



| ŚNIADANIE          |                          |            | II ŚNIADANIE       |                          |        | OBIAD              |                                  |             | PODWIECZOREK        |                          |        | KOLACJA             |                          |            |
|--------------------|--------------------------|------------|--------------------|--------------------------|--------|--------------------|----------------------------------|-------------|---------------------|--------------------------|--------|---------------------|--------------------------|------------|
| Indeks             | Nazwa Potrawy (Produktu) | Norma      | Indeks             | Nazwa Potrawy (Produktu) | Norma  | Indeks             | Nazwa Potrawy (Produktu)         | Norma       | Indeks              | Nazwa Potrawy (Produktu) | Norma  | Indeks              | Nazwa Potrawy (Produktu) | Norma      |
| 1212               | Szynka drobiowa          | 40 g       |                    |                          |        | 01182              | Kalafiorowa lekk got             |             | 3309                | Wafelki                  | 1sz    | 08064               | Twaróg z ml.mp           |            |
| 13103              | Herbata,bulka 5.masło    |            |                    |                          |        |                    | Marchew                          | 50g         |                     |                          |        |                     | Ser twarog.              | 50g        |
|                    | Herbata                  | 2 g        |                    |                          |        |                    | Kalafior                         | 130g        |                     |                          |        |                     | Mleko 2%                 | 20g        |
|                    | Cukier                   | 20 g       |                    |                          |        |                    | Ziemniaki                        | 150g        |                     |                          |        | 13103               | Herbata,bulka 5.masło    |            |
|                    | Bulka 50 g               | 1 s        |                    |                          |        |                    | Mleko 2%                         | 40g         |                     |                          |        |                     | Herbata                  | 2g         |
|                    | Masło                    | 10 g       |                    |                          |        |                    | Pietruszka                       | 20g         |                     |                          |        |                     | Cukier                   | 20g        |
| 01073              | Manna na mleku got.      |            |                    |                          |        |                    | Selery                           | 20g         |                     |                          |        |                     | Bulka 50 g               | 1 sz       |
|                    | Mleko                    | 300 g      |                    |                          |        |                    | Jarzynka                         | 2g          |                     |                          |        |                     | Masło                    | 10g        |
|                    | Kasza manna              | 30g        |                    |                          |        |                    | S ó l                            | 10g         |                     |                          |        | 01073               | Manna na mleku got.      |            |
|                    |                          |            |                    |                          |        |                    | Mąka pszenna                     | 10g         |                     |                          |        |                     | Mleko                    | 300 g      |
|                    |                          |            |                    |                          |        | 2105               | Bitek schabowy got.w sosie jarz. |             |                     |                          |        |                     | Kasza manna              | 30g        |
|                    |                          |            |                    |                          |        |                    | Marchew                          | 30g         |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        |                    | Mleko                            | 40g         |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        |                    | Mąka pszenna                     | 20g         |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        |                    | Pietruszka                       | 30g         |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        |                    | Selery                           | 30g         |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        |                    | Schab b/k                        | 100g        |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        | 09141              | Ziemniaki got.                   |             |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        |                    | Ziemniaki                        | 300g        |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        |                    | Mleko                            | 15g         |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        | 09149              | Marchewka got.opr.               |             |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        |                    | Margaryna                        | 5g          |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        |                    | Marchew                          | 180g        |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        |                    | Cukier                           | 5g          |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        |                    | Mąka pszenna                     | 5g          |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        | 13220              | Kompot z jabłek got.             |             |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        |                    | Jabłka                           | 80g         |                     |                          |        |                     |                          |            |
|                    |                          |            |                    |                          |        |                    | Cukier                           | 20g         |                     |                          |        |                     |                          |            |
| Wartość kaloryczna |                          | 741 [kcal] | Wartość kaloryczna |                          | [kcal] | Wartość kaloryczna |                                  | 1033 [kcal] | Wartość kaloryczna: |                          | [kcal] | Wartość kaloryczna: |                          | 770 [kcal] |
| Wartość zestawu:   |                          | [ zł ]     | Wartość zestawu:   |                          | [ zł ] | Wartość zestawu:   |                                  | [ zł ]      | Wartość zestawu:    |                          | [ zł ] | Wartość zestawu:    |                          | [ zł ]     |

| Wartość Energetyczna |          | Tłuszcze | Kwasy Tłuszcz. Nasycone | Węglowodany | Cukry  | Białka | Sól   | Sód     | Błonnik | Cholesterol |
|----------------------|----------|----------|-------------------------|-------------|--------|--------|-------|---------|---------|-------------|
| [ kJ ]               | [ kcal ] | [ g ]    | [ g ]                   | [ g ]       | [ g ]  | [ g ]  | [ g ] | [ mg ]  | [ g ]   | [ mg ]      |
| 10646.00             | 2541.00  | 32.62    | 14.32                   | 429.38      | 133.25 | 106.60 | 14.27 | 1142.05 | 77.23   | 190.90      |

| POSIŁEK      | Występujące Alergeny                           |
|--------------|------------------------------------------------|
| Śniadanie    | Gorczyca Jajka Mleko Seler Soja Gluten         |
| II Śniadanie |                                                |
| Obiad        | Mleko Seler Gluten                             |
| Podwieczorek | Jajka Mleko Sezam Orzechy Orzeszki Soja Gluten |
| Kolacja      | Mleko Gluten                                   |

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