



MENU

06.05.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|-------------------------|----------------|------------|-------------|-----------|----------|---------------|
| Krupnik | 111.3 | 2.6 | 2.2 | 22.5 | 61.1 | Seler, gluten |
| Sos pomidorowy | 58.5 | 0.9 | 4.5 | 4.3 | 127.7 | Brak |
| Makaron kokardki | 348.0 | 14.6 | 1.4 | 75.0 | 8.0 | Gluten |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

07.05.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|------------------------------------|----------------|------------|-------------|-----------|----------|---------------|
| Krem pomidorowy z grzankami | 82.9 | 5.6 | 5.5 | 3.5 | 32.4 | Gluten, mleko |
| 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 |
| Brokuł na parze | 26.0 | 2.2 | 0.4 | 2.4 | 0.1 | Brak |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

08.05.2024

| 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 |
| Kuleczki drobiowe | 174.0 | 19.7 | 5.7 | 13.9 | 30.0 | Mleko, Gluten, Jaja |
| Ziemniaki z masłem i koperkiem | 109.7 | 2.0 | 4.2 | 16.4 | 6.2 | Mleko |
| Surówka porowa | 108.0 | 2.3 | 7.6 | 8.4 | 23.0 | Mleko |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |



MENU

09.05.2024

| 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 |
| Sznyceł wieprzowy | 248.1 | 20.2 | 15.9 | 6.2 | 52.2 | Gluten, mleko, jaja |
| Ziemniaki puree | 87.7 | 2.0 | 1.6 | 16.8 | 7.3 | Mleko |
| Buraczki | 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 |

10.05.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|--------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Barszcz zabieleny | 30.7 | 1.1 | 13.4 | 4.8 | 146.9 | Jaja, gluten, mleko |
| Naleśniki z serem | 134.0 | 11.9 | 1.9 | 18.0 | 42.6 | Jaja, Gluten, mleko |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

13.05.2024

| 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 |
| 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 |



MENU

14.05.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|--------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| Zupa z zielonego groszku | 48.4 | 4.0 | 1.0 | 6.4 | 67.0 | Seler, mleko, gluten |
| Pyzy z nadzieniem truskawkowym | 942.5 | 5.8 | 2.7 | 46.6 | 1.3 | Gluten |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

15.05.2024

| 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 |
| Polędwiczka z piersi kurczaka | 164.5 | 18.8 | 6.7 | 7.6 | 76.5 | Gluten, mleko, jaja |
| Ziemniaki z masłem i koperkiem | 109.7 | 2.0 | 4.2 | 16.4 | 6.2 | Mleko |
| Surówka z marchewki z śmietaną | 72.0 | 1.0 | 0.0 | 18.0 | 10.0 | Mleko |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

16.05.2024

| 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 |
| 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 |
| Buraczki | 68.3 | 1.6 | 2.2 | 10.5 | 270.8 | Brak |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |



MENU

17.05.2024

| 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 |
| Kostka rybna | 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 kiszanej | 19.0 | 1.2 | 8.0 | 6.0 | 260.0 | Brak |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

20.05.2024

| 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 |
| Ryż zapiekany z jabłkiem | 156.1 | 2.1 | 2.0 | 33.0 | 17.0 | Gluten |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

21.05.2024

| 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 |
| Gulasz wieprzowy | 201.3 | 8.6 | 5.9 | 30.7 | 56.5 | Seler, gluten, mleko |
| Kasza gryczana | 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 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |



MENU

22.05.2024

| 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 |
| Pałka z kurczaka | 211.1 | 24.1 | 12.0 | 0.0 | 87.0 | Jaja, gluten, mleko |
| Ziemniaki puree | 87.7 | 2.0 | 1.6 | 16.8 | 7.3 | Mleko |
| Surówka z czerwonej kapusty | 50.5 | 1.7 | 2.2 | 7.2 | 10.1 | Brak |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

23.05.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|---|-------------------|---------------|----------------|--------------|-------------|-------------------------------|
| Krem brokułowy 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 z masłem i koperkiem | 109.7 | 2.0 | 4.2 | 16.4 | 6.2 | Mleko |
| Surówka z białej | 32.7 | 1.7 | 4.2 | 16.7 | 6.2 | Mleko |
| Woda mineralna z sokiem | 20.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

24.05.2024

| 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 |



MENU

27.05.2024

| 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 | gluten, mleko |
| Makaron spaghetti | 27.7 | 6.0 | 0.9 | 30.8 | 1.2 | Brak |
| sos carbonara | 150.5 | 11.0 | 5.2 | 16.5 | 220.4 | Jaja, Gluten, mleko |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |

28.05.2024

| 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 myśliwski | 31.5 | 6.0 | 5.2 | 3.5 | 102.4 | Brak |
| 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 |

29.05.2024

| Posiłek [100g] | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny |
|---------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------------|
| Zupa pomidorowa z ryżem | 30.9 | 1.1 | 0.8 | 5.5 | 6.8 | Seler, gluten, mleko, jaja |
| Filet z piersi kurczaka | 164.5 | 18.8 | 6.7 | 7.6 | 76.3 | Gluten, mleko, jaja |
| Ziemniaki z masłem i koperkiem | 109.7 | 2.0 | 4.2 | 16.4 | 6.2 | Mleko |
| Surówka z marchewki z śmietaną | 72.0 | 1.0 | 0.0 | 18.0 | 10.0 | Mleko |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |



MENU

31.05.2024

| 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 |
| 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 |
| Mix warzyw na parze | 65.5 | 2.0 | 1.0 | 10.0 | 10.1 | Brak |
| Woda mineralna | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | Brak |