

Ostrołęka 2023-10-23 06:47
MSS

Wydruk jadłospisu na dzień 2023.10.23

Wykaz alergenów zgodnie ze specyfikacjami przekazanymi przez producentów: 1. gluten; 2. skorupiaki; 3. jaja; 4. ryby; 5. orzeszki ziemne; 6. soja 7. mleko; 8. orzechy; 9. seler 10. gorczyca; 11. ziarna szamary; 12. dwutlenek siarki; 13. lubin Legenda (*) produkt zawiera wskazany alergen; (+) produkt może zawierać wskazany alergen

| Nazwa | Gramatura | Ilość | kcal | Białko | Tłuszcz | Węgl. Ogolem | Sacharoza | Błonnik | Sod | |
|---|------------|----------------|-----------------------------------|------------|---------|-----------------|-----------|---------|-----|--------|
| | | | kcal | g | g | g | g | g | mg | |
| **** Szpital | MSS | **** Oddział | VI Oddział Chorób Wewnętrznych | 2023.10.23 | | | | | | |
| ***Dieta | | (N) Podstawowa | | | | | | | | |
| RYŻ NA MLEKU | | | | | | | | | | |
| MLEKO | 250,00[g] | | | | | | | | | |
| *mleko, | | | | | | | | | | |
| RYŻ TYP BIAŁY DŁUGOZIARNISTY | 25,00[g] | | | | | | | | | |
| SÓL | 1,00[g] | | | | | | | | | |
| | | | 250g | 1.00 por. | 214 | 10 | 5 | 32 | 1 | 1 503 |
| CHLEB PEŁNOZIARNISTY 500g (kg) | | | | | | | | | | |
| CHLEB PEŁNOZIARNISTY 500g | 1000,00[g] | | | | | | | | | |
| *Gluten, | | | | | | | | | | |
| | | | 100g | 100.00 g. | 245 | 7 | 1 | 54 | 1 | 4 372 |
| MASŁO EXTRA (zawartość tł 82%-83%) | | | | | | | | | | |
| MASŁO EXTRA (zawartość tł 82%-83%) | 1000,00[g] | | | | | | | | | |
| *mleko, | | | | | | | | | | |
| | | | 10g | 10.00 g. | 74 | 0 | 8 | 0 | 0 | 0 1 |
| TWAROŻEK WANILIOWY | | | | | | | | | | |
| TWAROŻEK SERNIKOWY | 100,00[g] | | | | | | | | | |
| *mleko, | | | | | | | | | | |
| JOGURT NATURALNY | 5,00[g] | | | | | | | | | |
| *mleko, +orzechy, | | | | | | | | | | |
| CUKIER TYP KRYSZTAŁ | 4,00[g] | | | | | | | | | |
| CUKIER WANILIOWY 0,032kg | 0,50[g] | | | | | | | | | |
| +Gluten, +mleko, | | | | | | | | | | |
| | | | 100g | 1.00 por. | 189 | 7 | 12 | 13 | 4 | 0 43 |
| DŻEM BRZOSKWINIOWY 280g | | | | | | | | | | |
| DŻEM BRZOSKWINIOWY 280g | 1000,00[g] | | | | | | | | | |
| | | | 20g | 20.00 g. | 31 | 0 | 0 | 8 | 7 | 0 0 |
| JABŁKO | | | | | | | | | | |
| JABŁKO | 1000,00[g] | | | | | | | | | |
| | | | 160g | 160.00 g. | 74 | 1 | 1 | 19 | 5 | 3 3 |
| KAWA INKA | | | | | | | | | | |
| CUKIER TYP KRYSZTAŁ | 10,00[g] | | | | | | | | | |
| KAWA INKA ZBOŻOWA | 0,02[szt] | | | | | | | | | |
| *Gluten, | | | | | | | | | | |
| | | | 200g | 1.00 por. | 41 | 0 | 0 | 10 | 10 | 0 0 |
| | | | *****razem posiłek [śniadanie]: | | 866 | 24 | 27 | 136 | 28 | 7 923 |
| ZUPA PIECZARKOWA | | | | | | | | | | |
| ZIEMNIAKI | 150,00[g] | | | | | | | | | |
| PIECZARKA | 60,00[g] | | | | | | | | | |
| MARCHEW | 40,00[g] | | | | | | | | | |
| KORPUS Z KURCZAKA | 30,00[g] | | | | | | | | | |
| SMIETANA 18% | 25,00[g] | | | | | | | | | |
| *mleko, | | | | | | | | | | |
| PIETRUSZKA | 20,00[g] | | | | | | | | | |
| SELER | 20,00[g] | | | | | | | | | |
| *seler, | | | | | | | | | | |
| MAKA TYP TORTOWA | 8,00[g] | | | | | | | | | |
| *Gluten, | | | | | | | | | | |
| SÓL | 2,00[g] | | | | | | | | | |
| PIETRUSZKA NAĆ | 0,03[szt] | | | | | | | | | |
| | | | 300g | 1.00 por. | 436 | 11 | 15 | 69 | 16 | 5 925 |
| KASZA JĘCZMIENNA NA SYPKO | | | | | | | | | | |
| KASZA TYP JĘCZMIENNA | 80,00[g] | | | | | | | | | |
| *Gluten, | | | | | | | | | | |
| OLEJ RZEPAKOWY | 5,00[g] | | | | | | | | | |
| +jaja, +soja, +mleko, +seler, +gorczyca, | | | | | | | | | | |
| SÓL | 0,50[g] | | | | | | | | | |
| | | | 200g | 1.00 por. | 306 | 6 | 7 | 60 | 0 | 5 197 |
| ZRAZ MIELONY W SOSIE | | | | | | | | | | |
| ŁOPATKA WIEPRZOWA B/K | 80,00[g] | | | | | | | | | |
| CEBULA | 15,00[g] | | | | | | | | | |
| MAKA TYP TORTOWA | 10,00[g] | | | | | | | | | |
| *Gluten, | | | | | | | | | | |
| BULKA 50g | 10,00[g] | | | | | | | | | |
| *Gluten, | | | | | | | | | | |
| OLEJ RZEPAKOWY | 5,00[g] | | | | | | | | | |
| +jaja, +soja, +mleko, +seler, +gorczyca, | | | | | | | | | | |
| SÓL | 3,00[g] | | | | | | | | | |
| JAJKO | 0,10[szt] | | | | | | | | | |
| *jaja, | | | | | | | | | | |
| | | | 100g | 1.00 por. | 330 | 16 | 24 | 14 | 0 | 11260 |
| SURÓWKA Z KAP. PEK. Z KUKURYDZĄ I GROSZKIEM | | | | | | | | | | |
| KAPUSTA PEKIŃSKA | 100,00[g] | | | | | | | | | |
| OGÓREK | 30,00[g] | | | | | | | | | |
| KUKURYDZA KONSERWOWA | 20,00[g] | | | | | | | | | |
| GROSZEK KONSERWOWY 400g | 20,00[g] | | | | | | | | | |
| MARCHEW | 20,00[g] | | | | | | | | | |
| OLEJ RZEPAKOWY | 10,00[g] | | | | | | | | | |
| +jaja, +soja, +mleko, +seler, +gorczyca, | | | | | | | | | | |
| | | | 150g | 1.00 por. | 121 | 2 | 10 | 8 | 1 | 3 66 |
| KOMPOT | | | | | | | | | | |
| MIESZANKA KOMPOTOWA | 20,00[g] | | | | | | | | | |
| CUKIER TYP KRYSZTAŁ | 5,00[g] | | | | | | | | | |
| | | | 200g | 1.00 por. | 28 | 0 | 0 | 7 | 5 | 1 0 |
| | | | *****razem posiłek [obiad]: | | 1220 | 35 | 56 | 158 | 23 | 142449 |
| CHLEB ŻYTNIA 450G | | | | | | | | | | |
| CHLEB ŻYTNIA 450G | 1000,00[g] | | | | | | | | | |
| *Gluten, | | | | | | | | | | |
| | | | 100g | 100.00 g. | 243 | 4 | 1 | 57 | 2 | 4 456 |
| MASŁO EXTRA (zawartość tł 82%-83%) | | | | | | | | | | |
| MASŁO EXTRA (zawartość tł 82%-83%) | 1000,00[g] | | | | | | | | | |
| *mleko, | | | | | | | | | | |
| | | | 10g | 10.00 g. | 74 | 0 | 8 | 0 | 0 | 0 1 |

| | | | | | | | | | | |
|--|---------------------|------|--------------|-----------------------------------|------|----|-----|-----|----|--------|
| KIELBASA KRAJANA 50G KIELBASA TYP KRAJANA <i>*soja, +mleko, +seler, +gorczyca,</i> | 50,00[g] | 50g | 1.00 por. | 78 | 7 | 6 | 0 | 0 | 0 | 360 |
| PAPRYKA PAPRYKA CZERWONA | 60,00[g] | 40g | 1.00 por. | 13 | 1 | 0 | 3 | 0 | 1 | 1 |
| OGÓREK OGÓREK | 1000,00[g] | 40g | 40.00 g. | 5 | 0 | 0 | 1 | 0 | 0 | 4 |
| HERBATA CUKIER TYP KRYSZTAŁ HERBATA EXP SAGA 0,126g | 10,00[g] 1,00[g] | 200g | 1.00 por. | 41 | 0 | 0 | 10 | 10 | 0 | 0 |
| | | | | ****razem posiłek [Kolacja]: | 453 | 12 | 15 | 72 | 12 | 5 823 |
| JOGURT Z MUSEM TRUSKAWKOWYM JOGURT NATURALNY <i>*mleko, +orzechy,</i> | 120,00[g] | | | | | | | | | |
| TRUSKAWKI | 50,00[g] | | | | | | | | | |
| CUKIER TYP KRYSZTAŁ | 5,00[g] | | | | | | | | | |
| MAKA ZIEMNIACZANA | 5,00[g] | | | | | | | | | |
| CUKIER WANILIOWY 0,032kg <i>+Gluten, +mleko,</i> | 0,50[g] | 150g | 1.00 por. | 125 | 6 | 3 | 21 | 7 | 1 | 76 |
| | | | | ****razem posiłek [II kolacja]: | 125 | 6 | 3 | 21 | 7 | 1 76 |
| | | | | ***razem dieta [(N) Podstawowa]: | 2665 | 76 | 101 | 387 | 70 | 284271 |

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MSS

Wydruk jadłospisu na dzień 2023.10.23

Wykaz alergenów zgodnie ze specyfikacjami przekazanymi przez producentów: 1. gluten; 2. skorupiaki; 3. jaja; 4. ryby; 5. orzeszki ziemne; 6. soja 7. mleko; 8. orzechy; 9. seler 10. gorczyca; 11. ziarna sezamu; 12. dwutlenek siarki; 13. lubin Legenda (*) produkt zawiera wskazany alergen; (+) produkt może zawierać wskazany alergen

| Nazwa | Gramatura | Ilość | kcal | Białko | Tłuszcz | Węgl. Ogolem | Sacharoza | Błonnik | Sód |
|--|------------|---------------------------------|--------------------------|-------------------|---------|-----------------|-----------|---------|--------|
| | | | kcal | g | g | g | g | g | mg |
| **** Szpital | MSS | **** Oddział | VI Oddział Chorób | 2023.10.23 | | | | | |
| ***Dieta | | (IV) Lat.tuszczu z ogr. | Wewnętrznych | | | | | | |
| RYŻ NA MLEKU | | | | | | | | | |
| MLEKO | 250,00[g] | | | | | | | | |
| *mleko, | | | | | | | | | |
| RYŻ TYP BIAŁY DŁUGOZIARNISTY | 25,00[g] | | | | | | | | |
| SÓL | 1,00[g] | | | | | | | | |
| | | 250g | 1.00 por. | 214 | 10 | 5 | 32 | 1 | 1 503 |
| BULKA PCHELKA 50g (kg) | | | | | | | | | |
| BULKA PCHELKA 50g | 1000,00[g] | | | | | | | | |
| *Gluten, +jaja, +orzeszki ziemne, +soja, +mleko, +ziarna sezamu, | | | | | | | | | |
| | | 100g | 100.00 g. | 273 | 8 | 2 | 58 | 1 | 2 379 |
| MASŁO EXTRA (zawartość tł 82%-83%) | | | | | | | | | |
| MASŁO EXTRA (zawartość tł 82%-83%) | 1000,00[g] | | | | | | | | |
| *mleko, | | | | | | | | | |
| | | 10g | 10.00 g. | 74 | 0 | 8 | 0 | 0 | 0 1 |
| TWAROŻEK WANILIOWY | | | | | | | | | |
| TWAROG SERNIKOWY | 100,00[g] | | | | | | | | |
| *mleko, | | | | | | | | | |
| JOGURT NATURALNY | 5,00[g] | | | | | | | | |
| *mleko, +orzechy, | | | | | | | | | |
| CUKIER TYP KRYSZTAŁ | 4,00[g] | | | | | | | | |
| CUKIER WANILIOWY 0,032kg | 0,50[g] | | | | | | | | |
| +Gluten, +mleko, | | | | | | | | | |
| | | 100g | 1.00 por. | 189 | 7 | 12 | 13 | 4 | 0 43 |
| DŻEM BRZOSKWINIOWY 280g | | | | | | | | | |
| DŻEM BRZOSKWINIOWY 280g | 1000,00[g] | | | | | | | | |
| | | 20g | 20.00 g. | 31 | 0 | 0 | 8 | 7 | 0 0 |
| JABŁKO | | | | | | | | | |
| JABŁKO | 1000,00[g] | | | | | | | | |
| | | 160g | 160.00 g. | 74 | 1 | 1 | 19 | 5 | 3 3 |
| KAWA INKA | | | | | | | | | |
| CUKIER TYP KRYSZTAŁ | 10,00[g] | | | | | | | | |
| KAWA INKA ZBOŻOWA | 0,02[szt] | | | | | | | | |
| *Gluten, | | | | | | | | | |
| | | 200g | 1.00 por. | 41 | 0 | 0 | 10 | 10 | 0 0 |
| | | *****razem posiłek [śniadanie]: | | 894 | 26 | 28 | 140 | 28 | 6 930 |
| ZUPA KOPERKOWA ROSOLKOWA | | | | | | | | | |
| ZIEMNIAKI | 150,00[g] | | | | | | | | |
| MARCHEW | 40,00[g] | | | | | | | | |
| PIETRUSZKA | 20,00[g] | | | | | | | | |
| SELER | 20,00[g] | | | | | | | | |
| *seler, | | | | | | | | | |
| OLEJ RZEPAKOWY | 3,00[g] | | | | | | | | |
| +jaja, +soja, +mleko, +seler, +gorczyca, | | | | | | | | | |
| KOPEREK | 0,06[szt] | | | | | | | | |
| PIETRUSZKA NAĆ | 0,03[szt] | | | | | | | | |
| | | 300g | 1.00 por. | 126 | 3 | 3 | 25 | 2 | 4 51 |
| KASZA JĘCZMIENNA NA SYPKO | | | | | | | | | |
| KASZA TYP JĘCZMIENNA | 80,00[g] | | | | | | | | |
| *Gluten, | | | | | | | | | |
| OLEJ RZEPAKOWY | 5,00[g] | | | | | | | | |
| +jaja, +soja, +mleko, +seler, +gorczyca, | | | | | | | | | |
| SÓL | 0,50[g] | | | | | | | | |
| | | 200g | 1.00 por. | 306 | 6 | 7 | 60 | 0 | 5 197 |
| PULPET W SOSIE WŁASNYM | | | | | | | | | |
| ŁOPATKA WIEPRZOWA B/K | 80,00[g] | | | | | | | | |
| MARCHEW | 20,00[g] | | | | | | | | |
| PIETRUSZKA | 10,00[g] | | | | | | | | |
| SELER | 10,00[g] | | | | | | | | |
| *seler, | | | | | | | | | |
| BULKA 50g | 10,00[g] | | | | | | | | |
| *Gluten, | | | | | | | | | |
| MAKA TYP TORTOWA | 5,00[g] | | | | | | | | |
| *Gluten, | | | | | | | | | |
| SÓL | 1,00[g] | | | | | | | | |
| JAJKO | 0,10[szt] | | | | | | | | |
| *jaja, | | | | | | | | | |
| | | 120g | 1.00 por. | 275 | 16 | 19 | 13 | 1 | 2 512 |
| SURÓWKA Z KAPUSTY PEKIŃSKIEJ | | | | | | | | | |
| KAPUSTA PEKIŃSKA | 150,00[g] | | | | | | | | |
| MARCHEW | 20,00[g] | | | | | | | | |
| OLEJ RZEPAKOWY | 10,00[g] | | | | | | | | |
| +jaja, +soja, +mleko, +seler, +gorczyca, | | | | | | | | | |
| | | 150g | 1.00 por. | 112 | 2 | 10 | 7 | 1 | 4 30 |
| KOMPOT | | | | | | | | | |
| MIESZANKA KOMPOTOWA | 20,00[g] | | | | | | | | |
| CUKIER TYP KRYSZTAŁ | 5,00[g] | | | | | | | | |
| | | 200g | 1.00 por. | 28 | 0 | 0 | 7 | 5 | 1 0 |
| | | *****razem posiłek [obiad]: | | 847 | 27 | 39 | 112 | 10 | 16 791 |
| SZYŃKA TYP DELIKATESOWA 50G | | | | | | | | | |
| SZYŃKA DELIKATESOWA (zawartość mięsa min. 85%) | 50,00[g] | | | | | | | | |
| +soja, +mleko, +seler, +gorczyca, | | | | | | | | | |
| | | 50g | 1.00 por. | 62 | 9 | 3 | 0 | 0 | 0 399 |
| BULKA PCHELKA 50g (kg) | | | | | | | | | |
| BULKA PCHELKA 50g | 1000,00[g] | | | | | | | | |
| *Gluten, +jaja, +orzeszki ziemne, +soja, +mleko, +ziarna sezamu, | | | | | | | | | |
| | | 100g | 100.00 g. | 273 | 8 | 2 | 58 | 1 | 2 379 |
| MASŁO EXTRA (zawartość tł 82%-83%) | | | | | | | | | |
| MASŁO EXTRA (zawartość tł 82%-83%) | 1000,00[g] | | | | | | | | |
| *mleko, | | | | | | | | | |
| | | 10g | 10.00 g. | 74 | 0 | 8 | 0 | 0 | 0 1 |

| | | | | | | | | | | |
|-----------------------------|------------|--|--------|------|----|----|-----|----|--------|-----|
| POMIDORY | | | | | | | | | | |
| POMIDORY | 1000,00[g] | | | | | | | | | |
| | | 100g | 100.00 | 15 | 1 | 0 | 4 | 0 | 1 | 8 |
| | | | g. | | | | | | | |
| HERBATA | | | | | | | | | | |
| CUKIER TYP KRYSZTAŁ | 10,00[g] | | | | | | | | | |
| HERBATA EXP SAGA 0,126g | 1,00[g] | | | | | | | | | |
| | | 200g | 1.00 | 41 | 0 | 0 | 10 | 10 | 0 | 0 |
| | | | por. | | | | | | | |
| | | *****razem posiłek [Kolacja]: | | 464 | 18 | 13 | 71 | 11 | 3 | 787 |
| JOGURT Z MUSEM TRUSKAWKOWYM | | | | | | | | | | |
| JOGURT NATURALNY | 120,00[g] | | | | | | | | | |
| *mleko,+orzechy, | | | | | | | | | | |
| TRUSKAWKI | 50,00[g] | | | | | | | | | |
| CUKIER TYP KRYSZTAŁ | 5,00[g] | | | | | | | | | |
| MAKA ZIEMNIACZANA | 5,00[g] | | | | | | | | | |
| CUKIER WANILIOWY 0,032kg | 0,50[g] | | | | | | | | | |
| +Gluten,+mleko, | | | | | | | | | | |
| | | 150g | 1.00 | 125 | 6 | 3 | 21 | 7 | 1 | 76 |
| | | | por. | | | | | | | |
| | | *****razem posiłek [II kolacja]: | | 125 | 6 | 3 | 21 | 7 | 1 | 76 |
| | | ***razem dieta [(IV) Łat.tłuszczu z ogr.]: | | 2330 | 76 | 82 | 344 | 56 | 252583 | |