



# Jedálny lístok ZSS Radmera



## DIABETICKÁ STRAVA

\*\*\* Pondelok 31.03.2025 \*\*\*

Ranajky. . . . .	Chlieb R DIA 65g (E:655kj,B:5g,T:1g,S:34g) (Al:1), Syr taveny 1ks 1KS (E:490kj,B:6g,T:7g,S:1g), Zelenina 50g (E:30kj,S:2g), Caj Dla 200ml
Desiata. . . . .	Ovocie 150g (E:321kj,B:1g,S:21g)
Obed. . . . .	Pol.zemiaková sladká D 330ml (E:879kj,B:6g,T:8g,S:28g) (Al:1,12), Halusky s vajcom D 150g (E:2339kj,B:22g,T:23g,S:62g) (Al:1,3,7,12), Salat hlavkovy D 0,25ks (E:18kj,B:1g,S:1g) (Al:12), Caj Dla 200ml
Olovrant. . . . .	Pagac 1ks (E:967kj,B:5g,T:11g,S:29g), Caj celodenny D 200ml (E:1kj)
Vecera. . . . .	Kuracie na spôsob bazanta D 114g (E:1034kj,B:13g,T:12g,S:4g) (Al:1), Slovenska ryza D 100g (E:820kj,T:2g,S:38g) (Al:1,3), Caj Dla 200ml
Il. vecera. . . . .	Pecivo 1 ks (E:620kj,B:49g,T:2g,S:29g) (Al:1), Maslo natierkove 30g (E:940kj,T:25g) (Al:7), Zelenina 50g (E:30kj,S:2g)

\*\*\* Utorok 01.04.2025 \*\*\*

Ranajky. . . . .	Slane pecivo 1ks (E:967kj,B:5g,T:11g,S:29g), Caj Dla 200ml
Desiata. . . . .	Ovocie 150g (E:321kj,B:1g,S:21g)
Obed. . . . .	Polievka mrkvova D 330ml (E:606kj,B:5g,T:8g,S:9g) (Al:7,12), Kuracie stehno pečené D 324g(m.180g) (E:407kj,B:7g,T:2g,S:3g) (Al:1,7), Ryza dusena D 100g (E:896kj,B:1g,T:4g,S:38g), Kompot DIA 150g (E:198kj,S:1g), Caj Dla 200ml
Olovrant. . . . .	Ovocie 150g (E:321kj,B:1g,S:21g), Caj celodenny D 200ml (E:1kj)
Vecera. . . . .	Spagety so syrom a kecupom 360g (E:2974kj,B:19g,T:7g,S:106g) (Al:1,3,7,12), Syr tvrdy 50g (E:718kj,B:10g,T:10g,S:1g) (Al:7), Caj Dla 200ml
Il. vecera. . . . .	Pecivo 1 ks (E:620kj,B:49g,T:2g,S:29g) (Al:1), Jogurt biely (E:470kj,B:7g,T:6g,S:9g)

\*\*\* Streda 02.04.2025 \*\*\*

Ranajky. . . . .	Pecivo 1 ks (E:620kj,B:49g,T:2g,S:29g) (Al:1), Nártierka budapeštiansky krém 50g (E:832kj,B:11g,T:16g,S:4g) (Al:7,12), Caj Dla 200ml
Desiata. . . . .	Ovocie 150g (E:321kj,B:1g,S:21g)
Obed. . . . .	Pol. z ovsených vločiek D 330ml (E:366kj,B:3g,T:3g,S:10g) (Al:1,3,7), Hovadzie na slanine/plece D 180g(m.74g) (E:535kj,B:3g,T:5g,S:6g) (Al:1), Cestoviny ako príloha D 80g (E:769kj,T:4g,S:30g), Caj Dla 200ml
Olovrant. . . . .	Dezert 1ks, Caj celodenny D 200ml (E:1kj)
Vecera. . . . .	Cestoviny s krupicou D 197,5g (E:2505kj,B:5g,T:2g,S:109g) (Al:1,7), Caj Dla 200ml
Il. vecera. . . . .	Slane pecivo 1ks (E:967kj,B:5g,T:11g,S:29g)

\*\*\* Stvrtok 03.04.2025 \*\*\*

Ranajky. . . . .	Lúpačka Dia 1ks, Maslo rastl. I. 30g (E:791kj,T:21g), Biela kava Dia 300ml (E:460kj,B:7g,T:3g,S:13g) (Al:7)
Desiata. . . . .	Ovocie 150g (E:321kj,B:1g,S:21g)
Obed. . . . .	Pol.s vajcovou zaprazkou D 330ml (E:670kj,B:6g,T:10g,S:8g) (Al:1,3,12),

	Karbonatok D 155g (E:567kj,B:9g,T:7g,S:12g) (Al:1,3), Koprova omacka D 150g (E:994kj,B:4g,T:11g,S:20g) (Al:1,7,12), Kndela parená D 75g, Caj Dla 200ml
Olovrant. . . . .	Piškoty DIA 20g, Detska vyziva DIA 1ks (E:498kj,S:33g), Caj celodenny D 200ml (E:1kj)
Vecera. . . . .	Granatiersky pochod D 130g (E:1260kj,B:1g,T:5g,S:54g), Uhorka kysla Dia 150g (E:340kj,B:2g,S:17g) (Al:12), Caj Dla 200ml
Il. vecera. . . . .	Pecivo 1 ks (E:620kj,B:49g,T:2g,S:29g) (Al:1), Pasteta hydinova 1ks (E:760kj,B:8g,T:15g,S:5g) (Al:3), Zelenina 50g (E:30kj,S:2g)
<b>*** Piatok 04.04.2025 ***</b>	
Ranjky. . . . .	Chlieb R DIA 65g (E:655kj,B:5g,T:1g,S:34g) (Al:1), Parky 110g (E:1476kj,B:15g,T:32g,S:1g) (Al:1,3), Horcica 20g (E:73kj,B:1g,T:1g,S:1g) (Al:10,12), Caj Dla 200ml
Desiata. . . . .	Ovocie 150g (E:321kj,B:1g,S:21g)
Obed. . . . .	Polievka drzkova D 330ml (E:1104kj,B:18g,T:13g,S:16g) (Al:1,12), Ryzovy nakyp s ovocim D 195g (E:2400kj,B:128g,T:6g,S:129g) (Al:3,7,12), Caj Dla 200ml, Dzus mini (E:325kj,S:18g) (Al:12)
Olovrant. . . . .	Ovocie 150g (E:321kj,B:1g,S:21g), Caj celodenny D 200ml (E:1kj)
Vecera. . . . .	Brav.stehno po zahradnicky D 170g(m.64g) (E:445kj,B:3g,T:7g,S:3g) (Al:1,12), Zemiaky varene D 100g (E:364kj,S:23g), Caj Dla 200ml
Il. vecera. . . . .	Pecivo 1 ks (E:620kj,B:49g,T:2g,S:29g) (Al:1)
<b>*** Sobota 05.04.2025 ***</b>	
Ranjky. . . . .	Lúpačka Dia 1ks, Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Desiata. . . . .	Ovocie 150g (E:321kj,B:1g,S:21g)
Obed. . . . .	Polievka spenatova D 330ml (E:800kj,B:10g,T:12g,S:9g) (Al:1,3,7), Kuracie na paprike D 140g(m.77g) (E:608kj,B:5g,T:4g,S:8g) (Al:1,7), Cestoviny ako priloha D 80g (E:769kj,T:4g,S:30g), Caj Dla 200ml
Olovrant. . . . .	Jogurt biely (E:470kj,B:7g,T:6g,S:9g), Pecivo 1 ks (E:620kj,B:49g,T:2g,S:29g) (Al:1), Caj celodenny D 200ml (E:1kj)
Vecera. . . . .	Chlieb R DIA 65g (E:655kj,B:5g,T:1g,S:34g) (Al:1), Tlac./pec.syr/sekana s cibulou 166g (E:1945kj,B:21g,T:42g,S:2g) (Al:12), Caj Dla 200ml
Il. vecera. . . . .	Detska vyziva DIA 1ks (E:498kj,S:33g), Piškoty DIA 20g
<b>*** Nedela 06.04.2025 ***</b>	
Ranjky. . . . .	Zavin balený 1ks, Kakao DIA 300ml (E:606kj,B:11g,T:5g,S:15g) (Al:7)
Desiata. . . . .	Ovocie 150g (E:321kj,B:1g,S:21g)
Obed. . . . .	Polievka slepacia s rezancami D 330g (E:657kj,B:9g,T:10g,S:9g) (Al:1,3,12), Rybie file na slanine s cib.D 170g(m.130g) (E:1365kj,B:36g,T:13g,S:4g) (Al:12), Zemiakova kasa D 125g (E:560kj,B:2g,T:1g,S:24g) (Al:7), Caj Dla 200ml
Olovrant. . . . .	Zakusok DIA 1ks (E:239kj), Caj celodenny D 200ml (E:1kj)
Vecera. . . . .	Chlieb V DIA 100g (E:1008kj,B:7g,T:1g,S:52g) (Al:1), Maslo rastl. I. 30g (E:791kj,T:21g), Salama makka 100g (E:1136kj,B:11g,T:11g) (Al:1,3), Zelenina 50g (E:30kj,S:2g), Caj Dla 200ml
Il. vecera. . . . .	Slane pecivo 1ks (E:967kj,B:5g,T:11g,S:29g)



# Jedálny lístok ZSS Radmera



## RACIONALNA STRAVA

\*\*\* Pondelok 31.03.2025 \*\*\*

Ranajky . . .	Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Syr taveny 1ks 1KS (E:490kj,B:6g,T:7g,S:1g), Zelenina 50g (E:30kj,S:2g), Caj so sirupom 300ml (E:122kj,S:8g)
Obed. . . . .	Pol.zemiakova sladka 330ml (E:1282kj,B:7g,T:12g,S:41g) (Al:1,12), Halusky s vajcom 300g (E:3793kj,B:26g,T:31g,S:122g) (Al:1,3,7,12), Salat hlavkovy 0,25ks (E:95kj,B:1g,S:6g) (Al:12), Caj so sirupom 300ml (E:122kj,S:8g)
Olovrant. . .	Pagac 1ks (E:967kj,B:5g,T:11g,S:29g), Caj celodenny 200ml (E:65kj,S:4g)
Vecera. . . .	Kuracie na sposob bazanta 114g (E:1024kj,B:12g,T:12g,S:4g) (Al:1), Slovenska ryza 200g (E:1641kj,B:1g,T:4g,S:75g) (Al:1,3), Caj so sirupom 300ml (E:122kj,S:8g)

\*\*\* Utorok 01.04.2025 \*\*\*

Ranajky . . .	Slane pecivo 2ks 2ks (E:1934kj,B:10g,T:22g,S:58g), Caj so sirupom 300ml (E:122kj,S:8g)
Obed. . . . .	Polievka mrkvova 330ml (E:782kj,B:5g,T:10g,S:13g) (Al:7,12), Kuracie stehno pečené 270g(m.150g) (E:623kj,B:5g,T:2g,S:4g) (Al:1,7), Ryza dusena 200g (E:1746kj,B:1g,T:8g,S:74g), Kompot 150g (E:512kj,B:120g,S:60g) (Al:12), Caj so sirupom 300ml (E:122kj,S:8g)
Olovrant. . .	Ovocie 150g (E:321kj,B:1g,S:21g), Caj celodenny 200ml (E:65kj,S:4g)
Vecera. . . .	Spagety so syrom a kecupom 360g (E:2974kj,B:19g,T:7g,S:106g) (Al:1,3,7,12), Syr tvrdy 50g (E:718kj,B:10g,T:10g,S:1g) (Al:7), Caj so sirupom 300ml (E:122kj,S:8g)

\*\*\* Streda 02.04.2025 \*\*\*

Ranajky . . .	Pecivo 2 ks (E:1240kj,B:98g,T:4g,S:58g) (Al:1), Nártierka budapeštiansky krém 50g (E:832kj,B:11g,T:16g,S:4g) (Al:7,12), Caj so sirupom 300ml (E:122kj,S:8g)
Obed. . . . .	Pol. z ovsenych vlociek 330ml (E:460kj,B:3g,T:5g,S:10g) (Al:1,3,7), Hovadzie na slanine/plece 180g(m.62g) (E:710kj,B:3g,T:9g,S:6g) (Al:1), Cestoviny ako priloha 200g (E:1538kj,B:1g,T:8g,S:60g), Caj so sirupom 300ml (E:122kj,S:8g)
Olovrant. . .	Dezert 1ks, Caj celodenny 200ml (E:65kj,S:4g)
Vecera. . . .	Cestoviny s krupicou 395g (E:3897kj,B:6g,T:3g,S:152g) (Al:1,7), Caj so sirupom 300ml (E:122kj,S:8g)

\*\*\* Stvrtok 03.04.2025 \*\*\*

Ranajky . . .	Lupacka 2ks (E:1734kj,B:7g,T:9g,S:77g), Maslo rastl. I. 30g (E:791kj,T:21g), Biela kava 300ml (E:784kj,B:7g,T:3g,S:33g) (Al:7)
Obed. . . . .	Pol.s vajcovou zaprazkou 330ml (E:1003kj,B:7g,T:14g,S:16g) (Al:1,3,12), Karbonatok 135g (E:802kj,B:14g,T:11g,S:15g) (Al:1,3), Koprova omacka 150g (E:1283kj,B:5g,T:15g,S:26g) (Al:1,7,12), Knedľa parená 150g, Caj so sirupom 300ml (E:122kj,S:8g)
Olovrant. . .	Piškoty 20g, Detska vyziva DIA 1ks (E:498kj,S:33g), Caj celodenny 200ml (E:65kj,S:4g)
Vecera. . . .	Granatiersky pochod 320g (E:2029kj,B:2g,T:9g,S:84g), Uhroka kysla 100g (E:227kj,B:1g,S:12g) (Al:12), Caj so sirupom 300ml (E:122kj,S:8g)

**\*\*\* Piatok 04.04.2025 \*\*\***

Ranajky. . .	Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Parky 110g (E:1476kj,B:15g,T:32g,S:1g) (Al:1,3), Horcica 20g (E:73kj,B:1g,T:1g,S:1g) (Al:10,12), Caj so sirupom 300ml (E:122kj,S:8g)
Obed. . . . .	Polievka drzkova 330ml (E:1213kj,B:19g,T:13g,S:21g) (Al:1,12), Ryzovy nakyp s ovocim 390g (E:4354kj,B:129g,T:7g,S:219g) (Al:3,7,12), Caj so sirupom 300ml (E:122kj,S:8g), Dzus mini (E:325kj,S:18g) (Al:12)
Olovrant. . .	Ovocie 150g (E:321kj,B:1g,S:21g), Caj celodenny 200ml (E:65kj,S:4g)
Vecera. . . .	Brav.stehno po zahradnicky 170g(m.64g) (E:733kj,B:3g,T:13g,S:4g) (Al:1,12), Zemiaky varene 200g (E:728kj,S:46g), Caj so sirupom 300ml (E:122kj,S:8g)

**\*\*\* Sobota 05.04.2025 \*\*\***

Ranajky. . .	Lupacka 2ks (E:1734kj,B:7g,T:9g,S:77g), Mlieko 200ml (E:388kj,B:7g,T:3g,S:10g) (Al:7)
Obed. . . . .	Polievka spenatova 330ml (E:938kj,B:11g,T:13g,S:12g) (Al:1,3,7), Kuracie na paprike 120g(m.64g) (E:732kj,B:5g,T:11g,S:11g) (Al:1,7), Cestoviny ako priloha 200g (E:1538kj,B:1g,T:8g,S:60g), Caj so sirupom 300ml (E:122kj,S:8g)
Olovrant. . .	Jogurt ovocny (E:861kj,B:5g,T:11g,S:232g) (Al:7), Pecivo 1 ks (E:620kj,B:49g,T:2g,S:29g) (Al:1), Caj celodenny 200ml (E:65kj,S:4g)
Vecera. . . .	Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1),  Tlac./pec.syr/sekana s cibulou 166g (E:1945kj,B:21g,T:42g,S:2g) (Al:12), Caj so sirupom 300ml (E:122kj,S:8g)

**\*\*\* Nedela 06.04.2025 \*\*\***

Ranajky. . .	Zavin balený 1ks, Kakao 300ml (E:930kj,B:11g,T:5g,S:35g) (Al:7)
Obed. . . . .	Polievka slepacia s rezancami 330g (E:780kj,B:10g,T:10g,S:15g) (Al:1,3,12), Rybie file na slanine s cib. 170g(m.130g) (E:1461kj,B:35g,T:13g,S:4g) (Al:12), Zemiakova kasa 250g (E:1003kj,B:2g,T:2g,S:45g) (Al:7), Caj so sirupom 300ml (E:122kj,S:8g)
Olovrant. . .	Zakusok (E:239kj) (Al:1,3,5,7,8,12), Caj celodenny 200ml (E:65kj,S:4g)
Vecera. . . .	Chlieb 2 150g (E:1411kj,B:10g,T:2g,S:73g) (Al:1), Maslo rastl. l. 30g (E:791kj,T:21g), Salama makka 100g (E:1136kj,B:11g,T:11g) (Al:1,3), Zelenina 50g (E:30kj,S:2g), Caj so sirupom 300ml (E:122kj,S:8g)