



MENU

02.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|------------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------|
| Zupa ogórkowa | 29.9 | 0.9 | 0.9 | 4.8 | 137.1 | Seler, Gluten |
| Kluski na parze z nadzieniem truskawkowym | 169.1 | 4.0 | 3.2 | 34.2 | 53.3 | Jaja, Gluten |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

03.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|-------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| Zupa wiosenna | 42.0 | 1.3 | 1.8 | 6.3 | 9.3 | Seler, gluten, mleko |
| Makaron kokardki | 348.0 | 14.6 | 1.4 | 75.0 | 8.0 | Gluten |
| Sos pomidorowy | 58.5 | 0.9 | 4.5 | 4.3 | 127.7 | Brak |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

04.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|----------------------------|-------------------|---------------|----------------|--------------|-------------|------------------------|
| Rosół z makaronem | 43.8 | 4.1 | 0.4 | 6.5 | 24.3 | Seler, gluten, jaja |
| Kurczak w potrawce | 165.8 | 13.7 | 8.6 | 8.6 | 42.9 | Gluten, mleko |
| Ryż | 344.0 | 6.7 | 0.7 | 78.9 | 6.0 | Brak |
| Marchewka zasmażana | 68.6 | 1.0 | 4.3 | 8.3 | 78.4 | Mleko |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |



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05.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|--------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Zupa pomidorowa z ryżem | 20.1 | 0.6 | 0.7 | 3.3 | 8.7 | Seler |
| Naleśniki z serem | 134.0 | 11.9 | 1.9 | 18.0 | 42.6 | Jaja, Gluten, mleko |
| Woda mineralna z sokiem | 20.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

08.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|--------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Zupa ogórkowa | 29.9 | 0.9 | 0.9 | 4.8 | 137.1 | Seler, Gluten |
| Sos bolognese | 89.3 | 5.92 | 4.46 | 6.4 | 70.0 | Gluten, jaja, seler |
| Makaron spaghetti | 27.7 | 6.0 | 0.9 | 30.8 | 1.2 | Brak |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

09.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|-------------------------------------------|-------------------|---------------|----------------|--------------|-------------|------------------------|
| Rosół z makaronem | 43.8 | 4.1 | 0.4 | 6.5 | 24.3 | Seler, gluten, jaja |
| Sos słodko-kwaśny z kurczakiem | 92.0 | 1.2 | 0.0 | 20.2 | 347.0 | Brak |
| Ryż | 344.0 | 6.7 | 0.7 | 78.9 | 6.0 | Brak |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |



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10.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|---------------------------------------|----------------|------------|-------------|-----------|----------|----------------------|
| Kapuśniak z kiszonej kapusty | 52.9 | 5.6 | 0.5 | 7.5 | 192.4 | Seler, gluten, mleko |
| Popsy z kurczaka | 137.1 | 18.2 | 1.9 | 12.2 | 159.2 | Gluten, mleko, jaja |
| Ziemniaki z masłem i koperkiem | 109.7 | 2.0 | 4.2 | 16.4 | 6.2 | Mleko |
| Surówka z marchewki z ananase | 72.0 | 1.0 | 0.0 | 18.0 | 10.0 | Brak |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

11.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|-----------------------------------|----------------|------------|-------------|-----------|----------|----------------------------|
| Krem z brokuła z grzankami | 41.7 | 2.1 | 1.6 | 5.4 | 34.7 | Seler, gluten, jaja, mleko |
| Kotlecik schabowy | 225.3 | 18.4 | 13.7 | 7.6 | 65.9 | Jaja, Gluten, mleko |
| Ziemniaki | 109.7 | 2.0 | 4.2 | 16.4 | 6.2 | Mleko |
| Surówka z kapusty białej | 32.7 | 1.7 | 4.2 | 16.7 | 6.2 | Mleko |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

12.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|------------------------------------|----------------|------------|-------------|-----------|----------|----------------------------|
| Zupa pomidorowa z makaronem | 30.9 | 1.1 | 0.8 | 5.5 | 6.8 | Seler, gluten, mleko, jaja |
| Paluszki rybne | 147.7 | 15.8 | 6.2 | 7.6 | 89.9 | Ryby, gluten, jaja, mleko |
| Ziemniaki puree | 87.7 | 2.0 | 1.6 | 16.8 | 7.3 | Mleko |
| Surówka z kapusty kiszonej | 19.0 | 1.2 | 8.0 | 6.0 | 260.0 | Brak |
| Woda mineralna z sokiem | 20.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |



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15.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|-----------------------------------------|-------------------|---------------|----------------|--------------|-------------|--------------------|
| Żurek z boczkiem i kielbaską | 55.4 | 2.0 | 1.3 | 9.4 | 67.0 | Seler, mleko, jaja |
| Sos arrabbiata | 45.5 | 2.8 | 1.7 | 7.6 | 76.3 | Brak |
| Makaron penne | 348.0 | 14.6 | 1.4 | 75.0 | 8.0 | Gluten |
| Woda mineralna z sokiem | 20.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

16.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|----------------------------------------|-------------------|---------------|----------------|--------------|-------------|-------------------------------|
| Zupa pomidorowa z makaronem | 30.9 | 1.1 | 0.8 | 5.5 | 6.8 | Seler, gluten, mleko, jaja |
| Gulasz z warzywami | 201.3 | 8.6 | 5.9 | 30.7 | 56.5 | Gluten, mleko, jaja |
| Pyzy | 249.7 | 7.0 | 3.3 | 46.8 | 1.2 | Brak |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

17.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|-------------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| Kapuśniak ze słodkiej kapusty | 52.9 | 5.6 | 0.5 | 7.5 | 192.4 | Seler, Gluten, mleko |
| Nuggetsy z kurczaka | 137.3 | 18.2 | 1.9 | 12.2 | 159.2 | Gluten, jaja, Mleko |
| Ziemniaki z masłem i koperkiem | 109.7 | 2.0 | 4.2 | 16.4 | 6.2 | Mleko |
| Surówka z selera z brzoskwinia | 53.5 | 1.4 | 2.3 | 8.9 | 69.3 | Seler |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |



MENU

18.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|---------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Rosół z makaronem | 43.8 | 4.1 | 0.4 | 6.5 | 24.3 | Seler, gluten, jaja |
| Kotlet mielony | 293.3 | 14.4 | 23.3 | 7.6 | 73.9 | Gluten, jaja, mleko |
| Ziemniaki z masłem i koperkiem | 109.7 | 2.0 | 4.2 | 16.4 | 6.2 | Mleko |
| Salatka z buraków | 68.3 | 1.6 | 2.2 | 10.5 | 270.8 | Brak |
| Woda mineralna z sokiem | 20.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

19.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|--------------------------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Barszcz zabieleny z makaronem | 30.7 | 1.1 | 13.4 | 4.8 | 146.9 | Jaja, gluten, mleko |
| Filet z ryby | 58.0 | 13.4 | 1.7 | 0.0 | 30.0 | Mleko, Gluten, ryba |
| Ziemniaki puree | 87.7 | 2.0 | 1.6 | 16.8 | 7.3 | Mleko |
| Surówka z białej kapusty Z zielonym ogórkiem i jogurtem | 32.7 | 1.7 | 0.3 | 7.0 | 20.3 | Mleko |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

22.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|-----------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Zupa kalafiorowa | 25.4 | 1.3 | 0.5 | 4.6 | 16.0 | Seler, mleko |
| Gnocchi z sosem węgierskim | 171.1 | 4.1 | 2.0 | 38.0 | 87.0 | Jaja, gluten, mleko |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |



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23.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|--------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Barszcz ukraiński | 30.7 | 1.1 | 13.4 | 4.8 | 146.9 | Jaja, gluten, mleko |
| Gulasz drobiowy | 201.3 | 8.6 | 5.9 | 30.7 | 56.5 | Gluten, mleko, jaja |
| Kasza bulgur | 342.0 | 12.3 | 1.3 | 75.9 | 17.0 | Gluten |
| Ogórek kiszony | 12.0 | 1.0 | 0.1 | 1.9 | 703.0 | Brak |
| Woda mineralna z sokiem | 20.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

24.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|--------------------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Krem z cukinii z grzankami | 45.5 | 4.1 | 0.4 | 6.5 | 24.3 | Seler, mleko |
| Filet z piersi kurczaka W płatkach kukurydzianych | 164.5 | 18.8 | 6.7 | 7.6 | 76.3 | Gluten, mleko, jaja |
| Ziemniaki puree | 87.7 | 2.0 | 1.6 | 16.8 | 7.3 | Mleko |
| Surówka z kapusty pekińskiej | 20.1 | 1.0 | 0.2 | 4.4 | 84.8 | Mleko |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

25.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|--------------------------|-------------------|---------------|----------------|--------------|-------------|------------------------|
| Rosół z makaronem | 43.8 | 4.1 | 0.4 | 6.5 | 24.3 | Seler, gluten, jaja |
| Gryros z kurczaka | 136.9 | 21.1 | 5.2 | 1.6 | 50.6 | Gluten, mleko, jaja |
| Sos tzatziki | 85.0 | 3.2 | 5.7 | 6.0 | 10.0 | Brak |
| Ryż | 344.0 | 6.7 | 0.7 | 78.9 | 6.0 | Brak |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |



MENU

26.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------------|
| Zupa pomidorowa z makaronem | 30.9 | 1.1 | 0.8 | 5.5 | 6.8 | Seler, gluten, mleko, jaja |
| Pierogi z serem i masłem | 205.2 | 12.0 | 10.0 | 17.1 | 11.2 | Jaja, Gluten, mleko |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

29.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|--------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| Zupa jarzynowa | 42.0 | 1.3 | 1.8 | 6.3 | 9.3 | Seler, gluten, mleko |
| sos carbonara | 150.5 | 11.0 | 5.2 | 16.5 | 220.4 | Jaja, Gluten, mleko |
| Makaron spaghetti | 27.7 | 6.0 | 0.9 | 30.8 | 1.2 | Brak |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

30.04.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|----------------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Rosółek z makaronem | 43.8 | 4.1 | 0.4 | 6.5 | 24.3 | Seler, gluten, jaja |
| Zrazik wieprzowy w sosie pieczeniowym | 193.9 | 14.1 | 11.2 | 9.6 | 0.6 | Gluten, mleko, jaja |
| Kopytka ziemniaczane | 122.0 | 4.6 | 1.3 | 25.0 | 280.0 | Gluten, jaja |
| Kapusta biała zasmażana | 50.5 | 1.7 | 2.2 | 7.2 | 10.1 | Brak |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |



MENU

02.05.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Zupka pomidorowa z ryżem | 20.1 | 0.6 | 0.7 | 3.3 | 8.7 | Seler |
| Pyzy ziemniaczane Z mięsem i okrasą | 146.2 | 4.6 | 2.1 | 27.1 | 11.2 | Jaja, Gluten, mleko |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |