



LIDO

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

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Predlog jelovnika za ishranu dece - Ručak 13.04.2026.-24.04.2026.

| datum | 13.04.2026. | 14.04.2026. | 15.04.2026. | 16.04.2026. | 17.04.2026. |
|----------|---------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| dan | Ponedjeljak | Utorak | Sreda | Četvrtak | Petak |
| Ručak | | | Rizi bizi 250g, salata 70g, hleb 50g, kolač 1kom | Pasta šuta 250g, pavlaka 40g, hleb 50g, voće 1kom | Potaž od bundeve 200ml, pečena piletina 1kom, dinstani grašak 150g, hleb 50g, voće 1kom |
| EV(Kcal) | | | 631.61 | 609.38 | 549.17 |
| P(g) | | | 22.88 | 21.87 | 36.92 |
| M(g) | | | 22.34 | 25.43 | 21.66 |
| UH(g) | | | 97.31 | 73.56 | 53.52 |
| datum | 20.04.2026. | 21.04.2026. | 22.04.2026. | 23.04.2026. | 24.04.2026. |
| dan | Ponedjeljak | Utorak | Sreda | Četvrtak | Petak |
| Ručak | Đuvec sa mesom 250g, salata 70g, hleb 50g, kolač | Paradajz čorba 200ml, pileći nagetsi 4 kom, dinstana šargarepa 150g, hleb 50g, voće 1kom | Makarone sa sirom 250g, kiselo mleko 100g, razani hleb 50g, voće 1kom | Krompir paprikaš 250g, salata 70g, hleb 50g, kolač 1kom | Supa 200ml, juneća pljeskavica 1kom, bareni kukuruz 150g, hleb 50g, voće 1kom |
| EV(Kcal) | 573.86 | 524.67 | 563.47 | 657.46 | 706.48 |
| P(g) | 21.91 | 20.45 | 23.52 | 18.9 | 26.62 |
| M(g) | 18.47 | 19.18 | 15.02 | 29.03 | 36.30 |
| UH(g) | 75.48 | 69.23 | 82.66 | 84.27 | 75.10 |



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|----------|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| dan | Ponedeljak | Utorak | Sreda | Četvrtak | Petak |
| Ručak | | Lovačka šnicla 1kom, pirinač 200g, salata 150g, hleb 50g | Rizi bizi 250g, salata 70g, hleb 50g, kolač 1kom | Pasta šuta 250g, pavlaka 40g, hleb 50g, voće 1kom | Potaž od bundeve 200ml, pečena piletina 1kom, dinstani grašak 150g, hleb 50g, voće 1kom |
| EV(Kcal) | | 553.78 | 631.61 | 609.38 | 549.17 |
| P(g) | | 29.63 | 22.88 | 21.87 | 36.92 |
| M(g) | | 8.01 | 22.34 | 25.43 | 21.66 |
| UH(g) | | 86.68 | 97.31 | 73.56 | 53.52 |
| datum | 20.04.2026. | 21.04.2026. | 22.04.2026. | 23.04.2026. | 24.04.2026. |
| dan | Ponedeljak | Utorak | Sreda | Četvrtak | Petak |
| Ručak | Đuvec sa mesom 250g, salata 70g, hleb 50g, kolač | Paradajz čorba 200ml, pileći nagetsi 4 kom, dinstana šargarepa 150g, hleb 50g, voće 1kom | Makarone sa sirom 250g, kiselo mleko 100g, razani hleb 50g, voće 1kom | Krompir paprikaš 250g, salata 70g, hleb 50g, kolač 1kom | Supa 200ml, juneća pljeskavica 1kom, bareni kukuruz 150g, hleb 50g, voće 1kom |
| EV(Kcal) | 573.86 | 524.67 | 563.47 | 657.46 | 706.48 |
| P(g) | 21.91 | 20.45 | 23.52 | 18.9 | 26.62 |
| M(g) | 18.47 | 19.18 | 15.02 | 29.03 | 36.30 |
| UH(g) | 75.48 | 69.23 | 82.66 | 84.27 | 75.10 |