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| --- | --- | --- | --- | --- | --- | --- |
| **JELOVNIK ZA REDOVNU NASTAVU: OSNOVNA ŠKOLA GALDOVO, GRAD SISAK**  **HEALTHY MEAL STANDARD KIDS MENU** | | | | | | |
| **TJEDAN: 28.11.2022.-02.12.2022. GALDOVO** | | | | | | |
| **DAN** | **NAZIV OBROKA** | **HRANJIVE VRIJEDNOSTI** | | | | **ALERGENI** |
| **U/g** | **B/g** | **M/g** | **E/kcal** |
| **PONEDJELJAK** | **KUHANO JAJE S KRUHOM (ŠNITA I POL) I ŠUNKOM , MLIJEKO , MALA JABUKA KOMAD** | 55.9 | 24.0 | 17.8 | 479 | Jaja(S), Gluten(S), Jaja(T), Soja(T), Mlijeko(T), Sezam(T), Lupina(T), Celer(S), Laktoza(S), Gluten(T), Mlijeko(S) |
| **UTORAK** | **TJESTENINA S PUREĆIM SAFTOM , ZELENA SALATA , VOĆE KOMAD** | 56.6 | 18.2 | 15.3 | 436 | Gluten(S), Celer(S), Jaja(T), Mlijeko(T) |
| **SRIJEDA** | **RIŽOTO S PILETINOM, CIKLA SALATA, VOĆE** | 61.3 | 16.3 | 15.2 | 444 |  |
| **ČETVRTAK** | **PILETINA U UMAKU OD GRAŠKA I MRKVE, PIRE KRUMPIR , KUPUS SALATA , KRUŠKA KOMAD** | 54.1 | 16.9 | 16.7 | 426 | Celer(T), Gluten(T), Laktoza(S), Mlijeko(S) |
| **PETAK** | **JABUKA KOMAD , ZELENA SALATA , PANIRANI OSLIĆ S PIRJANIM MAHUNAMA I KRUMPIROM** | 60.1 | 18.0 | 16.4 | 440 | Gluten(S), Rakovi(T), Riba(S), Mekušci(T), Celer(T), Gluten(T), Celer(S), Jaja(T), Soja(T), Mlijeko(T), Sezam(T) |