

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

Obdobie: 12.10.2026 - 18.10.2026

Str.: 1

DIA-9 - DIABETICKA STRAVA***** Pondelok 12.10.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Dia granko (Al:7), Dusena sunka r, Paradajka
 Desiata. Nat.syrova s cesnakom R (Al:7), Pecivo graham 1 ks (Al:1,3,7)
 Obed. Pol. kelova (Al:1,9,12), Bravcove platky na horcici (Al:1,9,10,12), Slovenska ryza (Al:1,3,9,12),
 Salat uhorkovy (Al:12), Voda s dia sirupom (Al:12)
 Olovrant. Mandarinka
 Večera. Chlieb 1,5 ks (Al:1,3,7), Pol. franfurtska s parkom (Al:1,3,9,12)
 Večera II. Chlieb 1 ks (Al:1,3,7), Maslo rastlinne (Al:7), Paprika

***** Utorok 13.10.2026 *****

Raňajky. Caj dia, Paradajka, Prazenica so slaninkou (Al:3), Chlieb 1,5 ks (Al:1,3,7)
 Desiata. Nat. tvarohova s kapiou R (Al:7,12), Pecivo graham 1 ks (Al:1,3,7)
 Obed. Pol. kostova s mrvenicou (Al:1,3,7,9,12), Varene maso, Dia Knedla domaca (Al:1,3,7),
 Rajciakova omacka (Al:1,12), Caj dia
 Olovrant. Pomaranc
 Večera. Caj dia, Zemiakova kasa s cibulku (Al:1,7)
 Večera II. Chlieb 1 ks (Al:1,3,7), Nat.z kuracieho narezu O (Al:3,7)

***** Streda 14.10.2026 *****

Raňajky. Mlieko (Al:7), Pecivo graham 2 ks (Al:1,3,7), Treska v majoneze (Al:3,4)
 Desiata. Maslo (Al:7), Pecivo graham 1 ks (Al:1,3,7), Eidam syr (Al:7)
 Obed. Pol. kapustova so zemiakmi (Al:1,9,12), Dia palacinky s ovocim K (Al:1,3,7,12), Caj dia
 Olovrant. Mandarinka
 Večera. Caj dia, Leco s klobasou a vajcom D (Al:3,12), Chlieb 1,5 ks (Al:1,3,7)
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat.smotanova (Al:7), Paprika

***** Stvrtok 15.10.2026 *****

Raňajky. Dia biela kava (Al:1,7), Chlieb 1,5 ks (Al:1,3,7), Paradajka, Natierka bryndzova (Al:7)
 Desiata. Pecivo graham 1 ks (Al:1,3,7), Maslo (Al:7), Vajce (Al:3)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Kuracie pecienky na cibulke (Al:1), DIA uhorky (Al:12),
 Ryza dusena (Al:1), Voda s dia sirupom (Al:12)
 Olovrant. Jablko
 Večera. Caj dia, Chlieb 1 ks (Al:1,3,7), Omeleta so syrom (Al:3,7)
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat. pastetova R (Al:7), Cibulka

***** Piatok 16.10.2026 *****

Raňajky. Dia kakao (Al:7), Chlieb 1 ks (Al:1,3,7), Pecivo graham 1 ks (Al:1,3,7), Paradajka,
 Nat.karfiolova s vajcom R (Al:3,7)
 Desiata. Banan
 Obed. Pol. z fazul.strukov kysla (Al:1,7,9,12), Slany bales so smotanou a sla. (Al:1,3,7), Caj dia
 Olovrant. Pecivo dia hreben (Al:1,3,7)
 Večera. Caj dia, Cestovina so zeleninou a syrom (Al:1,3,7,9,12)
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat.z kuracieho narezu O (Al:3,7)

***** Sobota 17.10.2026 *****

Raňajky. Chlieb 1,5 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, Sunkova salama D, Maslo rastlinne (Al:7)
 Obed. Pol.hraskova s cestovinou (Al:1,3,9,12), Brav.pliecko znojemske (Al:1,12), Cestovina kolienka (Al:1,3),
 Voda s dia sirupom (Al:12)
 Olovrant. Banan
 Večera. Caj dia, DIA kokosky (Al:1,3,5,6,7,8), Chlieb 2ks (Al:1,3,7), Horcica 10g (Al:1,10,12), Salam Inovec V,
 Maslo rastlinne (Al:7)
 Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat. pastetova R (Al:7)

***** Nedela 18.10.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Dia granko (Al:7), Sunkova salama D, Paradajka
 Desiata. Pomaranc
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Kuracie prsia vyprazane (Al:1,3,7), Ryza dusena (Al:1),
 Olovrant. Rajciakovy salat (Al:12), Voda s dia sirupom (Al:12)
 Pecivo dia hreben (Al:1,3,7)

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Obdobie: 12.10.2026 - 18.10.2026

Str.: 2

Večera. Chlieb 2ks (Al:1,3,7), Dia Dzus mini (Al:12), Nat.z kuracich pecienok O (Al:7)

Večera II. Pecivo graham 1 ks (Al:1,3,7), Maslo rastlinne (Al:7), Junior salam R.

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

Zmena jedálneho listka je vyhradená.

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Obdobie: 12.10.2026 - 18.10.2026

Str.: 3

RAC-2 - RACIONALNA STRAVA***** Pondelok 12.10.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Granko (Al:7), Paradajka, Dusena sunka r
 Desiata. Nat.syrova s cesnakom R (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. sedliacka (Al:1,3,9,12), Bravcove platky na horcici (Al:1,9,10,12), Slovenska ryza (Al:1,3,9,12),
 Salat uhorkovy (Al:12), Voda so sirupom (Al:12)
 Olovrant. Mandarinka
 Večera. Chlieb 1,5 ks (Al:1,3,7), Pol. franfurtska s parkom (Al:1,3,9,12)

***** Utorok 13.10.2026 *****

Raňajky. Caj, Paradajka, Prazenica so slaninkou (Al:3), Chlieb 1,5 ks (Al:1,3,7)
 Desiata. Nat. tvarohova s kapiou R (Al:7,12), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. kostova s mrvenicou (Al:1,3,7,9,12), Varene maso, Knedla domaca (Al:1,3,7),
 Rajciakova omacka (Al:1,12), Caj
 Olovrant. Pomaranc
 Večera. Caj, Zemiakova kasa s cibulku (Al:1,7)

***** Streda 14.10.2026 *****

Raňajky. Mlieko (Al:7), Pecivo 2 ks (Al:1,3,7), Treska v majoneze (Al:3,4)
 Desiata. Maslo (Al:7), Pecivo 1 ks (Al:1,3,7), Eidam syr (Al:7)
 Obed. Pol. kapustova so zemiakmi (Al:1,9,12), Palacinky s ovocim K (Al:1,3,7,12), Caj
 Olovrant. Mandarinka
 Večera. Caj, Leco s klobasou a vajcom R,S (Al:3,12), Chlieb 1,5 ks (Al:1,3,7)

***** Stvrtok 15.10.2026 *****

Raňajky. Biela kava (Al:1,7), Chlieb 1,5 ks (Al:1,3,7), Paradajka, Natierka bryndzova (Al:7)
 Desiata. Pecivo 1 ks (Al:1,3,7), Maslo (Al:7), Vajce (Al:3)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Kuracie pecienky na cibulke (Al:1), Uhorka kysla (Al:12),
 Ryza dusena (Al:1), Voda so sirupom (Al:12)
 Olovrant. Jablko
 Večera. Caj, Chlieb 1 ks (Al:1,3,7), Omeleta so syrom (Al:3,7)

***** Piatok 16.10.2026 *****

Raňajky. Kakao (Al:7), Chlieb 1 ks (Al:1,3,7), Pecivo 1 ks (Al:1,3,7), Paradajka,
 Nat.karfiolova s vajcom R (Al:3,7)
 Desiata. Banan
 Obed. Pol. z fazul.strukov kysla (Al:1,7,9,12), Slany bales so smotanou a sla. (Al:1,3,7), Caj
 Olovrant. Pecivo hreben (Al:1,3,7,12)
 Večera. Caj, Cestovina so zeleninou a syrom (Al:1,3,7,9,12)

***** Sobota 17.10.2026 *****

Raňajky. Vianočka K (Al:1,3,7), Maslo (Al:7), Melta (Al:1,7), Dzem (Al:12)
 Desiata. Pecivo 1 ks (Al:1,3,7), Paradajka, Sunkova salama R + Š, Maslo rastlinne (Al:7)
 Obed. Pol.hraskova s cestovinou (Al:1,3,9,12), Brav.pliecko znojemske (Al:1,9,12), Cestovina kolienka (Al:1,3),
 Voda so sirupom (Al:12)
 Olovrant. Banan
 Večera. Caj, Susienky, Chlieb 2ks (Al:1,3,7), Maslo rastlinne (Al:7), Horcica 10g (Al:1,10,12), Salam Inovec V

***** Nedela 18.10.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Granko (Al:7), Sunkova salama R + Š, Paradajka
 Desiata. Pomaranc
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Kuracie prsia vyprazane R+Z (Al:1,3,7), Ryza dusena (Al:1),
 Rajciakovy salat (Al:12), Voda so sirupom (Al:12)
 Olovrant. Kolac (Al:1,3,7,8,12)
 Večera. Chlieb 2ks (Al:1,3,7), Dzus mini 100% (Al:12), Nat.z kuracich pecienok O (Al:7)

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

Zmena jedálneho listka je vyhradená.

RAC-Z - ZAMESTNANCI***** Pondelok 12.10.2026 *****

Obed. Pol. sedliacka (Al:1,3,9,12), Bravcove platky na horcici (Al:1,9,10,12), Slovenska ryza (Al:1,3,9,12),
.....Salat uhorkovy (Al:12), Voda so sirupom (Al:12)

***** Utorok 13.10.2026 *****

Obed. Pol. kostova s mrvenicou (Al:1,3,7,9,12), Varene maso, Knedla domaca (Al:1,3,7),
.....Rajciakova omacka (Al:1,12), Caj

***** Streda 14.10.2026 *****

Obed. Pol. kapustova so zemiakmi (Al:1,9,12), Palacinky s ovocim K (Al:1,3,7,12), Caj

***** Stvrtok 15.10.2026 *****

Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Kuracie pecienky na cibulke (Al:1), Uhorka kysla (Al:12),
.....Ryza dusena (Al:1), Voda so sirupom (Al:12)

***** Piatok 16.10.2026 *****

Obed. Pol. z fazul.strukov kysla (Al:1,7,9,12), Slany bales so smotanou a sla. (Al:1,3,7), Caj

***** Sobota 17.10.2026 *****

Obed. Pol.hraskova s cestovinou (Al:1,3,9,12), Brav.pliecko znojemske (Al:1,9,12), Cestovina kolienka (Al:1,3),
.....Voda so sirupom (Al:12)

***** Nedela 18.10.2026 *****

Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Kuracie prsia vyprazane R+Z (Al:1,3,7), Ryza dusena (Al:1),
.....Rajciakovy salat (Al:12), 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, 12-Oxid siricity a siricityany

Zmena jedálneho listka je vyhradená.

SET-3 - ŠETRIACA STRAVA***** Pondelok 12.10.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Granko (Al:7), Maslo (Al:7), Dusena sunka r, Paradajka
 Desiata. Nat.syrova s cesnakom R (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. sedliacka (Al:1,3,9,12), Bravcove platky na horcici (Al:1,9,10,12), Slovenska ryza (Al:1,3,9,12),
 Salat uhorkovy (Al:12), Voda so sirupom (Al:12)
 Olovrant. Mandarinka
 Večera. Chlieb 1,5 ks (Al:1,3,7), Pol. franfurtska s parkom (Al:1,3,9,12)

***** Utorok 13.10.2026 *****

Raňajky. Caj, Paradajka, Prazenica (Al:3)
 Desiata. Nat. tvarohova s kapiou R (Al:7,12), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. kostova s mrvenicou (Al:1,3,7,9,12), Varene maso, Zemiaky varene D (Al:7),
 Rajciakova omacka (Al:1,12), Caj
 Olovrant. Pomaranc
 Večera. Caj, Zemiakova kasa s cibulku (Al:1,7)

***** Streda 14.10.2026 *****

Raňajky. Mlieko (Al:7), Pecivo 2 ks (Al:1,3,7), Treska v majoneze (Al:3,4)
 Desiata. Maslo (Al:7), Pecivo 1 ks (Al:1,3,7), Eidam syr (Al:7)
 Obed. Pol.zemiakova (Al:1,9,12), Palacinky s ovocim K (Al:1,3,7,12), Caj
 Olovrant. Mandarinka
 Večera. Caj, Leco s vajcom /š/ (Al:3,12), Chlieb 1,5 ks (Al:1,3,7)

***** Stvrtok 15.10.2026 *****

Raňajky. Biela kava (Al:1,7), Chlieb 1,5 ks (Al:1,3,7), Paradajka, Natierka bryndzova (Al:7)
 Desiata. Pecivo 1 ks (Al:1,3,7), Maslo (Al:7), Vajce (Al:3)
 Obed. Pol. zeleninova s cestovinou (Al:1,3,9,12), Kuracie pecienky na cibulke (Al:1), Ryza dusena (Al:1),
 Uhorka kysla (Al:12), Voda so sirupom (Al:12)
 Olovrant. Jablko
 Večera. Caj, Chlieb 1 ks (Al:1,3,7), Omeleta so syrom /š/ (Al:3,7)

***** Piatok 16.10.2026 *****

Raňajky. Kakao (Al:7), Chlieb 1 ks (Al:1,3,7), Pecivo 1 ks (Al:1,3,7), Paradajka,
 Nat.karfiolova s vajcom R (Al:3,7)
 Desiata. Banan
 Obed. Pol. z fazul.strukov kysla (Al:1,7,9,12), Rezance s tvarohom (Al:1,3,7), Caj
 Olovrant. Pecivo hreben (Al:1,3,7,12)
 Večera. Caj, Cestovina so zeleninou a syrom (Al:1,3,7,9,12)

***** Sobota 17.10.2026 *****

Raňajky. Vianočka K (Al:1,3,7), Maslo (Al:7), Melta (Al:1,7), Dzem (Al:12)
 Desiata. Pecivo 1 ks (Al:1,3,7), Paradajka, Sunkova salama R + Š, Maslo rastlinne (Al:7)
 Obed. Pol.hraskova s cestovinou (Al:1,3,9,12), Brav.pliecko znojemske (Al:1,9,12), Cestovina kolienka (Al:1,3),
 Voda so sirupom (Al:12)
 Olovrant. Banan
 Večera. Caj, Susienky, Chlieb 2ks (Al:1,3,7), Maslo (Al:7), Horcica 10g (Al:1,10,12), Salam Inovec V

***** Nedela 18.10.2026 *****

Raňajky. Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Granko (Al:7), Sunkova salama R + Š, Paradajka
 Desiata. Pomaranc
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Kuracie prsia na prirodno (Al:1,9,12), Ryza dusena (Al:1),
 Rajciakovy salat (Al:12), Voda so sirupom (Al:12)
 Olovrant. Kolac (Al:1,3,7,8,12)
 Večera. Chlieb 2ks (Al:1,3,7), Dzus mini 100% (Al:12), Nat.z kuracich pecienok O (Al:7)

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

Zmena jedálneho listka je vyhradená.