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| **JELOVNIK ZA REDOVNU NASTAVU: OSNOVNA ŠKOLA IVANA KUKULJEVIĆA SISAK, GRAD SISAK**  **HEALTHY MEAL STANDARD KIDS MENU** | | | | | | | |
| **TJEDAN 3 : 23.09.-27.09.2024.** | | | | | | | |
| **DAN** | **SMJENA** | **NAZIV OBROKA** | **HRANJIVE VRIJEDNOSTI** | | | | **ALERGENI** |
| **U/g** | **B /g** | **M/g** | **E/kcal** |
| **PONEDJELJAK** | **I.**  **ODMOR** | KRUH S MASLACEM I MARMELADOM , BRESKVA KOMAD , MLIJEKO | 51.1 | 11.8 | 12.1 | 359 | Gluten(S), Jaja(T), Sezam(S), Lupina(T), Soja(S), Mlijeko(T), Laktoza(S), Gluten(T), Mlijeko(S), Sumporni dioksid(S) |
| **II.**  **ODMOR** | KRUH (ŠNITA I POL) S MASLACEM I MARMELADOM , BRESKVA KOMAD , MLIJEKO | 64.9 | 14.1 | 14.9 | 450 | Gluten(S), Jaja(T), Sezam(S), Lupina(T), Soja(S), Mlijeko(T), Laktoza(S), Gluten(T), Mlijeko(S), Sumporni dioksid(S) |
| **UTORAK** | **I.**  **ODMOR** | GULAŠ OD SVINJETINE SA PALENTOM , POLA BANANE | 50.4 | 13.5 | 11.1 | 351 | Gluten(T), Celer(T), Gluten(T) |
| **II.**  **ODMOR** | GULAŠ OD SVINJETINE SA PALENTOM , BANANA KOMAD | 70.1 | 15.8 | 11.8 | 443 | Gluten(T), Celer(T), Gluten(T) |
| **SRIJEDA** | **I.**  **ODMOR** | VARIVO OD PURETINE S POVRĆEM I JEČMOM , ŠKOLSKI KRUH 1/2 ŠNITE, JABUKA KOMAD | 48.5 | 16.1 | 13.4 | 384 | Gluten(S), Soja(T), Celer(S), Jaja(T), Soja(S), Mlijeko(T), Sezam(S), Lupina(T) |
| **II.**  **ODMOR** | VARIVO OD PURETINE S POVRĆEM I JEČMOM , ŠKOLSKI KRUH 1 ŠNITA, MALA JABUKA KOMAD | 54.0 | 18.4 | 14.6 | 427 | Gluten(S), Soja(T), Celer(S), Jaja(T), Soja(S), Mlijeko(T), Sezam(S), Lupina(T) |
| **ČETVRTAK** | **I.**  **ODMOR** | JUNEĆI UJUŠAK S TJESTENINOM , JABUKA KOMAD | 48.2 | 14.8 | 12.4 | 366 | Gluten(S), Jaja(S), Celer(T), Gluten(T) |
| **II.**  **ODMOR** | JABUKA KOMAD , JUNEĆI UJUŠAK S TJESTENINOM | 51.8 | 17.8 | 16.1 | 425 | Gluten(S), Jaja(S), Celer(T), Gluten(T) |
| **PETAK** | **I.**  **ODMOR** | PANIRANI OSLIĆ S PIRJANIM MAHUNAMA I KRUMPIROM , MALA JABUKA KOMAD , ZELENA SALATA | 48.9 | 15.8 | 13.6 | 364 | Gluten(S), Rakovi(T), Riba(S), Mekušci(T), Celer(T), Gluten(T), Celer(S), Jaja(T), Soja(T), Mlijeko(T), Sezam(T) |
| **II.**  **ODMOR** | 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) |