



| 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      |
| 1315               | Kielbasa szynkowa            | 60 g       |                    |                          |            | 01113               | Pomidorowa z makaronem lekk.got. |            | 3307                | Herbatniki               | 50g        | 1343                | Szynka gotowana              | 60 g       |
| 2105               | Masło                        | 10 g       |                    |                          |            |                     | Konc.pomidor.30%                 | 30 g       |                     |                          |            | 2105                | Masło                        | 10 g       |
| 018                | Butka 50 g                   | 1 s        |                    |                          |            |                     | Makaron nitka                    | 30 g       |                     |                          |            | 018                 | Butka 50 g                   | 1 sz       |
| 01098              | Płatki owsiane na mleku got. |            |                    |                          |            |                     | Marchew                          | 50 g       |                     |                          |            | 01098               | Płatki owsiane na mleku got. |            |
|                    | Mleko                        | 400 g      |                    |                          |            |                     | Pietruszka                       | 20 g       |                     |                          |            |                     | Mleko                        | 400 g      |
|                    | Płatki owsiane               | 30 g       |                    |                          |            |                     | Selery                           | 20 g       |                     |                          |            | 17001               | Płatki owsiane               | 30 g       |
| 17001              | Herbata got.                 |            |                    |                          |            |                     | Mąka pszenna                     | 10 g       |                     |                          |            | 17001               | Herbata got.                 |            |
|                    | Cukier                       | 20 g       |                    |                          |            |                     | Mleko 2%                         | 40 g       |                     |                          |            |                     | Cukier                       | 20 g       |
|                    | Herbata                      | 2 g        |                    |                          |            |                     | S ó l                            | 10 g       |                     |                          |            |                     | Herbata                      | 2 g        |
|                    |                              |            |                    |                          |            |                     | Jarzyńska                        | 2 g        |                     |                          |            |                     |                              |            |
|                    |                              |            |                    |                          |            | 06033               | Kurczak got. w sosie jarzynowym  |            |                     |                          |            |                     |                              |            |
|                    |                              |            |                    |                          |            |                     | Kurczak                          | 200 g      |                     |                          |            |                     |                              |            |
|                    |                              |            |                    |                          |            |                     | Marchew                          | 30 g       |                     |                          |            |                     |                              |            |
|                    |                              |            |                    |                          |            |                     | Pietruszka                       | 30 g       |                     |                          |            |                     |                              |            |
|                    |                              |            |                    |                          |            |                     | Selery                           | 30 g       |                     |                          |            |                     |                              |            |
|                    |                              |            |                    |                          |            |                     | Mąka pszenna                     | 20 g       |                     |                          |            |                     |                              |            |
|                    |                              |            |                    |                          |            |                     | Mleko 2%                         | 40 g       |                     |                          |            |                     |                              |            |
|                    |                              |            |                    |                          |            |                     | Margaryna zw.                    | 5 g        |                     |                          |            |                     |                              |            |
|                    |                              |            |                    |                          |            | 09141               | Ziemniaki b/t got.               |            |                     |                          |            |                     |                              |            |
|                    |                              |            |                    |                          |            |                     | Ziemniaki                        | 300 g      |                     |                          |            |                     |                              |            |
|                    |                              |            |                    |                          |            |                     | Mleko                            | 15 g       |                     |                          |            |                     |                              |            |
|                    |                              |            |                    |                          |            | 09062               | Jarzyńska 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 |                              | 3 427 [kJ] | Wartość kaloryczna |                          | [kJ]       | Wartość kaloryczna: |                                  | 4 647 [kJ] | Wartość kaloryczna: |                          | 920 [kJ]   | Wartość kaloryczna: |                              | 3 449 [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 ]      |
| 12443.00             | 2763.00  | 47.61    | 17.68                   | 457.90      | 101.32 | 152.51 | 15.87 | 1247.27 | 80.29   | 224.80      |

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