



|   |            |                                  |      |      |     |     |     |    |        |       |
|---|------------|----------------------------------|------|------|-----|-----|-----|----|--------|-------|
| KOMPOT  |            | 150g                             | por. | 122  | 3   | 5   | 19  | 10 | 4      | 278   |
| MIESZANKA KOMPOTOWA   | 20,00[g]   |                                  |      |      |     |     |     |    |        |       |
| CUKIER TYP KRYSZTAŁ   | 5,00[g]    |                                  |      |      |     |     |     |    |        |       |
|   |            | 200g                             | 1.00 | 28   | 0   | 0   | 7   | 5  | 1      | 0     |
|   |            | *****razem posiłek [obiad]:      |      | 960  | 41  | 33  | 140 | 24 | 161842 |       |
| CHLEB MAZOWIECKI 500g (kg)                                  |            |                                  |      |      |     |     |     |    |        |       |
| CHLEB MAZOWIECKI 500g                                       | 1000,00[g] |                                  |      |      |     |     |     |    |        |       |
| *Gluten,+jaja,+soja,+mleko,+ziarna_sesamu,                  |            | 100.00                           | g.   | 254  | 8   | 1   | 55  | 1  | 3      | 395   |
| PARÓWKI NA GORĄCO   |            |                                  |      |      |     |     |     |    |        |       |
| PARÓWKI   | 120,00[g]  |                                  |      |      |     |     |     |    |        |       |
| +Gluten,*soja,+mleko,+gorczycza,                            |            |                                  |      |      |     |     |     |    |        |       |
|   |            | 140g                             | 1.00 | 410  | 11  | 41  | 0   | 0  | 0      | 01067 |
| KETCHUP ŁAGODNY 510g (kg)                                   |            |                                  |      |      |     |     |     |    |        |       |
| KETCHUP ŁAGODNY   | 1000,00[g] |                                  |      |      |     |     |     |    |        |       |
| +seler,   |            | 20.00                            | g.   | 20   | 0   | 0   | 5   | 0  | 0      | 181   |
| POMIDORY  |            |                                  |      |      |     |     |     |    |        |       |
| POMIDORY  | 1000,00[g] |                                  |      |      |     |     |     |    |        |       |
|   |            | 100.00                           | g.   | 15   | 1   | 0   | 4   | 0  | 1      | 8     |
| 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     |
|   |            | *****razem posiłek [Kolacja]:    |      | 740  | 20  | 43  | 74  | 11 | 41651  |       |
| DESER RYZOWY Z RODZYNKĄ CYNAMONEM MUSEM JABŁKOWYM           |            |                                  |      |      |     |     |     |    |        |       |
| JABŁKO  | 100,00[g]  |                                  |      |      |     |     |     |    |        |       |
| RYŻ TYP BIAŁY DŁUGOZIARNISTY                                | 40,00[g]   |                                  |      |      |     |     |     |    |        |       |
| RODZYNKI 100g   | 5,00[g]    |                                  |      |      |     |     |     |    |        |       |
| +orzeszki_ziemne,+orzeczy,+ziarna_sesamu,+dvwulenek_starki, |            |                                  |      |      |     |     |     |    |        |       |
| CUKIER TYP KRYSZTAŁ   | 3,00[g]    |                                  |      |      |     |     |     |    |        |       |
| SKÓRKA POMARAŃCZA   | 3,00[g]    |                                  |      |      |     |     |     |    |        |       |
| OLEJ RZEPAKOWY  | 2,00[g]    |                                  |      |      |     |     |     |    |        |       |
| +jaja,+soja,+mleko,+seler,+gorczycza,                       |            |                                  |      |      |     |     |     |    |        |       |
| CYNAMON MIELONY   | 1,00[g]    |                                  |      |      |     |     |     |    |        |       |
| +jaja,+orzeszki_ziemne,                                     |            |                                  |      |      |     |     |     |    |        |       |
|   |            | 100g                             | 1.00 | 213  | 3   | 3   | 47  | 5  | 3      | 5     |
|   |            | *****razem posiłek [II kolacja]: |      | 213  | 3   | 3   | 47  | 5  | 3      | 5     |
|   |            | ***razem dieta [(N) Podstawowa]: |      | 2803 | 102 | 121 | 363 | 56 | 365619 |       |

Ostrołęka 2023-10-26 12:58  
MSS

## Wydruk jadłospisu na dzień 2023.10.26

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.<br>Ogolem | Sacharoza | Błonnik | Sod    |
|---|--------------------------------|---------------------------------|---------------------------------------|-------------------|---------|-----------------|-----------|---------|--------|
|   |                                |                                 | kcal                                  | g                 | g       | g               | g         | g       | mg     |
| <b>**** Szpital</b>   | <b>MSS</b>                     | <b>**** Oddział</b>             | <b>VI Oddział Chorób Wewnętrznych</b> | <b>2023.10.26</b> |         |                 |           |         |        |
| <b>***Dieta</b>   | <b>(IV) Lat.tuszczu z ogr.</b> |                                 |                                       |                   |         |                 |           |         |        |
| MAKARON NA MLEKU  |                                |                                 |                                       |                   |         |                 |           |         |        |
| MLEKO   | 250,00[g]                      |                                 |                                       |                   |         |                 |           |         |        |
| *mleko,   |                                |                                 |                                       |                   |         |                 |           |         |        |
| MAKARON TYP ŚWIDERKI  | 25,00[g]                       |                                 |                                       |                   |         |                 |           |         |        |
| *Gluten,*jaja,  |                                |                                 |                                       |                   |         |                 |           |         |        |
| SÓL   | 1,00[g]                        |                                 |                                       |                   |         |                 |           |         |        |
|   |                                | 250g                            | 1.00 por.                             | 221               | 12      | 6               | 31        | 1       | 1 505  |
| BULKA PCHELKA 50g (kg)                                      |                                |                                 |                                       |                   |         |                 |           |         |        |
| BULKA PCHELKA 50g   | 1000,00[g]                     |                                 |                                       |                   |         |                 |           |         |        |
| *Gluten,+jaja,+orzeszki ziemne,+soja,+mleko,+ziarna_sezamu, |                                |                                 |                                       |                   |         |                 |           |         |        |
|   |                                | 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    |
| SZYNKA TYP DELIKATESOWA 50G                                 |                                |                                 |                                       |                   |         |                 |           |         |        |
| SZYNKA DELIKATESOWA (zawartość mięsa min. 85%)              | 50,00[g]                       |                                 |                                       |                   |         |                 |           |         |        |
| +soja,+mleko,+seler,+gorczyca,                              |                                |                                 |                                       |                   |         |                 |           |         |        |
|   |                                | 50g                             | 1.00 por.                             | 62                | 9       | 3               | 0         | 0       | 0 399  |
| SALATA MASŁOWA  |                                |                                 |                                       |                   |         |                 |           |         |        |
| SALATA MASŁOWA  | 1,00[szt]                      |                                 |                                       |                   |         |                 |           |         |        |
|   |                                | 0.10 g.                         | 1                                     | 0                 | 0       | 0               | 0         | 0       | 0 0    |
| POMIDORY  |                                |                                 |                                       |                   |         |                 |           |         |        |
| POMIDORY  | 1000,00[g]                     |                                 |                                       |                   |         |                 |           |         |        |
|   |                                | 100.00 g.                       | 15                                    | 1                 | 0       | 4               | 0         | 1       | 8      |
| HERBATA   |                                |                                 |                                       |                   |         |                 |           |         |        |
| CUKIER TYP KRYSZTAŁ   | 10,00[g]                       |                                 |                                       |                   |         |                 |           |         |        |
| HERBATA EXP SAGA 0,126g                                     | 1,00[g]                        |                                 |                                       |                   |         |                 |           |         |        |
|   |                                | 200g                            | 1.00 por.                             | 41                | 0       | 0               | 10        | 10      | 0 0    |
|   |                                | *****razem posiłek [śniadanie]: |                                       | 686               | 30      | 18              | 103       | 12      | 41292  |
| ZUPA MARCHWIOWA   |                                |                                 |                                       |                   |         |                 |           |         |        |
| ZIEMNIAKI   | 150,00[g]                      |                                 |                                       |                   |         |                 |           |         |        |
| MARCHEW   | 100,00[g]                      |                                 |                                       |                   |         |                 |           |         |        |
| PIETRUSZKA  | 20,00[g]                       |                                 |                                       |                   |         |                 |           |         |        |
| SELER   | 20,00[g]                       |                                 |                                       |                   |         |                 |           |         |        |
| *seler,   |                                |                                 |                                       |                   |         |                 |           |         |        |
| JOGURT NATURALNY  | 20,00[g]                       |                                 |                                       |                   |         |                 |           |         |        |
| *mleko,+orzechy,  |                                |                                 |                                       |                   |         |                 |           |         |        |
| MAKA TYP TORTOWA  | 5,00[g]                        |                                 |                                       |                   |         |                 |           |         |        |
| *Gluten,  |                                |                                 |                                       |                   |         |                 |           |         |        |
| OLEJ RZEPAKOWY  | 5,00[g]                        |                                 |                                       |                   |         |                 |           |         |        |
| +jaja,+soja,+mleko,+seler,+gorczyca,                        |                                |                                 |                                       |                   |         |                 |           |         |        |
| SÓL   | 1,00[g]                        |                                 |                                       |                   |         |                 |           |         |        |
| PIETRUSZKA NAĆ  | 0,03[szt]                      |                                 |                                       |                   |         |                 |           |         |        |
| KOPEREK   | 0,03[szt]                      |                                 |                                       |                   |         |                 |           |         |        |
|   |                                | 300g                            | 1.00 por.                             | 230               | 6       | 6               | 45        | 4       | 8 522  |
| KASZA PĘCZAK GOTOWANA NA SYPKO                              |                                |                                 |                                       |                   |         |                 |           |         |        |
| KASZA PĘCZAK  | 80,00[g]                       |                                 |                                       |                   |         |                 |           |         |        |
| *Gluten,+orzeszki ziemne,+soja,+orzechy,+ziarna_sezamu,     |                                |                                 |                                       |                   |         |                 |           |         |        |
| OLEJ RZEPAKOWY  | 5,00[g]                        |                                 |                                       |                   |         |                 |           |         |        |
| +jaja,+soja,+mleko,+seler,+gorczyca,                        |                                |                                 |                                       |                   |         |                 |           |         |        |
| SÓL   | 0,50[g]                        |                                 |                                       |                   |         |                 |           |         |        |
|   |                                | 200g                            | 1.00 por.                             | 311               | 7       | 7               | 60        | 0       | 4 198  |
| GULASZ WP. GOTOWANY   |                                |                                 |                                       |                   |         |                 |           |         |        |
| SZYNKA ORZECH   | 120,00[g]                      |                                 |                                       |                   |         |                 |           |         |        |
| MARCHEW   | 30,00[g]                       |                                 |                                       |                   |         |                 |           |         |        |
| PIETRUSZKA  | 15,00[g]                       |                                 |                                       |                   |         |                 |           |         |        |
| SELER   | 15,00[g]                       |                                 |                                       |                   |         |                 |           |         |        |
| *seler,   |                                |                                 |                                       |                   |         |                 |           |         |        |
| MAKA TYP TORTOWA  | 5,00[g]                        |                                 |                                       |                   |         |                 |           |         |        |
| *Gluten,  |                                |                                 |                                       |                   |         |                 |           |         |        |
| OLEJ RZEPAKOWY  | 5,00[g]                        |                                 |                                       |                   |         |                 |           |         |        |
| +jaja,+soja,+mleko,+seler,+gorczyca,                        |                                |                                 |                                       |                   |         |                 |           |         |        |
| SÓL   | 1,00[g]                        |                                 |                                       |                   |         |                 |           |         |        |
| PIETRUSZKA NAĆ  | 0,03[szt]                      |                                 |                                       |                   |         |                 |           |         |        |
|   |                                | 150g                            | 1.00 por.                             | 309               | 18      | 23              | 11        | 3       | 31773  |
| BURACZKI OPRÓSZANE  |                                |                                 |                                       |                   |         |                 |           |         |        |
| BURAK CZERWONY  | 160,00[g]                      |                                 |                                       |                   |         |                 |           |         |        |
| MAKA TYP TORTOWA  | 5,00[g]                        |                                 |                                       |                   |         |                 |           |         |        |
| *Gluten,  |                                |                                 |                                       |                   |         |                 |           |         |        |
| OLEJ RZEPAKOWY  | 5,00[g]                        |                                 |                                       |                   |         |                 |           |         |        |
| +jaja,+soja,+mleko,+seler,+gorczyca,                        |                                |                                 |                                       |                   |         |                 |           |         |        |
| SÓL   | 0,50[g]                        |                                 |                                       |                   |         |                 |           |         |        |
|   |                                | 150g                            | 1.00 por.                             | 122               | 3       | 5               | 19        | 10      | 4 278  |
| 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]:     |                                       | 1000              | 34      | 41              | 142       | 23      | 202771 |
| BULKA PCHELKA 50g (kg)                                      |                                |                                 |                                       |                   |         |                 |           |         |        |
| BULKA PCHELKA 50g   | 1000,00[g]                     |                                 |                                       |                   |         |                 |           |         |        |
| *Gluten,+jaja,+orzeszki ziemne,+soja,+mleko,+ziarna_sezamu, |                                |                                 |                                       |                   |         |                 |           |         |        |
|   |                                | 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    |
| SZYNKA SOŁTYSA 50G  |                                |                                 |                                       |                   |         |                 |           |         |        |
| SZYNKA TYP SOŁTYSA  | 50,00[g]                       |                                 |                                       |                   |         |                 |           |         |        |
|   |                                | 50g                             | 1.00 por.                             | 117               | 8       | 9               | 1         | 0       | 0 429  |
| POMIDORY  |                                |                                 |                                       |                   |         |                 |           |         |        |

|  |            |  |      |    |    |     |    |        |     |  |
|--|------------|--|------|----|----|-----|----|--------|-----|--|
| POMIDORY   | 1000,00[g] |  |      |    |    |     |    |        |     |  |
|  |            | 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                                       | 41   | 0  | 0  | 10  | 10 | 0      | 0   |  |
|  |            | 1.00                                       |      |    |    |     |    |        |     |  |
|  |            | por.                                       |      |    |    |     |    |        |     |  |
|  |            | ****razem posiłek [Kolacja]:               | 519  | 17 | 19 | 72  | 12 | 3      | 817 |  |
| <hr/>  |            |  |      |    |    |     |    |        |     |  |
| DESER RYZOWY Z RODZYNKĄ, CYNAMONEM MUSEM JABŁKOWYM           |            |  |      |    |    |     |    |        |     |  |
| JABŁKO   | 100,00[g]  |  |      |    |    |     |    |        |     |  |
| RYŻ TYP BIAŁY DŁUGOZIARNISTY                                 | 40,00[g]   |  |      |    |    |     |    |        |     |  |
| RODZYNKI 100g  | 5,00[g]    |  |      |    |    |     |    |        |     |  |
| +orzeszki ziemne,+orzechy,+ziarna_sesamu,+dzwulenek_startki, |            |  |      |    |    |     |    |        |     |  |
| CUKIER TYP KRYSZTAŁ  | 3,00[g]    |  |      |    |    |     |    |        |     |  |
| SKÓRKA POMARANCZA  | 3,00[g]    |  |      |    |    |     |    |        |     |  |
| OLEJ RZEPAKOWY   | 2,00[g]    |  |      |    |    |     |    |        |     |  |
| +jaja,+soja,+mleko,+seler,+gorczycza,                        |            |  |      |    |    |     |    |        |     |  |
| CYNAMON MIELONY  | 1,00[g]    |  |      |    |    |     |    |        |     |  |
| +jaja,+orzeszki ziemne,                                      |            |  |      |    |    |     |    |        |     |  |
|  |            | 100g                                       | 213  | 3  | 3  | 47  | 5  | 3      | 5   |  |
|  |            | 1.00                                       |      |    |    |     |    |        |     |  |
|  |            | por.                                       |      |    |    |     |    |        |     |  |
|  |            | ****razem posiłek [II kolacja]:            | 213  | 3  | 3  | 47  | 5  | 3      | 5   |  |
|  |            | ***razem dieta [(IV) Łat.tłuszczu z ogr.]: | 2418 | 85 | 81 | 364 | 52 | 294884 |     |  |