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| **30.09.2024-04.10.2024** | | | MOŽNI ALERGENI | | | | | | | | | | | | | |
|  | **OBROK** |  | **Gluten** | **Raki** | **Jajca** | **Ribe** | **Arašidi** | **Soja** | **Mleko/m.izdelki** | **Oreščki** | **Listna zelena** | **Gorčično seme** | **Sezamovo seme** | **Žveplov dioksid** | **Volčji bob** | **Mehkužci** |
| **PONEDELJEK** | ZAJTRK | Bio polenta |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sen. neh. mleko |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| MALICA/DOP in POP | ½ makove štručke | pšenica |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sadje |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| KOSILO | Makaronovo meso |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Endivija s krompirjem |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **TOREK** | ZAJTRK | Ribji namaz |  |  |  | x |  |  | x |  |  |  |  |  |  |  |
| Sveža rdeča paprika |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Graham kruh | pšenica |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Čaj |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| MALICA/DOP in POP | Ovseni kosmiči s sadjem in jogurtom (sen. neh. mleko) | oves |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Sadje |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| KOSILO | Bučkina juha (hokaido) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Prosena kaša z zelenjavo in piščančjim mesom |  |  | x |  |  |  | x |  |  |  |  |  |  |  |
| Bio rdeča pesa |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **SREDA** | ZAJTRK | Maslo |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Domača breskova marmelada |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bio ajdov kruh | pšenica |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bela kava | ječmen |  |  |  |  |  | x |  |  |  |  |  |  |  |
| MALICA/DOP in POP | Koruzni vaflji |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sadje |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| KOSILO | Goveja juha z rezanci | pšenica |  | x |  |  |  |  |  |  |  |  |  |  |  |
| Kuhana govedina |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pražen krompir |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hrenova omaka |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Zelena solata s kalčki |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ČETRTEK** | ZAJTRK | Trdi sir (mešano) |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Paradižnik češnjevec |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ržena žemlja | Rž, pšenica |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Čaj |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| MALICA/DOP in POP | Probiotični jogurt, koruzni kosmiči | ječmen |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Sadje |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| KOSILO | Zelenjavni ragu s telečjim mesom |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gluhi štruklji | pšenica |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Radič s fižolom in jajcem |  |  | x |  |  |  |  |  |  |  |  |  |  |  |
| **PETEK** | ZAJTRK | Bučkin namaz |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Korenje ribano |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bio pisan kruh | pšenica |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kakav |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| MALICA/DOP in POP | Bio orehi, rozine |  |  |  |  |  |  |  | oreh |  |  |  | x |  |  |
| Sadje |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| KOSILO | Čičerikina enolončnica brez mesa |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Puding s smetano |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Črni kruh | pšenica |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **x –obrok vsebuje označeni alergen** | | |  | | | | | | | | | | | | | |

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| **07.10.2024-11.10.2024** | | | MOŽNI ALERGENI | | | | | | | | | | | | | |
|  | **OBROK** |  | **Gluten** | **Raki** | **Jajca** | **Ribe** | **Arašidi** | **Soja** | **Mleko/m.izdelki** | **Oreščki** | **Listna zelena** | **Gorčično seme** | **Sezamovo seme** | **Žveplov dioksid** | **Volčji bob** | **Mehkužci** |
| **PONEDELJEK** | ZAJTRK | Piščančja pašteta |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Sladki feferoni |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Polnozrnati kruh | Pšenica, ječmen |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Čaj |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| MALICA/DOP in POP | Bio sadni kefir |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Sadje |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| KOSILO | Lečina juha z zelenjavo |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Krompirjeva musaka z bio govejim mesom | pšenica |  | x |  |  |  | x |  |  |  |  |  |  |  |
| Zelena solata z rdečo redkvico |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **TOREK** | ZAJTRK | Mlečni riž na neh. mleku |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| 70% čokolada, cimet |  |  |  |  |  | x |  |  |  |  |  |  |  |  |
| MALICA/DOP in POP | Mlečni rogljič | pšenica |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Sadje |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| KOSILO | Ričet s svinjskim mesom | ješprenj |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carski praženec z bio brusnicami | pšenica |  | x |  |  |  | x |  |  |  |  |  |  |  |
| Kuhan jabolčni kompot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Črni kruh | pšenica |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **SREDA** | ZAJTRK | Čičerikin namaz |  |  |  |  |  |  | x | leš |  | x |  |  |  |  |
| Paradižnik češnjevec, list solate |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kajzerica | pšenica |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Čaj |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| MALICA/DOP in POP | Sadni jogurt (neh. mleko) |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Sadje |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| KOSILO | Piščančji zrezki v naravni omaki |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dušena ajdova kaša z zelenjavo |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Radič štrucar s krompirjem |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **ČETRTEK** | ZAJTRK | Bio sirove blazinice | pšenica |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Kremno maslo |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Sveža paprika (tris) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bela kava | ječmen |  |  |  |  |  | x |  |  |  |  |  |  |  |
| MALICA/DOP in POP | Nežni kruhki s kvinojo |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sadje |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| KOSILO | Dušeni goveji zrezki v zelenjavni omaki |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Valvice | pšenica |  | x |  |  |  |  |  |  |  |  |  |  |  |
| Sveže zelje v solati s fižolom |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **PETEK** | ZAJTRK | Kuhan jajček |  |  | x |  |  |  |  |  |  |  |  |  |  |  |
| Sveže kumare |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bio kruh iz tatarske ajde | pšenica |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Čaj |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| MALICA/DOP in POP | Pira z banano in jogurtom | pira |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Sadje |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| KOSILO | Špinačna juha z lečo |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pečen losos |  |  |  | x |  |  |  |  |  |  |  |  |  |  |
| Krompir v kosih s peteršiljem |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Stročji fižol v solati |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **x –obrok vsebuje označeni**  **alergen** | | |  | | | | | | | | | | | | | |