

PONIEDZIAŁEK 1.01

DIETA	ENERGIA [KCAL]	BIĄŁKO OGÓŁEM [G]	TŁUSZCZ [G]	WĘGLOWO DANY OGÓŁEM [G]	SÓD [MG]	KWASY TŁUSZCZ- OWE NASYCON E [G]	SACHAROZ A [G]	LAKTOZA [G]	BŁONNIK POKARMOWY [G]	SÓL [G]	GLUKOZA [G]	FRUKTOZA [G]
1	2102,1000	98,2820	47,0500	314,2700	1655,8700	18,1495	37,0950	15,4800	38,7200	6,0071	10,9850	16,8150
2	2281,4000	103,6220	48,2800	315,5300	1729,0700	18,1835	48,6650	15,4800	32,5300	6,1114	14,5350	19,5750
3	2196,3000	103,5270	38,9050	315,5300	1730,7700	10,6475	48,6650	15,4000	32,5300	6,1156	14,5350	19,5750
4	2263,4600	103,6220	46,2880	315,5300	1729,0500	17,8863	48,6650	15,4800	32,5300	6,1113	14,5350	19,5750
6	2084,3000	108,0620	54,1000	301,7500	2054,3700	21,8875	25,3750	5,9200	49,2100	6,3993	11,5850	17,5650
9	2454,6500	117,0320	51,6700	342,2450	1837,5200	19,9535	53,5700	17,4000	34,8850	6,5982	15,8100	20,6250
10	2078,6000	63,7620	40,4400	378,3100	1414,7700	13,5285	43,7650	1,0800	36,1400	4,9472	14,9950	20,5750
12	2214,8000	101,6220	52,8800	285,6000	1750,7700	19,9275	31,1550	17,4000	23,5400	5,2012	6,6950	5,8350
14	1972,7000	93,6150	51,8850	230,8000	1244,5000	20,0370	24,3000	21,2400	17,1900	3,4556	5,1200	4,3600
C1	2428,5500	113,0220	57,1500	340,2350	1974,0200	23,8595	55,0000	15,5200	43,7050	7,2141	16,9800	21,7450
C2	2454,6500	117,0320	51,6700	342,2450	1837,5200	19,9535	53,5700	17,4000	34,8850	6,5982	15,8100	20,6250
C3	2208,4500	110,4620	63,1950	312,0300	2051,7200	22,8615	30,2300	5,9200	51,0100	6,3931	12,2600	17,8650

Alergeny:

- 1-ziarna zbóż zawierające gluten,
- 3-jaja i produkty pochodne,
- 4-ryby i produkty pochodne,
- 6- soja i produkty pochodne,
- 7-mleko i produkty pochodne,
- 8- orzechy,
- 9-seler i produkty pochodne,
- 10- gorczyca i produkty pochodne,
- 11- nasiona sezamu i produkty pochodne

WTOREK 2.01												
DIETA	ENERGIA [KCAL]	BIĄŁKO OGÓŁEM [G]	TŁUSZCZ [G]	WĘGLOWO DANY OGÓŁEM [G]	SÓD [MG]	KWASY TŁUSZCZOWE NASYCON E [G]	SACHAROZA [G]	LAKTOZA [G]	BŁONNIK POKARMOWY [G]	SÓL [G]	GLUKOZA [G]	FRUKTOZA [G]
1	2259,3300	93,3910	67,4740	361,6180	1851,3000	19,3110	33,9780	19,3800	36,2580	6,2016	6,4800	6,4750
2	2265,3500	96,4920	59,3220	403,0600	1530,9500	18,3449	42,5160	19,0600	35,4160	5,1267	7,8050	7,7450
3	2119,6500	95,0220	43,6570	402,4000	1572,5500	10,9279	42,6160	19,3000	35,4160	5,4179	7,8050	7,7450
4	2264,1000	97,1370	56,1480	408,8900	1533,5000	18,0159	42,4330	19,0600	36,1260	5,1331	7,8050	7,7450
6	2132,1500	102,4450	59,2920	305,4000	1894,0600	17,9532	17,9420	9,7800	48,2460	5,7567	10,9500	11,0150
9	2515,2500	113,0320	67,9620	432,6300	1882,2500	19,0319	42,8460	19,0600	36,3960	6,4444	7,8050	19,2450
10	1949,4500	62,9020	37,1600	423,8800	1307,0700	13,1885	45,6950	1,5800	34,4300	4,7623	9,6050	26,8850
12	2173,2000	98,1920	52,0300	355,4300	1549,0700	18,9525	34,2650	17,4000	26,9300	4,7460	4,0250	6,5950
14	1953,8000	90,2850	52,5150	282,0500	1081,4000	19,6310	24,6200	21,2400	19,9800	2,9982	3,1000	6,4000
C1	2416,2300	102,8810	69,6040	389,7780	2151,9000	20,0160	34,0680	19,3800	38,2280	7,4263	6,4800	17,9750
C2	2422,2500	105,2320	61,3620	431,9700	1807,8500	19,0319	42,8460	19,0600	36,3960	6,4444	7,8050	19,2450
C3	2132,1500	102,4450	59,2920	305,4000	1894,0600	17,9532	17,9420	9,7800	48,2460	5,7567	10,9500	11,0150

Alergeny:

- 1-ziarna zbóż zawierające gluten,
- 3-jaja i produkty pochodne,
- 4-ryby i produkty pochodne,
- 6- soja i produkty pochodne,
- 7-mleko i produkty pochodne,
- 8- orzechy,
- 9-seler i produkty pochodne,
- 10- gorczyca i produkty pochodne,
- 11- nasiona sezamu i produkty pochodne

ŚRODA 3.01												
DIETA	ENERGIA [KCAL]	BIĄŁKO OGÓŁEM [G]	TŁUSZCZ [G]	WĘGLOWO DANY OGÓŁEM [G]	SÓD [MG]	KWASY TŁUSZCZOWE NASYCON E [G]	SACHAROZA [G]	LAKTOZA [G]	BŁONNIK POKARMOWY [G]	SÓL [G]	GLUKOZA [G]	FRUKTOZA [G]
1	2367,8600	98,5190	55,9380	362,6200	1897,4500	19,9679	34,5570	12,9040	38,9880	6,4658	9,9080	16,2650
2	2423,9400	113,9690	59,0380	385,3200	1711,6200	22,2739	40,4690	12,9040	34,0850	5,6811	8,5780	14,7950
3	2378,8400	113,8740	49,6630	385,3200	1713,3200	14,7379	40,4690	12,8240	34,0850	5,6853	8,5780	14,7950
4	2423,9400	113,9690	59,0380	385,3200	1711,6200	22,2739	40,4690	12,9040	34,0850	5,6811	8,5780	14,7950
6	2278,4600	103,8290	54,0480	354,1600	2120,1500	18,5969	23,6870	3,3040	48,2880	6,9706	10,8680	17,1050
9	2487,3900	122,4390	55,3280	396,9150	2034,8700	22,8779	42,4340	12,9040	35,0000	7,1051	7,2130	6,9650
10	1994,4100	63,2860	41,3560	379,4000	1246,2800	14,9093	48,0790	2,5200	34,0800	4,4284	13,7810	19,6550
12	2182,6000	95,6620	59,5600	286,8200	1487,6700	22,9435	23,6550	17,3000	28,1300	4,5957	4,9750	4,7250
14	1937,4000	86,6450	59,2350	231,8700	1031,3000	22,8240	16,6000	21,1400	22,7800	2,8759	3,5000	3,3500
C1	2463,2600	108,3090	54,7480	380,4100	2199,1500	20,6769	40,2170	12,9040	41,8380	7,6841	12,2980	11,9250
C2	2481,3400	123,0090	58,0780	382,0400	1990,0200	22,9409	49,9490	12,9040	37,8650	6,9934	11,1280	16,8950
C3	2292,4100	103,6790	54,0780	361,1050	2171,7000	18,5879	27,0620	3,3040	47,5530	6,8499	11,1830	17,3150

Alergeny:

- 1-ziarna zbóż zawierające gluten,
- 3-jaja i produkty pochodne,
- 4-ryby i produkty pochodne,
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- 7-mleko i produkty pochodne,
- 8- orzechy,
- 9-seler i produkty pochodne,
- 10- gorczyca i produkty pochodne,
- 11- nasiona sezamu i produkty pochodne

CZWARTEK 4.01												
DIETA	ENERGIA [KCAL]	BIĄŁKO OGÓŁEM d9[G]	TŁUSZCZ [G]	WĘGLOWO DANY OGÓŁEM [G]	SÓD [MG]	KWASY TŁUSZCZOWE NASYCON E [G]	SACHAROZA [G]	LAKTOZA [G]	BŁONNIK POKARMOWY [G]	SÓL [G]	GLUKOZA [G]	FRUKTOZA [G]
1	2462,6900	101,0550	76,2380	316,9550	1880,4800	22,2389	29,8660	11,1900	41,4250	6,6941	6,5390	6,3890
2	2314,9600	109,4420	57,0240	304,5170	1623,9900	22,5745	39,3450	13,0800	27,9700	5,6214	9,4550	8,7650
3	2229,8600	109,3470	47,6490	304,5170	1625,6900	15,0385	39,3450	13,0000	27,9700	5,6256	9,4550	8,7650
4	2314,9600	109,4420	57,0240	304,5170	1623,9900	22,5745	39,3450	13,0800	27,9700	5,6214	9,4550	8,7650
6	2271,9800	106,4150	63,9520	300,5180	2081,3800	18,7159	18,6860	3,4800	53,3550	6,3635	8,6790	7,9990
9	2428,0600	118,1420	58,8840	322,9870	1924,0900	23,2275	40,5950	13,0800	30,3000	6,9871	9,8150	9,0850
10	1954,5800	64,2490	37,2840	357,6550	1302,7700	14,1691	44,7630	1,0800	30,4690	4,8360	11,9850	22,8450
12	2152,0000	90,5720	52,2200	283,6700	1663,7700	19,1255	31,7450	17,4000	24,5700	5,2793	8,1950	7,5850
14	1921,3000	83,5050	52,4950	227,4700	1203,9000	19,7060	24,6400	21,2400	18,0700	3,5510	6,1700	5,6100
C1	2417,8600	116,0320	59,4540	344,1770	1947,5900	23,2795	39,8350	13,0800	34,0400	7,0601	9,4550	20,2650
C2	2471,8600	118,1820	59,0640	333,4270	1900,8900	23,2615	39,6750	13,0800	28,9500	6,9391	9,4550	20,2650
C3	2330,4800	106,8150	64,1520	319,5780	2077,3800	18,7209	27,7860	3,4800	54,9550	6,3541	10,6790	9,7990

Alergeny:

- 1-ziarna zbóż zawierające gluten,
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- 7-mleko i produkty pochodne,
- 8- orzechy,
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- 10- gorczyca i produkty pochodne,
- 11- nasiona sezamu i produkty pochodne

PIĄTEK 5.01												
DIETA	ENERGIA [KCAL]	BIĄŁKO OGÓŁEM [G]	TŁUSZCZ [G]	WĘGLOWO DANY OGÓŁEM [G]	SÓD [MG]	KWASY TŁUSZCZOWE NASYCON E [G]	SACHAROZA [G]	LAKTOZA [G]	BŁONNIK POKARMOWY [G]	SÓL [G]	GLUKOZA [G]	FRUKTOZA [G]
1	2461,8500	90,8920	64,4750	355,5230	1709,4900	16,3445	42,3150	12,9200	40,8850	5,8135	15,3150	27,7300
2	2452,8500	99,8600	50,1040	355,3250	1481,2800	17,7307	53,3510	13,3520	35,7130	4,9872	18,3880	24,0070
3	2308,9000	98,6100	34,7890	354,7200	1524,7800	10,1947	53,3510	13,2720	35,7130	5,2664	18,3880	24,0070
4	2381,3500	99,7100	50,0040	336,3250	1480,7800	17,7257	46,5510	13,3520	35,2630	4,9857	13,9880	19,6070
6	2269,5000	97,2800	61,2240	326,5750	2137,1300	15,7762	23,2860	3,7520	47,1880	6,1582	10,8630	23,3970
9	2441,3000	110,6900	53,1740	365,6100	1703,2300	18,2607	38,1860	13,9920	36,1780	5,8349	10,5830	16,9670
10	1977,9500	64,7000	36,0890	354,2200	1171,0800	13,8597	39,2510	1,8320	30,9630	4,2582	14,6880	21,1470
12	2197,3400	92,4920	54,4300	298,9000	1502,5300	19,7365	29,9030	17,4000	26,1200	4,6315	8,9150	8,9850
14	1959,6500	83,4750	53,5050	247,5000	1052,6500	20,0670	21,9500	21,2400	19,1700	2,9283	7,0900	7,0600
C1	2487,0500	99,4820	66,9050	375,0630	1945,2900	16,4335	42,1050	12,9200	42,6550	6,5446	11,2150	16,8800
C2	2448,6500	107,4000	52,3840	375,6150	1695,1800	17,7177	42,7610	13,3520	37,6030	5,8152	11,8580	18,0170
C3	2269,5000	97,2800	61,2240	326,5750	2137,1300	15,7762	23,2860	3,7520	47,1880	6,1582	10,8630	23,3970

Alergeny:

- 1-ziarna zbóż zawierające gluten,
- 3-jaja i produkty pochodne,
- 4-ryby i produkty pochodne,
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- 7-mleko i produkty pochodne,
- 8- orzechy,
- 9-seler i produkty pochodne,
- 10- gorczyca i produkty pochodne,
- 11- nasiona sezamu i produkty pochodne

SOBOTA 6.01												
DIETA	ENERGIA [KCAL]	BIĄŁKO OGÓŁEM [G]	TŁUSZCZ [G]	WĘGLOWO DANY OGÓŁEM [G]	SÓD [MG]	KWASY TŁUSZCZOWE NASYCON E [G]	SACHAROZA [G]	LAKTOZA [G]	BŁONNIK POKARMOWY [G]	SÓL [G]	GLUKOZA [G]	FRUKTOZA [G]
1	2326,5600	98,1070	72,2280	328,2000	2130,1500	24,0433	39,6300	15,4800	33,2100	7,5487	8,7750	8,4650
2	2053,0600	86,3320	45,7880	312,4900	1810,4500	17,4613	41,5950	15,4800	31,1000	6,5432	8,7450	7,9950
3	1967,9600	86,2370	36,4130	312,4900	1812,1500	9,9253	41,5950	15,4000	31,1000	6,5474	8,7450	7,9950
4	2101,9600	86,6320	45,8480	292,4800	1810,1500	17,5753	45,7650	15,4800	30,2900	6,5422	11,4750	10,3350
6	2181,4100	106,1570	59,9030	325,0150	2087,0000	20,4593	27,7100	7,8000	44,0300	6,4883	11,2550	17,2750
9	2348,5600	110,1520	52,0080	347,3800	2126,1500	20,4023	46,0650	18,0400	35,6300	7,9479	12,3450	17,7150
10	1924,4600	58,4420	36,6080	354,9100	1446,7500	13,4983	44,4150	1,0800	32,9900	5,5066	11,9250	28,4950
12	2216,1000	100,0120	53,2200	350,0400	1732,2700	19,9905	40,5150	16,7000	27,5400	5,6803	5,9450	5,3350
14	1978,4000	93,6950	52,5450	274,6400	1257,9000	20,2610	30,2600	20,5400	20,1400	3,9145	4,6200	4,0600
C1	2421,9600	110,2470	62,7330	364,9300	2022,6500	22,3143	44,4850	17,4000	39,7150	7,3430	12,6900	18,4650
C2	2282,5600	100,0120	49,7480	347,3800	1921,7500	19,2883	46,0650	17,4000	35,6300	7,0367	12,3450	17,7150
C3	2281,3100	108,5570	68,9480	326,7400	2087,6000	21,4433	28,0400	7,8000	45,0050	6,4898	11,2550	17,2750

Alergeny:

- 1-ziarna zbóż zawierające gluten,
- 3-jaja i produkty pochodne,
- 4-ryby i produkty pochodne,
- 6- soja i produkty pochodne,
- 7-mleko i produkty pochodne,
- 8- orzechy,
- 9-seler i produkty pochodne,
- 10- gorczyca i produkty pochodne,
- 11- nasiona sezamu i produkty pochodne

NIEDZIELA 7.01												
DIETA	ENERGIA [KCAL]	BIĄŁKO OGÓŁEM [G]	TŁUSZCZ [G]	WĘGLOWO DANY OGÓŁEM [G]	SÓD [MG]	KWASY TŁUSZCZOWE NASYCON E [G]	SACHAROZA [G]	LAKTOZA [G]	BŁONNIK POKARMOWY [G]	SÓL [G]	GLUKOZA [G]	FRUKTOZA [G]
1	2228,4100	91,5900	73,5790	335,0980	1753,0500	21,9704	33,3290	20,0800	31,8230	6,3064	7,1000	6,5100
2	2269,8000	94,4160	60,3790	368,6160	1605,4700	18,5095	51,7800	20,0800	27,7300	5,5057	9,4750	8,9450
3	2124,1000	92,9460	44,7140	367,9560	1647,0700	11,0925	51,8800	20,3200	27,7300	5,7969	9,4750	8,9450
4	2269,3700	94,2810	59,1740	371,1460	1607,1500	18,3982	51,7420	20,0800	28,1350	5,5100	9,4750	8,9450
6	2201,3700	100,6380	78,2040	280,6630	2108,1800	25,5990	15,2110	10,5200	40,4520	6,6048	9,1300	7,6500
9	2449,3500	115,3260	70,1890	400,5810	1860,9200	20,1715	45,1650	22,0000	31,2850	6,1734	6,9100	6,8150
10	2024,7000	64,7480	37,4660	453,1190	1324,6200	12,7980	58,0600	1,4000	32,5650	4,6248	12,1200	11,4000
12	2253,9400	92,2020	59,9200	306,8200	1541,3300	22,8105	27,6030	17,4000	27,8000	4,7290	9,6750	12,7250
14	2032,7500	86,5350	60,2450	250,5200	1084,9500	22,9110	19,6000	21,2400	20,6000	3,0093	7,8500	11,0500
C1	2390,2200	106,3000	65,4570	359,0630	1836,8800	20,4552	51,0440	22,0000	35,3580	6,4196	12,2150	10,5900
C2	2443,0500	107,8260	63,7690	395,3310	1713,9200	20,2795	56,6850	22,0000	30,0850	5,9925	10,7500	9,9950
C3	2226,1200	100,5880	78,2540	289,7180	2103,4300	25,5890	19,7360	10,5200	40,6270	6,5931	9,8550	8,4000

Alergeny:

- 1-ziarna zbóż zawierające gluten,
- 3-jaja i produkty pochodne,
- 4-ryby i produkty pochodne,
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- 7-mleko i produkty pochodne,
- 8- orzechy,
- 9-seler i produkty pochodne,
- 10- gorczyca i produkty pochodne,
- 11- nasiona sezamu i produkty pochodne