



| 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