kapiou R (Al:7,12)
 Desiata. Maslo (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. vyvar z masa s nitovkami (Al:1,3,9,12), Masove gulky prirodne (Al:1,3,9,12),
 Zemiaky varene D (Al:7), Rajciakovy salat (Al:12), Caj
 Olovrant. Hruska
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Paradajka, Syr trojuholnikovy (Al:7), Pizza narez 100g (Al:1)

***** Piatok 31.07.2026 *****

Raňajky. Caj, Chlieb 1,5 ks (Al:1,3,7), Nat.vajcova R (Al:1,3,7,10,12), Paradajka
 Desiata. Jogurt (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Bryndzove halusky (Al:1,7), Caj
 Olovrant. Nektarinka
 Večera. Caj, Brav.pliecko znojemske V.R,S (Al:1,9,12), Slovenska ryza (Al:1,3)

***** Sobota 01.08.2026 *****

Raňajky. Caj, Chlieb 1 ks (Al:1,3,7), Maslo (Al:7), Pecivo 1 ks (Al:1,3,7), Paradajka, Peceny syry 50g (Al:1,3)
 Desiata. Pecivo 1 ks (Al:1,3,7), Maslo rastlinne (Al:7)
 Obed. Pol.kostova s nitovkami (Al:1,3,9,12), Privarok zem. s dusenym masom (Al:7,12), Caj,
 Chlieb 0,5ks (Al:1,3,7)
 Olovrant. Jablko, Pecivo hreben (Al:1,3,7,12)
 Večera. Caj, Pletenka so syrom (Al:1,3,7), Maslo (Al:7), Dusena sunka

***** Nedela 02.08.2026 *****

Raňajky. Chlieb 1 ks (Al:1,3,7), Maslo (Al:7), Granko (Al:7), Pecivo 1 ks (Al:1,3,7), Dzem (Al:12)
 Desiata. Pecivo 1 ks (Al:1,3,7), Paradajka, Dusena sunka r, Maslo (Al:7)
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Kuracie prsia na zelenine v R, (Al:1,9,12),
 Tarhona dusena (Al:1,3), Salat mrkva a ananas, Voda so sirupom (Al:12), Kava zrnkova,
 Napolitanka (Al:1,3,5,6,7,8,12)
 Olovrant. Hrozno
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Paradajka, Maslo (Al:7), Salam Inovec V, Horcica 1g (Al:1,10,12),
 Kreky (Al:1,3,7,11)

* 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 27.07.2026 *****

Obed. Pol. mrkvova s ov.vlockami (Al:1,9,12), Kuraci paprikas (Al:1,7,9,12), Cestovina kolienka (Al:1,3),
Voda so sirupom (Al:12)

***** Utorok 28.07.2026 *****

Obed. Pol. zeleninova s lievankou (Al:1,3,9,12), Gulas mexicky (Al:1,7,9,12), Ryza dusena (Al:1),
Uhorka kysla (Al:12), Caj

***** Streda 29.07.2026 *****

Obed. Polievka gulasova (Al:1,9,12), Parené buchty k (Al:1,3,7,12), Kava zrnkova, Chlieb 0,5ks (Al:1,3,7),
Zmrzlina (Al:1,3,7,8)

***** Stvrtok 30.07.2026 *****

Obed. Pol. vyvar z masa s nitovkami (Al:1,3,9,12), Masove gulky v kyslej kapuste (Al:1,3,9,12),
Zemiaky varene D (Al:7), Caj

***** Piatok 31.07.2026 *****

Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Bryndzove halusky (Al:1,7), Caj

***** Sobota 01.08.2026 *****

Obed. Pol.kostova s nitovkami (Al:1,3,9,12), Privarok zem. s dusenym masom (Al:7,12), Caj,
Chlieb 0,5ks (Al:1,3,7)

***** Nedela 02.08.2026 *****

Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Kuracie prsia na zelenine v R, (Al:1,9,12),
Tarhona dusena (Al:1,3), Salat mrkva a ananas, Voda so sirupom (Al:12), Kava zrnkova

* **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.