

Ostrołęka 2023-10-27 09:43  
MSS

## Wydruk jadłospisu na dzień 2023.10.27

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. łubin Legenda (\*) produkt zawiera wskazany alergen; (+) produkt może zawierać wskazany alergen

| Nazwa   | Gramatura  | Ilość                           | kcal                              | Białko     | Tłuszcz | Węgl.<br>Ogolem | Sacharoza | Błonnik | Sod    |
|---|------------|---------------------------------|-----------------------------------|------------|---------|-----------------|-----------|---------|--------|
| **** Szpital  | MSS        | **** Oddział                    | VI Oddział Chorób<br>Wewnętrznych | 2023.10.27 |         |                 |           |         |        |
| ***Dieta  |            | (IV) Lat.tuszczu z ogr.         |                                   |            |         |                 |           |         |        |
| PLATKI JĘCZMIENNE NA MLEKU                                  |            |                                 |                                   |            |         |                 |           |         |        |
| MLEKO   | 250,00[g]  |                                 |                                   |            |         |                 |           |         |        |
| *mleko,   |            |                                 |                                   |            |         |                 |           |         |        |
| PLATKI JĘCZMIENNE   | 25,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| *Gluten,+soja,+orzechy,+ziarna_sezamu,                      |            |                                 |                                   |            |         |                 |           |         |        |
| SÓL   | 1,00[g]    |                                 |                                   |            |         |                 |           |         |        |
|   |            | 250g                            | 1.00 por.                         | 219        | 11      | 7               | 30        | 1       | 2 502  |
| 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 Z ZIOŁAMI  |            |                                 |                                   |            |         |                 |           |         |        |
| TWARÓG SERNIKOWY  | 100,00[g]  |                                 |                                   |            |         |                 |           |         |        |
| *mleko,   |            |                                 |                                   |            |         |                 |           |         |        |
| JOGURT NATURALNY  | 10,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| *mleko,+orzechy,  |            |                                 |                                   |            |         |                 |           |         |        |
| SÓL   | 0,50[g]    |                                 |                                   |            |         |                 |           |         |        |
| KOPEREK   | 0,03[szt]  |                                 |                                   |            |         |                 |           |         |        |
|   |            | 100g                            | 1.00 por.                         | 175        | 7       | 12              | 9         | 0       | 0 241  |
| POMIDORY  |            |                                 |                                   |            |         |                 |           |         |        |
| POMIDORY  | 1000,00[g] |                                 |                                   |            |         |                 |           |         |        |
|   |            | 100g                            | 100.00 g.                         | 15         | 1       | 0               | 4         | 0       | 1 8    |
| JABŁKO PIECZONE   |            |                                 |                                   |            |         |                 |           |         |        |
| JABŁKO  | 160,00[g]  |                                 |                                   |            |         |                 |           |         |        |
|   |            | 130g                            | 1.00 por.                         | 74         | 1       | 1               | 19        | 5       | 3 3    |
| KAWA INKA   |            |                                 |                                   |            |         |                 |           |         |        |
| CUKIER TYP KRYSTAL  | 10,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| KAWA INKA ZBOŻOWA   | 0,02[szt]  |                                 |                                   |            |         |                 |           |         |        |
| *Gluten,  |            |                                 |                                   |            |         |                 |           |         |        |
|   |            | 200g                            | 1.00 por.                         | 41         | 0       | 0               | 10        | 10      | 0 0    |
|   |            | *****razem posiłek [śniadanie]: |                                   | 869        | 28      | 30              | 130       | 17      | 81134  |
| ZUPA JARZYNOWA ROSOŁOWA                                     |            |                                 |                                   |            |         |                 |           |         |        |
| ZIEMNIAKI   | 150,00[g]  |                                 |                                   |            |         |                 |           |         |        |
| MARCHEW   | 40,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| KORPUS Z KURCZAKA   | 30,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| ZUPA JARZYNOWA  | 30,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| PIETRUSZKA  | 20,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| SELER   | 20,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| *seler,   |            |                                 |                                   |            |         |                 |           |         |        |
| POR   | 10,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| GROSZEK ZIELONY   | 10,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| FASOLA CIĘTA ZIELONA  | 10,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| +Gluten,+orzeszki_ziemne,+soja,                             |            |                                 |                                   |            |         |                 |           |         |        |
| PIETRUSZKA NAĆ  | 0,03[szt]  |                                 |                                   |            |         |                 |           |         |        |
| KOPEREK   | 0,03[szt]  |                                 |                                   |            |         |                 |           |         |        |
|   |            | 300g                            | 1.00 por.                         | 128        | 6       | 1               | 28        | 2       | 6 92   |
| ZIEMNIAKI GOTOWANE Z WODY                                   |            |                                 |                                   |            |         |                 |           |         |        |
| ZIEMNIAKI   | 250,00[g]  |                                 |                                   |            |         |                 |           |         |        |
| SÓL   | 1,00[g]    |                                 |                                   |            |         |                 |           |         |        |
|   |            | 200g                            | 1.00 por.                         | 193        | 5       | 0               | 46        | 1       | 4 406  |
| RYBA Z PIECA (PIECZENIE Z PARĄ)                             |            |                                 |                                   |            |         |                 |           |         |        |
| FILET RYBNY   | 110,00[g]  |                                 |                                   |            |         |                 |           |         |        |
| *ryby,  |            |                                 |                                   |            |         |                 |           |         |        |
| BULKA TARTA   | 10,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| *Gluten,+soja,+mleko,+gorczyca,+ziarna_sezamu,              |            |                                 |                                   |            |         |                 |           |         |        |
| OLEJ RZEPAKOWY  | 10,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| +jaja,+soja,+mleko,+seler,+gorczyca,                        |            |                                 |                                   |            |         |                 |           |         |        |
| JAJKO   | 0,15[szt]  |                                 |                                   |            |         |                 |           |         |        |
| *jaja,  |            |                                 |                                   |            |         |                 |           |         |        |
|   |            | 100g                            | 1.00 por.                         | 224        | 21      | 12              | 8         | 0       | 1 180  |
| WARZYWA OPRÓSZANE   |            |                                 |                                   |            |         |                 |           |         |        |
| MARCHEW   | 100,00[g]  |                                 |                                   |            |         |                 |           |         |        |
| PIETRUSZKA  | 50,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| SELER   | 50,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| *seler,   |            |                                 |                                   |            |         |                 |           |         |        |
| MAKA TYP TORTOWA  | 10,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| *Gluten,  |            |                                 |                                   |            |         |                 |           |         |        |
| OLEJ RZEPAKOWY  | 5,00[g]    |                                 |                                   |            |         |                 |           |         |        |
| +jaja,+soja,+mleko,+seler,+gorczyca,                        |            |                                 |                                   |            |         |                 |           |         |        |
| SÓL   | 0,50[g]    |                                 |                                   |            |         |                 |           |         |        |
|   |            | 150g                            | 1.00 por.                         | 135        | 4       | 6               | 25        | 5       | 9 344  |
| KOMPOT  |            |                                 |                                   |            |         |                 |           |         |        |
| MIESZANKA KOMPOTOWA   | 20,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| CUKIER TYP KRYSTAL  | 5,00[g]    |                                 |                                   |            |         |                 |           |         |        |
|   |            | 200g                            | 1.00 por.                         | 28         | 0       | 0               | 7         | 5       | 1 0    |
|   |            | *****razem posiłek [obiad]:     |                                   | 708        | 36      | 20              | 114       | 14      | 201022 |
| KASZA JAGLANA Z TRUSKAWKAMI                                 |            |                                 |                                   |            |         |                 |           |         |        |
| TRUSKAWKI   | 100,00[g]  |                                 |                                   |            |         |                 |           |         |        |
| KASZA TYP JAGLANA   | 60,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| +Gluten,+soja,+ziarna_sezamu,                               |            |                                 |                                   |            |         |                 |           |         |        |
| CUKIER TYP KRYSTAL  | 10,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| CUKIER WANILIOWY 0,032kg                                    | 4,00[g]    |                                 |                                   |            |         |                 |           |         |        |
| +Gluten,+mleko,   |            |                                 |                                   |            |         |                 |           |         |        |
|   |            | 200g                            | 1.00 por.                         | 292        | 7       | 2               | 64        | 11      | 4 4    |
| HERBATA Z CYTRYNĄ   |            |                                 |                                   |            |         |                 |           |         |        |
| CUKIER TYP KRYSTAL  | 10,00[g]   |                                 |                                   |            |         |                 |           |         |        |
| CYTRYNA   | 5,00[g]    |                                 |                                   |            |         |                 |           |         |        |
| HERBATA EXP SAGA 0,126g                                     | 1,00[g]    |                                 |                                   |            |         |                 |           |         |        |
|   |            | 200g                            | 1.00 por.                         | 42         | 0       | 0               | 10        | 10      | 0 0    |

|  |            | *****razem posiłek [Kolacja]: |           | 334  | 7    | 2   | 75 | 21  | 4  | 4      |
|--|------------|-------------------------------|-----------|--|------|-----|----|-----|----|--------|
| PASZTET Z SELERA WŁASNEJ PRODUKCJI             |            |                               |           |  |      |     |    |     |    |        |
| SELER  | 90,00[g]   |                               |           |  |      |     |    |     |    |        |
| *seler,  |            |                               |           |  |      |     |    |     |    |        |
| CEBULA   | 20,00[g]   |                               |           |  |      |     |    |     |    |        |
| MARCHEW  | 20,00[g]   |                               |           |  |      |     |    |     |    |        |
| BULKA TARTA                                    | 5,00[g]    |                               |           |  |      |     |    |     |    |        |
| *Gluten,+soja,+mleko,+gorczyca,+ziarna_sesamu, |            |                               |           |  |      |     |    |     |    |        |
| KASZA TYP MANNA                                | 3,00[g]    |                               |           |  |      |     |    |     |    |        |
| *Gluten,                                       |            |                               |           |  |      |     |    |     |    |        |
| OLEJ RZEPAKOWY                                 | 1,00[g]    |                               |           |  |      |     |    |     |    |        |
| +jaja,+soja,+mleko,+seler,+gorczyca,           |            |                               |           |  |      |     |    |     |    |        |
| JAJKO  | 0,30[szt]  |                               |           |  |      |     |    |     |    |        |
| *jaja,   |            |                               |           |  |      |     |    |     |    |        |
| CZOSNEK  | 0,10[szt]  |                               |           |  |      |     |    |     |    |        |
| MAJERANEK 150g                                 | 0,05[szt]  |                               |           |  |      |     |    |     |    |        |
| SOL  | 0,05[g]    |                               |           |  |      |     |    |     |    |        |
| PIETRUSZKA NAC                                 | 0,03[szt]  |                               |           |  |      |     |    |     |    |        |
|  |            | 50g                           | 1.00 por. | 129  | 7    | 4   | 17 | 2   | 5  | 160    |
| PASZTET Z SOCZEWICY WŁASNEJ PRODUKCJI          |            |                               |           |  |      |     |    |     |    |        |
| SOCZEWICA CZERWONA                             | 80,00[g]   |                               |           |  |      |     |    |     |    |        |
| *Gluten,*soja,*mleko,                          |            |                               |           |  |      |     |    |     |    |        |
| MARCHEW  | 30,00[g]   |                               |           |  |      |     |    |     |    |        |
| CEBULA   | 20,00[g]   |                               |           |  |      |     |    |     |    |        |
| PIETRUSZKA                                     | 10,00[g]   |                               |           |  |      |     |    |     |    |        |
| SELER  | 10,00[g]   |                               |           |  |      |     |    |     |    |        |
| *seler,  |            |                               |           |  |      |     |    |     |    |        |
| BULKA TARTA                                    | 9,00[g]    |                               |           |  |      |     |    |     |    |        |
| *Gluten,+soja,+mleko,+gorczyca,+ziarna_sesamu, |            |                               |           |  |      |     |    |     |    |        |
| KASZA TYP MANNA                                | 3,00[g]    |                               |           |  |      |     |    |     |    |        |
| *Gluten,                                       |            |                               |           |  |      |     |    |     |    |        |
| OLEJ RZEPAKOWY                                 | 1,00[g]    |                               |           |  |      |     |    |     |    |        |
| +jaja,+soja,+mleko,+seler,+gorczyca,           |            |                               |           |  |      |     |    |     |    |        |
| SOL  | 0,50[g]    |                               |           |  |      |     |    |     |    |        |
| JAJKO  | 0,05[szt]  |                               |           |  |      |     |    |     |    |        |
| *jaja,   |            |                               |           |  |      |     |    |     |    |        |
| CZOSNEK  | 0,05[szt]  |                               |           |  |      |     |    |     |    |        |
| PIETRUSZKA NAC                                 | 0,00[szt]  |                               |           |  |      |     |    |     |    |        |
|  |            | 50g                           | 1.00 por. | 341  | 23   | 4   | 61 | 2   | 10 | 279    |
| CHLEB GRAHAM 500g                              |            |                               |           |  |      |     |    |     |    |        |
| CHLEB GRAHAM 500g                              | 1000,00[g] |                               |           |  |      |     |    |     |    |        |
| *Gluten,+jaja,+soja,+mleko,+ziarna_sesamu,     |            |                               |           |  |      |     |    |     |    |        |
|  |            | 30g                           | 30.00 g.  | 66   | 2    | 1   | 15 | 0   | 2  | 130    |
| POMIDORY                                       |            |                               |           |  |      |     |    |     |    |        |
| POMIDORY                                       | 1000,00[g] |                               |           |  |      |     |    |     |    |        |
|  |            | 40g                           | 40.00 g.  | 6  | 0    | 0   | 1  | 0   | 0  | 3      |
|  |            |                               |           | *****razem posiłek [II kolacja]:           | 543  | 33  | 9  | 94  | 4  | 17 573 |
|  |            |                               |           | ***razem dieta [(IV) Łat.tłuszczu z ogr.]: | 2454 | 105 | 61 | 413 | 56 | 492734 |