



| 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 |
| 08064 | Twaróg z ml.mp | | | | | 02109 | Ziemn. z ziel. groszkiem lekk.got. | | 3307 | Herbatniki | 50g | 1343 | Szynka gotowana | 40g |
| | Ser twarog. | 50g | | | | | Groszek kons. | 20g | | | | 13103 | Herbata,bułka 5.maslo | |
| | Mleko 2% | 20g | | | | | Ziemniaki | 150g | | | | | Herbata | 2g |
| 13103 | Herbata,bułka 5.maslo | | | | | | Mleko 2% | 40g | | | | | Cukier | 20g |
| | Herbata | 2g | | | | | Mąka pszenna | 10g | | | | | Bułka 50g | 1sz |
| | Cukier | 20g | | | | | Marchew | 50g | | | | | Maslo | 10g |
| | Bułka 50g | 1s | | | | | Selery | 20g | | | | 01073 | Manna na mleku got. | |
| | Maslo | 10g | | | | | Pietruszka | 20g | | | | | Mleko | 300g |
| 01073 | Manna na mleku got. | | | | | | S ó l | 10g | | | | | Kasza manna | 30g |
| | Mleko | 300g | | | | 02021 | Jarzynka | 2g | | | | | | |
| | Kasza manna | 30g | | | | | Gulasz wieprz.got. | | | | | | | |
| | | | | | | | Łopatka wieprzowa | 100g | | | | | | |
| | | | | | | | Margaryna | 5g | | | | | | |
| | | | | | | | Mleko | 40g | | | | | | |
| | | | | | | | Mąka pszenna | 10g | | | | | | |
| | | | | | | | Pietruszka | 20g | | | | | | |
| | | | | | | | Selery | 20g | | | | | | |
| | | | | | | | Marchew | 20g | | | | | | |
| | | | | | | 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 | | 770 [kcal] | Wartość kaloryczna | | [kcal] | Wartość kaloryczna | | 1027 [kcal] | Wartość kaloryczna: | | 220 [kcal] | Wartość kaloryczna: | | 742 [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] |
| 11541.00 | 2757.00 | 45.06 | 17.92 | 453.95 | 145.69 | 104.49 | 14.43 | 1118.95 | 66.01 | 217.30 |

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

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