



LIDO

LIDO D.O.O. 11080 ZEMUN UL. Sibinjanin Janka 48a

Tel/fax: 011/ 2618-154; 2619-511; 3166-216.

www.lidoketering.com; office@lidoketering.com

Predlog jelovnika za ishranu dece - Doručak 10.06.-14.06.2024.

| | Ponedeljak 10.06.2024. | Utorak 11.06.2024. | Sreda 12.06.2024. | Cetvrtak 13.06.2024. | Petak 14.06.2024. |
|----------|------------------------------|--|-------------------------------------|---|--------------------------------------|
| Doručak | Kacamak 200g, jogurt 180g | Sendvic sa sunkom 1kom, jogurt 180g | Przenice 2kom, kiselo mleko 180g | Dzem 15g, puter 15g, kifla 1kom, mleko 250ml | Pita za zeljem, kiselo mleko 180g |
| EV(Kcal) | 434.6 | 497 | 481,4 | 444.8 | 395.53 |
| P(g) | 13.93 | 11.6 | 13,9 | 11.59 | 15.75 |
| M(g) | 25.51 | 30.94 | 33,3 | 22.5 | 24.38 |
| UH(g) | 38.46 | 43.8 | 35 | 49.85 | 30.07 |



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Predlog jelovnika za ishranu dece - Užina 10.06.-14.06.2024.

| | Ponedeljak 10.06.2024. | Utorak 11.06.2024. | Sreda 12.06.2024. | Cetvrtak 13.06.2024. | Petak 14.06.2024. |
|----------|---------------------------|----------------------------------|-----------------------------------|---|---|
| Užina | Slani rolat 1 kom, jogurt | Gibanica 1kom, kiselo mleko 180g | Cokoladni kolac 1kom, mleko 250ml | Sendvic sa pilecim prsima 1kom, jogurt 180g | Krofne sa mrvicama 1kom, vocni sok 180g |
| EV(Kcal) | 340.4 | 442.40 | 566.98 | 382 | 294 |
| P(g) | 18.04 | 13.10 | 20.98 | 11.9 | 1.3 |
| M(g) | 11.36 | 26.70 | 24.86 | 11.2 | 12.7 |
| UH(g) | 41.34. | 37.80 | 65.36 | 58.8 | 43.55 |



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**Ručak 1. grupa
Termos**

Predlog jelovnika za ishranu dece - Ručak 10.06.-14.06.2024.

| | Ponedeljak 10.06.2024. | Utorak 11.06.2024. | Sreda 12.06.2024. | Cetvrtak 13.06.2024. | Petak 14.06.2024. |
|--------------------------|--|---|--|---|--|
| Ručak- Termos | Spagete 150g, bolonjez 130g, pavlaka 40g, hleb, voce | Corba od tikvica 150ml, grilovana piletina 1kom, pomfrit 150g, hleb, voce | Pasulj sa mesom 250g, salata 70g, hleb, kolac | Pilav sa pilecim mesom 250g, salata 70g, hleb, voce | Leskovacka muckalica 130g, bareni krompir 150g, hleb, kolac |
| EV(Kcal) | 423.9 | 580.01 | 610.52 | 443.29 | 654.04 |
| P(g) | 17.11 | 26.78 | 24.92 | 18.84 | 18.34 |
| M(g) | 12.64 | 17.29 | 20.51 | 10.73 | 28.04 |
| UH(g) | 55.96 | 82.24 | 77.04 | 61.63 | 84.27 |



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2. grupa
škole pakovan II

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| | Ponedeljak 10.06.2024. | Utorak 11.06.2024. | Sreda 12.06.2024. | Cetvrtak 13.06.2024. | Petak 14.06.2024. |
|----------------------|---|--|---|--|--|
| 2. škole P II | Pasulj sa mesom 250g, salata 70g, hleb, kolac | Spagete 150g, bolonjez 130g, pavlaka 40g, hleb, voce | Pilav sa pilecim mesom 250g, salata 70g, hleb, kolac | Corba od tikvica 150ml, grilovana piletina 1kom, pomfrit 150g, hleb, voce | Leskovacka muckalica 130g, bareni krompir 150g, hleb, voce |
| EV(Kcal) | 610.52 | 423.9 | 570.79 | 580.01 | 526.54 |
| P(g) | 24.92 | 17.11 | 21.34 | 26.78 | 15.84 |
| M(g) | 20.51 | 12.64 | 17.48 | 17.29 | 21.29 |
| UH(g) | 77.04 | 55.96 | 75.83 | 82.24 | 70.07 |



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3. grupa
škole pakovan III

Predlog jelovnika za ishranu dece - Ručak 10.06.-14.06.2024.

| | Ponedeljak 10.06.2024. | Utorak 11.06.2024. | Sreda 12.06.2024. | Cetvrtak 13.06.2024. | Petak 14.06.2024. |
|-----------------------|---|--|---|---|--|
| 3. Škole P III | Pasulj sa mesom 250g, salata 70g, hleb, kolac | Spagete 150g, bolonjez 130g, pavlaka 40g, hleb, voce | Corba od tikvica 150ml, grilovana piletina 1kom, pomfrit 150g, hleb, voce | Pilav sa pilecim mesom 250g, salata 70g, hleb, kolac | Leskovacka muckalica 130g, bareni krompir 150g, hleb, voce |
| EV(Kcal) | 610.52 | 423.9 | 580.01 | 570.79 | 526.54 |
| P(g) | 24.92 | 17.11 | 26.78 | 21.34 | 15.84 |
| M(g) | 20.51 | 12.64 | 17.29 | 17.48 | 21.29 |
| UH(g) | 77.04 | 55.96 | 82.24 | 75.83 | 70.07 |