

DIA-9 - DIABETICKA STRAVA***** Pondelok 07.09.2026 *****

Raňajky. Caj dia, Paradajka, Chlieb vo vajci (Al:1,3,7)
 Desiata. Syr trojuholnikov (Al:7), Pecivo graham 1 ks (Al:1,3,7)
 Obed. Pol. hraskova s vlockami (Al:1,9,12), Pecena bravcova krkovicka (Al:1), Dia Knedla domaca (Al:1,3,7),
 Kapusta dusena (Al:12), Caj dia
 Olovrant. Mandarinka
 Večera. Caj dia, Chlieb 2ks (Al:1,3,7), Salam Inovec R, Maslo (Al:7), Horcica 1g (Al:1,10,12)
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat. rybacia R (Al:4,7)

***** Utorok 08.09.2026 *****

Raňajky. Caj dia, Chlieb 1 ks (Al:1,3,7), Nat.liptovska R (Al:7), Paprika, Pecivo graham 1 ks (Al:1,3,7)
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Nat. pastetova R (Al:7)
 Obed. Pol. kostova s mrvenicou (Al:1,3,7,9,12), Kuracie prsia plnene s mäs.pl (Al:1,3,7,9,12),
 Zemiakové pyre (Al:7), Salat uhorkovy (Al:12), Voda s dia sirupom (Al:12)
 Olovrant. Banan
 Večera. Caj dia, Chlieb 2ks (Al:1,3,7), Paradajka, Sunkova salama V, Maslo (Al:7)
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat.z brav.masa vo vls.stave O (Al:3,7)

***** Streda 09.09.2026 *****

Raňajky. Caj dia, Chlieb 1 ks (Al:1,3,7), Paradajka, Salam Inovec R, Maslo (Al:7), Pecivo graham 1 ks (Al:1,3,7)
 Desiata. Nat.smotanova (Al:7), Pecivo graham 1 ks (Al:1,3,7)
 Obed. Pol. kelova s masom a zem. (Al:1,9,12), Rezance s tvarohom dia (Al:1,3,7), Caj dia
 Olovrant. Hruska
 Večera. Caj dia, Chlieb 1,5 ks (Al:1,3,7), Pecena sunka s vaj.[hemendex] (Al:3), Paradajka
 Večera II. Chlieb 1 ks (Al:1,3,7), Maslo rastlinne (Al:7), Paprika

***** Stvrtok 10.09.2026 *****

Raňajky. Caj dia, Chlieb 1,5 ks (Al:1,3,7), Nat. lecova R (Al:3,7,12)
 Desiata. DIA Jogurt (Al:7), Pecivo graham 1 ks (Al:1,3,7)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Brav. pleco na paprike (Al:1,9,12),
 Tarhona dusena (Al:1,3,9,12), Salat uhorkovy (Al:12), Caj dia
 Olovrant. Hrozno
 Večera. Caj dia, Kotlikovy gulas (Al:1,9,12), Chlieb 1,5 ks (Al:1,3,7)
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Syr trojuholnikov (Al:7)

***** Piatok 11.09.2026 *****

Raňajky. Dia kakao (Al:7), Chlieb 1 ks (Al:1,3,7), Nat.syrova s kapiou R (Al:7,12), Kaiserka (Al:1,3,7,11)
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Dia dzem mini, Maslo (Al:7)
 Obed. Pol.zemiakova (Al:1,9,12), Zemiaky varene D (Al:7), Spenatovy privarok (Al:1,7,9,12), Caj dia,
 Vajce 2 ks (Al:3)
 Olovrant. Pomaranc
 Večera. Caj dia, Chlieb 2ks (Al:1,3,7), Nat. z kuracich pecienok R (Al:7)
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat. rybacia O (Al:4,7)

***** Sobota 12.09.2026 *****

Raňajky. Pletenka so syrom (Al:1,3,7), Maslo (Al:7), DIA Melta (Al:1,7)
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Paradajka, Junior salam R.D, Maslo (Al:7)
 Obed. Pol.brokoliceva so zeleninou (Al:1,9,12), Brav.platky na cigansky sposob (Al:1,9,12), Ryza dusena (Al:1),
 Salat z cinskej kapusty (Al:12), Voda s dia sirupom (Al:12), Dzuz mini 100% (Al:12)
 Olovrant. Jablko
 Večera. Chlieb 2ks (Al:1,3,7), Caj dia, Nat. z peceneho masa R (Al:7), DIA napolitanka (Al:1,3,5,6,7,8,12)
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat.vajickova so salamou R (Al:3,7)

***** Nedela 13.09.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Dia granko (Al:7), Sunkova salama D, Eidam syr (Al:7)
 Desiata. Banan
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Vyprazana ryba (Al:1,3,4,7), Zemiaky varene D (Al:7),
 Voda s dia sirupom (Al:12)
 Olovrant. Pecivo dia hreben (Al:1,3,7)
 Večera. Chlieb 2ks (Al:1,3,7), Paradajka, Syr trojuholnikov (Al:7), Bocikova rolada (Al:1,3),

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

Obdobie: 07.09.2026 - 13.09.2026

Str.: 2

Horcica 10g (Al:1,10,12), Dia Dzus mini (Al:12)

Večera II. Pecivo graham 1 ks (Al:1,3,7), Dia dzem mini, Maslo rastlinne (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.

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

Obdobie: 07.09.2026 - 13.09.2026

Str.: 3

RAC-2 - RACIONALNA STRAVA***** Pondelok 07.09.2026 *****

Raňajky. Caj, Paradajka, Chlieb vo vajci (Al:1,3,7)
 Desiata. Syr trojuholnikovy (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. hraskova s vlockami (Al:1,9,12), Pecena bravcova krkovicka (Al:1), Knedla domaca (Al:1,3,7),
 Kapusta dusena (Al:12), Caj
 Olovrant. Mandarinka
 Večera. Caj, Kaiserka (Al:1,3,7,11), Salam Inovec R, Maslo (Al:7), Horcica 1g (Al:1,10,12),
 Pecivo 1 ks (Al:1,3,7)

***** Utorok 08.09.2026 *****

Raňajky. Caj, Chlieb 1 ks (Al:1,3,7), Nat.liptovska R (Al:7), Paprika, Pecivo 1 ks (Al:1,3,7)
 Desiata. Pecivo 1 ks (Al:1,3,7), Nat. pastetova R (Al:7)
 Obed. Pol. kostova s mrvenicou (Al:1,3,7,9,12), Kuracie prsia plnene s mäs.pl (Al:1,3,7,9,12),
 Zemiakové pyre (Al:7), Salat uhorkovy (Al:12), Voda so sirupom (Al:12)
 Olovrant. Banan
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Paradajka, Sunkova salama V, Maslo (Al:7)

***** Streda 09.09.2026 *****

Raňajky. Caj, Chlieb 1 ks (Al:1,3,7), Paradajka, Salam Inovec R, Maslo (Al:7), Pecivo 1 ks (Al:1,3,7)
 Desiata. Nat.smotanova (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. kelova s masom a zem. (Al:1,9,12), Rezance s tvarohom (Al:1,3,7), Caj
 Olovrant. Hruska
 Večera. Caj, Chlieb 1,5 ks (Al:1,3,7), Pecena sunka s vaj.[hemendex] (Al:3), Paradajka

***** Stvrtok 10.09.2026 *****

Raňajky. Caj, Chlieb 1,5 ks (Al:1,3,7), Nat. lecova R (Al:3,7,12)
 Desiata. Jogurt (Al:7), Lupacka (Al:1,3,7)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Brav. pleco na paprike (Al:1,9,12),
 Tarhona dusena (Al:1,3,9,12), Salat uhorkovy (Al:12), Caj
 Olovrant. Hrozno
 Večera. Caj, Kotlikovy gulas (Al:1,9,12), Chlieb 1,5 ks (Al:1,3,7)

***** Piatok 11.09.2026 *****

Raňajky. Kakao (Al:7), Chlieb 1 ks (Al:1,3,7), Nat.syrova s kapiou R (Al:7,12), Kaiserka (Al:1,3,7,11)
 Desiata. Pecivo 1 ks (Al:1,3,7), Dzem mini (Al:12), Maslo (Al:7)
 Obed. Pol.zemiaková (Al:1,9,12), Zemiaky varene D (Al:7), Spenatovy privarok (Al:1,7,9,12), Caj,
 Vajce 2 ks (Al:3)
 Olovrant. Pomaranc
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Nat. z kuracich pecienok R (Al:7)

***** Sobota 12.09.2026 *****

Raňajky. Pletenka so syrom (Al:1,3,7), Maslo (Al:7), Melta (Al:1,7)
 Desiata. Pecivo 1 ks (Al:1,3,7), Paradajka, Junior salam R., Maslo (Al:7)
 Obed. Pol.brokoliceva so zeleninou (Al:1,9,12), Brav.platky na cigansky sposob (Al:1,9,12), Ryza dusena (Al:1),
 Salat z cinskej kapusty (Al:12), Voda so sirupom (Al:12), Dzus mini 100% (Al:12)
 Olovrant. Jablko
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Nat. z peceneho masa R (Al:7), Napolitanka (Al:1,3,5,6,7,8,12)

***** Nedela 13.09.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Granko (Al:7), Sunkova salama R + Š, Eidam syr (Al:7)
 Desiata. Banan
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Vyprazana ryba (Al:1,3,4,7), Zemiaky varene D (Al:7),
 Voda so sirupom (Al:12)
 Olovrant. Croasant (Al:1,3,7,8,12)
 Večera. Chlieb 2ks (Al:1,3,7), Paradajka, Syr trojuholnikovy (Al:7), Bocikova rolada (Al:1,3),
 Horcica 10g (Al:1,10,12), Dzus mini 100% (Al:12)

* **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-Z - ZAMESTNANCI***** Pondelok 07.09.2026 *****

Obed. Pol. hraskova s vlockami (Al:1,9,12), Pecena bravcova krkovicka (Al:1), Knedla domaca (Al:1,3,7),
.....Kapusta dusena (Al:12), Caj

***** Utorok 08.09.2026 *****

Obed. Pol. kostova s mrvenicou (Al:1,3,7,9,12), Kuracie prsia plnene s mäs.pl (Al:1,3,7,9,12),
.....Zemiakove pyre (Al:7), Salat uhorkovy (Al:12), Voda so sirupom (Al:12)

***** Streda 09.09.2026 *****

Obed. Pol. kelova s masom a zem. (Al:1,9,12), Rezance s tvarohom (Al:1,3,7), Caj

***** Stvrtok 10.09.2026 *****

Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Brav. pleco na paprike (Al:1,9,12),
.....Tarhona dusena (Al:1,3,9,12), Salat uhorkovy (Al:12), Caj

***** Piatok 11.09.2026 *****

Obed. Pol.zemiakova (Al:1,9,12), Zemiaky varene D (Al:7), Spenatovy privarok (Al:1,7,9,12), Caj,
.....Vajce 2 ks (Al:3)

***** Sobota 12.09.2026 *****

Obed. Pol.brokolicova so zeleninou (Al:1,9,12), Brav.platky na cigansky sposob (Al:1,9,12), Ryza dusena (Al:1),
.....Salat z cinskej kapusty (Al:12), Voda so sirupom (Al:12)

***** Nedela 13.09.2026 *****

Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Vyprazana ryba (Al:1,3,4,7), Zemiaky varene D (Al:7),
.....Voda so sirupom (Al:12)

* **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.

SET-3 - ŠETRIACA STRAVA***** Pondelok 07.09.2026 *****

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 cestovinou (Al:1,3,9,12), Pecena bravcova krkovicka (Al:1), Zemiaky varene D (Al:7),
 Uhorka kysla (Al:12), Caj
 Olovrant. Mandarinka
 Večera. Caj, Kaiserka (Al:1,3,7,11), Salam Inovec R, Maslo (Al:7), Horcica 1g (Al:1,10,12),
 Pecivo 1 ks (Al:1,3,7)

***** Utorok 08.09.2026 *****

Raňajky. Caj, Chlieb 1 ks (Al:1,3,7), Nat.liptovska R (Al:7), Paradajka, Pecivo 1 ks (Al:1,3,7)
 Desiata. Pecivo 1 ks (Al:1,3,7), Nat. pastetova R (Al:7)
 Obed. Pol. kostova s mrvenicou (Al:1,3,7,9,12), Kuracie prsia plnene s mäs.pl (Al:1,3,7,9,12),
 Zemiakove pyre (Al:7), Salat uhorkovy (Al:12), Voda so sirupom (Al:12)
 Olovrant. Banan
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Paradajka, Sunkova salama V, Maslo (Al:7)

***** Streda 09.09.2026 *****

Raňajky. Caj, Chlieb 1 ks (Al:1,3,7), Paradajka, Salam Inovec R, Maslo (Al:7), Pecivo 1 ks (Al:1,3,7)
 Desiata. Nat.smotanova (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol.zemiakova s mäsom (Al:1,9,12), Rezance s tvarohom (Al:1,3,7), Caj
 Olovrant. Hruska
 Večera. Caj, Chlieb 1,5 ks (Al:1,3,7), Pecena sunka s vaj.[hemendex] (Al:3), Paradajka

***** Štvrtok 10.09.2026 *****

Raňajky. Caj, Chlieb 1,5 ks (Al:1,3,7), Nat. lecova R (Al:3,7,12)
 Desiata. Jogurt (Al:7), Lupacka (Al:1,3,7)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Brav. pleco na paprike (Al:1,9,12),
 Tarhona dusena (Al:1,3,9,12), Salat uhorkovy (Al:12), Caj
 Olovrant. Hrozno
 Večera. Caj, Kotlikovy gulas (Al:1,9,12), Chlieb 1,5 ks (Al:1,3,7)

***** Piatok 11.09.2026 *****

Raňajky. Kakao (Al:7), Chlieb 1 ks (Al:1,3,7), Nat.syrova s kapiou R (Al:7,12), Kaiserka (Al:1,3,7,11)
 Desiata. Pecivo 1 ks (Al:1,3,7), Dzem mini (Al:12), Maslo (Al:7)
 Obed. Pol.zemiakova (Al:1,9,12), Zemiaky varene D (Al:7), Spenatovy privarok (Al:1,7,9,12), Caj,
 Vajce 2 ks (Al:3)
 Olovrant. Pomaranc
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Nat. z kuracich pecienok R (Al:7)

***** Sobota 12.09.2026 *****

Raňajky. Pletenka so syrom (Al:1,3,7), Maslo (Al:7), Melta (Al:1,7)
 Desiata. Pecivo 1 ks (Al:1,3,7), Paradajka, Junior salam R., Maslo (Al:7)
 Obed. Pol.brokoliceva so zeleninou (Al:1,9,12), Brav.platky na cigansky sposob (Al:1,9,12), Ryza dusena (Al:1),
 Salat z cinskej kapusty (Al:12), Voda so sirupom (Al:12), Dzus mini 100% (Al:12)
 Olovrant. Jablko
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Nat. z peceneho masa R (Al:7), Napolitanka (Al:1,3,5,6,7,8,12)

***** Nedela 13.09.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Granko (Al:7), Sunkova salama R + Š, Eidam syr (Al:7)
 Desiata. Banan
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Vyprazana ryba (Al:1,3,4,7), Zemiaky varene D (Al:7),
 Voda so sirupom (Al:12)
 Olovrant. Croasant (Al:1,3,7,8,12)
 Večera. Chlieb 2ks (Al:1,3,7), Paradajka, Syr trojuholnikovy (Al:7), Bocikova rolada (Al:1,3),
 Horcica 10g (Al:1,10,12), Dzus mini 100% (Al:12)

* **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.

