



| 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 | | | | 01166 | Solferino lekk. got. | | | | | 1212 | Szynka drobiowa | 60 g |
| 3635 | Salata lodowa | 50 g | | | | | Marchew | 50 g | | | | 3628 | Pomidory | 50 g |
| 17025 | Herbata,bulka,mr | | | | | | Selery | 20 g | | | | 17025 | Herbata,bulka,mr | |
| | Herbata | 2 g | | | | | Pietruszka | 20 g | | | | | Herbata | 2 g |
| | Cukier | 20 g | | | | | Mleko 2% | 20 g | | | | | Cukier | 20 g |
| | Bulka 100g | 1 s | | | | | Ziemniaki | 150 g | | | | | Bulka 100g | 1 sz |
| | Masło roślinne | 10 g | | | | | Mąka pszenna | 10 g | | | | | Masło roślinne | 10 g |
| | | | | | | | Sól | 10 g | | | | | | |
| | | | | | | | Konc.pomidor.30% | 20 g | | | | | | |
| | | | | | | | Jarzynka | 2 g | | | | | | |
| | | | | | | 02021 | Gulasz wieprz.got. | | | | | | | |
| | | | | | | | Łopatką wieprzowa | 80 g | | | | | | |
| | | | | | | | Margaryna | 5 g | | | | | | |
| | | | | | | | Mleko | 40 g | | | | | | |
| | | | | | | | Mąka pszenna | 10 g | | | | | | |
| | | | | | | | Pietruszka | 20 g | | | | | | |
| | | | | | | | Selery | 20 g | | | | | | |
| | | | | | | | Marchew | 20 g | | | | | | |
| | | | | | | 09141 | Ziemniaki got. | | | | | | | |
| | | | | | | | Ziemniaki | 300 g | | | | | | |
| | | | | | | | Mleko | 15 g | | | | | | |
| | | | | | | 09062 | Jarzynki got.opr. | | | | | | | |
| | | | | | | | Margaryna | 7 g | | | | | | |
| | | | | | | | Marchew | 80 g | | | | | | |
| | | | | | | | Mąka pszenna | 5 g | | | | | | |
| | | | | | | | Pietruszka | 50 g | | | | | | |
| | | | | | | | Selery | 50 g | | | | | | |
| | | | | | | 13220 | Kompot z jabłek got. | | | | | | | |
| | | | | | | | Jabłka | 80 g | | | | | | |
| | | | | | | | Cukier | 20 g | | | | | | |
| Wartość kaloryczna 1 605 [kJ] | | | Wartość kaloryczna [kJ] | | | Wartość kaloryczna: 4 133 [kJ] | | | Wartość kaloryczna: [kJ] | | | Wartość kaloryczna: 1 589 [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] |
| 7327.00 | 1742.00 | 40.89 | 12.12 | 280.32 | 61.50 | 92.34 | 12.78 | 687.47 | 36.30 | 111.70 |

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

DIETETYK

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BEATA WYDRA-WERSKA