



# MENU

## 30.06.2025 PONIEDZIAŁEK

| Posiłek<br>[100g]        | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny      |
|--------------------------|-------------------|---------------|----------------|--------------|-------------|---------------|
| <b>Makaron spaghetti</b> | 110.1             | 5.0           | 0.9            | 20.8         | 5.2         | Gluten, jaja  |
| <b>Sos bolognese</b>     | 89.3              | 5.9           | 4.5            | 6.4          | 70.0        | Gluten, mleko |

## 01.07.2025 WTOREK

| Posiłek<br>[100g]                     | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|---------------------------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| <b>Nuggetsy z kurczaka</b>            | 127.3             | 18.2          | 11.9           | 12.2         | 109.2       | Gluten, jaja |
| <b>Ziemniaki z masłem i koperkiem</b> | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko        |
| <b>Surówka Colesław</b>               | 78.0              | 1.3           | 2.6            | 12.4         | 23.0        | Gluten, jaja |

## 02.07.2025 ŚRODA

| Posiłek<br>[100g]              | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|--------------------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| <b>Kotlet schabowy</b>         | 205.3             | 18.4          | 13.7           | 7.8          | 62.9        | Gluten, jaja |
| <b>Ziemniaki puree</b>         | 87.7              | 2.0           | 1.6            | 16.8         | 27.3        | Mleko        |
| <b>Kapusta młoda zasmażana</b> | 19.0              | 1.2           | 8.0            | 6.0          | 100.6       | Brak         |

## 03.07.2025 CZWARTEK

| Posiłek<br>[100g]                            | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny      |
|----------------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------|
| <b>Pałka z kurczaka w sosie pieczeniowym</b> | 201.7             | 25.3          | 4.6            | 0.3          | 0.5         | Gluten, mleko |
| <b>Pyzy</b>                                  | 249.2             | 7.0           | 3.3            | 46.8         | 7.2         | Gluten, jaja  |
| <b>Surówka z czerwonej kapusty</b>           | 50.5              | 1.7           | 2.2            | 7.2          | 10.1        | Brak          |



# MENU

## 04.07.2025 PIĄTEK

| Posiłek<br>[100g]              | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny                  |
|--------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------------|
| Filet z ryby z serem           | 141.7             | 16.3          | 9.1            | 9.7          | 72.9        | Gluten, jaja, mleko, ryba |
| Ziemniaki z masłem i koperkiem | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko                     |
| Surówka z kapusty kiszonej     | 19.0              | 1.2           | 8.0            | 6.0          | 130.1       | Brak                      |

## 07.07.2025 PONIEDZIAŁEK

| Posiłek<br>[100g]           | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny |
|-----------------------------|-------------------|---------------|----------------|--------------|-------------|----------|
| Gulasz wieprzowy            | 201.3             | 8.6           | 5.9            | 30.7         | 56.5        | Gluten   |
| Kasza bulgur                | 102.0             | 2.3           | 0.3            | 25.9         | 1.0         | Gluten   |
| Surówka z ogórkiem kiszonym | 19.0              | 1.2           | 8.0            | 6.2          | 192.2       | Brak     |

## 08.07.2025 WTOREK

| Posiłek<br>[100g]              | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|--------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Kotlet mielony                 | 293.3             | 14.4          | 23.3           | 7.6          | 73.9        | Mleko, gluten, jaja |
| Ziemniaki z masłem i koperkiem | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko               |
| Salatka z buraczków            | 68.3              | 1.6           | 2.2            | 10.5         | 270.8       | Brak                |

## 09.07.2025 ŚRODA

| Posiłek<br>[100g]                          | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|--------------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Filet z kurczaka w płatkach kukurydzianych | 164.5             | 18.8          | 6.7            | 7.6          | 76.3        | Mleko, gluten, jaja |
| Ziemniaki puree                            | 87.7              | 2.0           | 1.6            | 16.8         | 27.3        | Mleko               |
| Surówka Królewska                          | 120.3             | 1.6           | 2.2            | 8.5          | 70.8        | Gluten, jaja        |



# MENU

## 10.07.2025 CZWARTEK

| Posiłek<br>[100g]                           | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny                   |
|---------------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------------|
| <b>Pulpety drobiowe w sosie pomidorowym</b> | 193.9             | 14.1          | 11.2           | 9.6          | 121.0       | Gluten, mleko, jaja, seler |
| <b>Kluski kładzione</b>                     | 148.1             | 2.3           | 1.5            | 31.2         | 2.3         | Gluten, jaja               |
| <b>Brokuł na parze</b>                      | 65.5              | 2.0           | 1.0            | 10.0         | 10.1        | Brak                       |

## 11.07.2025 PIĄTEK

| Posiłek<br>[100g]                                   | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|-----------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| <b>Kotlecik z jajka z szczypiorkiem i koperkiem</b> | 251.3             | 24.4          | 33.1           | 7.6          | 73.9        | Gluten, jaja |
| <b>Mizeria</b>                                      | 28.9              | 4.1           | 0.9            | 1.9          | 821.1       | Mleko        |

## 14.07.2025 PONIEDZIAŁEK

| Posiłek<br>[100g]        | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny      |
|--------------------------|-------------------|---------------|----------------|--------------|-------------|---------------|
| <b>Makaron spaghetti</b> | 110.1             | 5.0           | 0.9            | 20.8         | 5.2         | Gluten, jaja  |
| <b>Sos bolognese</b>     | 89.3              | 5.9           | 4.5            | 6.4          | 70.0        | Gluten, mleko |

## 15.07.2025 WTOREK

| Posiłek<br>[100g]                     | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|---------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| <b>Polędwiczki z kurczaka</b>         | 164.5             | 18.8          | 6.7            | 7.6          | 76.5        | Mleko, gluten, jaja |
| <b>Ziemniaki z masłem i koperkiem</b> | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko               |
| <b>Surówka z marchewki z ananasem</b> | 72.0              | 1.0           | 0.0            | 18.0         | 10.2        | Brak                |



# MENU

## 16.07.2025 ŚRODA

| Posiłek<br>[100g]        | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny |
|--------------------------|-------------------|---------------|----------------|--------------|-------------|----------|
| Gyros drobiowy           | 136.9             | 21.1          | 5.2            | 1.6          | 50.6        | Brak     |
| Ryż gotowany z warzywami | 134.1             | 3.2           | 0.7            | 28.9         | 9.0         | Brak     |
| Sos tzatziki             | 85.0              | 3.2           | 5.7            | 6.0          | 10.0        | Meko     |

## 17.07.2025 CZWARTEK

| Posiłek<br>[100g]        | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny             |
|--------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| Pieczeń ze schabu        | 205.3             | 18.4          | 13.7           | 7.8          | 62.9        | Gluten, mleko        |
| Pyzy na parze            | 249.2             | 7.0           | 3.3            | 46.8         | 7.2         | Gluten, jaja         |
| Sos pieczeniowy          | 201.1             | 2.5           | 15.8           | 6.8          | 32.7        | Gluten, mleko, seler |
| Surówka z białej kapusty | 19.0              | 1.2           | 8.0            | 6.0          | 18.0        | Brak                 |

## 18.07.2025 PIĄTEK

| Posiłek<br>[100g]                              | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny                  |
|------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------------|
| Paluszki z mintaja                             | 147.2             | 15.8          | 7.1            | 7.2          | 82.9        | Gluten, jaja, mleko, ryba |
| Ziemniaki puree                                | 87.7              | 2.0           | 1.6            | 16.8         | 27.3        | Mleko                     |
| Marchewka baby na parze z masłem i bułką tartą | 26.0              | 2.2           | 0.4            | 2.4          | 0.1         | Gluten, mleko             |

## 21.07.2025 PONIEDZIAŁEK

| Posiłek<br>[100g]              | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny      |
|--------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------|
| Sos słodko kwaśny z kurczakiem | 139.4             | 9.8           | 4.6            | 21.3         | 311.2       | Gluten, seler |
| Ryż                            | 124.1             | 2.7           | 0.7            | 28.9         | 6.0         | Brak          |



# MENU

## 22.07.2025 WTOREK

| Posiłek<br>[100g]          | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|----------------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| Kotlet schabowy            | 205.3             | 18.4          | 13.7           | 7.8          | 62.9        | Gluten, jaja |
| Ziemniaki puree            | 87.7              | 2.0           | 1.6            | 16.8         | 27.3        | Mleko        |
| Surówka z kapusty kiszonej | 19.0              | 1.2           | 8.0            | 6.0          | 130.1       | Brak         |

## 23.07.2025 ŚRODA

| Posiłek<br>[100g]                    | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny             |
|--------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| Pulpety drobiowe w sosie pomidorowym | 193.9             | 14.1          | 11.2           | 9.6          | 121.0       | Gluten, mleko, seler |
| Kasza kuskus                         | 102.0             | 2.3           | 0.3            | 25.9         | 1.0         | Gluten               |
| Mix warzyw na parze                  | 65.5              | 2.0           | 1.0            | 10.0         | 10.1        | Brak                 |

## 24.07.2025 CZWARTEK

| Posiłek<br>[100g]              | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny     |
|--------------------------------|-------------------|---------------|----------------|--------------|-------------|--------------|
| Nuggetsy z kurczaka            | 127.3             | 18.2          | 11.9           | 12.2         | 109.2       | Gluten, jaja |
| Ziemniaki z masłem i koperkiem | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko        |
| Surówka Colesław               | 78.0              | 1.3           | 2.6            | 12.4         | 23.0        | Mleko, jaja  |

## 25.07.2025 PIATEK

| Posiłek<br>[100g]                                       | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny           |
|---------------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|--------------------|
| Filet panierowany z mintaja                             | 137.7             | 15.8          | 6.2            | 7.6          | 72.9        | Gluten, jaja, ryba |
| Ziemniaki z masłem i koperkiem                          | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko              |
| Surówka z młodej kapusty ze świeżym ogórkiem i śmietaną | 21.9              | 3.2           | 9.9            | 7.1          | 100.4       | Brak               |



# MENU

## 28.07.2025 PONIEDZIAŁEK

| Posiłek<br>[100g]               | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny                   |
|---------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------------|
| Sos carbonara z makaronem penne | 310.5             | 24.1          | 9.2            | 18.5         | 102.0       | Gluten, mleko, jaja, seler |

## 29.07.2025 WTOREK

| Posiłek<br>[100g]              | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny |
|--------------------------------|-------------------|---------------|----------------|--------------|-------------|----------|
| Medalion z indyka              | 95.0              | 16.2          | 1.3            | 4.8          | 40.3        | Gluten   |
| Ziemniaki z masłem i koperkiem | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko    |
| Surówka z kapusty pekińskiej   | 19.0              | 1.2           | 8.0            | 6.0          | 80.2        | Brak     |

## 30.07.2025 ŚRODA

| Posiłek<br>[100g]                     | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny |
|---------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------|
| Gulasz wieprzowy                      | 201.3             | 8.6           | 5.9            | 30.7         | 56.5        | Gluten   |
| Kasza gryczana                        | 102.0             | 2.3           | 0.3            | 25.9         | 1.0         | Gluten   |
| Surówka z ogórkiem kiszonym i kapusty | 19.0              | 1.2           | 8.0            | 6.2          | 192.2       | Brak     |

## 31.07.2025 CZWARTEK

| Posiłek<br>[100g] | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|-------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Kotlet mielony    | 197.3             | 12.3          | 23.1           | 6.6          | 73.9        | Mleko, gluten, jaja |
| Ziemniaki puree   | 87.7              | 2.0           | 1.6            | 16.8         | 27.3        | Mleko               |
| Mizeria           | 28.9              | 4.1           | 0.9            | 1.9          | 821.1       | Mleko               |