



| 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      |
| 1333               | Ogonówka                        | 60 g       |                    |                          |            | 0112                | Barszcz czerwony lekk.got         |            | 0304                | Paluszki solone          | 1op        | 1324                | Poledwica wędz.                 | 60 g       |
| 2105               | Masło                           | 10 g       |                    |                          |            |                     | Buraki                            | 100g       |                     |                          |            | 018                 | Bułka 50 g                      | 1 sz       |
| 018                | Bułka 50 g                      | 1 s        |                    |                          |            |                     | Marchew                           | 50g        |                     |                          |            | 2105                | Masło                           | 10 g       |
| 010981             | Płatki jęczmienne na mleku got. |            |                    |                          |            |                     | Mleko                             | 40g        |                     |                          |            | 010981              | Płatki jęczmienne na mleku got. |            |
|                    | Mleko                           | 300 g      |                    |                          |            |                     | Mąka pszenna                      | 5g         |                     |                          |            |                     | Mleko                           | 300 g      |
|                    | Płatki jęczmienne               | 30 g       |                    |                          |            |                     | Pietruszka                        | 20g        |                     |                          |            | 17001               | Płatki jęczmienne               | 30 g       |
| 17001              | Herbata got.                    |            |                    |                          |            |                     | Selery                            | 20g        |                     |                          |            |                     | Herbata got.                    |            |
|                    | Cukier                          | 20 g       |                    |                          |            |                     | Ziemniaki                         | 150g       |                     |                          |            |                     | Cukier                          | 20 g       |
|                    | Herbata                         | 2 g        |                    |                          |            |                     | S ó l                             | 10g        |                     |                          |            |                     | Herbata                         | 2 g        |
|                    |                                 |            |                    |                          |            |                     | Jarzyńka                          | 2g         |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            | 2106                | Bitek drobiowy got. w sosie jarz. |            |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Filet kurczaka                    | 80g        |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Marchew                           | 30g        |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Mleko                             | 40g        |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Pietruszka                        | 30g        |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Selery                            | 30g        |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Mąka pszenna                      | 20g        |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Margaryna zw.                     | 5g         |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            | 09141               | Ziemniaki b/t got.                |            |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Ziemniaki                         | 300g       |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Mleko                             | 15g        |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            | 09062               | Jarzyńki got.opr.                 |            |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Margaryna                         | 7g         |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Marchew                           | 80g        |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Mąka pszenna                      | 5g         |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Pietruszka                        | 50g        |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Selery                            | 50g        |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            | 13220               | Kompot z jabłek got.              |            |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Jabłka                            | 80g        |                     |                          |            |                     |                                 |            |
|                    |                                 |            |                    |                          |            |                     | Cukier                            | 20g        |                     |                          |            |                     |                                 |            |
| Wartość kaloryczna |                                 | 3 246 [kJ] | Wartość kaloryczna |                          | [kJ]       | Wartość kaloryczna: |                                   | 3 799 [kJ] | Wartość kaloryczna: |                          | 1 619 [kJ] | Wartość kaloryczna: |                                 | 3 246 [kJ] |
| 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 ]      |
| 11910.00             | 2809.00  | 39.29    | 15.21                   | 496.79      | 100.87 | 122.65 | 18.73 | 950.72 | 65.40   | 222.10      |

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