

**PONIEDZIAŁEK 25.12**

| <b>DIETA</b> | <b>ENERGIA<br/>[KCAL]</b> | <b>BIĄŁKO<br/>OGÓŁEM<br/>[G]</b> | <b>TŁUSZCZ<br/>[G]</b> | <b>WĘGLOWO<br/>DANY<br/>OGÓŁEM<br/>[G]</b> | <b>SÓD [MG]</b> | <b>KWASY<br/>TŁUSZCZ-<br/>OWE<br/>NASYCON<br/>E [G]</b> | <b>SACHAROZ<br/>A [G]</b> | <b>LAKTOZA<br/>[G]</b> | <b>BŁONNIK<br/>POKARMOWY<br/>[G]</b> | <b>SÓL [G]</b> | <b>GLUKOZA<br/>[G]</b> | <b>FRUKTOZA<br/>[G]</b> |
|--------------|---------------------------|----------------------------------|------------------------|--|-----------------|---|---------------------------|------------------------|--------------------------------------|----------------|------------------------|-------------------------|
| <b>1</b>     | 2890,1000                 | 115,1150                         | 98,2060                | 373,7900                                   | 2012,7300       | 29,9180   | 49,4300                   | 18,9200                | 34,3930                              | 7,3578         | 6,4650                 | 5,8300                  |
| <b>2</b>     | 2710,6500                 | 116,3520                         | 75,1620                | 399,3310                                   | 1954,1400       | 26,9233   | 54,2910                   | 21,0400                | 29,2380                              | 7,0618         | 4,5370                 | 4,6690                  |
| <b>3</b>     | 2625,5500                 | 116,2570                         | 65,7870                | 399,3310                                   | 1955,8400       | 19,3873   | 54,2910                   | 20,9600                | 29,2380                              | 7,0660         | 4,5370                 | 4,6690                  |
| <b>4</b>     | 2709,4000                 | 116,9970                         | 71,9880                | 405,1610                                   | 1956,6900       | 26,5943   | 54,2080                   | 21,0400                | 29,9480                              | 7,0682         | 4,5370                 | 4,6690                  |
| <b>6</b>     | 2455,2300                 | 111,8280                         | 82,3660                | 320,5500                                   | 2187,9900       | 22,0706   | 23,8070                   | 9,2940                 | 42,4800                              | 6,8529         | 9,2200                 | 7,7200                  |
| <b>9</b>     | 2710,6500                 | 116,3520                         | 75,1620                | 399,3310                                   | 1954,1400       | 26,9233   | 54,2910                   | 21,0400                | 29,2380                              | 7,0618         | 4,5370                 | 4,6690                  |
| <b>10</b>    | 2161,7700                 | 64,1320                          | 42,8780                | 434,4060                                   | 1294,1200       | 14,8535   | 55,9550                   | 1,7200                 | 26,2580                              | 4,8237         | 10,1370                | 27,6590                 |
| <b>12</b>    | 2244,0000                 | 96,0920                          | 53,5500                | 291,3000                                   | 1702,9700       | 21,2125   | 29,8950                   | 17,4000                | 24,0200                              | 5,0834         | 6,0950                 | 5,5350                  |
| <b>14</b>    | 1994,3000                 | 89,3750                          | 52,6750                | 234,6000                                   | 1231,6000       | 20,8930   | 23,4900                   | 21,2400                | 17,5200                              | 3,4246         | 4,7200                 | 4,1600                  |
| <b>C1</b>    | 2957,6000                 | 116,0150                         | 98,5060                | 393,8000                                   | 2014,2300       | 29,9480   | 58,5800                   | 18,9200                | 37,2430                              | 7,3624         | 9,0150                 | 7,9300                  |
| <b>C2</b>    | 2778,1500                 | 117,2520                         | 75,4620                | 419,3410                                   | 1955,6400       | 26,9533   | 63,4410                   | 21,0400                | 32,0880                              | 7,0664         | 7,0870                 | 6,7690                  |
| <b>C3</b>    | 2455,2300                 | 111,8280                         | 82,3660                | 320,5500                                   | 2187,9900       | 22,0706   | 23,8070                   | 9,2940                 | 42,4800                              | 6,8529         | 9,2200                 | 7,7200                  |

**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 26.12**

| <b>DIETA</b> | <b>ENERGIA [KCAL]</b> | <b>BIĄŁKO OGÓŁEM [G]</b> | <b>TŁUSZCZ [G]</b> | <b>WĘGLOWO DANY OGÓŁEM [G]</b> | <b>SÓD [MG]</b> | <b>KWASY TŁUSZCZOWE NASYCON E [G]</b> | <b>SACHAROZA [G]</b> | <b>LAKTOZA [G]</b> | <b>BŁONNIK POKARMOWY [G]</b> | <b>SÓL [G]</b> | <b>GLUKOZA [G]</b> | <b>FRUKTOZA [G]</b> |
|--------------|-----------------------|--------------------------|--------------------|--------------------------------|-----------------|---------------------------------------|----------------------|--------------------|------------------------------|----------------|--------------------|---------------------|
| <b>1</b>     | 2608,7000             | 106,3870                 | 72,6300            | 319,5500                       | 2027,6700       | 21,3870                               | 50,1550              | 15,8000            | 41,1350                      | 6,7070         | 10,7300            | 16,2450             |
| <b>2</b>     | 2653,7700             | 113,8620                 | 62,5480            | 366,4500                       | 2054,3800       | 21,4381                               | 57,3250              | 15,4800            | 37,7160                      | 6,6309         | 9,9150             | 15,5750             |
| <b>3</b>     | 2508,0700             | 112,3920                 | 46,8830            | 365,7900                       | 2095,9800       | 14,0211                               | 57,4250              | 15,7200            | 37,7160                      | 6,9221         | 9,9150             | 15,5750             |
| <b>4</b>     | 2653,7700             | 113,8620                 | 62,5480            | 366,4500                       | 2054,3800       | 21,4381                               | 57,3250              | 15,4800            | 37,7160                      | 6,6309         | 9,9150             | 15,5750             |
| <b>6</b>     | 2009,1000             | 102,7970                 | 55,2750            | 271,6500                       | 1774,4700       | 15,4780                               | 30,2150              | 10,9700            | 45,2200                      | 4,9889         | 14,0450            | 20,6650             |
| <b>9</b>     | 2653,7700             | 113,8620                 | 62,5480            | 366,4500                       | 2054,3800       | 21,4381                               | 57,3250              | 15,4800            | 37,7160                      | 6,6309         | 9,9150             | 15,5750             |
| <b>10</b>    | 2005,1700             | 66,0520                  | 35,8280            | 396,3900                       | 1562,9800       | 13,5751                               | 41,1150              | 1,0800             | 36,7660                      | 5,3326         | 9,5550             | 15,0750             |
| <b>12</b>    | 2148,8000             | 93,7540                  | 51,8900            | 354,8800                       | 1737,8900       | 19,0725                               | 30,8650              | 17,4000            | 21,6800                      | 5,1681         | 2,6750             | 5,3950              |
| <b>14</b>    | 1925,1000             | 87,7150                  | 51,4450            | 281,7000                       | 1252,7000       | 19,3710                               | 22,2200              | 21,2400            | 16,4300                      | 3,4752         | 2,2000             | 5,6000              |
| <b>C1</b>    | 2731,7000             | 106,3870                 | 72,9300            | 349,2500                       | 2090,6700       | 21,3870                               | 50,1550              | 15,8000            | 44,1350                      | 6,7070         | 10,7300            | 16,2450             |
| <b>C2</b>    | 2776,7700             | 113,8620                 | 62,8480            | 396,1500                       | 2117,3800       | 21,4381                               | 57,3250              | 15,4800            | 40,7160                      | 6,6309         | 9,9150             | 15,5750             |
| <b>C3</b>    | 2057,1000             | 103,5170                 | 55,6750            | 271,6500                       | 1777,6700       | 15,5740                               | 30,7750              | 10,9700            | 46,9000                      | 4,9969         | 17,4850            | 23,9450             |

**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 27.12**

| <b>DIETA</b> | <b>ENERGIA [KCAL]</b> | <b>BIĄŁKO OGÓŁEM [G]</b> | <b>TŁUSZCZ [G]</b> | <b>WĘGLOWO DANY OGÓŁEM [G]</b> | <b>SÓD [MG]</b> | <b>KWASY TŁUSZCZOWE NASYCON E [G]</b> | <b>SACHAROZA [G]</b> | <b>LAKTOZA [G]</b> | <b>BŁONNIK POKARMOWY [G]</b> | <b>SÓL [G]</b> | <b>GLUKOZA [G]</b> | <b>FRUKTOZA [G]</b> |
|--------------|-----------------------|--------------------------|--------------------|--------------------------------|-----------------|---------------------------------------|----------------------|--------------------|------------------------------|----------------|--------------------|---------------------|
| <b>1</b>     | 2345,4400             | 99,8140                  | 66,3830            | 348,8250                       | 2193,4600       | 23,5504                               | 33,6370              | 12,9040            | 40,9030                      | 7,5488         | 5,6880             | 5,1400              |
| <b>2</b>     | 2362,0200             | 109,2040                 | 57,4230            | 343,4950                       | 1644,3300       | 21,4944                               | 34,8690              | 12,9040            | 36,2800                      | 5,7144         | 6,0880             | 5,9000              |
| <b>3</b>     | 2276,9200             | 109,1090                 | 48,0480            | 343,4950                       | 1646,0300       | 13,9584                               | 34,8690              | 12,8240            | 36,2800                      | 5,7186         | 6,0880             | 5,9000              |
| <b>4</b>     | 2444,6700             | 109,9540                 | 57,6330            | 333,4900                       | 1644,7800       | 21,6234                               | 43,6140              | 12,9040            | 36,8950                      | 5,7157         | 10,0930            | 9,2900              |
| <b>6</b>     | 2207,8200             | 111,5140                 | 55,8130            | 344,4250                       | 2046,3300       | 20,1244                               | 23,2490              | 3,3040             | 48,7700                      | 6,3242         | 6,6380             | 6,2000              |
| <b>9</b>     | 2578,3200             | 118,5440                 | 59,5230            | 360,2050                       | 1922,4300       | 22,2754                               | 48,5190              | 12,9040            | 39,2500                      | 7,0257         | 11,3680            | 10,3400             |
| <b>10</b>    | 1811,0300             | 64,3970                  | 42,9850            | 303,9300                       | 1112,0200       | 16,2619                               | 37,1980              | 2,9520             | 30,7830                      | 4,2811         | 5,9210             | 16,7220             |
| <b>12</b>    | 2182,6000             | 95,6620                  | 59,5600            | 286,8200                       | 1487,6700       | 22,9435                               | 23,6550              | 17,3000            | 28,1300                      | 4,5957         | 4,9750             | 4,7250              |
| <b>14</b>    | 1937,4000             | 86,6450                  | 59,2350            | 231,8700                       | 1031,3000       | 22,8240                               | 16,6000              | 21,1400            | 22,7800                      | 2,8759         | 3,5000             | 3,3500              |
| <b>C1</b>    | 2503,4900             | 110,9740                 | 57,0730            | 380,9800                       | 2191,7100       | 20,7784                               | 53,0520              | 12,9040            | 48,7680                      | 7,8670         | 12,4730            | 11,2400             |
| <b>C2</b>    | 2612,0700             | 118,9940                 | 59,6730            | 370,2100                       | 1923,1800       | 22,2904                               | 53,0940              | 12,9040            | 40,6750                      | 7,0280         | 12,6430            | 11,3900             |
| <b>C3</b>    | 2341,4700             | 114,3640                 | 65,0080            | 356,1550                       | 2047,6800       | 21,1234                               | 28,1540              | 3,3040             | 51,1700                      | 6,3280         | 7,9130             | 7,2500              |

**Alergeny:**

- 1-ziarna zbóż zawierające gluten,
- 3-jaja 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 28.12 |                |                   |             |                         |           |                                |               |             |                       |         |             |              |
|----------------|----------------|-------------------|-------------|-------------------------|-----------|--------------------------------|---------------|-------------|-----------------------|---------|-------------|--------------|
| 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              | 2379,6300      | 116,9960          | 71,4950     | 327,6800                | 1963,8500 | 28,2884                        | 28,1290       | 10,7200     | 28,8600               | 6,8742  | 5,2480      | 5,4900       |
| 2              | 2362,2100      | 113,8720          | 64,0030     | 360,1700                | 1915,2500 | 22,7528                        | 34,3450       | 10,6800     | 24,6900               | 6,3217  | 4,3900      | 4,4700       |
| 3              | 2277,1100      | 113,7770          | 54,6280     | 360,1700                | 1916,9500 | 15,2168                        | 34,3450       | 10,6000     | 24,6900               | 6,3259  | 4,3900      | 4,4700       |
| 4              | 2362,2100      | 113,8720          | 64,0030     | 360,1700                | 1915,2500 | 22,7528                        | 34,3450       | 10,6800     | 24,6900               | 6,3217  | 4,3900      | 4,4700       |
| 6              | 2351,0300      | 121,2660          | 69,9050     | 321,4200                | 2140,1500 | 27,3494                        | 20,0190       | 3,0400      | 40,0200               | 6,3664  | 8,8480      | 15,2100      |
| 9              | 2591,7100      | 127,5520          | 67,9630     | 395,0600                | 2026,5500 | 24,5798                        | 38,8150       | 12,6000     | 29,2200               | 6,8152  | 7,9900      | 14,1900      |
| 10             | 2015,6000      | 65,0350           | 39,7340     | 397,3600                | 1440,9300 | 15,8337                        | 53,5310       | 1,5120      | 30,4130               | 5,0251  | 12,1880     | 11,4570      |
| 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             | 2732,1300      | 131,4260          | 75,8450     | 391,5200                | 2161,8500 | 30,1334                        | 32,3590       | 12,6400     | 37,3800               | 7,2747  | 8,8480      | 15,2100      |
| C2             | 2714,7100      | 127,5520          | 68,2630     | 424,7600                | 2089,5500 | 24,5798                        | 38,8150       | 12,6000     | 32,2200               | 6,8152  | 7,9900      | 14,1900      |
| C3             | 2399,0300      | 121,9860          | 70,3050     | 321,4200                | 2143,3500 | 27,4454                        | 20,5790       | 3,0400      | 41,7000               | 6,3744  | 12,2880     | 18,4900      |

#### 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

**PIĄTEK 29.12**

| <b>DIETA</b> | <b>ENERGIA [KCAL]</b> | <b>BIĄŁKO OGÓŁEM [G]</b> | <b>TŁUSZCZ [G]</b> | <b>WĘGLOWO DANY OGÓŁEM [G]</b> | <b>SÓD [MG]</b> | <b>KWASY TŁUSZCZOWE NASYCON E [G]</b> | <b>SACHAROZA [G]</b> | <b>LAKTOZA [G]</b> | <b>BŁONNIK POKARMOWY [G]</b> | <b>SÓL [G]</b> | <b>GLUKOZA [G]</b> | <b>FRUKTOZA [G]</b> |
|--------------|-----------------------|--------------------------|--------------------|--------------------------------|-----------------|---------------------------------------|----------------------|--------------------|------------------------------|----------------|--------------------|---------------------|
| <b>1</b>     | 2666,2600             | 92,5730                  | 74,2600            | 450,4660                       | 1729,2800       | 17,4440                               | 58,8090              | 12,7800            | 48,7460                      | 5,8561         | 15,8780            | 21,4050             |
| <b>2</b>     | 2580,5200             | 95,9790                  | 57,3430            | 481,1800                       | 1550,5800       | 16,9209                               | 63,9570              | 13,1000            | 37,6200                      | 5,1286         | 15,8330            | 21,3900             |
| <b>3</b>     | 2436,5700             | 94,7290                  | 42,0280            | 480,5750                       | 1594,0800       | 9,3849                                | 63,9570              | 13,0200            | 37,6200                      | 5,4078         | 15,8330            | 21,3900             |
| <b>4</b>     | 2557,9200             | 96,1290                  | 57,3030            | 442,1700                       | 1549,7800       | 17,0299                               | 61,3270              | 13,1000            | 36,3600                      | 5,1261         | 14,1630            | 19,3300             |
| <b>6</b>     | 2393,6300             | 99,6340                  | 66,9670            | 370,9360                       | 2206,8200       | 16,2433                               | 33,9500              | 3,1800             | 56,7890                      | 6,3233         | 12,5730            | 18,2200             |
| <b>9</b>     | 2760,1200             | 114,3390                 | 61,3030            | 500,4400                       | 1894,4800       | 18,7579                               | 65,2870              | 14,3800            | 40,3500                      | 6,3036         | 16,6330            | 22,0900             |
| <b>10</b>    | 2056,6700             | 64,9240                  | 40,6730            | 430,1250                       | 1284,6800       | 13,6379                               | 56,4870              | 2,8600             | 32,9700                      | 4,6786         | 15,3830            | 32,5200             |
| <b>12</b>    | 2197,3400             | 92,4920                  | 54,4300            | 298,9000                       | 1502,5300       | 19,7365                               | 29,9030              | 17,4000            | 26,1200                      | 4,6315         | 8,9150             | 8,9850              |
| <b>14</b>    | 1959,6500             | 83,4750                  | 53,5050            | 247,5000                       | 1052,6500       | 20,0670                               | 21,9500              | 21,2400            | 19,1700                      | 2,9283         | 7,0900             | 7,0600              |
| <b>C1</b>    | 2793,0600             | 104,2030                 | 76,4300            | 468,9760                       | 2079,2800       | 18,1830                               | 59,8990              | 12,7800            | 52,4660                      | 6,8941         | 16,6780            | 22,1050             |
| <b>C2</b>    | 2707,3200             | 106,8590                 | 59,4230            | 500,4400                       | 1876,8800       | 17,6419                               | 65,2870              | 13,1000            | 40,3500                      | 6,2596         | 16,6330            | 22,0900             |
| <b>C3</b>    | 2460,2800             | 101,4340                 | 75,7120            | 362,9060                       | 2246,1700       | 17,1823                               | 30,6550              | 3,1800             | 57,1390                      | 6,4210         | 11,0480            | 16,6700             |

**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

**SOBOTA 30.12**

| <b>DIETA</b> | <b>ENERGIA [KCAL]</b> | <b>BIĄŁKO OGÓŁEM [G]</b> | <b>TŁUSZCZ [G]</b> | <b>WĘGLOWO DANY OGÓŁEM [G]</b> | <b>SÓD [MG]</b> | <b>KWASY TŁUSZCZOWE NASYCON E [G]</b> | <b>SACHAROZA [G]</b> | <b>LAKTOZA [G]</b> | <b>BŁONNIK POKARMOWY [G]</b> | <b>SÓL [G]</b> | <b>GLUKOZA [G]</b> | <b>FRUKTOZA [G]</b> |
|--------------|-----------------------|--------------------------|--------------------|--------------------------------|-----------------|---------------------------------------|----------------------|--------------------|------------------------------|----------------|--------------------|---------------------|
| <b>1</b>     | 2258,1000             | 90,9070                  | 54,5750            | 325,2750                       | 1561,4900       | 20,6969                               | 42,9510              | 18,0400            | 35,3050                      | 5,0954         | 10,2840            | 9,8620              |
| <b>2</b>     | 2241,7200             | 94,4030                  | 48,5790            | 313,5500                       | 1525,8800       | 20,3293                               | 41,8800              | 18,0400            | 28,8230                      | 4,8504         | 8,9990             | 8,4190              |
| <b>3</b>     | 2156,6200             | 94,3080                  | 39,2040            | 313,5500                       | 1527,5800       | 12,7933                               | 41,8800              | 17,9600            | 28,8230                      | 4,8546         | 8,9990             | 8,4190              |
| <b>4</b>     | 2241,7200             | 94,4030                  | 48,5790            | 313,5500                       | 1525,8800       | 20,3293                               | 41,8800              | 18,0400            | 28,8230                      | 4,8504         | 8,9990             | 8,4190              |
| <b>6</b>     | 2160,5000             | 100,2570                 | 54,0150            | 315,5350                       | 1770,5900       | 18,8959                               | 21,5710              | 8,4400             | 46,1850                      | 4,6654         | 8,3040             | 15,1220             |
| <b>9</b>     | 2429,8200             | 114,3230                 | 52,5290            | 333,9600                       | 1653,7800       | 21,5463                               | 43,3600              | 19,3200            | 31,5030                      | 5,3854         | 9,4490             | 8,8190              |
| <b>10</b>    | 1980,2500             | 64,6570                  | 33,8100            | 367,2500                       | 1281,8200       | 12,5055                               | 38,6100              | 1,2600             | 28,4500                      | 4,0839         | 12,5050            | 18,6450             |
| <b>12</b>    | 2216,1000             | 100,0120                 | 53,2200            | 350,0400                       | 1732,2700       | 19,9905                               | 40,5150              | 16,7000            | 27,5400                      | 5,6803         | 5,9450             | 5,3350              |
| <b>14</b>    | 1978,4000             | 93,6950                  | 52,5450            | 274,6400                       | 1257,9000       | 20,2610                               | 30,2600              | 20,5400            | 20,1400                      | 3,9145         | 4,6200             | 4,0600              |
| <b>C1</b>    | 2409,7600             | 103,8470                 | 54,7530            | 355,2950                       | 1689,1700       | 20,4987                               | 44,0010              | 18,0400            | 37,1750                      | 5,4872         | 9,2940             | 20,3520             |
| <b>C2</b>    | 2418,7200             | 106,3630                 | 50,8590            | 344,1800                       | 1633,4800       | 20,4803                               | 42,8200              | 18,0400            | 30,6530                      | 5,3442         | 8,6390             | 19,4190             |
| <b>C3</b>    | 2208,5000             | 100,9770                 | 54,4150            | 315,5350                       | 1773,7900       | 18,9919                               | 22,1310              | 8,4400             | 47,8650                      | 4,6734         | 11,7440            | 18,4020             |

**Alergeny:**

- 1-ziarna zbóż zawierające gluten,
- 3-jaja i produkty pochodne,
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- 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 31.12**

| <b>DIETA</b> | <b>ENERGIA [KCAL]</b> | <b>BIĄŁKO OGÓŁEM [G]</b> | <b>TŁUSZCZ [G]</b> | <b>WĘGLOWO DANY OGÓŁEM [G]</b> | <b>SÓD [MG]</b> | <b>KWASY TŁUSZCZOWE NASYCON E [G]</b> | <b>SACHAROZA [G]</b> | <b>LAKTOZA [G]</b> | <b>BŁONNIK POKARMOWY [G]</b> | <b>SÓL [G]</b> | <b>GLUKOZA [G]</b> | <b>FRUKTOZA [G]</b> |
|--------------|-----------------------|--------------------------|--------------------|--------------------------------|-----------------|---------------------------------------|----------------------|--------------------|------------------------------|----------------|--------------------|---------------------|
| <b>1</b>     | 2251,5100             | 91,6510                  | 69,5020            | 308,9880                       | 1700,9800       | 16,8168                               | 29,2900              | 20,0800            | 34,4750                      | 6,1393         | 6,3550             | 6,2600              |
| <b>2</b>     | 2107,3300             | 94,0020                  | 47,6310            | 300,7810                       | 1486,8000       | 17,6073                               | 28,3100              | 20,9600            | 31,0580                      | 5,2753         | 6,1470             | 6,4190              |
| <b>3</b>     | 1956,2100             | 93,1810                  | 38,4120            | 287,4760                       | 1672,6000       | 9,6193                                | 28,1500              | 20,0000            | 30,4900                      | 6,1375         | 6,0550             | 6,3250              |
| <b>4</b>     | 2040,8800             | 93,1410                  | 46,5820            | 290,0060                       | 1672,5800       | 17,0440                               | 28,1120              | 20,0800            | 30,8950                      | 6,1376         | 6,0550             | 6,3250              |
| <b>6</b>     | 2253,9500             | 100,9570                 | 66,3400            | 317,6620                       | 1903,3500       | 16,1605                               | 21,2650              | 12,4000            | 45,4900                      | 5,7071         | 9,8700             | 15,9050             |
| <b>9</b>     | 2371,6300             | 112,0320                 | 53,0310            | 336,5110                       | 1694,7000       | 19,4343                               | 32,7800              | 22,8800            | 35,5880                      | 6,0688         | 9,7470             | 16,1390             |
| <b>10</b>    | 1869,6800             | 61,6220                  | 38,7460            | 325,5060                       | 1196,9500       | 13,3893                               | 30,7750              | 1,7200             | 30,9180                      | 4,5591         | 7,0970             | 24,6090             |
| <b>12</b>    | 2253,9400             | 92,2020                  | 59,9200            | 306,8200                       | 1541,3300       | 22,8105                               | 27,6030              | 17,4000            | 27,8000                      | 4,7290         | 9,6750             | 12,7250             |
| <b>14</b>    | 2032,7500             | 86,5350                  | 60,2450            | 250,5200                       | 1084,9500       | 22,9110                               | 19,6000              | 21,2400            | 20,6000                      | 3,0093         | 7,8500             | 11,0500             |
| <b>C1</b>    | 2514,7600             | 106,5310                 | 73,7020            | 353,1330                       | 1836,7300       | 18,6768                               | 38,0950              | 22,0000            | 41,4200                      | 6,5421         | 11,2300            | 17,0300             |
| <b>C2</b>    | 2370,5800             | 108,1320                 | 51,7410            | 345,6760                       | 1598,8500       | 19,4493                               | 37,3550              | 22,8800            | 37,0130                      | 5,7711         | 11,0220            | 17,1890             |
| <b>C3</b>    | 2253,9500             | 100,9570                 | 66,3400            | 317,6620                       | 1903,3500       | 16,1605                               | 21,2650              | 12,4000            | 45,4900                      | 5,7071         | 9,8700             | 15,9050             |

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**Jadłospis może ulec zmianie. Przepraszamy**