

[illegible]

Podpis osoby zatwierdzającej: \_\_\_\_\_ Podpis: \_\_\_\_\_

**Dietyfik**  
Szpital w Kamieniu Pomorskim Sp

Legenda: Alergeny występujące w produktach:

Podpis osoby zatwierdzającej      Podpis o

25.08.26. *chlept*  
Magdalena Kwiatkowska  
*[Signature]*  
Dietetyk  
Szpital w Kamieniu Pomorskim Sp. z o.o.

JADŁOSPIS DOKADOWY 03.09.2025

Edycja: czwartek

ŚNIADANIE

| DIETA PODSTAWOWA (1)              |     |  |  |  | DIETA CIĘŻYŹCOWA - DIELA Z OGRANICZENIEM ŁATWO PRYSMAKOWYCH - GŁÓWNOŚNÓW (6) |     |  |  |  | DIETA LATWOŚCIOWA - DIELA PAKOWANA I PRZETARTA (12) |     |  |  |  | DIETA BOGATAŁKOWA (19)            |     |  |  |  | DIETA WĄTROBOWA - DIELA LATWOŚCIOWA Z OGRANICZENIEM TŁUSZCZYŹY (1) |     |  |  |  | ALERGENY |  |  |  |  |  |  |  |
|-----------------------------------|-----|--|--|--|------------------------------------------------------------------------------|-----|--|--|--|-----------------------------------------------------|-----|--|--|--|-----------------------------------|-----|--|--|--|--------------------------------------------------------------------|-----|--|--|--|----------|--|--|--|--|--|--|--|
| Ilość g/ml                        |     |  |  |  | Ilość g/ml                                                                   |     |  |  |  | Ilość g/ml                                          |     |  |  |  | Ilość g/ml                        |     |  |  |  | Ilość g/ml                                                         |     |  |  |  |          |  |  |  |  |  |  |  |
| Kawa jaglana                      | 40  |  |  |  | Kawa jaglana                                                                 | 0   |  |  |  | Kawa jaglana                                        | 40  |  |  |  | Kawa jaglana                      | 40  |  |  |  | Kawa jaglana                                                       | 40  |  |  |  |          |  |  |  |  |  |  |  |
| Mleko spożywcze 1,5 % tłuszczu    | 150 |  |  |  | Mleko spożywcze 1,5 % tłuszczu                                               | 0   |  |  |  | Mleko spożywcze 1,5 % tłuszczu                      | 150 |  |  |  | Mleko spożywcze 1,5 % tłuszczu    | 150 |  |  |  | Mleko spożywcze 1,5 % tłuszczu                                     | 150 |  |  |  |          |  |  |  |  |  |  |  |
| Chleb pszenny                     | 40  |  |  |  | Chleb pszenny                                                                | 0   |  |  |  | Chleb pszenny                                       | 40  |  |  |  | Chleb pszenny                     | 40  |  |  |  | Chleb pszenny                                                      | 40  |  |  |  |          |  |  |  |  |  |  |  |
| Chleb żytni pełnoziarnisty        | 40  |  |  |  | Chleb żytni pełnoziarnisty                                                   | 90  |  |  |  | Chleb żytni pełnoziarnisty                          | 0   |  |  |  | Chleb żytni pełnoziarnisty        | 0   |  |  |  | Chleb żytni pełnoziarnisty                                         | 0   |  |  |  |          |  |  |  |  |  |  |  |
| Musli smietankowe                 | 10  |  |  |  | Musli smietankowe                                                            | 40  |  |  |  | Musli smietankowe                                   | 10  |  |  |  | Musli smietankowe                 | 15  |  |  |  | Musli smietankowe                                                  | 0   |  |  |  |          |  |  |  |  |  |  |  |
| Kiełbasa serowa                   | 40  |  |  |  | Kiełbasa serowa                                                              | 40  |  |  |  | Kiełbasa serowa                                     | 40  |  |  |  | Kiełbasa serowa                   | 40  |  |  |  | Kiełbasa serowa                                                    | 40  |  |  |  |          |  |  |  |  |  |  |  |
| Jajecznicza na patrze             | 120 |  |  |  | Jajecznicza na patrze                                                        | 120 |  |  |  | Jajecznicza na patrze                               | 120 |  |  |  | Jajecznicza na patrze             | 120 |  |  |  | Jajecznicza na patrze                                              | 120 |  |  |  |          |  |  |  |  |  |  |  |
| Herbata, napój bez cukru          | 250 |  |  |  | Herbata, napój bez cukru                                                     | 250 |  |  |  | Herbata, napój bez cukru                            | 250 |  |  |  | Herbata, napój bez cukru          | 250 |  |  |  | Herbata, napój bez cukru                                           | 250 |  |  |  |          |  |  |  |  |  |  |  |
| Cytryna                           | 5   |  |  |  | Cytryna                                                                      | 5   |  |  |  | Cytryna                                             | 0   |  |  |  | Cytryna                           | 0   |  |  |  | Cytryna                                                            | 0   |  |  |  |          |  |  |  |  |  |  |  |
| Pomidor                           | 100 |  |  |  | Pomidor                                                                      | 100 |  |  |  | Pomidor bez skórki                                  | 100 |  |  |  | Pomidor                           | 100 |  |  |  | Pomidor bez skórki                                                 | 100 |  |  |  |          |  |  |  |  |  |  |  |
| Ogórek kiszony                    | 50  |  |  |  | Ogórek kiszony                                                               | 50  |  |  |  | Ogórek kiszony                                      | 50  |  |  |  | Ogórek kiszony                    | 50  |  |  |  | Ogórek kiszony                                                     | 50  |  |  |  |          |  |  |  |  |  |  |  |
| II ŚNIADANIE                      |     |  |  |  | II ŚNIADANIE                                                                 |     |  |  |  | II ŚNIADANIE                                        |     |  |  |  | II ŚNIADANIE                      |     |  |  |  | II ŚNIADANIE                                                       |     |  |  |  |          |  |  |  |  |  |  |  |
| Masłanka spożywcza 0,5 % tłuszczu | 150 |  |  |  | Masłanka spożywcza 0,5 % tłuszczu                                            | 150 |  |  |  | Masłanka spożywcza 0,5 % tłuszczu                   | 150 |  |  |  | Masłanka spożywcza 0,5 % tłuszczu | 150 |  |  |  | Masłanka spożywcza 0,5 % tłuszczu                                  | 150 |  |  |  |          |  |  |  |  |  |  |  |
| Jabłko                            | 100 |  |  |  | Jabłko                                                                       | 100 |  |  |  | Jabłko przeczone                                    | 100 |  |  |  | Jabłko przeczone                  | 100 |  |  |  | Jabłko przeczone                                                   | 100 |  |  |  |          |  |  |  |  |  |  |  |
| OBIAD                             |     |  |  |  | OBIAD                                                                        |     |  |  |  | OBIAD                                               |     |  |  |  | OBIAD                             |     |  |  |  | OBIAD                                                              |     |  |  |  |          |  |  |  |  |  |  |  |
| Zupa brokulsowa                   | 300 |  |  |  | Zupa brokulsowa                                                              | 300 |  |  |  | Zupa brokulsowa                                     | 300 |  |  |  | Zupa brokulsowa                   | 300 |  |  |  | Zupa brokulsowa                                                    | 300 |  |  |  |          |  |  |  |  |  |  |  |
| Potrawka z karczaka z warzywami   | 150 |  |  |  | Potrawka z karczaka z warzywami                                              | 150 |  |  |  | Potrawka z karczaka z warzywami                     | 150 |  |  |  | Potrawka z karczaka z warzywami   | 150 |  |  |  | Potrawka z karczaka z warzywami                                    | 150 |  |  |  |          |  |  |  |  |  |  |  |
| Ryż pełnoziarnisty upieczony      | 250 |  |  |  | Ryż pełnoziarnisty upieczony                                                 | 250 |  |  |  | Ryż biały gotowany                                  | 250 |  |  |  | Ryż biały gotowany                | 250 |  |  |  | Ryż biały gotowany                                                 | 250 |  |  |  |          |  |  |  |  |  |  |  |
| Sarotka marchewka z jabłkiem      | 150 |  |  |  | Sarotka marchewka z jabłkiem                                                 | 150 |  |  |  | Sarotka marchewka z jabłkiem                        | 150 |  |  |  | Sarotka marchewka z jabłkiem      | 150 |  |  |  | Sarotka marchewka z jabłkiem                                       | 150 |  |  |  |          |  |  |  |  |  |  |  |
| Kompot z jabłek bez cukru         | 300 |  |  |  | Kompot z jabłek bez cukru                                                    | 300 |  |  |  | Kompot z jabłek bez cukru                           | 300 |  |  |  | Kompot z jabłek bez cukru         | 300 |  |  |  | Kompot z jabłek bez cukru                                          | 300 |  |  |  |          |  |  |  |  |  |  |  |
| PODWIECZOREK                      |     |  |  |  | PODWIECZOREK                                                                 |     |  |  |  | PODWIECZOREK                                        |     |  |  |  | PODWIECZOREK                      |     |  |  |  | PODWIECZOREK                                                       |     |  |  |  |          |  |  |  |  |  |  |  |
| Herbatka bez cukru                | 0   |  |  |  | Herbatka bez cukru                                                           | 0   |  |  |  | Herbatka bez cukru                                  | 0   |  |  |  | Herbatka bez cukru                | 0   |  |  |  | Herbatka bez cukru                                                 | 0   |  |  |  |          |  |  |  |  |  |  |  |
| KOLACJA                           |     |  |  |  | KOLACJA                                                                      |     |  |  |  | KOLACJA                                             |     |  |  |  | KOLACJA                           |     |  |  |  | KOLACJA                                                            |     |  |  |  |          |  |  |  |  |  |  |  |
| Chleb pszenny                     | 40  |  |  |  | Chleb pszenny                                                                | 0   |  |  |  | Chleb pszenny                                       | 130 |  |  |  | Chleb pszenny                     | 130 |  |  |  | Chleb pszenny                                                      | 130 |  |  |  |          |  |  |  |  |  |  |  |
| Chleb żytni pełnoziarnisty        | 40  |  |  |  | Chleb żytni pełnoziarnisty                                                   | 130 |  |  |  | Chleb żytni pełnoziarnisty                          | 0   |  |  |  | Chleb żytni pełnoziarnisty        | 0   |  |  |  | Chleb żytni pełnoziarnisty                                         | 0   |  |  |  |          |  |  |  |  |  |  |  |
| Musli smietankowe                 | 10  |  |  |  | Musli smietankowe                                                            | 10  |  |  |  | Musli smietankowe                                   | 15  |  |  |  | Musli smietankowe                 | 0   |  |  |  | Musli smietankowe                                                  | 0   |  |  |  |          |  |  |  |  |  |  |  |
| Paprykarz                         | 40  |  |  |  | Paprykarz                                                                    | 40  |  |  |  | Paprykarz                                           | 40  |  |  |  | Paprykarz                         | 40  |  |  |  | Paprykarz                                                          | 40  |  |  |  |          |  |  |  |  |  |  |  |
| Szynka kaniapłowa                 | 40  |  |  |  | Szynka kaniapłowa                                                            | 40  |  |  |  | Szynka kaniapłowa                                   | 40  |  |  |  | Szynka kaniapłowa                 | 40  |  |  |  | Szynka kaniapłowa                                                  | 40  |  |  |  |          |  |  |  |  |  |  |  |
| Serek twarogowy zmięty            | 0   |  |  |  | Serek twarogowy zmięty                                                       | 0   |  |  |  | Serek twarogowy zmięty                              | 150 |  |  |  | Serek twarogowy zmięty            | 150 |  |  |  | Serek twarogowy zmięty                                             | 150 |  |  |  |          |  |  |  |  |  |  |  |
| Cytryna                           | 5   |  |  |  | Cytryna                                                                      | 5   |  |  |  | Cytryna                                             | 0   |  |  |  | Cytryna                           | 0   |  |  |  | Cytryna                                                            | 0   |  |  |  |          |  |  |  |  |  |  |  |
| Pomidor                           | 100 |  |  |  | Pomidor                                                                      | 100 |  |  |  | Pomidor bez skórki                                  | 100 |  |  |  | Pomidor                           | 100 |  |  |  | Pomidor bez skórki                                                 | 100 |  |  |  |          |  |  |  |  |  |  |  |
| Herbata, napój bez cukru          | 250 |  |  |  | Herbata, napój bez cukru                                                     | 250 |  |  |  | Herbata, napój bez cukru                            | 250 |  |  |  | Herbata, napój bez cukru          | 250 |  |  |  | Herbata, napój bez cukru                                           | 250 |  |  |  |          |  |  |  |  |  |  |  |
| WARTOŚCI ODWZEWCE PRODUKTÓW       |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |
|                                   |     |  |  |  |                                                                              |     |  |  |  |                                                     |     |  |  |  |                                   |     |  |  |  |                                                                    |     |  |  |  |          |  |  |  |  |  |  |  |

| WARTOŚCI ODZYWCZE PRODUKTÓW |          |          |          |          |                            |              |          |          |          |                            |          |              |          |        |                            |          |          |              |          |                            |          |          |          |          |              |          |        |          |          |          |
|-----------------------------|----------|----------|----------|----------|----------------------------|--------------|----------|----------|----------|----------------------------|----------|--------------|----------|--------|----------------------------|----------|----------|--------------|----------|----------------------------|----------|----------|----------|----------|--------------|----------|--------|----------|----------|----------|
| Ś                           |          |          |          |          | H                          |              |          |          |          | O                          |          |              |          |        | K                          |          |          |              |          | RAZEM                      |          |          |          |          |              |          |        |          |          |          |
| Procentowy rozkład energii  |          |          |          |          | Procentowy rozkład energii |              |          |          |          | Procentowy rozkład energii |          |              |          |        | Procentowy rozkład energii |          |          |              |          | Procentowy rozkład energii |          |          |          |          |              |          |        |          |          |          |
| 28,929135                   | 4,410136 | 18,10197 | 28,51651 | 100      | 22,78529                   | 4,06577      | 41,85043 | 30,49856 | 100      | 29,57578                   | 6,579219 | 34,40909     | 29,47598 | 100    | 24,12998                   | 7,555671 | 31,81454 | 5,287479     | 31,18504 | 100                        | 28,3115  | 6,987249 | 36,0666  | 28,09486 | 100          |          |        |          |          |          |
| Energia kJ                  | 2 584,90 | 427,00   | 3 682,00 | 2 746,50 | 9 440,40                   | Energia kJ   | 2 002,20 | 427,00   | 3 682,00 | 2 678,50                   | 8 789,70 | Energia kJ   | 2 802,80 | 625,00 | 3 284,50                   | 2 781,40 | 9 493,70 | Energia kJ   | 2 802,80 | 625,00                     | 2 639,50 | 540,00   | 3 199,55 | 9 806,85 | Energia kJ   | 2 527,10 | 625,00 | 2 639,50 | 2 505,70 | 8 297,3  |
| Energia kcal                | 662,50   | 101,50   | 873,00   | 653,30   | 2 290,10                   | Energia kcal | 478,30   | 101,50   | 873,00   | 636,20                     | 2 086,00 | Energia kcal | 667,60   | 148,50 | 778,00                     | 663,00   | 2 257,10 | Energia kcal | 590,05   | 185,50                     | 778,00   | 129,30   | 762,55   | 2 445,40 | Energia kcal | 601,70   | 148,50 | 778,00   | 597,10   | 2 125,3  |
| Tłuszcz                     | 24,13    | 1,15     | 11,56    | 25,10    | 42,13                      | Tłuszcz      | 21,14    | 1,15     | 11,56    | 25,54                      | 40,43    | Tłuszcz      | 24,02    | 2,35   | 9,31                       | 25,13    | 60,81    | Tłuszcz      | 23,85    | 2,85                       | 9,31     | 3,30     | 34,40    | 73,76    | Tłuszcz      | 16,67    | 2,35   | 9,31     | 17,78    | 46,11    |
| Kw. nasycone                | 10,70    | 0,55     | 3,23     | 9,31     | 23,81                      | Kw. nasycone | 9,11     | 0,55     | 3,23     | 9,37                       | 22,26    | Kw. nasycone | 10,68    | 1,41   | 3,11                       | 9,29     | 24,40    | Kw. nasycone | 11,20    | 1,75                       | 3,11     | 0,51     | 15,46    | 32,02    | Kw. nasycone | 5,66     | 1,41   | 3,11     | 4,27     | 14,44    |
| Węglowodany                 | 82,41    | 19,15    | 156,35   | 33,62    | 341,52                     | Węglowodany  | 45,45    | 19,15    | 156,35   | 72,98                      | 293,92   | Węglowodany  | 85,92    | 27,85  | 125,85                     | 99,79    | 329,41   | Węglowodany  | 77,20    | 12,55                      | 125,85   | 19,50    | 77,96    | 332,98   | Węglowodany  | 84,36    | 27,85  | 125,85   | 30,48    | 327,64   |
| Cukry                       | 17,66    | 16,85    | 11,18    | 6,96     | 42,64                      | Cukry        | 8,14     | 16,85    | 11,18    | 9,63                       | 45,80    | Cukry        | 16,28    | 20,75  | 10,68                      | 4,91     | 52,62    | Cukry        | 8,64     | 25,43                      | 10,68    | 0,15     | 9,48     | 54,39    | Cukry        | 16,17    | 20,75  | 10,68    | 4,90     | 52,40    |
| Białko                      | 12,86    | 5,56     | 27,63    | 26,17    | 92,15                      | Białko       | 24,07    | 5,56     | 27,62    | 25,45                      | 82,64    | Białko       | 13,09    | 5,40   | 22,62                      | 26,58    | 87,69    | Białko       | 22,85    | 8,80                       | 22,62    | 1,87     | 41,18    | 97,47    | Białko       | 12,98    | 5,40   | 22,62    | 26,22    | 87,22    |
| Sól                         | 3,12     | 0,23     | 2,41     | 2,02     | 8,88                       | Sól          | 3,14     | 0,23     | 2,41     | 2,93                       | 8,71     | Sól          | 3,31     | 0,23   | 2,40                       | 2,92     | 8,87     | Sól          | 2,36     | 0,28                       | 2,40     | 0,20     | 2,55     | 8,18     | Sól          | 3,29     | 0,23   | 2,40     | 2,87     | 8,76     |
| Blonnik                     | 7,04     | 2,00     | 32,93    | 8,43     | 50,40                      | Blonnik      | 7,04     | 2,00     | 32,93    | 9,71                       | 51,68    | Blonnik      | 6,46     | 1,60   | 12,93                      | 1,68     | 22,67    | Blonnik      | 6,46     | 1,60                       | 12,93    | 2,79     | 7,99     | 31,77    | Blonnik      | 6,46     | 1,60   | 12,93    | 7,53     | 28,52    |
| Sód                         | 1 126,35 | 92,00    | 905,00   | 1 169,63 | 3 554,00                   | Sód          | 1 257,55 | 609,90   | 962,00   | 1 170,45                   | 4 000,30 | Sód          | 6,46     | 1,60   | 12,93                      | 1,68     | 22,67    | Sód          | 942,30   | 152,00                     | 960,00   | 78,00    | 2 132,30 | 4 264,60 | Sód          | 1 317,90 | 0,90   | 960,00   | 1 133,40 | 3 412,10 |

Legenda: Alergeny występujące w produktach:

1. zboża zawierające gluten 2. skorupki i produkty pszczele 3. jaja 4. ryby 5. orzechy ziemne 6. soja 7. mleko 8. orzechy 9. owoce 10. grzyby 11. nasiona sezamu 12. dwudziestki 13. laktaza 14. miodożylny

Podpis osoby zamawiającej: Podpis osoby sporządzającej:

Podpis osoby zatwierdzającej: Podpis:

25.08.2025r. *Magdalena Kwiatkowska*  
Dietetyk  
Szpital w Kamieniu Pomorskim Sp. z o.o.

4 dzień piątek

Legenda: Alergeny występujące w produktach:

1. zboża zawierające gluten 2. skorupki i produkty pochodne, 3. jaja, 4. ryby 5. orzeszki ziemne 6. soja, 7. mleko, 8. orzechy, 9. seler, 10. gorczyca, 11. nasiona sezamu, 12. dwutlenek siarki, 13. lubin, 14. mięczaki

Podpis osoby zatwierdzającej      Pod

25.08.2016. chępst  
Magdalena Kwiatkowska  
Dietetyk  
Szpital w Kamieniu Pomorskim Sp. z o.o.

| DIETA PODSTAWOWA (1)                               |          |        |        |          |          |                                                    |         |        |          | DIETA CUKRZYCOWA-DIETA Z OGRANICZENIEM LECYNY PRZYJAZDNIACH WEGLOWODKOWYCH (2) |                                                    |              |        |        |            |                                                    |          |              |          | DIETA LATWOSTRAWNA-DIETA PAPROKALCJI PRZYJAZDNIACH (3) |                                                    |            |          |          |              |          |          |          |          | DIETA BOGATOBIAKOWA (4)               |  |  |  |  |  |  |  |  |  | DIETA WATROBOWA-DIETA LATWOSTRAWNA Z OGRANICZENIEM TŁUSZCZY (5) |  |  |  |  |  |  |  |  |  | ALLERGEN* |  |
|----------------------------------------------------|----------|--------|--------|----------|----------|----------------------------------------------------|---------|--------|----------|--------------------------------------------------------------------------------|----------------------------------------------------|--------------|--------|--------|------------|----------------------------------------------------|----------|--------------|----------|--------------------------------------------------------|----------------------------------------------------|------------|----------|----------|--------------|----------|----------|----------|----------|---------------------------------------|--|--|--|--|--|--|--|--|--|-----------------------------------------------------------------|--|--|--|--|--|--|--|--|--|-----------|--|
| Ilość g/ml                                         |          |        |        |          |          |                                                    |         |        |          | Ilość g/ml                                                                     |                                                    |              |        |        |            |                                                    |          |              |          | Ilość g/ml                                             |                                                    |            |          |          |              |          |          |          |          | Ilość g/ml                            |  |  |  |  |  |  |  |  |  | Ilość g/ml                                                      |  |  |  |  |  |  |  |  |  |           |  |
| Klaski łane                                        | 150      |        |        |          |          | Klaski łane                                        | 0       |        |          |                                                                                | Klaski łane                                        | 150          |        |        |            | Klaski łane                                        | 220      |              |          |                                                        | Klaski łane                                        | 150        |          |          |              |          | 1        |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Chleb pszeniczny                                   | 50       |        |        |          |          | Chleb pszeniczny                                   | 0       |        |          |                                                                                | Chleb pszeniczny                                   | 50           |        |        |            | Chleb pszeniczny                                   | 50       |              |          |                                                        | Chleb pszeniczny                                   | 50         |          |          |              |          | 1        |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Chleb żytni pełnoziarnisty                         | 10       |        |        |          |          | Chleb żytni pełnoziarnisty                         | 0       |        |          |                                                                                | Chleb żytni pełnoziarnisty                         | 0            |        |        |            | Chleb żytni pełnoziarnisty                         | 0        |              |          |                                                        | Chleb żytni pełnoziarnisty                         | 0          |          |          |              |          | 1,11     |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Masło smietankowe                                  | 60       |        |        |          |          | Masło smietankowe                                  | 10      |        |          |                                                                                | Masło smietankowe                                  | 15           |        |        |            | Masło smietankowe                                  | 0        |              |          |                                                        | Masło smietankowe                                  | 0          |          |          |              |          | 7        |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Jajka gotowane                                     | 40       |        |        |          |          | Jajka gotowane                                     | 60      |        |          |                                                                                | Jajka gotowane                                     | 60           |        |        |            | Jajka gotowane                                     | 0        |              |          |                                                        | Jajka gotowane                                     | 0          |          |          |              |          | 3        |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Serwatka w proszku                                 | 250      |        |        |          |          | Serwatka w proszku                                 | 40      |        |          |                                                                                | Serwatka w proszku                                 | 40           |        |        |            | Serwatka w proszku                                 | 40       |              |          |                                                        | Serwatka w proszku                                 | 40         |          |          |              |          | 7,8,9,10 |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Herbata, napar bez cukru                           | 5        |        |        |          |          | Herbata, napar bez cukru                           | 250     |        |          |                                                                                | Herbata, napar bez cukru                           | 250          |        |        |            | Herbata, napar bez cukru                           | 250      |              |          |                                                        | Herbata, napar bez cukru                           | 250        |          |          |              |          |          |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Cytryna                                            | 100      |        |        |          |          | Cytryna                                            | 5       |        |          |                                                                                | Cytryna                                            | 0            |        |        |            | Cytryna                                            | 0        |              |          |                                                        | Cytryna                                            | 0          |          |          |              |          |          |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Pomidor                                            | 100      |        |        |          |          | Pomidor                                            | 100     |        |          |                                                                                | Pomidor bez skórki                                 | 100          |        |        |            | Pomidor bez skórki                                 | 100      |              |          |                                                        | Pomidor bez skórki                                 | 100        |          |          |              |          |          |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Papryka czerwona                                   | 50       |        |        |          |          | Papryka czerwona                                   | 50      |        |          |                                                                                | Papryka czerwona                                   | 0            |        |        |            | Papryka czerwona                                   | 0        |              |          |                                                        | Papryka czerwona                                   | 0          |          |          |              |          |          |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Salata                                             | 10       |        |        |          |          | Salata                                             | 10      |        |          |                                                                                | Salata                                             | 10           |        |        |            | Salata                                             | 10       |              |          |                                                        | Salata                                             | 10         |          |          |              |          |          |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| II SNIADANIE                                       |          |        |        |          |          |                                                    |         |        |          | II SNIADANIE                                                                   |                                                    |              |        |        |            |                                                    |          |              |          | II SNIADANIE                                           |                                                    |            |          |          |              |          |          |          |          | II SNIADANIE                          |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Masłanka spożywcza 0,5 % tłuszczu                  | 150      |        |        |          |          | Masłanka spożywcza 0,5 % tłuszczu                  | 150     |        |          |                                                                                | Masłanka spożywcza 0,5 % tłuszczu                  | 150          |        |        |            | Masłanka spożywcza 0,5 % tłuszczu                  | 150      |              |          |                                                        | Masłanka spożywcza 0,5 % tłuszczu                  | 150        |          |          |              |          | 1        |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Brzoskwinia                                        | 100      |        |        |          |          | Brzoskwinia                                        | 100     |        |          |                                                                                | Brzoskwinia                                        | 100          |        |        |            | Brzoskwinia                                        | 100      |              |          |                                                        | Brzoskwinia                                        | 120        |          |          |              |          |          |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| OBIAŁ                                              |          |        |        |          |          |                                                    |         |        |          | OBIAŁ                                                                          |                                                    |              |        |        |            |                                                    |          |              |          | OBIAŁ                                                  |                                                    |            |          |          |              |          |          |          |          | OBIAŁ                                 |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Zupa kalafiorowa I                                 | 300      |        |        |          |          | Zupa kalafiorowa I                                 | 300     |        |          |                                                                                | Zupa kalafiorowa I                                 | 300          |        |        |            | Zupa kalafiorowa I                                 | 300      |              |          |                                                        | Zupa kalafiorowa I                                 | 300        |          |          |              |          | 7        |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Klopsiki mielone z mięsa mieszanego                | 80       |        |        |          |          | Klopsiki mielone z mięsa mieszanego                | 80      |        |          |                                                                                | Klopsiki mielone z mięsa mieszanego                | 80           |        |        |            | Klopsiki mielone z mięsa mieszanego                | 80       |              |          |                                                        | Klopsiki mielone z mięsa mieszanego                | 80         |          |          |              |          | 1, 1,6   |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Kasza jęczmieńca gotowana                          | 300      |        |        |          |          | Kasza jęczmieńca gotowana                          | 300     |        |          |                                                                                | Kasza jęczmieńca gotowana                          | 300          |        |        |            | Kasza jęczmieńca gotowana                          | 300      |              |          |                                                        | Kasza jęczmieńca gotowana                          | 300        |          |          |              |          |          |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Sauerkraut z selerem, jabłkiem i marchewką z oliwą | 120      |        |        |          |          | Sauerkraut z selerem, jabłkiem i marchewką z oliwą | 120     |        |          |                                                                                | Sauerkraut z selerem, jabłkiem i marchewką z oliwą | 120          |        |        |            | Sauerkraut z selerem, jabłkiem i marchewką z oliwą | 120      |              |          |                                                        | Sauerkraut z selerem, jabłkiem i marchewką z oliwą | 120        |          |          |              |          | 7        |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Sos jogurtowy                                      | 30       |        |        |          |          | Sos jogurtowy                                      | 30      |        |          |                                                                                | Sos jogurtowy                                      | 30           |        |        |            | Sos jogurtowy                                      | 30       |              |          |                                                        | Sos jogurtowy                                      | 30         |          |          |              |          |          |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Woda niegazowana                                   | 300      |        |        |          |          | Woda niegazowana                                   | 300     |        |          |                                                                                | Woda niegazowana                                   | 300          |        |        |            | Woda niegazowana                                   | 300      |              |          |                                                        | Woda niegazowana                                   | 300        |          |          |              |          |          |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| PODWIECZOREK                                       |          |        |        |          |          |                                                    |         |        |          | PODWIECZOREK                                                                   |                                                    |              |        |        |            |                                                    |          |              |          | PODWIECZOREK                                           |                                                    |            |          |          |              |          |          |          |          | PODWIECZOREK                          |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Budyń o smaku śmietankowym bez cukru               | 0        |        |        |          |          | Budyń o smaku śmietankowym bez cukru               | 0       |        |          |                                                                                | Budyń o smaku śmietankowym bez cukru               | 0            |        |        |            | Budyń o smaku śmietankowym bez cukru               | 100      |              |          |                                                        | Budyń o smaku śmietankowym bez cukru               | 100        |          |          |              |          | 1,7      |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| KOLACJA                                            |          |        |        |          |          |                                                    |         |        |          | KOLACJA                                                                        |                                                    |              |        |        |            |                                                    |          |              |          | KOLACJA                                                |                                                    |            |          |          |              |          |          |          |          | KOLACJA                               |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Chleb pszeniczny                                   | 80       |        |        |          |          | Chleb pszeniczny                                   | 0       |        |          |                                                                                | Chleb pszeniczny                                   | 130          |        |        |            | Chleb pszeniczny                                   | 130      |              |          |                                                        | Chleb pszeniczny                                   | 130        |          |          |              |          | 1        |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Chleb żytni pełnoziarnisty                         | 50       |        |        |          |          | Chleb żytni pełnoziarnisty                         | 130     |        |          |                                                                                | Chleb żytni pełnoziarnisty                         | 0            |        |        |            | Chleb żytni pełnoziarnisty                         | 0        |              |          |                                                        | Chleb żytni pełnoziarnisty                         | 0          |          |          |              |          | 1,11     |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Masło smietankowe                                  | 10       |        |        |          |          | Masło smietankowe                                  | 10      |        |          |                                                                                | Masło smietankowe                                  | 15           |        |        |            | Masło smietankowe                                  | 0        |              |          |                                                        | Masło smietankowe                                  | 0          |          |          |              |          | 7        |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Salata z rukolą                                    | 80       |        |        |          |          | Salata z rukolą                                    | 80      |        |          |                                                                                | Salata z rukolą                                    | 80           |        |        |            | Salata z rukolą                                    | 80       |              |          |                                                        | Salata z rukolą                                    | 80         |          |          |              |          | 7,8,9,10 |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Serek twarogowy zmięty                             | 50       |        |        |          |          | Serek twarogowy zmięty                             | 50      |        |          |                                                                                | Serek twarogowy zmięty                             | 50           |        |        |            | Serek twarogowy zmięty                             | 50       |              |          |                                                        | Serek twarogowy zmięty                             | 50         |          |          |              |          | 7        |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Pomidor                                            | 50       |        |        |          |          | Pomidor                                            | 50      |        |          |                                                                                | Pomidor bez skórki                                 | 100          |        |        |            | Pomidor bez skórki                                 | 100      |              |          |                                                        | Pomidor bez skórki                                 | 100        |          |          |              |          |          |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Herbata, napar bez cukru                           | 250      |        |        |          |          | Herbata, napar bez cukru                           | 250     |        |          |                                                                                | Herbata, napar bez cukru                           | 250          |        |        |            | Herbata, napar bez cukru                           | 250      |              |          |                                                        | Herbata, napar bez cukru                           | 250        |          |          |              |          |          |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Cytryna                                            | 5        |        |        |          |          | Cytryna                                            | 5       |        |          |                                                                                | Cytryna                                            | 0            |        |        |            | Cytryna                                            | 0        |              |          |                                                        | Cytryna                                            | 0          |          |          |              |          |          |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Ogórki kiszane                                     | 60       |        |        |          |          | Ogórki kiszane                                     | 60      |        |          |                                                                                | Ogórki kiszane                                     | 0            |        |        |            | Ogórki kiszane                                     | 0        |              |          |                                                        | Ogórki kiszane                                     | 0          |          |          |              |          |          |          |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| WARTOŚCI ENERGETYCZNE I SKŁADNIKI                  |          |        |        |          |          |                                                    |         |        |          | WARTOŚCI ENERGETYCZNE I SKŁADNIKI                                              |                                                    |              |        |        |            |                                                    |          |              |          | WARTOŚCI ENERGETYCZNE I SKŁADNIKI                      |                                                    |            |          |          |              |          |          |          |          | WARTOŚCI ENERGETYCZNE I SKŁADNIKI     |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Procentowy rozkład energii                         |          |        |        |          |          |                                                    |         |        |          | Procentowy rozkład energii                                                     |                                                    |              |        |        |            |                                                    |          |              |          | Procentowy rozkład energii                             |                                                    |            |          |          |              |          |          |          |          | Procentowy rozkład energii            |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Energia kJ                                         | 28,69    | 119    | 4,44   | 7,69     | 39,56    | Energia kJ                                         | 22,16   | 21     | 4,64     | 39,51                                                                          | 60                                                 | 27,66        | 166,3  | 100    | Energia kJ | 28,21                                              | 119      | 5,52         | 6,05     | 7,69                                                   | 100                                                | Energia kJ | 24,17    | 119      | 5,52         | 6,05     | 7,69     | 100      |          |                                       |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Energia kcal                                       | 624,80   | 101,30 | 864,10 | 581,50   | 2,183,90 | Energia kcal                                       | 5372,90 | 479,90 | 1,604,50 | 2,425,80                                                                       | 9,331,20                                           | Energia kcal | 615,60 | 101,30 | 864,10     | 604,70                                             | 2,183,90 | Energia kcal | 685,75   | 171,50                                                 | 864,10                                             | 50,00      | 6,17,65  | 2,425,80 | Energia kcal | 2,631,30 | 468,80   | 3,664,50 | 2,285,00 | 8,889,5                               |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Tłuszcz                                            | 23,23    | 0,95   | 29,33  | 19,04    | 72,55    | Tłuszcz                                            | 19,81   | 0,95   | 29,33    | 19,28                                                                          | 69,37                                              | Tłuszcz      | 22,87  | 0,95   | 29,33      | 18,93                                              | 72,48    | Tłuszcz      | 22,87    | 0,95                                                   | 29,33                                              | 1,80       | 22,60    | 83,83    | Tłuszcz      | 10,96    | 0,99     | 29,33    | 11,63    | 52,91                                 |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Kw. nasycone                                       | 9,81     | 0,51   | 5,71   | 7,87     | 24,91    | Kw. nasycone                                       | 8,76    | 0,51   | 5,71     | 7,92                                                                           | 22,92                                              | Kw. nasycone | 12,48  | 0,51   | 5,71       | 1,10                                               | 10,36    | Kw. nasycone | 12,48    | 0,51                                                   | 5,71                                               | 1,10       | 10,36    | 30,18    | Kw. nasycone | 1,30     | 0,53     | 5,71     | 2,83     | 12,47                                 |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Węglowodany                                        | 81,87    | 18,95  | 134,34 | 78,66    | 313,82   | Węglowodany                                        | 47,07   | 18,95  | 134,34   | 68,02                                                                          | 268,18                                             | Węglowodany  | 88,10  | 28,35  | 134,34     | 9,60                                               | 85,74    | Węglowodany  | 88,10    | 28,35                                                  | 134,34                                             | 9,60       | 85,74    | 346,93   | Węglowodany  | 80,52    | 21,33    | 134,34   | 86,53    | 323,02                                |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Cukry                                              | 8,13     | 17,05  | 29,53  | 6,91     | 52,59    | Cukry                                              | 9,95    | 17,05  | 29,53    | 9,58                                                                           | 57,08                                              | Cukry        | 4,50   | 17,05  | 29,53      | 3,36                                               | 47,41    | Cukry        | 4,50     | 17,05                                                  | 29,53                                              | 4,40       | 1,41     | 60,74    | Cukry        | 4,60     | 19,05    | 29,53    | 3,90     | 49,54                                 |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Białko                                             | 26,64    | 6,10   | 21,58  | 28,72    | 85,34    | Białko                                             | 18,72   | 6,10   | 21,58    | 38,00                                                                          | 76,70                                              | Białko       | 26,32  | 6,10   | 21,58      | 39,05                                              | 85,28    | Białko       | 37,92    | 9,30                                                   | 23,38                                              | 3,20       | 29,14    | 93,43    | Białko       | 39,31    | 6,30     | 23,38    | 39,47    | 79,88                                 |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Sól                                                | 2,33     | 0,23   | 0,96   | 3,73     | 7,46     | Sól                                                | 2,42    | 0,23   | 0,96     | 3,74                                                                           | 7,35                                               | Sól          | 2,53   | 0,23   | 0,96       | 2,86                                               | 6,59     | Sól          | 2,56     | 0,34                                                   | 0,96                                               | 0,11       | 2,86     | 6,83     | Sól          | 2,34     | 0,23     | 0,96     | 3,72     | 7,26                                  |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Blonnik                                            | 7,97     | 1,90   | 19,08  | 13,67    | 42,52    | Blonnik                                            | 7,93    | 1,90   | 19,08    | 14,93                                                                          | 43,06                                              | Blonnik      | 6,29   | 1,90   | 19,08      | 7,27                                               | 34,54    | Blonnik      | 6,49     | 2,00                                                   | 19,08                                              | 0,10       | 11,67    | 42,34    | Blonnik      | 6,29     | 2,28     | 19,08    | 13,37    | 41,02                                 |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Sód                                                | 1,013,35 | 91,00  | 385,00 | 1,493,55 | 2,984,90 | Sód                                                | 967,15  | 921,10 | 370,00   | 1,494,35                                                                       | 3,752,60                                           | Sód          | 6,29   | 1,90   | 19,08      | 7,27                                               | 34,54    | Sód          | 1,025,70 | 135,00                                                 | 385,00                                             | 42,00      | 1,587,70 | 4,175,40 | Sód          | 917,30   | 93,22    | 385,00   | 1,488,80 | 2,904,32                              |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |
| Jednostki: 1 kcal=4,184 kJ, 1g=1000mg              |          |        |        |          |          |                                                    |         |        |          | Jednostki: 1 kcal=4,184 kJ, 1g=1000mg                                          |                                                    |              |        |        |            |                                                    |          |              |          | Jednostki: 1 kcal=4,184 kJ, 1g=1000mg                  |                                                    |            |          |          |              |          |          |          |          | Jednostki: 1 kcal=4,184 kJ, 1g=1000mg |  |  |  |  |  |  |  |  |  |                                                                 |  |  |  |  |  |  |  |  |  |           |  |

Legenda: Masy wypisane w produktach

1. zboża zawierające gluten 2. skorupki i produkty pochodne, 3. jaja, 4. ryby 5. orzechy ziemne 6. soja, 7. mleko, 8. orzechy, 9. seler, 10. gończyca, 11. nasiona rzemienia, 12. dwunalek siarki, 13. huba, 14. mączka  
Podpis osoby zatwierdzającej Podpis osoby sporządzającej

Podpis osoby zatwierdzającej Pod

25.08.2026  
Magdalena Kwiatkowska  
Dietetyk  
Szpital w Kamieniu Pomorskim Sp. z o.o.

Legenda: Alergeny występujące w produktach:

1. zboża zawierające gluten 2. skorupiaki i produkty pochodne, 3. jaja, 4. ryby 5. orzechy zieleń 6. soja, 7. mleko, 8. orzechy, 9. selei, 10. gorczyca, 11. nasiona siewu, 12. dwutlenek siarki, 13. lubin, 14. mięczaki

Podpis osoby zatwierdzającej \_\_\_\_\_ Podpis \_\_\_\_\_

25.08.2016. *chep*  
Magdalena Kwiatkowska  
*XL*  
Dietetyk  
Szpital w Kamieniu Pomorskim Sp. z o.o.

**Legends: Allergeny występujące w produktach**

1. zboża zawierające gluten 2. skorupki i produkty pochodne, 3. jaja, 4. ryby 5. orzechy ziemne 6. soja 7. mleko, 8. orzechy, 9. seler, 10. gorczyca, 11. mielona sezam, 12. ekstrakt siarki, 13. lubin, 14. mięczaki

Podpis osoby zatwierdzającej: \_\_\_\_\_ Podpis osoby stosującej: \_\_\_\_\_

Podpis osoby zatwierdzającej: \_\_\_\_\_ Podpis: \_\_\_\_\_

25.08.2018, chef  
Magdalena Kwiatkowska  
Dietetyk  
Szpital w Kamieniu Pomorskim Sp. z o.o.

| DIETA PODSTAWOWA (1)                                   |  |  |  |  |                                        |  |  |  |  | DIETA CIĘŻKOWA-DIETA Z OGRANICZENIEM ŁATWO PRYSMAIANYCH WĘGLOWODANÓW (6) |  |  |  |  |                                        |  |  |  |  | DIETA LĄTROSTRASNA, DIETA PAKOWANA I PRZETWARTY (12)   |  |  |  |  |                                        |  |  |  |  | DIETA BOGATOBIAKOWA (9)                                |  |  |  |  |                                       |  |  |  |  | DIETA WĄTROBOWA-DIETA LĄTROSTRASNA Z OGRANICZENIEM TŁUSZCZY (3) |  |  |  |  |                                       |  |  |  |  | ALERGENY |
|--------------------------------------------------------|--|--|--|--|----------------------------------------|--|--|--|--|--------------------------------------------------------------------------|--|--|--|--|----------------------------------------|--|--|--|--|--------------------------------------------------------|--|--|--|--|----------------------------------------|--|--|--|--|--------------------------------------------------------|--|--|--|--|---------------------------------------|--|--|--|--|-----------------------------------------------------------------|--|--|--|--|---------------------------------------|--|--|--|--|----------|
| SNIADANIE                                              |  |  |  |  | Ilość g/ml                             |  |  |  |  | SNIADANIE                                                                |  |  |  |  | Ilość g/ml                             |  |  |  |  | SNIADANIE                                              |  |  |  |  | Ilość g/ml                             |  |  |  |  | SNIADANIE                                              |  |  |  |  | Ilość g/ml                            |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| Platki owsiane                                         |  |  |  |  | 30                                     |  |  |  |  | Platki owsiane                                                           |  |  |  |  | 0                                      |  |  |  |  | Platki owsiane                                         |  |  |  |  | 10                                     |  |  |  |  | Platki owsiane                                         |  |  |  |  | 30                                    |  |  |  |  | 1,7                                                             |  |  |  |  |                                       |  |  |  |  |          |
| Mleko spożywcze 1,5 % tłuszczu                         |  |  |  |  | 150                                    |  |  |  |  | Mleko spożywcze 1,5 % tłuszczu                                           |  |  |  |  | 0                                      |  |  |  |  | Mleko spożywcze 1,5 % tłuszczu                         |  |  |  |  | 150                                    |  |  |  |  | Mleko spożywcze 1,5 % tłuszczu                         |  |  |  |  | 150                                   |  |  |  |  | 7                                                               |  |  |  |  |                                       |  |  |  |  |          |
| Chleb pszenny                                          |  |  |  |  | 60                                     |  |  |  |  | Chleb pszenny                                                            |  |  |  |  | 0                                      |  |  |  |  | Chleb pszenny                                          |  |  |  |  | 130                                    |  |  |  |  | Chleb pszenny                                          |  |  |  |  | 90                                    |  |  |  |  | 1                                                               |  |  |  |  |                                       |  |  |  |  |          |
| Chleb żytni pełnoziarnisty                             |  |  |  |  | 30                                     |  |  |  |  | Chleb żytni pełnoziarnisty                                               |  |  |  |  | 90                                     |  |  |  |  | Chleb żytni pełnoziarnisty                             |  |  |  |  | 0                                      |  |  |  |  | Chleb żytni pełnoziarnisty                             |  |  |  |  | 0                                     |  |  |  |  | 1,11                                                            |  |  |  |  |                                       |  |  |  |  |          |
| Masło smietankowe                                      |  |  |  |  | 10                                     |  |  |  |  | Masło smietankowe                                                        |  |  |  |  | 10                                     |  |  |  |  | Masło smietankowe                                      |  |  |  |  | 40                                     |  |  |  |  | Masło smietankowe                                      |  |  |  |  | 15                                    |  |  |  |  | 7                                                               |  |  |  |  |                                       |  |  |  |  |          |
| Parowózki smażone                                      |  |  |  |  | 50                                     |  |  |  |  | Parowózki smażone                                                        |  |  |  |  | 10                                     |  |  |  |  | Parowózki smażone                                      |  |  |  |  | 10                                     |  |  |  |  | Parowózki smażone                                      |  |  |  |  | 100                                   |  |  |  |  | 7,8,9,10                                                        |  |  |  |  |                                       |  |  |  |  |          |
| Polejowica drożdżowa                                   |  |  |  |  | 40                                     |  |  |  |  | Polejowica drożdżowa                                                     |  |  |  |  | 40                                     |  |  |  |  | Polejowica drożdżowa                                   |  |  |  |  | 20                                     |  |  |  |  | Polejowica drożdżowa                                   |  |  |  |  | 40                                    |  |  |  |  | 7,8,9,10                                                        |  |  |  |  |                                       |  |  |  |  |          |
| Herbata, napar bez cukru                               |  |  |  |  | 250                                    |  |  |  |  | Herbata, napar bez cukru                                                 |  |  |  |  | 250                                    |  |  |  |  | Herbata, napar bez cukru                               |  |  |  |  | 250                                    |  |  |  |  | Herbata, napar bez cukru                               |  |  |  |  | 250                                   |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| Cytryna                                                |  |  |  |  | 5                                      |  |  |  |  | Cytryna                                                                  |  |  |  |  | 5                                      |  |  |  |  | Cytryna                                                |  |  |  |  | 0                                      |  |  |  |  | Cytryna                                                |  |  |  |  | 0                                     |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| Pomidor                                                |  |  |  |  | 50                                     |  |  |  |  | Pomidor                                                                  |  |  |  |  | 50                                     |  |  |  |  | Pomidor bez skórki                                     |  |  |  |  | 100                                    |  |  |  |  | Pomidor bez skórki                                     |  |  |  |  | 100                                   |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| Papryka czerwona                                       |  |  |  |  | 100                                    |  |  |  |  | Papryka czerwona                                                         |  |  |  |  | 100                                    |  |  |  |  | Papryka czerwona                                       |  |  |  |  | 0                                      |  |  |  |  | Papryka czerwona                                       |  |  |  |  | 0                                     |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| Salata                                                 |  |  |  |  | 10                                     |  |  |  |  | Salata                                                                   |  |  |  |  | 10                                     |  |  |  |  | Salata                                                 |  |  |  |  | 10                                     |  |  |  |  | Salata                                                 |  |  |  |  | 10                                    |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| II SNIADANIE                                           |  |  |  |  | Ilość g/ml                             |  |  |  |  | II SNIADANIE                                                             |  |  |  |  | Ilość g/ml                             |  |  |  |  | II SNIADANIE                                           |  |  |  |  | Ilość g/ml                             |  |  |  |  | II SNIADANIE                                           |  |  |  |  | Ilość g/ml                            |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| Jogurt naturalny 2% tłuszczu                           |  |  |  |  | 150                                    |  |  |  |  | Jogurt naturalny 2% tłuszczu                                             |  |  |  |  | 150                                    |  |  |  |  | Jogurt naturalny 2% tłuszczu                           |  |  |  |  | 200                                    |  |  |  |  | Jogurt naturalny 2% tłuszczu                           |  |  |  |  | 150                                   |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| Salatka owocowa z banana, jabłka, kiwi, winogrona      |  |  |  |  | 100                                    |  |  |  |  | Salatka owocowa z banana, jabłka, kiwi, winogrona                        |  |  |  |  | 100                                    |  |  |  |  | Mas orzechowy                                          |  |  |  |  | 100                                    |  |  |  |  | Mas orzechowy                                          |  |  |  |  | 100                                   |  |  |  |  | 7                                                               |  |  |  |  |                                       |  |  |  |  |          |
| OBIAD                                                  |  |  |  |  | Ilość g/ml                             |  |  |  |  | OBIAD                                                                    |  |  |  |  | Ilość g/ml                             |  |  |  |  | OBIAD                                                  |  |  |  |  | Ilość g/ml                             |  |  |  |  | OBIAD                                                  |  |  |  |  | Ilość g/ml                            |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| Krupnik z kaszy jęczmiennej I                          |  |  |  |  | 300                                    |  |  |  |  | Krupnik z kaszy jęczmiennej I                                            |  |  |  |  | 300                                    |  |  |  |  | Krupnik z kaszy jęczmiennej I                          |  |  |  |  | 300                                    |  |  |  |  | Krupnik z kaszy jęczmiennej I                          |  |  |  |  | 300                                   |  |  |  |  | 1,7,9                                                           |  |  |  |  |                                       |  |  |  |  |          |
| Udło z karczaka duszone                                |  |  |  |  | 100                                    |  |  |  |  | Udło z karczaka duszone                                                  |  |  |  |  | 100                                    |  |  |  |  | Udło z karczaka duszone                                |  |  |  |  | 100                                    |  |  |  |  | Udło z karczaka duszone                                |  |  |  |  | 100                                   |  |  |  |  | 1,3,6                                                           |  |  |  |  |                                       |  |  |  |  |          |
| Ziemniaki wczorne                                      |  |  |  |  | 300                                    |  |  |  |  | Ziemniaki wczorne                                                        |  |  |  |  | 300                                    |  |  |  |  | Ziemniaki wczorne                                      |  |  |  |  | 300                                    |  |  |  |  | Ziemniaki wczorne                                      |  |  |  |  | 300                                   |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| Salata zielona z pomidorem, ogórkiem kiszonym i olejem |  |  |  |  | 120                                    |  |  |  |  | Salata zielona z pomidorem, ogórkiem kiszonym i olejem                   |  |  |  |  | 100                                    |  |  |  |  | Salata zielona z pomidorem, ogórkiem kiszonym i olejem |  |  |  |  | 100                                    |  |  |  |  | Salata zielona z pomidorem, ogórkiem kiszonym i olejem |  |  |  |  | 100                                   |  |  |  |  | 12                                                              |  |  |  |  |                                       |  |  |  |  |          |
| Kompot wiśniowy bez cukru                              |  |  |  |  | 300                                    |  |  |  |  | Kompot wiśniowy bez cukru                                                |  |  |  |  | 300                                    |  |  |  |  | Kompot wiśniowy bez cukru                              |  |  |  |  | 300                                    |  |  |  |  | Kompot wiśniowy bez cukru                              |  |  |  |  | 300                                   |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| PODWIECZOREK                                           |  |  |  |  | Ilość g/ml                             |  |  |  |  | PODWIECZOREK                                                             |  |  |  |  | Ilość g/ml                             |  |  |  |  | PODWIECZOREK                                           |  |  |  |  | Ilość g/ml                             |  |  |  |  | PODWIECZOREK                                           |  |  |  |  | Ilość g/ml                            |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| Serek gram naturalny                                   |  |  |  |  | 0                                      |  |  |  |  | Serek gram naturalny                                                     |  |  |  |  | 0                                      |  |  |  |  | Serek gram naturalny                                   |  |  |  |  | 150                                    |  |  |  |  | Serek gram naturalny                                   |  |  |  |  | 0                                     |  |  |  |  | 1,7                                                             |  |  |  |  |                                       |  |  |  |  |          |
| KOLACJA                                                |  |  |  |  | Ilość g/ml                             |  |  |  |  | KOLACJA                                                                  |  |  |  |  | Ilość g/ml                             |  |  |  |  | KOLACJA                                                |  |  |  |  | Ilość g/ml                             |  |  |  |  | KOLACJA                                                |  |  |  |  | Ilość g/ml                            |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| Chleb pszenny                                          |  |  |  |  | 80                                     |  |  |  |  | Chleb pszenny                                                            |  |  |  |  | 130                                    |  |  |  |  | Chleb pszenny                                          |  |  |  |  | 100                                    |  |  |  |  | Chleb pszenny                                          |  |  |  |  | 130                                   |  |  |  |  | 1                                                               |  |  |  |  |                                       |  |  |  |  |          |
| Chleb żytni pełnoziarnisty                             |  |  |  |  | 50                                     |  |  |  |  | Chleb żytni pełnoziarnisty                                               |  |  |  |  | 0                                      |  |  |  |  | Chleb żytni pełnoziarnisty                             |  |  |  |  | 6                                      |  |  |  |  | Chleb żytni pełnoziarnisty                             |  |  |  |  | 0                                     |  |  |  |  | 1,11                                                            |  |  |  |  |                                       |  |  |  |  |          |
| Masło smietankowe                                      |  |  |  |  | 10                                     |  |  |  |  | Masło smietankowe                                                        |  |  |  |  | 10                                     |  |  |  |  | Masło smietankowe                                      |  |  |  |  | 15                                     |  |  |  |  | Masło smietankowe                                      |  |  |  |  | 0                                     |  |  |  |  | 7                                                               |  |  |  |  |                                       |  |  |  |  |          |
| Szynka wieprzowa gotowana                              |  |  |  |  | 50                                     |  |  |  |  | Szynka wieprzowa gotowana                                                |  |  |  |  | 50                                     |  |  |  |  | Szynka wieprzowa gotowana                              |  |  |  |  | 0                                      |  |  |  |  | Szynka wieprzowa gotowana                              |  |  |  |  | 40                                    |  |  |  |  | 7,8,9,10                                                        |  |  |  |  |                                       |  |  |  |  |          |
| Serek twarogowy homogenizowany naturalny               |  |  |  |  | 40                                     |  |  |  |  | Serek twarogowy homogenizowany naturalny                                 |  |  |  |  | 40                                     |  |  |  |  | Serek twarogowy homogenizowany naturalny               |  |  |  |  | 100                                    |  |  |  |  | Serek twarogowy homogenizowany naturalny               |  |  |  |  | 30                                    |  |  |  |  | 7,8,9,10                                                        |  |  |  |  |                                       |  |  |  |  |          |
| Pomidor                                                |  |  |  |  | 100                                    |  |  |  |  | Pomidor                                                                  |  |  |  |  | 100                                    |  |  |  |  | Pomidor bez skórki                                     |  |  |  |  | 100                                    |  |  |  |  | Pomidor bez skórki                                     |  |  |  |  | 100                                   |  |  |  |  | 7                                                               |  |  |  |  |                                       |  |  |  |  |          |
| Herbata, napar bez cukru                               |  |  |  |  | 250                                    |  |  |  |  | Herbata, napar bez cukru                                                 |  |  |  |  | 250                                    |  |  |  |  | Herbata, napar bez cukru                               |  |  |  |  | 250                                    |  |  |  |  | Herbata, napar bez cukru                               |  |  |  |  | 250                                   |  |  |  |  | 7                                                               |  |  |  |  |                                       |  |  |  |  |          |
| Cytryna                                                |  |  |  |  | 5                                      |  |  |  |  | Cytryna                                                                  |  |  |  |  | 0                                      |  |  |  |  | Cytryna                                                |  |  |  |  | 0                                      |  |  |  |  | Cytryna                                                |  |  |  |  | 0                                     |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| WARTOŚCI ODŻYWCZE PRODUKTÓW                            |  |  |  |  | Ilość g/ml                             |  |  |  |  | WARTOŚCI ODŻYWCZE PRODUKTÓW                                              |  |  |  |  | Ilość g/ml                             |  |  |  |  | WARTOŚCI ODŻYWCZE PRODUKTÓW                            |  |  |  |  | Ilość g/ml                             |  |  |  |  | WARTOŚCI ODŻYWCZE PRODUKTÓW                            |  |  |  |  | Ilość g/ml                            |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| S                                                      |  |  |  |  | H                                      |  |  |  |  | S                                                                        |  |  |  |  | H                                      |  |  |  |  | S                                                      |  |  |  |  | H                                      |  |  |  |  | S                                                      |  |  |  |  | H                                     |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| O                                                      |  |  |  |  | K                                      |  |  |  |  | O                                                                        |  |  |  |  | K                                      |  |  |  |  | O                                                      |  |  |  |  | K                                      |  |  |  |  | O                                                      |  |  |  |  | K                                     |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| RAZEM                                                  |  |  |  |  | RAZEM                                  |  |  |  |  | RAZEM                                                                    |  |  |  |  | RAZEM                                  |  |  |  |  | RAZEM                                                  |  |  |  |  | RAZEM                                  |  |  |  |  | RAZEM                                                  |  |  |  |  | RAZEM                                 |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |
| Procentowy rozkład energii                             |  |  |  |  | 12,428947 6,572938 36,40524 27,59288   |  |  |  |  | Procentowy rozkład energii                                               |  |  |  |  | 24,73933 14,373 33,54332 31,33935      |  |  |  |  | Procentowy rozkład energii                             |  |  |  |  | 17,23689 6,846745 28,746952 26,51941   |  |  |  |  | Procentowy rozkład energii                             |  |  |  |  | 41,70524 7,139756 25,56404 5,629926   |  |  |  |  | Procentowy rozkład energii                                      |  |  |  |  | 14,41551 7,827708 32,84046 24,92232   |  |  |  |  |          |
| Energia kJ                                             |  |  |  |  | 2746,70 898,50 2571,00 2337,40 8463,60 |  |  |  |  | Energia kJ                                                               |  |  |  |  | 1939,70 898,50 2617,60 2454,60 7820,40 |  |  |  |  | Energia kJ                                             |  |  |  |  | 3387,90 613,50 2571,00 2772,30 8944,70 |  |  |  |  | Energia kJ                                             |  |  |  |  | 3387,90 613,50 1980,00 564,00 1988,55 |  |  |  |  | Energia kJ                                                      |  |  |  |  | 2695,00 613,50 1980,00 1953,00 7241,5 |  |  |  |  |          |
| Energia kcal                                           |  |  |  |  | 653,80 193,60 613,00 556,30 2016,10    |  |  |  |  | Energia kcal                                                             |  |  |  |  | 469,30 193,60 624,20 583,10 1860,60    |  |  |  |  | Energia kcal                                           |  |  |  |  | 807,00 146,00 613,00 565,50 2132,40    |  |  |  |  | Energia kcal                                           |  |  |  |  | 807,00 146,00 472,85 135,00 472,85    |  |  |  |  | Energia kcal                                                    |  |  |  |  | 642,40 146,00 472,85 465,20 1866,6    |  |  |  |  |          |
| Tłuszcz                                                |  |  |  |  | 25,12 3,30 10,00 21,69 60,10           |  |  |  |  | Tłuszcz                                                                  |  |  |  |  | 20,89 3,30 10,94 24,93 60,05           |  |  |  |  | Tłuszcz                                                |  |  |  |  | 31,44 3,00 10,00 21,57 65,96           |  |  |  |  | Tłuszcz                                                |  |  |  |  | 39,95 4,00 10,00 6,00 20,13           |  |  |  |  | Tłuszcz                                                         |  |  |  |  | 23,53 3,00 10,00 11,59 48,12          |  |  |  |  |          |
| Kw. nasycone                                           |  |  |  |  | 10,10 1,83 2,27 10,51 24,71            |  |  |  |  | Kw. nasycone                                                             |  |  |  |  | 8,22 1,83 2,37 12,52 24,93             |  |  |  |  | Kw. nasycone                                           |  |  |  |  | 11,68 1,83 2,27 10,48 26,25            |  |  |  |  | Kw. nasycone                                           |  |  |  |  | 15,29 2,42 2,27 4,20 12,68            |  |  |  |  | Kw. nasycone                                                    |  |  |  |  | 6,58 1,83 2,27 4,32 14,99             |  |  |  |  |          |
| Węglowodany                                            |  |  |  |  | 84,75 35,20 102,43 71,96 294,33        |  |  |  |  | Węglowodany                                                              |  |  |  |  | 48,48 35,20 103,15 62,44 249,26        |  |  |  |  | Węglowodany                                            |  |  |  |  | 105,89 22,30 102,43 78,33 306,75       |  |  |  |  | Węglowodany                                            |  |  |  |  | 127,24 22,43 102,43 3,60 62,57        |  |  |  |  | Węglowodany                                                     |  |  |  |  | 82,37 22,30 102,43 77,64 264,74       |  |  |  |  |          |
| Cukry                                                  |  |  |  |  | 16,63 30,00 14,90 7,58 69,10           |  |  |  |  | Cukry                                                                    |  |  |  |  | 10,56 30,00 15,42 11,17 67,15          |  |  |  |  | Cukry                                                  |  |  |  |  | 12,33 19,00 14,90 5,33 51,56           |  |  |  |  | Cukry                                                  |  |  |  |  | 15,85 21,00 14,90 3,00 6,27           |  |  |  |  | Cukry                                                           |  |  |  |  | 11,82 10,00 14,90 4,84 50,56          |  |  |  |  |          |
| Białko                                                 |  |  |  |  | 21,08 6,95 33,60 21,09 84,72           |  |  |  |  | Białko                                                                   |  |  |  |  | 13,87 6,95 33,78 23,57 78,17           |  |  |  |  | Białko                                                 |  |  |  |  | 28,75 6,95 33,60 21,50 90,80           |  |  |  |  | Białko                                                 |  |  |  |  | 34,30 9,10 33,60 15,90 16,12          |  |  |  |  | Białko                                                          |  |  |  |  | 23,92 6,95 33,60 18,95 85,42          |  |  |  |  |          |
| Sól                                                    |  |  |  |  | 2,15 0,24 0,48 2,68 5,52               |  |  |  |  | Sól                                                                      |  |  |  |  | 1,95 0,24 0,48 2,72 5,39               |  |  |  |  | Sól                                                    |  |  |  |  | 3,07 0,24 0,48 2,67 6,46               |  |  |  |  | Sól                                                    |  |  |  |  | 4,08 0,32 0,48 1,05 2,67              |  |  |  |  | Sól                                                             |  |  |  |  | 2,39 0,24 0,48 2,43 5,75              |  |  |  |  |          |
| Błonnik                                                |  |  |  |  | 9,44 1,80 15,40 7,65 34,59             |  |  |  |  | Błonnik                                                                  |  |  |  |  | 8,33 1,80 15,60 9,23 34,96             |  |  |  |  | Błonnik                                                |  |  |  |  | 9,26 1,40 15,40 1,70 27,26             |  |  |  |  | Błonnik                                                |  |  |  |  | 17,40 1,40 15,40 0,00 12,30           |  |  |  |  | Błonnik                                                         |  |  |  |  | 7,46 1,40 15,40 7,05 31,31            |  |  |  |  |          |
| Sód                                                    |  |  |  |  | 830,05 96,30 191,00 1076,35 2308,60    |  |  |  |  | Sód                                                                      |  |  |  |  | 781,65 96,30 192,20 1087,25 2308,60    |  |  |  |  | Sód                                                    |  |  |  |  | 9,26 1,40 15,40 1,70 27,26             |  |  |  |  | Sód                                                    |  |  |  |  | 1632,40 128,00 191,00 470,00 2371,40  |  |  |  |  | Sód                                                             |  |  |  |  | 1037,50 97,86 191,00 973,30 2306,66   |  |  |  |  |          |
| Legenda: Alergen występujący w produktach:             |  |  |  |  |                                        |  |  |  |  |                                                                          |  |  |  |  |                                        |  |  |  |  |                                                        |  |  |  |  |                                        |  |  |  |  |                                                        |  |  |  |  |                                       |  |  |  |  |                                                                 |  |  |  |  |                                       |  |  |  |  |          |

Legenda: Alergeny występujące w produktach:

1. zboża zawierające gluten 2. skorupki i produkty pochodne, 3. jaja, 4. ryby 5. orzeszki ziemne 6. soja, 7. mleko, 8. orzechy, 9. seler, 10. goździki, 11. nasiona sezamu, 12. drożdżki starterki, 13. łubin, 14. międzyki  
Podpis osoby zatwierdzającej Podpis osoby sporządzającej

Podpis osoby zatwierdzającej Podpis osoby sporządzającej

| DIETA POZOSTAŁA (1)                      |  |  |  |  |  |  |  |  |  | DIETA KURCZYŃCOWA - DIETA Z OGRANICZENIEM JEDYNO PRZYSWAJALNYCH WĘGLOWODANÓW (2) |  |  |  |  |  |  |  |  |  | DIETA LATHOSTRAJUNA, DIETA PAPKOWATA (PRZETARTA) (12) |  |  |  |  |  |  |  |  |  | DIETA BOGATORALKOWA (9)                  |  |  |  |  |  |  |  |  |  | DIETA WĄTROBOWA - DIETA LATHOSTRAJUNA Z OGRANICZENIEM TŁUSZCZU (1) |  |  |  |  |  |  |  |  |  | ALERGENY |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------------------------|--|--|--|--|--|--|--|--|--|----------------------------------------------------------------------------------|--|--|--|--|--|--|--|--|--|-------------------------------------------------------|--|--|--|--|--|--|--|--|--|------------------------------------------|--|--|--|--|--|--|--|--|--|--------------------------------------------------------------------|--|--|--|--|--|--|--|--|--|----------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Ilość g/ml                               |  |  |  |  |  |  |  |  |  | Ilość g/ml                                                                       |  |  |  |  |  |  |  |  |  | Ilość g/ml                                            |  |  |  |  |  |  |  |  |  | Ilość g/ml                               |  |  |  |  |  |  |  |  |  | Ilość g/ml                                                         |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Klaski lane na mleku                     |  |  |  |  |  |  |  |  |  | Klaski lane na mleku                                                             |  |  |  |  |  |  |  |  |  | Klaski lane na mleku                                  |  |  |  |  |  |  |  |  |  | Klaski lane na mleku                     |  |  |  |  |  |  |  |  |  | Klaski lane na mleku                                               |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chleb pszenny                            |  |  |  |  |  |  |  |  |  | Chleb pszenny                                                                    |  |  |  |  |  |  |  |  |  | Chleb pszenny                                         |  |  |  |  |  |  |  |  |  | Chleb pszenny                            |  |  |  |  |  |  |  |  |  | Chleb pszenny                                                      |  |  |  |  |  |  |  |  |  | 1        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chleb żytni pełnoziarnisty               |  |  |  |  |  |  |  |  |  | Chleb żytni pełnoziarnisty                                                       |  |  |  |  |  |  |  |  |  | Chleb żytni pełnoziarnisty                            |  |  |  |  |  |  |  |  |  | Chleb żytni pełnoziarnisty               |  |  |  |  |  |  |  |  |  | Chleb żytni pełnoziarnisty                                         |  |  |  |  |  |  |  |  |  | 1,11     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Masło śmietankowe                        |  |  |  |  |  |  |  |  |  | Masło śmietankowe                                                                |  |  |  |  |  |  |  |  |  | Masło śmietankowe                                     |  |  |  |  |  |  |  |  |  | Masło śmietankowe                        |  |  |  |  |  |  |  |  |  | Masło śmietankowe                                                  |  |  |  |  |  |  |  |  |  | 7        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Poledwica z piersi kurczaka              |  |  |  |  |  |  |  |  |  | Poledwica z piersi kurczaka                                                      |  |  |  |  |  |  |  |  |  | Poledwica z piersi kurczaka                           |  |  |  |  |  |  |  |  |  | Poledwica z piersi kurczaka              |  |  |  |  |  |  |  |  |  | Poledwica z piersi kurczaka                                        |  |  |  |  |  |  |  |  |  | 7,8,9,10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Serek twarogowy homogenizowany naturalny |  |  |  |  |  |  |  |  |  | Serek twarogowy homogenizowany naturalny                                         |  |  |  |  |  |  |  |  |  | Serek twarogowy homogenizowany naturalny              |  |  |  |  |  |  |  |  |  | Serek twarogowy homogenizowany naturalny |  |  |  |  |  |  |  |  |  | Serek twarogowy homogenizowany naturalny                           |  |  |  |  |  |  |  |  |  | 7        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Herbata, napar bez cukru                 |  |  |  |  |  |  |  |  |  | Herbata, napar bez cukru                                                         |  |  |  |  |  |  |  |  |  | Herbata, napar bez cukru                              |  |  |  |  |  |  |  |  |  | Herbata, napar bez cukru                 |  |  |  |  |  |  |  |  |  | Herbata, napar bez cukru                                           |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cytryna                                  |  |  |  |  |  |  |  |  |  | Cytryna                                                                          |  |  |  |  |  |  |  |  |  | Cytryna                                               |  |  |  |  |  |  |  |  |  | Cytryna                                  |  |  |  |  |  |  |  |  |  | Cytryna                                                            |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pomidor                                  |  |  |  |  |  |  |  |  |  | Pomidor                                                                          |  |  |  |  |  |  |  |  |  | Pomidor bez skórki                                    |  |  |  |  |  |  |  |  |  | Pomidor bez skórki                       |  |  |  |  |  |  |  |  |  | Pomidor bez skórki                                                 |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rzodkiewka                               |  |  |  |  |  |  |  |  |  | Rzodkiewka                                                                       |  |  |  |  |  |  |  |  |  | Rzodkiewka                                            |  |  |  |  |  |  |  |  |  | Rzodkiewka                               |  |  |  |  |  |  |  |  |  | Rzodkiewka                                                         |  |  |  |  |  |  |  |  |  | 35       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Salata                                   |  |  |  |  |  |  |  |  |  | Salata                                                                           |  |  |  |  |  |  |  |  |  | Salata                                                |  |  |  |  |  |  |  |  |  | Salata                                   |  |  |  |  |  |  |  |  |  | Salata                                                             |  |  |  |  |  |  |  |  |  | 30       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| II ŚNIADANIE                             |  |  |  |  |  |  |  |  |  | II ŚNIADANIE                                                                     |  |  |  |  |  |  |  |  |  | II ŚNIADANIE                                          |  |  |  |  |  |  |  |  |  | II ŚNIADANIE                             |  |  |  |  |  |  |  |  |  | II ŚNIADANIE                                                       |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Masłanka spożywcza 0,5 % tłuszczu        |  |  |  |  |  |  |  |  |  | Masłanka spożywcza 0,5 % tłuszczu                                                |  |  |  |  |  |  |  |  |  | Masłanka spożywcza 0,5 % tłuszczu                     |  |  |  |  |  |  |  |  |  | Masłanka spożywcza 0,5 % tłuszczu        |  |  |  |  |  |  |  |  |  | Masłanka spożywcza 0,5 % tłuszczu                                  |  |  |  |  |  |  |  |  |  | 7        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mus truskawkowy                          |  |  |  |  |  |  |  |  |  | Mus truskawkowy                                                                  |  |  |  |  |  |  |  |  |  | Mus truskawkowy                                       |  |  |  |  |  |  |  |  |  | Mus truskawkowy                          |  |  |  |  |  |  |  |  |  | Mus truskawkowy                                                    |  |  |  |  |  |  |  |  |  | 50       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| OBIAŁ                                    |  |  |  |  |  |  |  |  |  | OBIAŁ                                                                            |  |  |  |  |  |  |  |  |  | OBIAŁ                                                 |  |  |  |  |  |  |  |  |  | OBIAŁ                                    |  |  |  |  |  |  |  |  |  | OBIAŁ                                                              |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Zupa z soczewicy czerwonej               |  |  |  |  |  |  |  |  |  | Zupa z soczewicy czerwonej                                                       |  |  |  |  |  |  |  |  |  | Zupa chłopska z zaciętką                              |  |  |  |  |  |  |  |  |  | Zupa chłopska z zaciętką                 |  |  |  |  |  |  |  |  |  | Zupa chłopska z zaciętką                                           |  |  |  |  |  |  |  |  |  | 1,3      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gulasz wieprzowy                         |  |  |  |  |  |  |  |  |  | Gulasz wieprzowy                                                                 |  |  |  |  |  |  |  |  |  | Gulasz wieprzowy                                      |  |  |  |  |  |  |  |  |  | Gulasz wieprzowy                         |  |  |  |  |  |  |  |  |  | Gulasz wieprzowy                                                   |  |  |  |  |  |  |  |  |  | 1,3, 7   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kasza jęczmienna gotowana                |  |  |  |  |  |  |  |  |  | Kasza jęczmienna gotowana                                                        |  |  |  |  |  |  |  |  |  | Kasza jęczmienna gotowana                             |  |  |  |  |  |  |  |  |  | Kasza jęczmienna gotowana                |  |  |  |  |  |  |  |  |  | Kasza jęczmienna gotowana                                          |  |  |  |  |  |  |  |  |  | 1        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Opaterek kwaszony                        |  |  |  |  |  |  |  |  |  | Opaterek kwaszony                                                                |  |  |  |  |  |  |  |  |  | Opaterek kwaszony                                     |  |  |  |  |  |  |  |  |  | Opaterek kwaszony                        |  |  |  |  |  |  |  |  |  | Opaterek kwaszony                                                  |  |  |  |  |  |  |  |  |  | 3        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kompot z jabłek bez cukru                |  |  |  |  |  |  |  |  |  | Kompot z jabłek bez cukru                                                        |  |  |  |  |  |  |  |  |  | Kompot z jabłek bez cukru                             |  |  |  |  |  |  |  |  |  | Kompot z jabłek bez cukru                |  |  |  |  |  |  |  |  |  | Kompot z jabłek bez cukru                                          |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| PODWIECZOREK                             |  |  |  |  |  |  |  |  |  | PODWIECZOREK                                                                     |  |  |  |  |  |  |  |  |  | PODWIECZOREK                                          |  |  |  |  |  |  |  |  |  | PODWIECZOREK                             |  |  |  |  |  |  |  |  |  | PODWIECZOREK                                                       |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nektarynka                               |  |  |  |  |  |  |  |  |  | Nektarynka                                                                       |  |  |  |  |  |  |  |  |  | Nektarynka                                            |  |  |  |  |  |  |  |  |  | Nektarynka                               |  |  |  |  |  |  |  |  |  | Nektarynka                                                         |  |  |  |  |  |  |  |  |  | 1,7      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| KOLACJA                                  |  |  |  |  |  |  |  |  |  | KOLACJA                                                                          |  |  |  |  |  |  |  |  |  | KOLACJA                                               |  |  |  |  |  |  |  |  |  | KOLACJA                                  |  |  |  |  |  |  |  |  |  | KOLACJA                                                            |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chleb pszenny                            |  |  |  |  |  |  |  |  |  | Chleb pszenny                                                                    |  |  |  |  |  |  |  |  |  | Chleb pszenny                                         |  |  |  |  |  |  |  |  |  | Chleb pszenny                            |  |  |  |  |  |  |  |  |  | Chleb pszenny                                                      |  |  |  |  |  |  |  |  |  | 1        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chleb żytni pełnoziarnisty               |  |  |  |  |  |  |  |  |  | Chleb żytni pełnoziarnisty                                                       |  |  |  |  |  |  |  |  |  | Chleb żytni pełnoziarnisty                            |  |  |  |  |  |  |  |  |  | Chleb żytni pełnoziarnisty               |  |  |  |  |  |  |  |  |  | Chleb żytni pełnoziarnisty                                         |  |  |  |  |  |  |  |  |  | 1,11     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Masło śmietankowe                        |  |  |  |  |  |  |  |  |  | Masło śmietankowe                                                                |  |  |  |  |  |  |  |  |  | Masło śmietankowe                                     |  |  |  |  |  |  |  |  |  | Masło śmietankowe                        |  |  |  |  |  |  |  |  |  | Masło śmietankowe                                                  |  |  |  |  |  |  |  |  |  | 7        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Salatka makaronowa z kurczakiem          |  |  |  |  |  |  |  |  |  | Salatka makaronowa z kurczakiem                                                  |  |  |  |  |  |  |  |  |  | Salatka makaronowa z kurczakiem                       |  |  |  |  |  |  |  |  |  | Salatka makaronowa z kurczakiem          |  |  |  |  |  |  |  |  |  | Salatka makaronowa z kurczakiem                                    |  |  |  |  |  |  |  |  |  | 3, 7     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kiełbasa szynkowa                        |  |  |  |  |  |  |  |  |  | Kiełbasa szynkowa                                                                |  |  |  |  |  |  |  |  |  | Kiełbasa szynkowa                                     |  |  |  |  |  |  |  |  |  | Kiełbasa szynkowa                        |  |  |  |  |  |  |  |  |  | Kiełbasa szynkowa                                                  |  |  |  |  |  |  |  |  |  | 7,8,9,10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Papryka czerwona                         |  |  |  |  |  |  |  |  |  | Papryka czerwona                                                                 |  |  |  |  |  |  |  |  |  | Pomidor bez skórki                                    |  |  |  |  |  |  |  |  |  | Pomidor bez skórki                       |  |  |  |  |  |  |  |  |  | Pomidor bez skórki                                                 |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Herbata, napar bez cukru                 |  |  |  |  |  |  |  |  |  | Herbata, napar bez cukru                                                         |  |  |  |  |  |  |  |  |  | Herbata, napar bez cukru                              |  |  |  |  |  |  |  |  |  | Herbata, napar bez cukru                 |  |  |  |  |  |  |  |  |  | Herbata, napar bez cukru                                           |  |  |  |  |  |  |  |  |  | 250      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cytryna                                  |  |  |  |  |  |  |  |  |  | Cytryna                                                                          |  |  |  |  |  |  |  |  |  | Cytryna                                               |  |  |  |  |  |  |  |  |  | Cytryna                                  |  |  |  |  |  |  |  |  |  | Cytryna                                                            |  |  |  |  |  |  |  |  |  | 0        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| WARTOŚCI ORZECZEWYCH PRODUKTÓW           |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                                          |  |  |  |  |  |  |  |  |  |                                                                                  |  |  |  |  |  |  |  |  |  |                                                       |  |  |  |  |  |  |  |  |  |                                          |  |  |  |  |  |  |  |  |  |                                                                    |  |  |  |  |  |  |  |  |  | </       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

| DIETA PODSTAWOWA (1)           |  |  |  |  |              |  |  |  |  | DIETA CUKRZYCOWA - DIETA Z OGRANICZENIEM ŁATWO PRYSMAIANYCH WĘGLOWODANÓW (6) |  |  |  |  |              |  |  |  |  | DIETA ŁATWOSTRAWNA, DIETA PAKOWANA I PRZETWARTY (12) |  |  |  |  |              |  |  |  |  | DIETA BOGATOBIAŁKOWA (5)               |  |  |  |  |              |  |  |  |  | DIETA WATROBOWA - DIETA ŁATWOSTRAWNA Z OGRANICZENIEM TŁUSZCZY (3) |  |  |  |  |              |  |  |  |  | ALLERGENY    |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  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| ŚNIADANIE                      |  |  |  |  | Ilość g/ml   |  |  |  |  | II ŚNIADANIE                                                                 |  |  |  |  | Ilość g/ml   |  |  |  |  | III ŚNIADANIE                                        |  |  |  |  | Ilość g/ml   |  |  |  |  | IV ŚNIADANIE                           |  |  |  |  | Ilość g/ml   |  |  |  |  | V ŚNIADANIE                                                       |  |  |  |  | Ilość g/ml   |  |  |  |  | Ilość g/ml   |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              | 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| Kasza manna na mleku           |  |  |  |  | 180          |  |  |  |  | Kasza manna na mleku                                                         |  |  |  |  | 0            |  |  |  |  | Kasza manna na mleku                                 |  |  |  |  | 180          |  |  |  |  | Kasza manna na mleku                   |  |  |  |  | 180          |  |  |  |  | Kasza manna na mleku                                              |  |  |  |  | 180          |  |  |  |  | 1            |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              | 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 |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  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| Mleko spożywcze 1,5 % tłuszczu |  |  |  |  | 0            |  |  |  |  | Mleko spożywcze 1,5 % tłuszczu                                               |  |  |  |  | 0            |  |  |  |  | Mleko spożywcze 1,5 % tłuszczu                       |  |  |  |  | 150          |  |  |  |  | Mleko spożywcze 1,5 % tłuszczu         |  |  |  |  | 150          |  |  |  |  | Mleko spożywcze 1,5 % tłuszczu                                    |  |  |  |  | 150          |  |  |  |  | 7            |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  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 |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  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 |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  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| Chleb pszenny                  |  |  |  |  | 60           |  |  |  |  | Chleb pszenny                                                                |  |  |  |  | 0            |  |  |  |  | Chleb pszenny                                        |  |  |  |  | 90           |  |  |  |  | Chleb pszenny                          |  |  |  |  | 90           |  |  |  |  | Chleb pszenny                                                     |  |  |  |  | 90           |  |  |  |  | 1            |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  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 |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  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 |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  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| Chleb żytni pełnoziarnisty     |  |  |  |  | 30           |  |  |  |  | Chleb żytni pełnoziarnisty                                                   |  |  |  |  | 90           |  |  |  |  | Chleb żytni pełnoziarnisty                           |  |  |  |  | 0            |  |  |  |  | Chleb żytni pełnoziarnisty             |  |  |  |  | 0            |  |  |  |  | Chleb żytni pełnoziarnisty                                        |  |  |  |  | 0            |  |  |  |  | 1,11         |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  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 |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  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 |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  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| Masło smietankowe              |  |  |  |  | 10           |  |  |  |  | Masło smietankowe                                                            |  |  |  |  | 10           |  |  |  |  | Masło smietankowe                                    |  |  |  |  | 15           |  |  |  |  | Masło smietankowe                      |  |  |  |  | 15           |  |  |  |  | Masło smietankowe                                                 |  |  |  |  | 0            |  |  |  |  | 7            |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  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 |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  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 |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  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| Ser twarogowy chudy w kaszku   |  |  |  |  | 60           |  |  |  |  | Ser twarogowy chudy w kaszku                                                 |  |  |  |  | 60           |  |  |  |  | Ser twarogowy homogenizowany naturalny               |  |  |  |  | 60           |  |  |  |  | Ser twarogowy homogenizowany naturalny |  |  |  |  | 100          |  |  |  |  | Ser twarogowy homogenizowany naturalny                            |  |  |  |  | 60           |  |  |  |  | 7            |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  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 |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  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 |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  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| Jajka gotowane                 |  |  |  |  | 120          |  |  |  |  | Jajka gotowane                                                               |  |  |  |  | 120          |  |  |  |  | Jajka gotowane                                       |  |  |  |  | 0            |  |  |  |  | Jajka gotowane                         |  |  |  |  | 0            |  |  |  |  | Jajka gotowane                                                    |  |  |  |  | 0            |  |  |  |  | 1,3          |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  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 |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  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 |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  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| Herbata, napar bez cukru       |  |  |  |  | 250          |  |  |  |  | Herbata, napar bez cukru                                                     |  |  |  |  | 250          |  |  |  |  | Herbata, napar bez cukru                             |  |  |  |  | 250          |  |  |  |  | Herbata, napar bez cukru               |  |  |  |  | 250          |  |  |  |  | Herbata, napar bez cukru                                          |  |  |  |  | 250          |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  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 |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  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 |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  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| Cytryna                        |  |  |  |  | 5            |  |  |  |  | Cytryna                                                                      |  |  |  |  | 5            |  |  |  |  | Cytryna                                              |  |  |  |  | 0            |  |  |  |  | Cytryna                                |  |  |  |  | 0            |  |  |  |  | Cytryna                                                           |  |  |  |  | 0            |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  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 |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  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 |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  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| Pomidor                        |  |  |  |  | 100          |  |  |  |  | Pomidor                                                                      |  |  |  |  | 100          |  |  |  |  | Pomidor bez skórki                                   |  |  |  |  | 100          |  |  |  |  | Pomidor bez skórki                     |  |  |  |  | 100          |  |  |  |  | Pomidor bez skórki                                                |  |  |  |  | 100          |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  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 |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  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 |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  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| Rzodkiewka                     |  |  |  |  | 30           |  |  |  |  | Rzodkiewka                                                                   |  |  |  |  | 100          |  |  |  |  | Rzodkiewka                                           |  |  |  |  | 0            |  |  |  |  | Rzodkiewka                             |  |  |  |  | 0            |  |  |  |  | Rzodkiewka                                                        |  |  |  |  | 0            |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              |  |  |  |  |              | 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