|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Norma na jednu porci** | | | |  | |  | |  | |  | |
| **snídaně** | |  | |  | | **večeře** | |  | |  | |
|  | | sýr krájený | | 7 dkg | |  | | sýr krájený | | 7 dkg | |
|  | | salám | | 7 dkg | |  | | salám | | 7 dkg | |
|  | | sýr kusový | | 1 ks | |  | | pomazánka | | 8 dkg | |
|  | | pomazánka | | 8 dkg | |  | | polévka | | 0,33 l | |
|  | | vejce | | 1,5 ks | |  | | pomazánkové máslo | | 75 g | |
|  | | chléb | | 2 ks/os. | |  | | chléb | | 2 ks/os. | |
|  | | rohlíky | | 2 ks/os. | |  | | rohlíky | | 2 ks/os. | |
|  | | chléb + rohlík | | 1+1 ks/os. | |  | | chléb + rohlík | | 1+1 ks/os. | |
|  | sýr tavený | | 5 dkg | |  | | dušená šunka | | 7 dkg | |
|  | šunka na plátky | | 7 dkg | |  | | párky | | 2 ks | |
|  | paštika | | 1 ks/os. | |  | | sekaná | | 10 dkg | |
|  | máslo | | 1 ks/os. | |  | | pečené maso | | 10 dkg | |
|  | džem | | 2 ks/os. | |  | | koláč | | 2 ks | |
|  | med | | 2 ks/os. | |  | | chlebíček | | 3 ks | |
|  | termix | | 1 ks | |  | | pařížský salát | | 120g/ 1ks | |
|  | jogurt | | 120g/1ks | |  | | závin | | 25 dkg | |
|  | | koláč | | 2 ks | |  | | bramborový guláš | | 0,33 l | |
|  | | vánočka | | 2 ks | |  | | šťouchané brambory | | 20 dkg | |
|  | | tvarohový závin | | 2 ks | |  | |  | |  | |
|  | | makovka | | 1 ks | |  | |  | |  | |
|  | | hřeben DIA | | 1 ks | |  | |  | |  | |
|  | | mazanec | | 2 ks | |  | |  | |  | |
|  | | loupák | | 2 ks | |  | |  | |  | |
|  | |  | |  | |  | |  | |  | |
| **svačina** | |  | |  | |  | |  | |  | |
|  | | ovoce | | 1 ks | |  | | džus | | 200 ml | |
|  | | jogurt | | 120 g/1ks | |  | | puding | | 140 g/1ks | |
|  | | ovocný salát | | 15 dkg | |  | | ovocná přesnídávka | | 1 ks | |
|  | | fruko | | 1ks | |  | | kefírové mléko | | 200 ml | |
|  | | sýr troj. + ½ krajíce chleba | | 1 ks | |  | | chlebíčky | | 1 ks | |
|  | | mrkvový salát s jablky a ananasem | | 15 dkg | |  | | moučník | | 1 ks | |
|  | |  | |  | |  | |  | |  | |
| **polévka** | |  | | 0,33 l | |  | |  | |  | |
|  | |  | |  | |  | |  | |  | |
| **maso** | | **po tepelné úpravě** | |  | |  | |  | |  | |
|  | | hovězí | | 6,2 dkg | |  | | rybí filé | | 15 dkg | |
|  | | vepřové bez kosti | | 6,2 dkg | |  | | kapr | | 22 dkg | |
|  | | kuřecí | | 18 dkg | |  | | treska | | 10 dkg | |
|  | | kuřecí stehno | | 18dkg/1 ks | |  | | plněný řízek | | 12 dkg | |
|  | | řízek | | 13 dkg | |  | | závitek | | 8 dkg | |
|  | | uzené | | 6,5 dkg | |  | | prejt | | 6,2 dkg | |
|  | | čevapčiči | | 8 dkg | |  | | játra | | 6,2 dkg | |
|  | | karbanátek | | 8 dkg | |  | | roláda | | 8 dkg | |
|  | | špíz | | 13 dkg | |  | | sekaná | | 8 dkg | |
|  | | čufty | | 8 dkg | |  | |  | |  | |
|  | |  | |  | |  | |  | |  | |
| **přílohy** | | bramborová kaše | | 25 dkg | | **kompot** | |  | | 12 dkg | |
|  | | brambory vařené | | 20 dkg | |  | |  | |  | |
|  | | bramborový salát | | 20 dkg | | **saláty** | |  | | 15 dkg | |
|  | | rýže | | 15 dkg | |  | |  | |  | |
|  | | těstoviny | | 15 dkg | | **posyp** | | tvaroh | | 7 dkg | |
|  | | houskový knedlík | | 3 plátky | |  | | sýr | | 4 dkg | |
|  | | bramborový knedlík | | 4 plátků | |  | | přeliv (tvarohový, | | 150 ml | |
|  | | kuskus | | 15 dkg | |  | | ovocný, jogurtový) | |  | |
|  | | bramboráky | | 3 kusy | |  | | mák | | 5 dkg | |
|  | | bulgur | | 15 dkg | |  | | strouhánka | | 5 dkg | |
|  | |  | |  | |  | |  | |  | |
| **omáčky** | | husté | | 200 ml | | **maštění** | |  | | 2 dkg | |
|  | | šťávy | | 150 ml | |  | |  | |  | |
|  | |  | |  | |  | |  | |  | |
|  | |  | |  | |  | |  | |  | |
| **ostatní** | | zelí | | 20 dkg | |  | | smažené žampiony | | 15 dkg | |
|  | | čočka | | 25 dkg | |  | | zeleninový salát bez těstovin | | 45 dkg | |
|  | | hrachová kaše | | 25 dkg | |  | | toustový chléb ve vajíčku | | 2 kusy | |
|  | | fazole | | 25 dkg | |  | | knedlíky s vejci | | 25 dkg | |
|  | | šunkofleky | | 30 dkg | |  | | palačinky | | 4 kusy | |
|  | | francouzské brambory | | 30 dkg | |  | | špecle | | 25 dkg | |
|  | | lečo | | 30 dkg | |  | | br. knedlík plněný uzeninou | | 4 kusy | |
|  | | pizza | | 25 dkg/2ks | |  | | sýrové lívance | | 4 kusy | |
|  | | těstovinový salát | | 30 dkg | |  | | halušky | | 25 dkg | |
|  | | valentýnský salát | | 35 dkg | |  | | br. knedlíky ovocné | | 4 kusy | |
|  | | dušená mrkev | | 18 dkg | |  | | smažený květák | | 15 dkg | |
|  | | kapusta | | 20 dkg | |  | | smažená brokolice | | 15 dkg | |
|  | | rizoto | | 25 dkg | |  | | špenát | | 15 dkg | |
|  | | buchtičky | | 18 dkg | |  | | bramborové šišky | | 5 ks | |
|  | | šodo | | 20 dkg | |  | | květák na mozeček | | 15 dkg | |
|  | | tatarka | | 5 dkg | |  | | taštičky s povidlím | | 5 ks | |
|  | | bramborové gnocchi | | 20 dkg | |  | | ovocný salát | | 15 dkg | |
|  | |  | |  | |  | |  | |  | |
| **druhá večeře (DIA)** | | | |  | |  | |  | |  | |
|  | | mléko | | 2 dcl | | + | | chleba | | 40 g (1 kr.) | |
|  | | sýr | | 1 plátek | | + | | chleba | | 40 g (1 kr.) | |
|  | | ovoce | | 1 ks | |  | |  | |  | |
|  | | jogurt | | 120g | |  | |  | |  | |
|  | | tavený sýr | | 15 g | | + | | žemle | |  | |
|  | | DIA štrůdl | | 150 g | |  | |  | |  | |
|  | | kefír | | 2 dcl | | + | | rohlík | | 1 ks | |
|  | | lučina | | 20 g | | + | | chleba | | 40 g (1 kr.) | |
|  | | vejce | | 1/2 | | + | | chleba s máslem | | 40 g (1 kr.) | |
|  | | šunka | | 1 plátek | | + | | chleba s máslem | | 40 g (1 kr.) | |
|  | | DIA loupák | | 1 ks | |  | |  | |  | |
|  | | puding | | 1 ks | |  | |  | |  | |
|  | | jablko | | 1 ks | | + | | rohlík | | 1 ks | |
|  | | paprika | | 1/2 | | + | | chleba s máslem | | 40 g (1 kr.) | |
|  | | okurek | | 1/2 | | + | | chleba s máslem | | 40 g (1 kr.) | |
|  | | rajče | | 1 ks | | + | | chleba | | 40 g (1 kr.) | |
|  | | pěna | | 120g/ 1ks | |  | |  | |  | |
|  | | krupicový dezert | | 1 ks | |  | |  | |  | |
|  | | tvarohový dezert | | 120g/ 1 ks | |  | |  | |  | |
|  | | kompot | | 120g/ 1 ks | |  | |  | |  | |
|  | | ovocný salát | | 150g /1 ks | |  | |  | |  | |
|  | |  | |  | |  | |  | |  | |
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