



| 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      |
| 1209               | Poledwica drobiowa        | 60 g       | 01073              | Manna na mleku got.      |            | 01179              | Ziemniaczana czysta z mak. lek.got. |             | 021                 | Chleb krojony            | 50g        | 1333                | Ogonówka                 | 60 g       |
| 3634               | Salata ziel.              | 50 g       |                    | Mleko                    | 300 g      |                    | Marchew                             | 50 g        | 22223               | Masło roślinne           | 10g        | 3628                | Pomidory                 | 50 g       |
| 1708               | Herbata b/c, chleb s1, mr |            |                    | Kasza manna              | 30 g       |                    | Pietruszka                          | 20g         | 252                 | Ser salami               | 50g        | 1327                | Roszpunka                | 10 g       |
|                    | Herbata                   | 2 g        |                    |                          |            |                    | Selery                              | 20g         |                     |                          |            | 1710                | Herbata b/c, chleb, mr   |            |
|                    | Chleb słonecznikowy       | 100 g      |                    |                          |            |                    | Ziemniaki                           | 150g        |                     |                          |            |                     | Herbata                  | 2 g        |
|                    | Masło roślinne            | 10 g       |                    |                          |            |                    | Makaron nitka                       | 25g         |                     |                          |            |                     | Masło roślinne           | 10 g       |
|                    |                           |            |                    |                          |            |                    | Jarzynka                            | 2g          |                     |                          |            |                     | Chleb krojony            | 100 g      |
|                    |                           |            |                    |                          |            |                    | Sól                                 | 10g         |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            | 03070              | Pulpet wp. got. w sosie jarzynowym  |             |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Łopatką wieprzowa                   | 100g        |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Jaja                                | 0,1s        |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Mąka pszenna                        | 30g         |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Margaryna zw.                       | 5g          |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Marchew                             | 30g         |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Pietruszka                          | 30g         |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Selery                              | 30g         |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Mleko 2%                            | 40g         |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Bułka 100g                          | 0,2sz       |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            | 09141              | Ziemniaki got.                      |             |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Ziemniaki                           | 300g        |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Mleko                               | 15g         |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            | 09126              | Surówka z marchewki i jabłka b/c    |             |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Marchew                             | 150g        |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Śmietana 18%                        | 20g         |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Majonez                             | 20g         |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Jabłka                              | 60g         |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            | 13219              | Kompot z jabłek b/c got.            |             |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            |                    | Jabłka                              | 80g         |                     |                          |            |                     |                          |            |
|                    |                           |            |                    |                          |            | 3709               | Pomarańcze                          | 100g        |                     |                          |            |                     |                          |            |
| Wartość kaloryczna |                           | 380 [kcal] | Wartość kaloryczna |                          | 260 [kcal] | Wartość kaloryczna |                                     | 1257 [kcal] | Wartość kaloryczna: |                          | 357 [kcal] | Wartość kaloryczna: |                          | 418 [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 ]      |
| 11181.00             | 2671.00  | 71.49    | 26.16                   | 371.49      | 54.13 | 116.10 | 16.47 | 1805.40 | 62.39   | 386.40      |

| <b>POSILEK</b>      | <b>Występujące Alergeny</b>            |
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| <b>Śniadanie</b>    | Gorczyca Jajka Mleko Seler Soja Gluten |
| <b>II Śniadanie</b> | Mleko Gluten                           |
| <b>Obiad</b>        | Jajka Mleko Seler Gluten               |
| <b>Podwieczorek</b> | Mleko Gluten                           |
| <b>Kolacja</b>      | Gorczyca Jajka Mleko Seler Soja Gluten |

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