

DIA-9 - DIABETICKA STRAVA

*** Pondelok 19.10.2026 ***	
Raňajky.	Caj dia, Paradajka, Chlieb vo vajci (Al:1,3,7)
Desiata.	Syr trojuholnikovy (Al:7), Pecivo graham 1 ks (Al:1,3,7)
Obed.	Pol. cesnakova so zemiakmi (Al:1,9,12), Pecena bravcova krkovicka (Al:1), Zemiaky opekane, ... Calamada (Al:12), Caj dia
Olovrant.	Mandarinka
Večera.	Caj dia, Chlieb 1,5 ks (Al:1,3,7), Parky bratislavske (Al:1,3), Horcica 10g (Al:1,10,12)
Večera II.	Pecivo graham 1 ks (Al:1,3,7), Nat.z brav.masa vo vls.stave O (Al:3,7)
*** Utorok 20.10.2026 ***	
Raňajky.	Caj dia, Paradajka, Malokarpatska salama V (Al:1), Pecivo graham 1 ks (Al:1,3,7), Maslo rastlinne (Al:7), ... Chlieb 1 ks (Al:1,3,7)
Desiata.	Nat.vajickova so salamou R (Al:3,7), Pecivo graham 1 ks (Al:1,3,7)
Obed.	Pol.brokoliceva so zeleninou (Al:1,9,12), 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, Granatiersky pochod (Al:1,3), Uhorka kysla (Al:12)
Večera II.	Pecivo graham 1 ks (Al:1,3,7), Nat.nivova R (Al:7)
*** Streda 21.10.2026 ***	
Raňajky.	Dia granko (Al:7), Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Paprika
Desiata.	Pecivo graham 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7), Debrecinska sunka R
Obed.	Polievka gulasova (Al:1,9,12), Rezance so struhankou DIA (Al:1,3,7), Voda s dia sirupom (Al:12), ... Chlieb 0,5ks (Al:1,3,7)
Olovrant.	Pomaranc
Večera.	Caj dia, Cestovina s masom a syrom (Al:1,3,7,9,12)
Večera II.	Pecivo graham 1 ks (Al:1,3,7), Nat.z brav.masa vo vls.stave R (Al:3,7)
*** Stvrtok 22.10.2026 ***	
Raňajky.	Dia biela kava (Al:1,7), Chlieb 1,5 ks (Al:1,3,7), Uhorka salatova, Pizza narez 70g (Al:1), ... Maslo rastlinne (Al:7)
Desiata.	Maslo (Al:7), Pecivo graham 1 ks (Al:1,3,7), Vajce (Al:3)
Obed.	Pol. rusky borsc (Al:1,7,9,12), Dusene bravcove maso D (Al:1,9,12), Slov.ryza dusena so zelen (Al:1,3), ... Salat uhorkovy (Al:12), Voda s dia sirupom (Al:12)
Olovrant.	Mandarinka
Večera.	Caj dia, Chlieb 1,5 ks (Al:1,3,7), Omeleta so salamou (Al:3)
Večera II.	Pecivo graham 1 ks (Al:1,3,7), Maslo rastlinne (Al:7), Paprika
*** Piatok 23.10.2026 ***	
Raňajky.	Dia kakao (Al:7), Chlieb 1,5 ks (Al:1,3,7), Nat. rybacia R (Al:4,7), Paradajka
Desiata.	Pecivo graham 1 ks (Al:1,3,7), Maslo (Al:7), Eidam syr (Al:7)
Obed.	Pol.rascova s vajcom (Al:1,3,9,12), Zemiaky varene D (Al:7), Voda s dia sirupom (Al:12), ... Zapecena brokolica (Al:1,3,7)
Olovrant.	Jablko
Večera.	Caj dia, Sekana pecienka (Al:1,3,7), Chlieb 2ks (Al:1,3,7)
Večera II.	Pecivo graham 1 ks (Al:1,3,7), Nat.smotanova (Al:7)
*** Sobota 24.10.2026 ***	
Raňajky.	Caj dia, Chlieb 1 ks (Al:1,3,7), Pecivo graham 1 ks (Al:1,3,7), Paprika, ... Nat. oskvarkova R (Al:1,3,7,10,12)
Desiata.	Pletenka so syrom (Al:1,3,7), Maslo (Al:7)
Obed.	Pol. krupicova s vajcom (Al:1,3,9,12), Brav.pliecko na cinskej zelen (Al:1,9,12), ... Tarhona dusena (Al:1,3,9,12), Caj dia
Olovrant.	Hruska, DIA napolitanka (Al:1,3,5,6,7,8,12)
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), Syr trojuholnikovy (Al:7), Junior salam R.
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Obdobie: 19.10.2026 - 25.10.2026

Str.: 2

***** Nedela 25.10.2026 *****

Raňajky. Pecivo graham 2 ks (Al:1,3,7), Maslo (Al:7), DIA Melta (Al:1,7), Med mini

Desiata. Pecivo graham 1 ks (Al:1,3,7), Paradajka, Maslo rastlinne (Al:7), Debrecinska sunka R

Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Br. rezen s ml. bocika (Al:1,3,7), Ryza dusena (Al:1),

.....Salat uhorkovy (Al:12), Voda s dia sirupom (Al:12), DIA napolitanka (Al:1,3,5,6,7,8,12)

Olovrant. Jablko

Večera. Caj dia, Chlieb 2ks (Al:1,3,7), DIA Detska vyziva, Horcica 10g (Al:1,10,12), Syr trojuholnikovy (Al:7),

.....Salam Inovec V

Večera II. Pecivo graham 1 ks (Al:1,3,7), Nat. pastetova R (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.

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

Obdobie: 19.10.2026 - 25.10.2026

Str.: 3

RAC-2 - RACIONALNA STRAVA***** Pondelok 19.10.2026 *****

Raňajky. Caj, Paradajka, Chlieb vo vajci (Al:1,3,7)
 Desiata. Syr trojuholnikovy (Al:7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol. cesnakova so zemiakmi (Al:1,9,12), Pecena bravcova krkovicka (Al:1), Zemiaky opekane,
 Calamada (Al:12), Caj
 Olovrant. Mandarinka
 Večera. Caj, Chlieb 1,5 ks (Al:1,3,7), Parky bratislavske (Al:1,3), Horcica 10g (Al:1,10,12)

***** Utorok 20.10.2026 *****

Raňajky. Caj, Paradajka, Malokarpatska salama V (Al:1), Pecivo 1 ks (Al:1,3,7), Maslo rastlinne (Al:7),
 Chlieb 1 ks (Al:1,3,7)
 Desiata. Nat.vajickova so salamou R (Al:3,7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol.brokolicova so zeleninou (Al:1,9,12), Zemiaky varene D (Al:7), Salat z kys.kapusty (Al:12),
 Voda so sirupom (Al:12), Jaternica (Al:1)
 Olovrant. Banan
 Večera. Caj, Granatiersky pochod (Al:1,3), Uhorka kysla (Al:12), Piskoty (Al:1,3,7)

***** Streda 21.10.2026 *****

Raňajky. Granko (Al:7), Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Paprika
 Desiata. Pecivo 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7), Debrecinska sunka R
 Obed. Polievka gulasova (Al:1,9,12), Rezance so struhankou (Al:1,3,7,12), Voda so sirupom (Al:12),
 Chlieb 0,5ks (Al:1,3,7)
 Olovrant. Pomaranc
 Večera. Caj, Cestovina s masom a syrom (Al:1,3,7,9,12)

***** Stvrtok 22.10.2026 *****

Raňajky. Biela kava (Al:1,7), Chlieb 1,5 ks (Al:1,3,7), Uhorka salatova, Pizza narez 50g (Al:1),
 Maslo rastlinne (Al:7)
 Desiata. Maslo (Al:7), Pecivo 1 ks (Al:1,3,7), Vajce (Al:3)
 Obed. Pol. rusky borsc (Al:1,7,9,12), Dusene bravcove maso RZŠ (Al:1,9,12), Slov.ryza dusena so zelen (Al:1,3),
 Salat uhorkovy (Al:12), Voda so sirupom (Al:12)
 Olovrant. Mandarinka
 Večera. Caj, Chlieb 1,5 ks (Al:1,3,7), Omeleta so salamou (Al:3)

***** Piatok 23.10.2026 *****

Raňajky. Kakao (Al:7), Chlieb 1,5 ks (Al:1,3,7), Nat. rybacia R (Al:4,7), Paradajka
 Desiata. Pecivo 1 ks (Al:1,3,7), Maslo (Al:7), Eidam syr (Al:7)
 Obed. Pol.rascova s vajcom (Al:1,3,9,12), Zemiaky varene D (Al:7), Voda so sirupom (Al:12),
 Zapecena brokolica (Al:1,3,7)
 Olovrant. Jablko
 Večera. Caj, Sekana pecienka (Al:1,3,7), Chlieb 2ks (Al:1,3,7)

***** Sobota 24.10.2026 *****

Raňajky. Caj, Chlieb 1 ks (Al:1,3,7), Pecivo 1 ks (Al:1,3,7), Paprika, Nat. oskvarkova R (Al:1,3,7,10,12)
 Desiata. Pletenka so syrom (Al:1,3,7), Maslo (Al:7)
 Obed. Pol. krupicova s vajcom (Al:1,3,9,12), Brav.pliecko na cinskej zelen (Al:1,9,12),
 Tarhona dusena (Al:1,3,9,12), Caj
 Olovrant. Hruska, Napolitanka (Al:1,3,5,6,7,8,12)
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Paradajka, Sunkova salama V, Maslo (Al:7)

***** Nedela 25.10.2026 *****

Raňajky. Vianocka K (Al:1,3,7), Maslo (Al:7), Melta (Al:1,7), Med mini
 Desiata. Pecivo 1 ks (Al:1,3,7), Paradajka, Debrecinska sunka R, Maslo rastlinne (Al:7)
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Br. rezen s ml. bocika (Al:1,3,7), Ryza dusena (Al:1),
 Salat uhorkovy (Al:12), Voda so sirupom (Al:12), Napolitanka (Al:1,3,5,6,7,8,12)
 Olovrant. Jablko
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Detska vyziva (Al:12), Horcica 10g (Al:1,10,12), Syr trojuholnikovy (Al:7),
 Salam Inovec V

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Obdobie: 19.10.2026 - 25.10.2026

Str.: 4

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

Zmena jedalneho listka je vyhradena.

RAC-Z - ZAMESTNANCI***** Pondelok 19.10.2026 *****

Obed. Pol. cesnakova so zemiakmi (Al:1,9,12), Pecena bravcova krkovicka (Al:1), Zemiaky opekane,
..... Calamada (Al:12), Caj

***** Utorok 20.10.2026 *****

Obed. Pol.brokoliceva so zeleninou (Al:1,9,12), Zemiaky varene D (Al:7), Salat z kys.kapusty (Al:12),
..... Voda so sirupom (Al:12), Jaternica (Al:1)

***** Streda 21.10.2026 *****

Obed. Polievka gulasova (Al:1,9,12), Rezance so struhankou (Al:1,3,7,12), Voda so sirupom (Al:12),
..... Chlieb 0,5ks (Al:1,3,7)

***** Stvrtok 22.10.2026 *****

Obed. Pol. rusky borsc (Al:1,7,9,12), Dusene bravcove maso RZŠ (Al:1,9,12), Slov.ryza dusena so zelen (Al:1,3),
..... Salat uhorkovy (Al:12), Voda so sirupom (Al:12)

***** Piatok 23.10.2026 *****

Obed. Pol.rascova s vajcom (Al:1,3,9,12), Zemiaky varene D (Al:7), Voda so sirupom (Al:12),
..... Zapecena brokolica (Al:1,3,7)

***** Sobota 24.10.2026 *****

Obed. Pol. krupicova s vajcom (Al:1,3,9,12), Brav.pliecko na cinskej zelen (Al:1,9,12),
..... Tarhona dusena (Al:1,3,9,12), Caj

***** Nedela 25.10.2026 *****

Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Br. rezen s ml. bocika (Al:1,3,7), Ryza dusena (Al:1),
..... Salat uhorkovy (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.

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Obdobie: 19.10.2026 - 25.10.2026

Str.: 6

SET-3 - ŠETRIACA STRAVA***** Pondelok 19.10.2026 *****

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),
 Cvikla (Al:12), Caj
 Olovrant. Mandarinka
 Večera. Caj, Chlieb 1,5 ks (Al:1,3,7), Parky bratislavske (Al:1,3), Horcica 10g (Al:1,10,12)

***** Utorok 20.10.2026 *****

Raňajky. Caj, Paradajka, Malokarpatska salama V (Al:1), Pecivo 1 ks (Al:1,3,7), Maslo rastlinne (Al:7),
 Chlieb 1 ks (Al:1,3,7)
 Desiata. Nat.vajickova so salamou R (Al:3,7), Pecivo 1 ks (Al:1,3,7)
 Obed. Pol.brokolicova so zeleninou (Al:1,9,12), Kuracie prsia na prirodno V (Al:1,9,12),
 Zemiaky varene D (Al:7), Voda so sirupom (Al:12), Paradajka
 Olovrant. Banan
 Večera. Caj, Granatiersky pochod (Al:1,3), Paradajka

***** Streda 21.10.2026 *****

Raňajky. Granko (Al:7), Chlieb 1,5 ks (Al:1,3,7), Maslo (Al:7), Paradajka
 Desiata. Pecivo 1 ks (Al:1,3,7), Syr trojuholnikovy (Al:7), Debrecinska sunka R
 Obed. Polievka gulasova (Al:1,9,12), Rezance so struhankou (Al:1,3,7,12), Voda so sirupom (Al:12),
 Chlieb 0,5ks (Al:1,3,7)
 Olovrant. Pomaranc
 Večera. Caj, Cestovina s masom a syrom (Al:1,3,7,9,12)

***** Stvrtok 22.10.2026 *****

Raňajky. Biela kava (Al:1,7), Chlieb 1,5 ks (Al:1,3,7), Paradajka, Maslo rastlinne (Al:7), Pizza narez 50g (Al:1)
 Desiata. Maslo (Al:7), Pecivo 1 ks (Al:1,3,7), Vajce (Al:3)
 Obed. Pol. rusky borsc (Al:1,7,9,12), Dusene bravcove maso RZŠ (Al:1,9,12), Slov.ryza dusena so zelen (Al:1,3),
 Salat uhorkovy (Al:12), Voda so sirupom (Al:12)
 Olovrant. Mandarinka
 Večera. Caj, Chlieb 1,5 ks (Al:1,3,7), Omeleta so salamou (Al:3)

***** Piatok 23.10.2026 *****

Raňajky. Kakao (Al:7), Chlieb 1,5 ks (Al:1,3,7), Nat. rybacia R (Al:4,7), Paradajka
 Desiata. Pecivo 1 ks (Al:1,3,7), Maslo (Al:7), Eidam syr (Al:7)
 Obed. Pol.rascova s vajcom (Al:1,3,9,12), Zemiaky varene D (Al:7), Voda so sirupom (Al:12),
 Zapecena brokolica (Al:1,3,7)
 Olovrant. Jablko
 Večera. Caj, Sekana pecienka (Al:1,3,7), Chlieb 2ks (Al:1,3,7)

***** Sobota 24.10.2026 *****

Raňajky. Caj, Chlieb 1 ks (Al:1,3,7), Pecivo 1 ks (Al:1,3,7), Paradajka, Nat. oskvarkova R (Al:1,3,7,10,12)
 Desiata. Pletenka so syrom (Al:1,3,7), Maslo (Al:7)
 Obed. Pol. krupicova s vajcom (Al:1,3,9,12), Brav.pliecko na cinskej zelen (Al:1,9,12),
 Tarhona dusena (Al:1,3,9,12), Caj
 Olovrant. Hruska, Napolitanka (Al:1,3,5,6,7,8,12)
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Paradajka, Sunkova salama V, Maslo (Al:7)

***** Nedela 25.10.2026 *****

Raňajky. Vianocka K (Al:1,3,7), Maslo (Al:7), Melta (Al:1,7), Med mini
 Desiata. Pecivo 1 ks (Al:1,3,7), Paradajka, Debrecinska sunka R, Maslo rastlinne (Al:7)
 Obed. Pol.slepacia s nitovkami (Al:1,3,9,12), Br. rezen s ml. bocika (Al:1,3,7), Ryza dusena (Al:1),
 Voda so sirupom (Al:12), Napolitanka (Al:1,3,5,6,7,8,12), Paradajka
 Olovrant. Jablko
 Večera. Caj, Chlieb 2ks (Al:1,3,7), Detska vyziva (Al:12), Horcica 10g (Al:1,10,12), Syr trojuholnikovy (Al:7),
 Salam Inovec V

* **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.

