



Nastavni zavod za javno zdravstvo Splitsko dalmatinske županije  
Odsjek za fiziologiju, praćenje i unapređenje prehrane

**NASTAVNI ZAVOD ZA JAVNO ZDRAVSTVO**

***SPLITSKO - DALMATINSKE ŽUPANIJE***

**Vukovarska 46 SPLIT**

**Godišnji jelovnik za učenike razredne nastave u programu  
produženog boravka**

Split, siječanj 2021. godine



Nastavni zavod za javno zdravstvo Splitsko dalmatinske županije  
Odsjek za fiziologiju, praćenje i unapređenje prehrane

**Naslov:** Godišnji jelovnik za učenike razredne nastave u programu produženog boravka za školsku godinu 2020./2021.

**Izvršitelj:** Nastavni zavod za javno zdravstvo SDŽ  
Služba za zdravstvenu ekologiju  
Odjel zdravstvene ekologije  
Odsjek za fiziologiju, praćenje i unapređenje prehrane  
Vukovarska 46, Split

**Naručitelj:** Splitsko – dalmatinska županija  
Upravni odjel za prosvjetu, kulturu, tehničku kulturu i sport

**Jelovnik izradila:** Žana Škaričić Gudelj, dipl.ing

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## 1. Uvod

Godišnji jelovnik za učenike razredne nastave u programu produženog boravka obvezan je prema Zakonu o odgoju i obrazovanju u osnovnoj i srednjoj školi (NN 87/08, 86/09, 92/10, 105/10, 90/11, 16/12, 86/12, 126/12, 94/13, 152/14, 07/17, 68/18, 98/19, 64/20) i Državnom pedagoškom standardu osnovnoškolskog sustava odgoja i obrazovanja (NN 63/08, 90/10), a u potpunosti je usklađen s preporukama „Normativ za prehranu učenika u osnovnoj školi“ (NN 146/12) i „Nacionalne smjernice za prehranu učenika u osnovnim školama“ Ministarstva zdravlja Republike Hrvatske, Zagreb, 2013.

- Jelovnici su izrađeni na bazi godišnjih doba.
- Za svako godišnje doba izrađeno je po dvadeset raznolikih jelovnika s normativima koji će se ponoviti cca. tri puta tijekom školske godine. Jelovnici nisu zadani redoslijedom, odabiru se nasumce kako odgovara voditeljima, npr. petkom se odabire jelovnik koji ne sadržava meso.
- Normativi u jelovniku su izraženi kao neto težine predviđene za jedno dijete u dobi od 7 do 10 godina.
- Jelovnici su izrađeni kao MODUL 4, sadržavaju doručak i ručak, cca. 50 % preporučenog dnevnog unosa.
- Kod odabira kruh i ostalih proizvoda od žitarica prednost se daje proizvodima od cjelovitih žitarica.
- Mlijeko i fermentirane mliječne proizvode s ne manje od 2,5 % m.m.
- Sve namirnice trebaju biti svježije i kvalitetne, a prilikom pripreme obroka potrebno je osigurati da namirnice što manje gube na svojoj biološkoj vrijednosti.
- Ne preporučuje se koristiti pekarske proizvode te industrijske deserte, već kolače i pudinge pripremljene u kuhinji.
- Potpuno izbjegavati gazirana i negazirana slatka pića.
- Za pripremu jela koristiti prirodne masnoće i biljna ulja po mogućnosti maslinovo ulje.
- Savjetujemo potpuno izbaciti proizvode kod kojih je struktura homogena radi mljevenja (hrenovke, paštete, naresci i sl.)
- Potpuno izbaciti korištenje instant juha i koncentrata za pripremu jelaradi visokog sadržaja soli i aditiva.

Tumač tablica:

	Proljeće
	Jesen
	Zima
B	Bjelančevine
M	Masti
UH	Ugljikohidrati



## 2. Jelovnici prilagođeni godišnjem dobu – proljeće

Br. Jelovnika 1.								
M	KOLIČINA		ENERGIJA		B	M	UH	
	Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: ĐAČKI INEGRALNI SENDVIČ							
	sir gouda punomasni	20,0	20,0	328,0	78,0			
	šunka toast (pureća)	20,0	20,0	87,0	20,0			
	graham pecivo	70,0	70,0	767,0	183,0			
	salata zelena	10,0	8,3	4,0	1,0			
	krastavci kiseli	20,0	20,0	8,0	2,0			
	rajčica- ketchup	5,0	5,0	29,0	7,0			
	UKUPNO:	145,0	143,3	1223,0	291,0	14,6	8,6	39,4
	<b>SVEUKUPNO</b>	<b>145,0</b>	<b>143,3</b>	<b>1223,0</b>	<b>291,0</b>	<b>14,6</b>	<b>8,6</b>	<b>39,4</b>
	Ručak	Ime normativa: GOVEĐA JUHA						
kosti juneće		50,0	5,0	178,0	42,0			
tjestenina s jajima		8,0	8,0	119,0	28,0			
kelj		3,0	2,1	2,0	1,0			
kupus glavati bijeli		3,0	2,7	2,0	1,0			
luk crveni		5,0	4,5	4,0	1,0			
celer korijen		5,0	3,6	3,0	1,0			
mrkva		20,0	18,0	27,0	6,0			
peršin korijen		8,0	8,0	7,0	2,0			
pire od rajčice		0,5	0,5	1,0	0,0			
vegeta natur		1,0	1,0	6,0	2,0			
sol								
UKUPNO:		103,5	53,4	349,0	84,0	1,8	4,7	8,0
Ime normativa: PUREĆE ROLICE S POVRĆEM I UMAKOM OD PORILUKA								
vrhnje za kuhanje		20,0	20,0	181,0	43,0			
puretina								
bijelo meso BK		80,0	80,0	447,0	107,0			
maslac		15,0	15,0	235,0	56,0			
celer list		1,0	0,9	0,0	0,0			
prokulice		50,0	37,5	40,0	10,0			
brokula		50,0	25,0	26,0	6,0			
cvjetača		50,0	33,0	34,0	8,0			
češnjak		1,0	0,9	5,0	1,0			
poriluk		50,0	37,5	43,0	10,0			
mrkva		50,0	45,0	67,0	17,0			
krumpir		200,0	160,0	625,0	139,0			
krastavci kiseli		10,0	10,0	4,0	1,0			
papar		0,5	0,5	5,0	1,0			
vegeta natur		1,0	1,0	6,0	1,0			
sol								
UKUPNO:	578,5	466,3	1718,0	400,0	25,7	10,5	42,0	
Ime normativa: KRUH								
crni kruh	40,0	40,0	371,0	88,0				
UKUPNO:	40,0	40,0	371,0	88,0	3,2	0,8	17,2	
Ime normativa: JABUKA								
jabuka	200,0	154,0	296,0	71,0				
UKUPNO:	200,0	154,0	296,0	71,0	0,5	0,0	18,3	
<b>SVEUKUPNO:</b>	<b>922,0</b>	<b>713,7</b>	<b>2734,0</b>	<b>643,0</b>	<b>31,2</b>	<b>16,0</b>	<b>85,5</b>	
Užina	Ime normativa: BRESKVA I KEKS							
	breskva	120,0	100,0	155,0	37,0	0,6	0,0	9,1
	keks (petit)	20,0	20,0	348,0	83,0	1,0	2,0	13,0
	UKUPNO	140,0	120,0	503,0	120,0	1,6	2,0	22,1
<b>SVEUKUPNO</b>	<b>140,0</b>	<b>120,0</b>	<b>503,0</b>	<b>120,0</b>	<b>1,6</b>	<b>2,0</b>	<b>22,1</b>	





Br. Jelovnika		3.		KOLIČINA		ENERGIJA		B	M	UH		
M		Bruto (g)	Neto (g)	(KJ)	(Kcal)							
Doručak	Ime normativa: MEDITERANSKA PIZZA MINI											
		mlijeko 3,2% m.m.	7,0	7,0	18,0	4,0						
		sir mozzarella	20,0	20,0	328,0	78,0						
		ulje maslinovo	3,0	3,0	113,0	27,0						
		pšenično brašno bijelo	20,0	20,0	293,0	70,0						
		pšenično brašno bijelo oštro	20,0	20,0	282,0	67,0						
		paprika zelena, crvena	15,0	12,3	8,0	2,0						
		rajčica	25,0	24,5	15,0	3,0						
		tikvice zelene	15,0	13,2	8,0	2,0						
		šampinoni	20,0	18,0	12,0	3,0						
		rajčica ukuhana (28-30% konc)	10,0	10,0	29,0	7,0						
		masline zelene	2,0	1,6	7,0	2,0						
		origano sušeni	1,0	1,0	14,0	3,0						
		bosiljak	2,0	2,0	0,0	0,0						
		kvasac pekarski suhi	1,0	1,0	12,0	3,0						
		sol										
		UKUPNO:	161,0	153,6	1139,0	271,0	11,3	10,5	35,1			
		SVEUKUPNO	161,0	153,6	1139,0	271,0	11,3	10,5	35,1			
Ručak	Ime normativa: VARIVO OD KORABICE S MRKVOM I GRAŠKOM											
		puretina BK	60,0	60,0	335,0	80,0						
		ulje maslinovo	5,0	5,0	188,0	45,0						
		pšenično brašno bijelo	5,0	5,0	73,0	18,0						
		peršin list	1,0	0,9	1,0	0,0						
		cvjetača	15,0	9,0	10,0	2,0						
		grašak	30,0	30,0	67,0	16,0						
		koraba	50,0	22,5	23,0	5,0						
		češnjak	1,0	0,9	5,0	1,0						
		celer korijen	5,0	3,6	3,0	1,0						
		mrkva	50,0	45,0	68,0	16,0						
		krumpir	170,0	136,0	495,0	118,0						
		peršin korijen	5,0	5,0	4,0	1,0						
		rajčica ukuhana (28-30% konc)	2,0	2,0	6,0	1,0						
		paprika crvena mljevena	0,2	0,2	3,0	1,0						
		lovor	0,1	0,1	1,0	0,0						
		sol										
		UKUPNO:	399,3	325,2	1282,0	305,0	19,9	8,3	40,2			
		Ime normativa: GRAHAM KRUH										
		Graham kruh	70,0	70,0	603,0	144,0						
		UKUPNO:	70,0	70,0	603,0	144,0	4,9	1,4	28,0			
		Ime normativa: BISKVIT S VOĆEM										
		mlijeko 2,8% m.m.	15,0	15,0	36,0	9,0						
		jaje	20,0	12,0	76,0	18,0						
		ulje suncokretovo	4,0	4,0	150,0	36,0						
		pšenično brašno bijelo oštro	30,0	30,0	423,0	101,0						
		med	51,0	51,0	66,0	16,0						
		šećer vanilin	0,5	0,5	8,0	2,0						
	mrkva	10,0	9,0	13,0	3,0							
	jabuka	20,0	15,0	29,0	7,0							
	višnje	20,0	17,0	29,0	7,0							
	maslac	5,0	5,0	78,0	18,0							
	ćimet	1,0	1,0	13,0	3,0							
	prašak za pecivo	0,5	0,5	2,0	0,0							
	UKUPNO:	177,0	160,0	923,0	220,0	5,4	8,8	31,9				
	SVEUKUPNO:	646,3	555,2	2808,0	669,0	30,2	18,5	100,1				
Užina	Ime normativa: KISELO MLIJEKO I KUKURUŽNI KRUH											
		kiselomlijeko 2,8%mm	200,0	200,0	282,8	67,5	1,4	3,6	7,4			
		kukuruzni kruh	50,0	50,0	457,2	109,3	2,3	4,4	15,4			
		UKUPNO	250,0	250,0	740,0	176,8	3,8	8,0	22,8			
	SVEUKUPNO	250,0	250,0	740,0	176,8	3,8	8,0	22,8				



Br. Jelovnika 4.		KOLIČINA		ENERGIJA		B	M	UH	
M		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: BIJELA KAVA								
	mljeko								
	3,2% m.m.	200,0	200,0	502,0	120,0				
	med	5,0	5,0	66,0	16,0				
	kavovina	2,5	2,5	35,0	8,0				
	UKUPNO:	207,5	207,5	603,0	144,0	6,9	6,5	15,1	
	Ime normativa: SIRNI NAMAZ S VLASCSEM								
	jogurt tekući								
	2,8% m.m.	10,0	10,0	26,0	6,0				
	sir svježi kravlji	60,0	60,0	181,0	43,0				
	vlasac listovi	2,0	1,8	2,0	0,0				
	UKUPNO:	72,0	71,8	209,0	49,0	7,9	0,9	2,2	
	Ime normativa: PECIVO SA SJEMENKAMA								
	graham (i kruh od								
	punog zrna)	60,0	60,0	517,0	124,0				
	UKUPNO:	60,0	60,0	517,0	124,0	4,2	1,2	24,0	
	<b>SVEUKUPNO</b>	<b>339,5</b>	<b>339,3</b>	<b>1329,0</b>	<b>317,0</b>	<b>19,0</b>	<b>8,6</b>	<b>41,3</b>	
	Ručak	Ime normativa: KREM JUHA OD POVRČA							
vrhnje kiselo									
(12% m.m.)		15,0	15,0	87,0	21,0				
pšenično bijelo									
brašno		10,0	10,0	146,0	35,0				
peršin list		1,0	0,9	1,0	0,0				
cvjetača		15,0	9,9	10,0	2,0				
grašak zeleni		15,0	15,0	33,0	8,0				
luk crveni		3,0	2,7	3,0	1,0				
celer korijen		5,0	3,6	3,0	1,0				
mrkva		15,0	13,5	20,0	5,0				
krumpir		10,0	8,0	29,0	7,0				
peršin korijen		8,0	8,0	7,0	2,0				
vegeta natur		1,0	1,0	6,0	1,0				
maslinovo ulje		5,0	5,0	188,0	45,0				
sol									
UKUPNO:		103,0	92,6	533,0	128,0	3,4	7,0	13,2	
Ime normativa: ŠPAGETI BOLONJEZ									
junetina BK		70,0	70,0	626,0	150,0				
ulje suncokretovo		5,0	5,0	188,0	45,0				
tjestenina s jajima		60,0	60,0	889,0	212,0				
peršin list		1,0	0,9	1,0	0,0				
luk crveni		20,0	18,0	17,0	4,0				
mrkva		10,0	9,0	14,0	3,0				
rajčica sjeckana									
pelat		20,0	20,0	17,0	4,0				
origano		1,0	1,0	14,0	3,0				
paprika crvena									
mljevena		0,2	0,2	3,0	1,0				
lovor		0,1	0,1	1,0	0,0				
vegeta natur		1,0	1,0	6,0	1,0				
sol									
UKUPNO:		70,0	70,0	626,0	150,0	20,8	17,3	53,6	
Ime normativa: ZELENA SALATA S ROTKVICOM									
ulje maslinovo	5,0	5,0	188,0	45,0					
salata zelena	60,0	49,8	28,0	7,0					
rotkvica crvena	20,0	10,0	6,0	2,0					
ocat jabučni	3,0	3,0	2,0	0,0					
UKUPNO:	88,0	67,8	224,0	54,0	0,7	5,1	1,5		
Ime normativa: JABUKA									
jabuka	200,0	154,0	296,0	71,0					
UKUPNO:	200,0	154,0	296,0	71,0	0,5	0,0	18,3		
<b>SVEUKUPNO:</b>	<b>461,0</b>	<b>384,4</b>	<b>1679,0</b>	<b>403,0</b>	<b>25,4</b>	<b>29,4</b>	<b>86,6</b>		
Užina	Ime normativa: MUESLI OD ŽITARICA S JOGURTOM I BRESKVA								
	breskva	130,0	100,0	124,0	29,6				
	tekući jogurt	150,0	150,0	370,5	88,5				
	muesli	20,0	20,0	314,0	75,0				
	UKUPNO	300,0	270,0	808,5	193,1				
<b>SVEUKUPNO</b>	<b>300,0</b>	<b>270,0</b>	<b>808,5</b>	<b>193,1</b>	<b>8,2</b>	<b>6,7</b>	<b>27,1</b>		



Br. Jelovnika		5.							
R		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: KUKURUZNA KRUPICA S MLIJEKOM								
		mlijeko							
		3,2% m.m.	250,0	250,0	628,0	150,0			
		maslac	2,0	2,0	26,4	6,3			
		kukuruzna krupica	40,0	40,0	615,0	147,0			
		UKUPNO:	292,0	292,0	1269,4	303,3	11,4	9,8	42,5
		<b>SVEUKUPNO</b>	<b>292,0</b>	<b>292,0</b>	<b>1269,4</b>	<b>303,3</b>	<b>11,4</b>	<b>9,8</b>	<b>42,5</b>
	Ručak	Ime normativa: JUHA OD RAJČICE S INTEGRALNOM RIŽOM							
			ulje maslinovo	3,0	3,0	113,0	27,0		
			pšenično bijelo brašno	5,0	5,0	73,0	18,0		
		integralna riža	5,0	5,0	70,0	17,0			
		šećer kristal	1,0	1,0	17,0	4,0			
		peršin list	1,0	0,9	1,0	0,0			
		rajčica ukuhana (28-30%)	10,0	10,0	29,0	7,0			
		sol							
		UKUPNO:	25,0	24,9	303,0	73,0	1,2	3,2	10,0
		Ime normativa: OSLIĆ S UMAKOM OD POVRĆA							
		oslić smrznuti	100,0	90,0	266,0	64,0			
		jaje	40,0	24,0	153,0	36,0			
		ulje maslinovo	5,0	5,0	188,0	45,0			
		mrvice	10,0	10,0	148,0	35,0			
		grašak	5,0	5,0	11,0	3,0			
		celer korijen	3,0	2,2	2,0	0,0			
		mrkva	5,0	4,5	7,0	2,0			
		peršin korijen	2,0	2,0	2,0	0,0			
		rajčica ukuhana (10%)	5,0	5,0	8,0	2,0			
		lovor	0,1	0,1	1,0	0,0			
		ružmarin	0,5	0,5	6,0	1,0			
		sol							
		UKUPNO:	100,0	90,0	266,0	64,0	20,8	8,3	12,8
		Ime normativa: KUHANI KRUMPIR							
		peršin list	1,0	0,9	1,0	0,0			
		maslac	5,0	5,0	78,0	19,0			
		krumpir	200,0	150,0	728,0	172,0			
		UKUPNO:	206,0	155,9	807,0	191,0	4,3	2,3	41,6
	Ime normativa: ŠTRUKLI SA SIROM								
	vrhnje kiselo 12% m.m.	10,0	10,0	58,0	14,0				
	ulje suncokretovo	5,0	5,0	188,0	45,0				
	mrvice	5,0	5,0	74,0	17,0				
	štrukli zagorski smrznuti	80,0	80,0	944,0	225,0				
	UKUPNO:	100,0	100,0	1264,0	301,0	8,0	16,9	29,1	
	<b>SVEUKUPNO:</b>	<b>431,0</b>	<b>370,8</b>	<b>2640,0</b>	<b>629,0</b>	<b>34,3</b>	<b>30,7</b>	<b>93,5</b>	
Užina	Ime normativa: NARANČA I INTEGRALNI KEKS								
		naranča	130,0	100,0	146,0	35,0	0,8	0,0	8,5
		integralni keks	25,0	25,0	466,5	110,0	1,9	4,9	14,4
		UKUPNO	155,0	125,0	612,5	145,0	2,7	4,9	22,9
	<b>SVEUKUPNO</b>	<b>155,0</b>	<b>125,0</b>	<b>612,5</b>	<b>145,0</b>	<b>2,7</b>	<b>4,9</b>	<b>22,9</b>	



Br. Jelovnika		6.						
M		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: BIJELA KAVA, MLIJEČNI NAMAZ I INEGRALNI KRUH							
	mlijeko							
	2,8% m.m.	180,0	180,0	430,2	102,6			
	kavovina	2,0	2,0	28,0	6,7			
	med	5,0	5,0	66,0	16,0			
	kruh integralni	70,0	70,0	621,2	148,6			
	mliječni namaz	30,0	30,0	376,2	90,0			
	UKUPNO:	287,0	287,0	1521,6	363,9	12,5	14,9	53,7
	<b>SVEUKUPNO</b>	<b>287,0</b>	<b>287,0</b>	<b>1521,6</b>	<b>363,9</b>	<b>12,5</b>	<b>14,9</b>	<b>53,7</b>
	Ručak	Ime normativa: VARIVO OD LEĆE						
leća crvena, zelena		50,0	50,0	636,0	152,0			
ulje maslinovo		2,0	2,0	75,3	18,0			
luk crveni		6,0	5,0	4,8	1,2			
suha slanina		10,0	10,0	211,7	50,6			
svježa rajčica		20,0	20,0	12,0	2,8			
svježa paprika		15,0	15,0	10,2	2,4			
mrkva		10,0	10,0	15,1	3,6			
celer korijen		7,0	5,0	4,8	1,2			
peršin korijen		6,0	5,0	4,2	1,0			
rajčica pire		5,0	5,0	14,3	3,4			
češnjak		1,0	0,9	5,0	1,0			
sol								
UKUPNO:		132,0	127,9	993,4	237,2	14,1	7,5	29,6
Ime normativa: PIRE KRUMPIR								
mlijeko 2,8% m.m.		50,0	50,0	120,0	29,0			
maslac		5,0	5,0	78,0	18,0			
krumpir		300,0	240,0	873,0	208,0			
sol								
UKUPNO:		50,0	50,0	120,0	255,0	6,7	3,9	52,8
Ime normativa: KOSANI ODREZAK								
teletina		25,0	20,0	94,6	22,6			
svinjetina		20,0	15,0	101,0	24,2			
jaje		5,0	5,0	31,6	7,6			
suha slanina		6,0	5,0	105,9	25,3			
mrvice		10,0	10,0	148,1	35,4			
crveni luk		4,0	3,0	2,9	1,0			
ulje maslinovo		5,0	5,0	188,0	45,0			
peršin list		1,0	0,9	1,0	0,0			
češnjak		0,5	0,4	3,0	1,0			
sol								
UKUPNO:		76,5	64,3	676,1	162,1	9,8	10,2	7,9
<b>SVEUKUPNO:</b>		<b>258,5</b>	<b>242,2</b>	<b>1789,5</b>	<b>654,3</b>	<b>30,6</b>	<b>21,6</b>	<b>90,3</b>
Užina	Ime normativa: KRUŠKA I MLIJEKO S MEDOM							
	kruška	110,0	100,0	121,0	29,0	0,2	0,0	7,6
	mlijeko 2,8%mm	150,0	150,0	358,5	85,5	5,0	4,2	7,1
	med	10,0	10,0	133,9	32,0	0,0	0,0	8,0
	UKUPNO	270,0	260,0	613,4	146,5	5,2	4,2	22,7
	<b>SVEUKUPNO</b>	<b>270,0</b>	<b>260,0</b>	<b>613,4</b>	<b>146,5</b>	<b>5,2</b>	<b>4,2</b>	<b>22,7</b>



Br. Jelovnika		7.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: KAKAO, KRUH, MASLAC, ŠUNKA								
		mlijeko 2,8% m.m.	180,0	180,0	430,2	102,6			
		kakao	3,0	3,0	39,2	9,4			
		raženi kruh	70,0	70,0	673,4	161,0			
		maslac	5,0	5,0	188,0	45,0			
		šunka delikates	30,0	30,0	122,7	35,1			
		<b>UKUPNO:</b>	<b>288,0</b>	<b>288,0</b>	<b>1453,5</b>	<b>353,1</b>	<b>16,4</b>	<b>11,7</b>	<b>36,3</b>
		<b>SVEUKUPNO</b>	<b>288,0</b>	<b>288,0</b>	<b>1453,5</b>	<b>353,1</b>	<b>16,4</b>	<b>11,7</b>	<b>36,3</b>
	Ručak	Ime normativa: JUHA OD RAJČICE S PROSOM							
			pire od rajčice	10,0	10,0	28,5	6,8		
		pšenično brašno							
		polubijelo	2,0	2,0	28,2	6,7			
		proso	5,0	5,0	76,2	18,2			
		sol							
		<b>UKUPNO:</b>	<b>17,0</b>	<b>17,0</b>	<b>132,9</b>	<b>31,7</b>	<b>1,1</b>	<b>0,3</b>	<b>6,9</b>
		Ime normativa: TJESTENINA S TUNJEVINOM							
		tricolori tjestenina	50,00	50,00	724,20	223,60			
		tuna konzerva	25,00	25,00	353,50	210,90			
		tekući jogurt							
		2,8% m.m.	30,00	30,00	82,80	19,80			
		vlasac	2,00	1,80	2,00	1,00			
		peršin list	1,00	0,90	1,00	0,00			
		sol							
		<b>UKUPNO:</b>	<b>50,00</b>	<b>50,00</b>	<b>724,20</b>	<b>455,30</b>	<b>12,10</b>	<b>18,10</b>	<b>63,90</b>
		Ime normativa: ZELENA SALATA S KUKURUZOM							
		zelena salata	70,0	60,0	34,2	8,4			
		kukuruz	5,0	5,0	26,6	6,4			
		maslinovo ulje	2,0	2,0	75,3	18,0			
	jabučni ocat	3,0	3,0	2,0	0,0				
	sol								
	<b>UKUPNO:</b>	<b>80,0</b>	<b>70,0</b>	<b>138,1</b>	<b>32,8</b>	<b>0,9</b>	<b>2,2</b>	<b>2,7</b>	
	Ime normativa: JAGODE								
	jagode	200,0	194,0	211,0	50,0				
	šlag	15,0	15,0	204,0	48,8				
	<b>UKUPNO:</b>	<b>375,0</b>	<b>349,0</b>	<b>691,2</b>	<b>98,8</b>	<b>1,5</b>	<b>5,0</b>	<b>9,8</b>	
	<b>SVEUKUPNO:</b>	<b>522,0</b>	<b>486,0</b>	<b>1686,4</b>	<b>618,6</b>	<b>15,6</b>	<b>25,6</b>	<b>83,3</b>	
Užina	Ime normativa: JOGURT I KEKSI								
		jogurt 2,8%mm	150,0	150,0	370,5	88,5	5,4	4,2	7,2
		keks	20,0	20,0	347,6	83,0	1,2	1,6	13,5
		<b>UKUPNO</b>	<b>170,0</b>	<b>170,0</b>	<b>718,1</b>	<b>171,5</b>	<b>6,6</b>	<b>5,8</b>	<b>20,7</b>
	<b>SVEUKUPNO</b>	<b>170,0</b>	<b>170,0</b>	<b>718,1</b>	<b>171,5</b>	<b>6,6</b>	<b>5,8</b>	<b>20,7</b>	



Br. Jelovnika		8.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: ČOKOLADNO MLIJEKO, HUMUS NA KRUHU								
		mlijeko 2,8 % m.m.	180,0	180,0	430,2	102,6			
		čokoladni prah	5,0	5,0	115,1	27,5			
		polubijeli kruh	70,0	70,0	667,8	159,6			
		kuhani, pasirani slanutak	20,0	20,0	249,2	59,6			
		maslac	5,0	5,0	157,0	37,6			
		peršin list	1,0	0,9	1,0	0,0			
		sol, začini							
		UKUPNO:	281,0	280,9	1620,3	386,9	15,3	13,9	51,4
		<b>SVEUKUPNO</b>	<b>281,0</b>	<b>280,9</b>	<b>1620,3</b>	<b>386,9</b>	<b>15,3</b>	<b>13,9</b>	<b>51,4</b>
	Ručak	Ime normativa: KREM JUHA OD POVRČA SA ZOBENIM PAHULJICAMA							
		brokula	8,0	5,0	5,2	1,3			
		maslinovo ulje	2,0	2,0	75,3	18,0			
		mrkva	22,0	20,0	30,0	7,0			
		cvjetača	12,0	8,0	8,3	2,0			
		kiselo vrhnje	10,0	10,0	58,0	14,0			
		žumanjak	10,0	10,0	151,0	36,1			
		zobene pahuljice	5,0	5,0	77,9	18,6			
		sol							
		UKUPNO:	69,0	60,0	405,7	97,0	2,3	6,6	1,7
		Ime normativa: PEČENA PILETINA							
		piletina, batak i zabatak	120,0	70,0	673,4	161,0			
		ulje	5,0	5,0	188,0	45,0			
		sol							
		UKUPNO:	125,0	75,0	861,4	206,0	12,3	17,4	0,0
		Ime normativa: RIZI BIZI							
		riža	30,0	30,0	419,1	100,2			
		grašak	30,0	30,0	84,0	20,1			
		mrkva	10,0	8,0	12,1	2,9			
		ulje	5,0	5,0	188,0	45,0			
	luk crveni	7,0	5,0	4,8	1,2				
	peršin list	1,0	0,9	1,0	0,0				
	sol								
	UKUPNO:	83,0	78,9	709,0	169,4	4,0	5,7	25,7	
	Ime normativa: MIJEŠANA SALATA								
	rajčica	30,0	25,0	15,0	3,5				
	paprika	20,0	15,0	10,2	2,4				
	krastavci	25,0	20,0	11,8	2,8				
	maslinovo ulje	2,0	2,0	75,3	18,0				
	jabučni ocat	3,0	3,0	1,6	0,4				
	sol								
	UKUPNO:	80,0	65,0	113,9	27,1	0,4	2,1	1,7	
	<b>SVEUKUPNO:</b>	<b>357,0</b>	<b>278,9</b>	<b>2090,0</b>	<b>499,5</b>	<b>19,0</b>	<b>31,8</b>	<b>29,1</b>	
Užina	Ime normativa: BANANA I MLIJEKO								
		banana	60,0	50,0	165,5	39,5	0,6	0,2	9,6
		mlijeko 2,8 % m.m.	100,0	100,0	239,0	57,0	3,3	2,8	4,7
		UKUPNO	160,0	150,0	404,5	96,5	3,9	3,0	14,3
	<b>SVEUKUPNO</b>	<b>160,0</b>	<b>150,0</b>	<b>404,5</b>	<b>96,5</b>	<b>3,9</b>	<b>3,0</b>	<b>14,3</b>	



Br. Jelovnika 9.								
R	KOLIČINA		ENERGIJA		B	M	UH	
	Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: MLIJEKO I CORNFLAKES							
	mlijeko 2,8 % m.m.	250,0	250,0	597,5	142,5			
	kukuruzne pahuljice	50,0	50,0	769,5	184,0			
	muesli, mješavina žitarica s grožđicama	20,0	20,0	314,0	75,0			
	<b>UKUPNO:</b>	<b>320,0</b>	<b>320,0</b>	<b>1681,0</b>	<b>401,5</b>	<b>14,9</b>	<b>10,3</b>	<b>66,9</b>
	<b>SVEUKUPNO</b>	<b>320,0</b>	<b>320,0</b>	<b>1681,0</b>	<b>401,5</b>	<b>14,9</b>	<b>10,3</b>	<b>66,9</b>
	Ručak	Ime normativa: KREM JUHA OD ŠPAROGA						
šparoga		50,0	40,0	58,8	14,0			
ulje maslinovo		5,0	5,0	188,0	45,0			
žumanjak		2,0	2,0	26,6	6,4			
vrhnje		10,0	10,0	57,7	13,8			
peršin list		1,0	0,9	1,0	0,0			
tjestenina s jajima sol		10,0	10,0	148,6	35,5			
<b>UKUPNO:</b>		<b>78,0</b>	<b>67,9</b>	<b>480,7</b>	<b>114,7</b>	<b>3,5</b>	<b>6,5</b>	<b>10,7</b>
Ime normativa: PEČENA RIBA								
srdele		100,0	70,0	288,4	68,6			
brašno		7,0	7,0	93,2	22,3			
ulje maslinovo sol		5,0	5,0	188,0	45,0			
<b>UKUPNO:</b>		<b>112,0</b>	<b>82,0</b>	<b>569,6</b>	<b>135,9</b>	<b>13,1</b>	<b>7,4</b>	<b>4,6</b>
Ime normativa: ZAPEČENO MIJEŠANO POVRĆE								
rajčica		30,0	25,0	15,0	3,5			
paprika		30,0	25,0	3,4	0,8			
tikvice		40,0	20,0	12,2	3,0			
cvjetača		60,0	40,0	41,6	10,0			
mrkva		10,0	8,0	12,1	2,9			
ulje maslinovo kiselo vrhnje 12 % m.m.		5,0	5,0	188,0	45,0			
20,0		20,0	115,4	27,6				
brašno		2,0	2,0	29,3	7,0			
mlijeko 2,8 % m.m. sol		15,0	15,0	37,7	9,0			
<b>UKUPNO:</b>		<b>212,0</b>	<b>160,0</b>	<b>454,7</b>	<b>108,8</b>	<b>3,2</b>	<b>8,0</b>	<b>6,2</b>
Ime normativa: SLANI KRUMPIR								
krumpir		170,0	130,0	473,0	113,0			
peršin list sol		1,0	0,9	1,0	0,0			
<b>UKUPNO:</b>		<b>171,0</b>	<b>130,9</b>	<b>474,0</b>	<b>113,0</b>	<b>2,7</b>	<b>0,1</b>	<b>27,0</b>
Ime normativa: KRUH								
integralni kruh		35,0	35,0	343,0	82,0			
<b>UKUPNO:</b>		<b>35,0</b>	<b>35,0</b>	<b>343,0</b>	<b>82,0</b>	<b>2,7</b>	<b>0,4</b>	<b>17,0</b>
<b>SVEUKUPNO:</b>		<b>608,0</b>	<b>475,8</b>	<b>2322,0</b>	<b>554,4</b>	<b>25,2</b>	<b>22,4</b>	<b>65,5</b>
Užina		Ime normativa: TREŠNJE I KEKSI						
	trešnje	120,0	100,0	201,0	48,0	0,8	0,1	11,7
	Keksi (petit)	25,0	25,0	434,5	103,8	1,5	2,1	16,9
	<b>UKUPNO</b>	<b>145,0</b>	<b>125,0</b>	<b>635,5</b>	<b>151,8</b>	<b>2,3</b>	<b>2,2</b>	<b>28,6</b>
	<b>SVEUKUPNO</b>	<b>145,0</b>	<b>125,0</b>	<b>635,5</b>	<b>151,8</b>	<b>2,3</b>	<b>2,2</b>	<b>28,6</b>



Br. Jelovnika		10.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: BRESKVA, JOGURT S PROBIOTIKOM, MUESLI								
	breskva	130,0	100,0	124,0	30,0				
	jogurt s probiotikom	150,0	150,0	370,5	88,5				
	muesli, mješavina								
	žitarica s grožđicama	20,0	20,0	314,0	75,0				
	UKUPNO:	300,0	270,0	808,5	193,5	8,2	6,7	27,1	
	<b>SVEUKUPNO</b>	<b>300,0</b>	<b>270,0</b>	<b>808,5</b>	<b>193,5</b>	<b>8,2</b>	<b>6,7</b>	<b>27,1</b>	
	Ručak	Ime normativa: PUNJENA PAPRIKA							
		juneći but	40,0	40,0	407,0	97,0			
		svinjski but	40,0	40,0	428,0	102,0			
ulje suncokretovo		5,0	5,0	188,0	45,0				
pšenično bijelo brašno		5,0	5,0	73,0	18,0				
riža		10,0	10,0	146,0	35,0				
peršin list		1,0	0,9	1,0	0,0				
paprika zelena, crvena		100,0	82,0	56,0	13,0				
češnjak		1,0	0,9	5,0	1,0				
luk crveni		10,0	9,0	9,0	2,0				
celer korijen		3,0	2,2	2,0	0,0				
rajčica ukuhana (28-30% konc.)		15,0	15,0	43,0	10,0				
paprika crvena mljevena		0,2	0,2	3,0	1,0				
lovor		0,1	0,1	1,0	0,0				
sol									
UKUPNO:		230,3	210,3	1362,0	324,0	20,1	19,7	17,4	
Ime normativa: PIRE KRUMPIR									
mlijeko 2,8 % m.m.		50,0	50,0	120,0	29,0				
maslac		5,0	5,0	78,0	18,0				
krumpir		300,0	240,0	873,0	208,0				
sol									
UKUPNO:		355,0	295,0	1071,0	255,0	6,7	3,9	52,8	
Ime normativa: PALAČINKE S DŽEMOM									
brašno		15,0	15,0	219,6	52,5				
mlijeko 2,8 % m.m.		30,0	30,0	71,7	17,1				
jaje		5,0	5,0	31,6	7,6				
ulje suncokretovo		2,0	2,0	75,3	18,0				
džem		10,0	10,0	109,1	26,1				
sol									
UKUPNO:	62,0	62,0	507,3	121,3	3,2	3,6	20,3		
<b>SVEUKUPNO:</b>	<b>647,3</b>	<b>567,26</b>	<b>2940,3</b>	<b>700,3</b>	<b>30</b>	<b>27,2</b>	<b>90,5</b>		
Užina	Ime normativa: PUDING OD ČOKOLADE								
	mlijeko 2,8 % m.m.	180,0	180,0	430,2	102,6	5,9	5,0	8,5	
	prašak								
	čokolada	13,0	13,0	299,1	71,5	1,0	4,8	7,2	
	med	5,0	5,0	67,0	16,0	0,0	0,0	4,0	
	UKUPNO	198,0	198,0	796,3	190,1	7,0	9,9	19,6	
<b>SVEUKUPNO</b>	<b>198,0</b>	<b>198,0</b>	<b>796,3</b>	<b>190,1</b>	<b>7,0</b>	<b>9,9</b>	<b>19,6</b>		



Br. Jelovnika		11.							
P		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: BIJELA KAVA								
		mlijeko							
		2,8% m.m.	180,0	180,0	430,2	102,6			
		kavovina	2,0	2,0	28,0	6,7			
		med	5,0	5,0	66,0	16,0			
		<b>UKUPNO:</b>	<b>187,0</b>	<b>187,0</b>	<b>524,2</b>	<b>125,3</b>	<b>6,2</b>	<b>5,0</b>	<b>18,6</b>
	Ime normativa: NAMAZ OD SIRA I PAPRIKE								
		svježi sir	30,0	30,0	119,1	28,5			
		svježa paprika	12,0	10,0	6,8	1,6			
		maslac	10,0	10,0	314,2	75,1			
		sol, začini							
		<b>UKUPNO:</b>	<b>52,0</b>	<b>50,0</b>	<b>440,1</b>	<b>105,2</b>	<b>4,4</b>	<b>9,2</b>	<b>1,2</b>
	Ime normativa: KRUH								
		crni kruh	70,0	70,0	650,3	155,4			
		<b>UKUPNO:</b>	<b>70,0</b>	<b>70,0</b>	<b>650,3</b>	<b>155,4</b>	<b>5,6</b>	<b>1,4</b>	<b>30,1</b>
	<b>SVEUKUPNO</b>	<b>309,0</b>	<b>307,0</b>	<b>1614,6</b>	<b>385,9</b>	<b>5,6</b>	<b>1,4</b>	<b>30,1</b>	
Ručak	Ime normativa: JUHA OD RAJČICE								
		maslinovo ulje	3,0	3,0	113,0	27,0			
		bijelo brašno	5,0	5,0	73,0	18,0			
		tjestenina s jajima	8,0	8,0	119,0	28,0			
		šećer kristal	3,0	3,0	50,0	12,0			
		peršin	1,0	0,9	1,0	0,0			
		bosiljak	5,0	5,0	0,0	0,0			
		rajčica ukuhana (konc. 28-30%)	10,0	10,0	29,0	7,0			
		sol							
		<b>UKUPNO:</b>	<b>35,0</b>	<b>34,9</b>	<b>385,0</b>	<b>92,0</b>	<b>1,7</b>	<b>3,2</b>	<b>14,3</b>
	Ime normativa: PROLIJETNI RIŽOTO								
		luk crveni	10,0	10,0	9,6	2,4			
		mrkva	22,0	20,0	30,0	7,0			
		peršin	7,0	5,0	4,2	1,0			
		celer	8,0	5,0	4,8	1,2			
		paprika	50,0	45,0	30,6	7,2			
		rajčica	50,0	45,0	27,0	6,3			
		riža integralna	80,0	80,0	1117,6	267,2			
		vrhnje kiselo 12% m.m.	20,0	20,0	115,4	27,6			
		ribani sir, polutvrđi	10,0	10,0	39,7	9,5			
		ulje maslinovo	5,0	5,0	188,0	45,0			
		sol, začini							
		<b>UKUPNO:</b>	<b>262,0</b>	<b>245,0</b>	<b>1566,9</b>	<b>374,4</b>	<b>8,6</b>	<b>9,4</b>	<b>64,2</b>
	Ime normativa: MIJEŠANA SALATA								
		rajčica	30,0	25,0	15,0	3,5			
	paprika	20,0	15,0	10,2	2,4				
	krastavci	25,0	20,0	11,8	2,8				
	maslinovo ulje	2,0	2,0	75,3	18,0				
	jabučni ocat	3,0	3,0	1,6	0,4				
	sol								
	<b>UKUPNO:</b>	<b>80,0</b>	<b>65,0</b>	<b>113,9</b>	<b>27,1</b>	<b>0,4</b>	<b>2,1</b>	<b>1,7</b>	
	<b>SVEUKUPNO:</b>	<b>377,0</b>	<b>344,9</b>	<b>2065,8</b>	<b>493,5</b>	<b>10,7</b>	<b>14,7</b>	<b>80,2</b>	
Užina	Ime normativa: MLIJEČNI SLADOLED								
		mliječni sladoled	100,0	100,0	644,0	154,0	3,0	6,0	22,0
		<b>UKUPNO</b>	<b>100,0</b>	<b>100,0</b>	<b>644,0</b>	<b>154,0</b>	<b>3,0</b>	<b>6,0</b>	<b>22,0</b>
		<b>SVEUKUPNO</b>	<b>100,0</b>	<b>100,0</b>	<b>644,0</b>	<b>154,0</b>	<b>3,0</b>	<b>6,0</b>	<b>22,0</b>



Br. Jelovnika		12.						
R		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: KAKAO							
	mlijeko 3,2% m.m.	200,0	200,0	502,0	120,0			
	kakao	3,0	3,0	39,0	9,0			
	<b>UKUPNO:</b>	<b>203,0</b>	<b>203,0</b>	<b>541,0</b>	<b>129,0</b>	<b>7,1</b>	<b>7,0</b>	<b>13,9</b>
	Ime normativa: NEKTARINA, INTEGRALNI KEKS							
	nektarina	120,0	100,0	209,0	50,0			
	integralni keks sa suhim voćem i lješnjacima	25,0	25,0	466,5	110,0			
	<b>UKUPNO:</b>	<b>145,0</b>	<b>125,0</b>	<b>675,5</b>	<b>160,0</b>	<b>2,8</b>	<b>4,9</b>	<b>26,8</b>
	<b>SVEUKUPNO:</b>	<b>348,0</b>	<b>328,0</b>	<b>1216,5</b>	<b>289,0</b>	<b>9,9</b>	<b>11,9</b>	<b>40,7</b>
	Ime normativa: JUHA S PROSOM I POVRČEM							
	mrkva	25,0	23,0	34,7	8,3			
	koraba	12,0	10,0	10,0	2,4			
	celer	8,0	5,0	5,0	1,0			
	peršin	7,0	5,0	83,7	20,0			
	ulje maslinovo	3,0	3,0	113,0	27,0			
	proso	5,0	5,0	76,2	18,2			
	sol							
	<b>UKUPNO:</b>	<b>60,0</b>	<b>51,0</b>	<b>322,6</b>	<b>76,9</b>	<b>2,5</b>	<b>3,7</b>	<b>9,3</b>
	Ime normativa: ZAPEČENI OSLIĆ							
	oslić	60,0	50,0	148,0	35,5			
	krumpir	120,0	90,0	327,6	78,3			
	paprika	90,0	80,0	54,4	12,8			
	rajčica	60,0	45,0	27,0	6,3			
	luk crveni	35,0	30,0	28,8	7,2			
	ulje maslinovo	5,0	5,0	188,0	45,0			
	peršin list	1,0	0,9	1,0	0,0			
sol								
<b>UKUPNO:</b>	<b>371,0</b>	<b>300,9</b>	<b>774,8</b>	<b>185,1</b>	<b>11,5</b>	<b>5,5</b>	<b>24,1</b>	
Ime normativa: KRUH								
kruh polubijeli	70,0	70,0	667,8	159,6				
<b>UKUPNO:</b>	<b>70,0</b>	<b>70,0</b>	<b>667,8</b>	<b>159,6</b>	<b>5,6</b>	<b>1,4</b>	<b>31,2</b>	
Ime normativa: ZELENA SALATA S GRAHOM								
zelena salata	65,0	60,0	34,2	8,4				
crveni grah	10,0	10,0	114,2	27,3				
jabučni ocat	3,0	3,0	1,6	0,4				
ulje maslinovo	5,0	5,0	188,0	45,0				
sol								
<b>UKUPNO:</b>	<b>83,0</b>	<b>78,0</b>	<b>338,0</b>	<b>81,1</b>	<b>2,6</b>	<b>5,2</b>	<b>6,5</b>	
Ime normativa: MRAMORNI KOLAČ								
brašno, pšenično bijelo	7,5	7,5	109,8	26,3				
maslac	3,0	3,0	94,2	22,5				
mlijeko 2,8% m.m.	3,5	3,5	8,4	2,0				
šećer	2,0	2,0	33,5	8,0				
jaje	5,0	5,0	31,6	7,6				
čokolada	2,5	2,5	53,6	12,8				
prašak za pecivo								
sol								
<b>UKUPNO:</b>	<b>23,5</b>	<b>23,5</b>	<b>331,1</b>	<b>79,2</b>	<b>1,6</b>	<b>4,0</b>	<b>9,4</b>	
<b>SVEUKUPNO:</b>	<b>607,5</b>	<b>523,4</b>	<b>2434,3</b>	<b>581,9</b>	<b>26,6</b>	<b>24,7</b>	<b>107,3</b>	
Užina	Ime normativa: INTEGRALNI KEKSI							
	integralni keksi sa suhim voćem i lješnjacima	50,0	50,0	933,0	220,0	3,8	9,7	28,7
	<b>UKUPNO</b>	<b>50,0</b>	<b>50,0</b>	<b>933,0</b>	<b>220,0</b>	<b>3,8</b>	<b>9,7</b>	<b>28,7</b>
	<b>SVEUKUPNO</b>	<b>50,0</b>	<b>50,0</b>	<b>933,0</b>	<b>220,0</b>	<b>3,8</b>	<b>9,7</b>	<b>28,7</b>



Br. Jelovnika		13.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: OKRUGLICE OD ŠLJIVA								
	brašno pšenično polubijelo	30,0	30,0	423,0	101,1				
	krumpir	90,0	70,0	208,6	49,7				
	šljive	45,0	40,0	63,6	15,2				
	jaje	5,0	5,0	31,6	7,6				
	ulje	3,0	3,0	91,6	21,9				
	mrvice	5,0	5,0	74,1	17,7				
	šećer	5,0	5,0	83,7	20,0				
	kiselo vrhnje 12% m.m.	5,0	5,0	28,9	6,9				
	cimet	1,0	1,0	10,0	2,4				
	sol								
	UKUPNO:	189,0	164,0	1015,1	242,5	5,6	4,1	47,6	
	Ime normativa: ČAJ								
	med	10,0	10,0	133,0	32,0				
	limun	2,0	1,3	0,0	0,0				
	čaj voćni	5,0	5,0	35,0	8,0				
	UKUPNO:	17,0	16,3	168,0	40,0	0,3	0,1	12,0	
	<b>SVEUKUPNO</b>	<b>206,0</b>	<b>180,3</b>	<b>1183,1</b>	<b>282,5</b>	<b>5,9</b>	<b>4,2</b>	<b>59,6</b>	
	Ručak	Ime normativa: PILEĆA PRSA U UMAKU							
		pile bijelo meso	80,0	80,0	388,0	93,0			
ulje suncokretovo		5,0	5,0	188,0	45,0				
luk crveni		20,0	18,0	17,0	4,0				
mrkva		10,0	9,0	14,0	3,0				
rajčica (28-30% konc.)		2,0	2,0	6,0	1,0				
paprika mljevena crvena		0,2	0,2	3,0	1,0				
lovor		0,1	0,1	1,0	0,0				
senf		1,0	1,0	3,0	1,0				
sol									
UKUPNO:		118,3	115,3	620,0	148,0	18,3	7,7	6,2	
Ime normativa: RIŽA S GRAŠKOM I KUKURUZOM									
ulje maslinovo		5,0	5,0	188,0	45,0				
integralna riža		50,0	50,0	700,0	167,0				
peršin list		1,0	0,9	1,0	0,0				
grašak zeleni		30,0	30,0	67,0	16,0				
celer korijen		10,0	7,2	4,0	1,0				
mrkva		10,0	9,0	14,0	3,0				
peršin korijen		10,0	10,0	4,0	1,0				
kukuruz u zrnu		10,0	10,0	49,0	12,0				
sol									
UKUPNO:		126,0	122,1	1027,0	245,0	5,9	5,6	42,4	
Ime normativa: ZELENA SALATA									
zelena salata		70,0	60,0	34,2	8,4				
ulje maslinovo		2,0	2,0	75,3	18,0				
ocat jabučni		3,0	3,0	1,6	0,4				
sol									
UKUPNO:	75,0	65,0	111,1	26,8	0,7	2,1	1,5		
Ime normativa: TREŠNJE									
trešnje	200,0	172,0	345,0	82,0					
UKUPNO:	200,0	172,0	345,0	82,0	1,4	0,2	20,1		
<b>SVEUKUPNO:</b>	<b>519,3</b>	<b>474,4</b>	<b>2103,1</b>	<b>501,8</b>	<b>26,3</b>	<b>15,6</b>	<b>70,2</b>		
Užina	Ime normativa: JOGURT I BOROVNICE								
	jogurt čvrsti 2,8%mm	195,0	195,0	507,0	120,9	7,5	5,5	9,9	
	borovnice	100,0	100,0	234,0	56,0	0,6	0,6	14,3	
	UKUPNO	295,0	295,0	741,0	176,9	8,1	6,1	24,2	
<b>SVEUKUPNO</b>	<b>295,0</b>	<b>295,0</b>	<b>741,0</b>	<b>176,9</b>	<b>8,1</b>	<b>6,1</b>	<b>24,2</b>		



Br. Jelovnika 14.		KOLIČINA		ENERGIJA		B	M	UH
R		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: KAKAO I SIRNI NAMAZ SA SJEMENKAMA, GRAHAM PECIVO							
	mlijeko 3,2% m.m.	200,0	200,0	502,0	120,0			
	kakao	3,0	3,0	39,0	9,0			
	jogurt tekući 2,8% m.m.	10,0	10,0	26,0	6,0			
	sir kravljji svježi	30,0	30,0	90,0	22,0			
	oljuštene sjemenke sezama	2,0	2,0	50,0	12,0			
	graham pecivo	60,0	60,0	517,0	124,0			
	UKUPNO:	305,0	305,0	1224,0	293,0	16,0	9,9	39,4
	SVEUKUPNO	305,0	305,0	1224,0	293,0	16,0	9,9	39,4
	Ručak	Ime normativa: JUHA OD RAJČICA						
maslinovo ulje		3,0	3,0	113,0	27,0			
bijelo brašno		5,0	5,0	73,0	18,0			
tjestenina s jajima		8,0	8,0	119,0	28,0			
šećer kristal		3,0	3,0	50,0	12,0			
peršin		1,0	0,9	1,0	0,0			
bosiljak		5,0	5,0	0,0	0,0			
rajčica ukuhana (konc. 28-30%)		10,0	10,0	29,0	7,0			
sol								
UKUPNO:		35,0	34,9	385,0	92,0	1,7	3,2	14,3
Ime normativa: LAZANJE								
tjestenina lazanje		50,0	50,0	757,5	181,0			
teletina mljevena		20,0	20,0	94,6	22,6			
piletina mljevena		15,0	15,0	72,8	17,4			
luk crveni		35,0	30,0	28,8	7,2			
rajčica svježa		35,0	30,0	18,0	4,2			
ulje maslinovo		5,0	5,0	188,0	45,0			
brašno pšenično		5,0	5,0	73,2	17,5			
mlijeko 2,8% m.m.		40,0	40,0	100,4	24,0			
parmezan		3,0	3,0	51,6	12,3			
sol								
UKUPNO:	208,0	198,0	1384,9	331,2	13,5	8,8	43,8	
Ime normativa: PUDING								
prašak čokolada	13,0	13,0	299,1	71,5				
šećer	5,0	5,0	83,7	20,0				
mlijeko 2,8% m.m.	180,0	180,0	430,2	102,6				
UKUPNO:	198,0	198,0	813,0	194,1	7,0	9,9	20,6	
SVEUKUPNO:	441,0	430,9	2582,9	617,3	22,2	21,9	78,7	
Užina	Ime normativa: MARELICA I KEKSI							
	marelica	115,0	100,0	117,0	28,0	0,6	0,0	6,7
	integralni keksi sa suhim voćem i lješnjacima	25,0	25,0	466,5	110,0	1,9	4,9	14,4
	UKUPNO	140,0	125,0	583,5	138,0	2,5	4,9	21,1
SVEUKUPNO	140,0	125,0	583,5	138,0	2,5	4,9	21,1	



Br. Jelovnika		KOLIČINA		ENERGIJA		B	M	UH
R		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: MEDITERANSKA MINI PIZZA							
	mlijeko							
	3,2% m.m.	7,0	7,0	18,0	4,0			
	sir mozzarella	20,0	20,0	328,0	78,0			
	ulje maslinovo	3,0	3,0	113,0	27,0			
	pšenično brašno							
	bijelo	20,0	20,0	293,0	70,0			
	pšenično brašno							
	bijelo oštro	20,0	20,0	282,0	67,0			
	paprika zelena,							
	crvena	15,0	12,3	8,0	2,0			
	rajčica	25,0	24,5	15,0	3,0			
	tikvice zelene	15,0	13,2	8,0	2,0			
	šampinoni	20,0	18,0	12,0	3,0			
	rajčica ukuhana (28-30% konc)	10,0	10,0	29,0	7,0			
	masline zelene	2,0	1,6	7,0	2,0			
	origano sušeni	1,0	1,0	14,0	3,0			
bosiljak	2,0	2,0	0,0	0,0				
kvasac pekarski								
suhi	1,0	1,0	12,0	3,0				
sol								
UKUPNO:	161,0	153,6	1139,0	271,0	11,3	10,5	35,1	
<b>SVEUKUPNO</b>	<b>161,0</b>	<b>153,6</b>	<b>1139,0</b>	<b>271,0</b>	<b>11,3</b>	<b>10,5</b>	<b>35,1</b>	
Ručak	Ime normativa: RIBLJI FILE							
	oslić panirani	100	100	915	218			
	suncokretovo ulje	15	7,5	282	68			
	sol							
	UKUPNO:	115	107,5	1197	286	12	16,5	22,4
	Ime normativa: KRUMPIR SALATA							
	ulje maslinovo	5,0	5,0	188,0	45,0			
	peršin list	1,0	0,9	1,0	0,0			
	češnjak	1,0	0,9	5,0	1,0			
	luk crveni	5,0	4,5	4,0	1,0			
	krumpir	200,0	160,0	582,0	139,0			
	ocat alkoholni	4,0	4,0	2,0	0,0			
	papar	0,1	0,1	0,0	0,0			
	sol							
	UKUPNO:	216,1	175,4	782,0	186,0	6,7	3,9	52,7
	Ime normativa: JUHA MINISTRONE							
	tjestenina s jajima	8,0	8,0	119,0	28,0			
kupus glavati								
bijeli	10,0	9,0	8,0	2,0				
peršin list	1,0	0,9	1,0	0,0				
grašak	20,0	20,0	44,0	11,0				
tikvice zelene	20,0	17,6	11,0	4,0				
luk crveni	10,0	9,0	9,0	2,0				
celer korijen	15,0	10,8	10,0	2,0				
mrkva	15,0	13,5	20,0	5,0				
rajčica	10,0	10,0	29,0	7,0				
origano sušeni	1,0	1,0	14,0	3,0				
sol								
UKUPNO:	110,0	99,8	265,0	64,0	4,4	2,4	12,4	
Ime normativa: SIRNI DESERT S VOĆEM								
svježi sir s voćem	100,0	100,0	604,0	144,0				
UKUPNO:	100,0	100,0	604,0	144,0	6,0	3,3	13,6	
<b>SVEUKUPNO:</b>	<b>541,1</b>	<b>482,7</b>	<b>2848,0</b>	<b>680,0</b>	<b>29,1</b>	<b>26,1</b>	<b>101,1</b>	
Užina	Ime normativa: BISKVIT S VOĆEM							
	brašno	10,0	8,0	117,1	28,0	0,8	0,1	6,4
	maslac	8,0	8,0	57,4	239,8	0,0	6,5	0,0
	med	8,0	8,0	107,2	25,6	0,0	0,0	6,4
	jaja	5,0	5,0	31,6	7,6	0,6	0,6	0,0
	šljive	23,0	20,0	31,8	7,6	0,1	0,0	1,9
	UKUPNO	54,0	49,0	345,1	308,5	1,5	7,1	14,7
<b>SVEUKUPNO</b>	<b>54,0</b>	<b>49,0</b>	<b>345,1</b>	<b>308,5</b>	<b>1,5</b>	<b>7,1</b>	<b>14,7</b>	



Br. Jelovnika		16.								
R		KOLIČINA		ENERGIJA		B	M	UH		
		Bruto (g)	Neto (g)	(KJ)	(Kcal)					
Doručak	Ime normativa: KRUH S MASLACEM									
		maslac	10,0	10,0	315,6	75,5				
		kruh crni	40,0	40,0	371,0	88,0				
		UKUPNO:	50,0	50,0	686,6	163,5	3,2	13,0	17,2	
	Ime normativa: FRAPE OD BANANE I KRUŠKE									
		banana	60,0	50,0	165,5	39,5				
		kruška	110,0	100,0	121,0	29,0				
		mlijeko 2,8% m.m.	100,0	100,0	239,0	57,0				
		UKUPNO:	270,0	250,0	525,5	125,5	4,1	3,0	21,9	
		<b>SVEUKUPNO</b>	<b>320,0</b>	<b>300,0</b>	<b>1212,1</b>	<b>289,0</b>	<b>7,3</b>	<b>16,0</b>	<b>39,1</b>	
	Ručak	Ime normativa: RAGU JUHA S JUNETINOM I PURETINOM								
			junetina	26,0	20,0	134,0	32,0			
			puretina	15,0	12,0	67,1	16,1			
			mrkva	10,0	8,0	12,1	2,9			
			cvjetača	12,0	8,0	8,3	2,0			
			grašak	10,0	8,0	17,8	4,2			
		peršin korijen	11,0	10,0	8,4	2,0				
		celer korijen	6,0	5,0	5,0	1,0				
		luk crveni	6,0	5,0	4,8	1,2				
		ulje maslinovo	5,0	5,0	188,0	45,0				
		brašno pšenično	5,0	5,0	73,2	17,5				
		pire od rajčice	2,0	2,0	5,7	1,4				
		peršin list	2,0	2,0	1,7	0,4				
		sol								
		UKUPNO:	110,0	90,0	526,1	125,7	8,3	7,5	6,1	
Ime normativa: SAVIJAČA S POVRĆEM										
		pšenično brašno glatko	20,0	20,0	292,8	70,0				
		ulje maslinovo	5,0	5,0	188,0	45,0				
		krumpir	120,0	100,0	364,0	87,0				
		prokulice	65,0	50,0	54,5	13,0				
		brokula	50,0	40,0	42,0	10,0				
		peršin list	3,0	3,0	2,5	0,6				
		parmezan	10,0	10,0	172,0	41,1				
		češnjak	1,0	0,9	5,0	1,0				
		sol								
		UKUPNO:	274,0	228,9	1120,8	267,7	11,2	8,1	39,4	
Ime normativa: KRUH										
		kruh integralni	50,0	50,0	490,0	117,0				
		UKUPNO:	50,0	50,0	490,0	117,0	3,8	0,6	24,2	
Ime normativa: VOĆNA SALATA S GROŽĐICAMA										
		limun sok	2,0	1,3	0,0	0,0				
		jabuka	50,0	38,5	73,0	18,0				
		kruška	50,0	36,0	61,0	15,0				
	banana	50,0	30,0	99,0	24,0					
	groždice	5,0	5,0	51,0	12,0					
	badem oljušteni	10,0	10,0	236,0	56,0					
	breskva	50,0	50,0	182,0	44,0					
	UKUPNO:	217,0	170,8	702,0	169,0	6,6	4,9	27,9		
	<b>SVEUKUPNO:</b>	<b>651,0</b>	<b>539,7</b>	<b>2838,9</b>	<b>679,4</b>	<b>29,9</b>	<b>21,1</b>	<b>97,6</b>		
Užina	Ime normativa: INTEGRALNO PECIVO I JOGURT									
		jogurt 2,8%mm	150,0	150,0	370,5	88,5	5,4	4,2	7,2	
		integralno pecivo	35,0	35,0	343,0	81,9	2,7	0,4	16,9	
		UKUPNO	185,0	185,0	713,5	170,4	8,1	4,6	24,1	
		<b>SVEUKUPNO</b>	<b>185,0</b>	<b>185,0</b>	<b>713,5</b>	<b>170,4</b>	<b>8,1</b>	<b>4,6</b>	<b>24,1</b>	



Br. Jelovnika 17.		KOLIČINA		ENERGIJA		B	M	UH	
M		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: MLIJEKO, KUKURUZNE I ZOBENE PAHULJICE S GROŽĐICAMA								
	mlijeko								
	2,8 % m.m.	250,0	250,0	597,5	142,5				
	kukuruzne pahuljice	30,0	30,0	461,7	110,4				
	zobene pahuljice	15,0	15,0	233,7	55,8				
	grožđice	5,0	5,0	51,5	12,3				
	UKUPNO:	300,0	300,0	1344,4	321,0	12,1	3,8	8,6	
	<b>SVEUKUPNO</b>	<b>300,0</b>	<b>300,0</b>	<b>1344,4</b>	<b>321,0</b>	<b>12,1</b>	<b>3,8</b>	<b>8,6</b>	
	Ručak	Ime normativa: TELEĆA JUHA SA ŽLIČNJACIMA							
		teletina BK	25,0	20,0	94,6	22,6			
mrkva		12,0	10,0	15,1	3,6				
koraba		15,0	10,0	10,0	2,4				
peršin korijen		12,0	10,0	9,6	2,3				
celer korijen		6,0	5,0	4,8	1,2				
brašno		11,0	10,0	146,4	35,0				
jaja		5,0	5,0	31,6	7,6				
peršin list		1,0	0,9	1,0	0,0				
sol									
UKUPNO:		87,0	70,9	313,1	74,7	6,5	1,3	9,8	
Ime normativa: TELEĆI KOSANI ODREZAK									
mljevena teletina		50,0	40,0	189,3	45,3				
jaja		5,0	5,0	31,6	7,6				
luk crveni		6,0	5,0	4,8	1,2				
mrvice		20,0	10,0	148,1	35,4				
ulje		5,0	5,0	188,0	45,0				
češnjak		1,0	0,9	5,0	1,0				
peršin list		1,0	0,9	1,0	0,0				
sol									
UKUPNO:		88,0	66,8	567,8	135,5	7,9	6,5	8,0	
Ime normativa: PIRJANA RIŽA S TIKVICAMA									
riža		47,0	45,0	628,7	150,3				
maslac		5,0	5,0	152,7	36,5				
tikvice		60,0	50,0	30,5	7,5				
sol									
UKUPNO:	112,0	100,0	811,9	194,3	3,8	5,0	33,5		
Ime normativa: SALATA OD KRASTAVACA I KOROMAČA									
krastavci	60,0	50,0	29,5	7,0					
koromač	25,0	20,0	22,6	5,4					
ulje maslinovo	5,0	5,0	188,0	45,0					
jabučni ocat	3,0	3,0	1,6	0,4					
sol									
UKUPNO:	93,0	78,0	241,7	57,8	0,7	5,3	2,1		
Ime normativa: BISKVIT S VOĆEM									
brašno	10,0	8,0	117,1	28,0					
maslac	8,0	8,0	252,5	60,4					
šećer	8,0	8,0	133,9	32,0					
jaja	5,0	5,0	31,6	7,6					
šljive	23,0	20,0	31,8	7,6					
prašak za pecivo									
UKUPNO:	54,0	49,0	566,9	135,6	1,6	6,7	16,3		
<b>SVEUKUPNO:</b>	<b>434,0</b>	<b>364,7</b>	<b>2501,4</b>	<b>597,9</b>	<b>20,5</b>	<b>24,8</b>	<b>69,7</b>		
Užina	Ime normativa: SVJEŽI SIR S JABUKOM								
	svježi sir	30,0	30,0	119,1	28,5	4,2	0,9	0,0	
	jabuka	140,0	120,0	230,4	55,2	0,4	0,0	14,3	
	grožđice	30,0	30,0	308,7	73,8	0,3	0,0	19,3	
	UKUPNO	200,0	180,0	658,2	157,5	4,9	0,9	33,6	
<b>SVEUKUPNO</b>	<b>200,0</b>	<b>180,0</b>	<b>658,2</b>	<b>157,5</b>	<b>4,9</b>	<b>0,9</b>	<b>33,6</b>		



Br. Jelovnika		18.						
M		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: ZOBENE PAHULJICE S A SUHIM SMOKVAMA I LJEŠNJACIMANA MLIJEKU							
	zobene pahuljice	45,0	45,0	701,1	167,4			
	smokve suhe	5,0	5,0	44,6	10,7			
	lješnjaci	10,0	10,0	293,3	70,1			
	mlijeko							
	3,2 % m.m.	250,0	250,0	627,5	150,0			
	UKUPNO:	310,0	310,0	1666,5	398,2	13,5	18,3	47,4
	<b>SVEUKUPNO</b>	<b>310,0</b>	<b>310,0</b>	<b>1666,5</b>	<b>398,2</b>	<b>13,5</b>	<b>18,3</b>	<b>47,4</b>
Ručak	Ime normativa: JUHA OD CELERA S KUKURUZNOM KRUPICOM							
	celer korijen	50,0	40,0	38,4	9,2			
	vrhnje kiselo							
	12% m.m.	10,0	10,0	57,7	13,8			
	ulje	2,0	2,0	75,3	18,0			
	kukuruzna krupica	10,0	10,0	153,9	36,8			
	peršin list	1,0	0,9	1,0	0,0			
	sol							
	UKUPNO:	73,0	62,9	326,3	77,8	1,9	3,5	9,7
	Ime normativa: PURETINA							
	puretina zabatak	50,0	40,0	223,6	53,6			
	ulje	5,0	5,0	188,0	45,0			
	sol							
	UKUPNO:	55,0	45,0	411,6	98,6	10,8	7,2	16,0
	Ime normativa: ĐUVEĐ OD POVRĆA							
	rajčica	130,0	125,0	75,0	17,5			
	paprika	90,0	85,0	57,8	13,6			
	tikvica	50,0	40,0	24,0	6,0			
	patlidžan	30,0	20,0	13,4	3,2			
	luk crveni	15,0	15,0	14,4	3,6			
	peršin list	1,0	0,9	1,0	0,0			
integralna riža	44,0	40,0	558,8	133,6				
sol								
UKUPNO:	360,0	325,9	744,4	177,5	5,7	6,1	37,3	
Ime normativa: KRUH								
kruh miješani	30,0	30,0	288,6	69,0				
UKUPNO:	30,0	30,0	288,6	69,0	4,2	0,6	11,7	
<b>SVEUKUPNO:</b>	<b>518,0</b>	<b>463,8</b>	<b>1770,9</b>	<b>422,9</b>	<b>22,6</b>	<b>17,4</b>	<b>74,7</b>	
Užina	Ime normativa: TREŠNJE I KEKS							
	trešnje	120,0	100,0	201,0	48,0	0,8	0,1	11,7
	keks	25,0	25,0	434,5	103,8	1,5	2,1	16,9
	UKUPNO	145,0	125,0	635,5	151,8	2,3	2,2	28,6
<b>SVEUKUPNO</b>	<b>145,0</b>	<b>125,0</b>	<b>635,5</b>	<b>151,8</b>	<b>2,3</b>	<b>2,2</b>	<b>28,6</b>	



Br. Jelovnika		19.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: MLIJEKO								
		mlijeko 2,8% m.m.	200,0	200,0	478,0	114,0			
		<b>UKUPNO:</b>	200,0	200,0	478,0	114,0	6,4	2,8	4,7
	Ime normativa: SAVIJAČA S JABUKAMA								
		ulje suncokretovo	5,0	5,0	188,0	45,0			
		pšenično brašno bijelo	25,0	25,0	366,0	87,0			
		mrvice	5,0	5,0	74,0	17,0			
		šećer kristal	3,0	3,0	50,0	12,0			
		šećer smeđi	3,0	3,0	47,0	11,0			
		šećer vanilin	1,0	1,0	16,0	3,0			
		jabuka	100,0	77,0	147,0	35,0			
		cimet	0,2	0,2	2,0	0,0			
		<b>UKUPNO:</b>	142,2	119,2	890,0	210,0	2,2	2,4	32,9
		<b>SVEUKUPNO</b>	342,2	319,2	1368,0	324,0	8,6	5,2	37,6
Ručak	Ime normativa: PILEĆI UJUŠAK S INTEGRALNOM RIŽOM I POVRĆEM								
		piletina	55,0	40,0	194,0	46,4			
		mrkva	32,0	30,0	45,3	10,8			
		koraba	15,0	10,0	10,0	2,4			
		cvjetača	36,0	30,0	31,2	7,5			
		grašak	27,0	25,0	70,0	16,8			
		peršin korijen	12,0	10,0	8,4	2,0			
		luk crveni	4,0	3,0	2,9	0,7			
		ulje maslinovo	3,0	3,0	113,0	27,0			
		peršin list	1,0	0,9	1,0	0,0			
		jaja	5,0	5,0	31,6	7,6			
		integralna riža	5,0	5,0	69,9	16,7			
		sol							
		<b>UKUPNO:</b>	195,0	161,9	577,3	137,9	14,6	5,3	10,1
	Ime normativa: VALJUŠCI OD KRUMPIRA								
		brašno	35,0	30,0	439,2	105,0			
		krumpir	85,0	70,0	208,6	49,7			
		jaja	5,0	5,0	56,6	33,7			
		mrvice	5,0	5,0	74,1	17,7			
		maslac	3,0	3,0	152,7	36,5			
		sol							
		<b>UKUPNO:</b>	133,0	113,0	931,2	242,6	4,9	6,4	43,9
	Ime normativa: ŠALŠA								
		rajčica	100,0	90,0	54,0	12,6			
		luk crveni	6,0	5,0	4,8	1,2			
		ulje maslinovo	3,0	3,0	113,0	27,0			
		peršin list	2,0	2,0	1,7	0,4			
		pire od rajčice	2,0	2,0	5,7	1,4			
		bosiljak	1,0	0,9	1,0	0,0			
		češnjak	1,0	0,9	5,0	1,0			
		parmezan	3,0	3,0	51,6	12,3			
		sol							
		<b>UKUPNO:</b>	118,0	106,8	236,8	55,9	2,1	4,8	2,8
	Ime normativa: SALATA OD CRVENOG KUPUSA								
		crveni kupus	70,0	60,0	50,4	12,0			
		ulje maslinovo	5,0	5,0	188,0	45,0			
		jabučni ocat	3,0	3,0	1,6	0,4			
		sol							
		<b>UKUPNO:</b>	78,0	68,0	240,0	57,4	1,0	5,1	2,3
	Ime normativa: LUBENICA								
		lubenica	120,0	100,0	88,0	21,0			
		<b>UKUPNO:</b>	120,0	100,0	88,0	21,0	0,4	0,0	5,3
		<b>SVEUKUPNO:</b>	644,0	549,7	2073,3	514,8	23,0	21,6	64,4
	Užina	Ime normativa: JAGODE SA ŠLAGOM							
		jagode	110,0	100,0	109,0	26,0	0,6	0,0	6,2
		Vrhnje 33% mm	10,0	10,0	136,0	32,5	0,2	3,3	0,3
		inegralni keks sa suhim voćem	25,0	25,0	466,5	110,0	1,9	4,9	14,4
		<b>UKUPNO</b>	145,0	135,0	711,5	168,5	2,7	8,2	20,9
	<b>SVEUKUPNO</b>	145,0	135,0	711,5	168,5	2,7	8,2	20,9	



Br. Jelovnika		20.		KOLIČINA		ENERGIJA		B	M	UH	
R		Bruto (g)	Neto (g)	(KJ)	(Kcal)						
Doručak	Ime normativa: MLIJEKO										
	mlijeko 2,8% m.m.	200,0	200,0	478,0	114,0						
	UKUPNO:	200,0	200,0	478,0	114,0	6,4	2,8	4,7			
	Ime normativa: BUHTLA										
	mlijeko 2,8% m.m.	10,0	10,0	23,0	5,0						
	jaje	10,0	6,0	38,0	9,0						
	ulje suncokretovo	5,0	5,0	188,0	45,0						
	pšenično brašno crno	5,0	5,0	68,0	16,0						
	pšenično brašno bijelo namjensko	20,0	20,0	292,0	70,0						
	šećer u prahu	1,0	1,0	15,0	3,0						
	šećer smeđi	5,0	5,0	79,0	19,0						
	šećer vanilin	0,5	0,5	8,0	1,0						
	marmelada miješana	10,0	10,0	109,0	26,0						
	limun	1,0	0,7	0,0	0,0						
	jabuka	60,0	46,2	88,0	21,0						
	kvasac pekarski (suhi)	0,7	0,7	8,0	1,0						
	UKUPNO:	128,2	110,1	916,0	216,0	6,1	7,1	34,9			
	<b>SVEUKUPNO</b>	<b>328,2</b>	<b>310,1</b>	<b>1394,0</b>	<b>330,0</b>	<b>12,5</b>	<b>9,9</b>	<b>39,6</b>			
	Ručak	Ime normativa: KREM JUHA OD GRAHA									
		šareni grah	30,0	30,0	342,6	81,9					
ulje suncokretovo		5,0	5,0	188,0	45,0						
kiselo vrhnje 12% m.m.		10,0	10,0	57,7	13,8						
peršin list		1,0	0,9	1,0	0,0						
sol											
UKUPNO:		46,0	45,9	589,3	140,7	6,1	6,5	15,4			
Ime normativa: SLOŽENAC S KRUMPIROM I PATLIDŽANIMA											
krumpir		250,0	200,0	596,0	142,0						
luk crveni		6,0	5,0	4,8	1,2						
svinjetina mljevena		18,0	15,0	175,8	42,0						
teletina mljevena		23,0	20,0	94,6	22,6						
patlidžan		26,0	23,0	15,4	3,7						
paprika		20,0	15,0	13,8	3,3						
mrkva		18,0	16,0	24,2	5,8						
rajčica		7,0	6,0	3,6	0,8						
ulje maslinovo		5,0	5,0	188,0	45,0						
mlijeko 2,8% m.m. vrhnje kiselo 12% m.m.		5,0	5,0	28,9	6,9						
mrvice		3,0	3,0	44,4	10,6						
jaja		10,0	10,0	63,2	15,1						
ribani sir polutvrđi	3,0	3,0	51,6	12,3							
češnjak	1,0	0,9	5,0	1,0							
sol											
UKUPNO:	415,0	346,9	1362,9	325,1	12,6	13,0	41,9				
Ime normativa: SALATA OD RAJČICE S BOSILJKOM											
rajčica	75,0	70,0	42,0	9,8							
maslinovo ulje	5,0	5,0	188,0	45,0							
ocat jabučni	3,0	3,0	1,6	0,4							
peršin list	1,0	0,9	1,0	0,0							
bosiljak list	1,0	0,9	1,0	0,0							
sol											
UKUPNO:	75,0	70,0	188,0	45,0	0,7	5,0	2,1				
Ime normativa: KRUH											
kruh miješani	30,0	30,0	288,0	69,0							
UKUPNO:	30,0	30,0	288,0	69,0	4,2	0,6	11,7				
<b>SVEUKUPNO:</b>	<b>566,0</b>	<b>492,8</b>	<b>2428,2</b>	<b>579,8</b>	<b>23,6</b>	<b>25,1</b>	<b>71,1</b>				
Užina	Ime normativa:										
	jagode	110,0	100,0	109,0	26,0	0,6	0,0	6,2			
	Vrhnje 33%mm mljeveni	10,0	10,0	136,0	32,5	0,2	3,3	0,3			
	lješnjaci	10,0	10,0	293,3	70,1	1,4	6,9	0,6			
	UKUPNO	130,0	120,0	538,3	128,6	2,2	10,2	7,1			
<b>SVEUKUPNO</b>	<b>130,0</b>	<b>120,0</b>	<b>538,3</b>	<b>128,6</b>	<b>2,2</b>	<b>10,2</b>	<b>7,1</b>				



### 3. Jelovnici prilagođeni godišnjem dobu – zima

Br. Jelovnika		1.		KOLIČINA		ENERGIJA		B	M	UH
M		Bruto (g)	Neto (g)	(KJ)	(Kcal)					
Doručak	Ime normativa: BIJELA KAVA									
	Mlijeko 2,8% m.m.	200,0	200,0	478,0	114,0					
	kavovina	2,0	2,0	6,3	1,5					
	Šećer	10,0	10,0	167,4	40,0					
	<b>UKUPNO</b>	<b>212,0</b>	<b>212,0</b>	<b>651,7</b>	<b>155,5</b>	<b>6,8</b>	<b>5,6</b>	<b>19,6</b>		
	Ime normativa: KUKURUZNI MIJEŠANI KRUH									
	kukuruzni miješani									
	kruh	70,0	70,0	644,0	154,0	3,3	6,2	21,7		
	Ime normativa: NAMAZ OD SIRA									
	Sirni namaz	30,0	30,0	218,4	52,2	6,0	3,0	0,3		
	<b>SVEUKUPNO</b>	<b>312,0</b>	<b>312,0</b>	<b>1514,1</b>	<b>361,7</b>	<b>16,1</b>	<b>14,8</b>	<b>41,6</b>		
Ručak	Ime normativa: SARMA									
	Kiseli kupus	110,0	100,0	50,0	12,0					
	mljevena teletina	50,0	40,0	189,2	45,2					
	riža	5,0	5,0	70,0	17,0					
	suhastlanina	6,0	5,0	105,9	25,3					
	jaje	4,0	4,0	26,2	6,3					
	crveni luk	6,0	5,0	4,8	1,2					
	ulje	2,0	2,0	75,3	18,0					
	brašno glatko T500	2,0	2,0	28,2	6,7					
	pire od rajčice	2,0	2,0	5,7	1,4					
	sol									
	<b>UKUPNO:</b>	<b>187,0</b>	<b>165,0</b>	<b>555,3</b>	<b>133,1</b>	<b>12,1</b>	<b>5,8</b>	<b>7,0</b>		
	Ime normativa: PIRE KRUMPIR									
	krumpir	130,0	80,0	238,4	56,8					
	margarin	2,0	2,0	61,1	14,6					
	mlijeko 2,8% m.m.	20,0	20,0	47,8	11,4					
	sol									
	<b>UKUPNO:</b>	<b>152,0</b>	<b>102,0</b>	<b>347,3</b>	<b>82,8</b>	<b>1,4</b>	<b>2,3</b>	<b>15,0</b>		
	Ime normativa: POLUBIJELI KRUH									
	Polubijeli kruh	30,0	30,0	286,2	68,4	2,4	0,6	13,4		
	Ime normativa: KOLAČ OD JABUKA I ROGAČA									
	ulje suncokretovo	5,00	5,00	188,00	45,00					
	jabuke	30,00	25,00	41,75	10,00					
mlijeko 2,8% m.m.	2,00	2,00	4,78	1,14						
groždice	5,00	5,00	51,45	12,30						
rogač	5,00	5,00	67,55	16,15						
bijelo brašno	10,00	10,00	146,40	35,00						
šećer	10,00	10,00	167,40	40,00						
jaje	4,00	4,00	26,23	6,27						
prašak za pecivo										
<b>UKUPNO:</b>	<b>71,00</b>	<b>66,00</b>	<b>693,56</b>	<b>165,86</b>	<b>1,9</b>	<b>5,2</b>	<b>27,8</b>			
<b>SVEUKUPNO:</b>	<b>440,00</b>	<b>363,00</b>	<b>1882,33</b>	<b>450,12</b>	<b>17,8</b>	<b>13,9</b>	<b>63,2</b>			
Užina	Ime normativa: JABUKA I JOGURT									
	Jabuka	120,0	100,0	167,0	40,0					
	Jogurt	150,0	150,0	382,5	91,5					
	<b>UKUPNO</b>	<b>270,0</b>	<b>250,0</b>	<b>167,0</b>	<b>40,0</b>	<b>5,3</b>	<b>4,8</b>	<b>17,1</b>		
<b>SVEUKUPNO</b>	<b>270,0</b>	<b>250,0</b>	<b>549,5</b>	<b>131,5</b>	<b>5,3</b>	<b>4,8</b>	<b>17,1</b>			



Br. Jelovnika		2.		M		KOLIČINA		ENERGIJA		B	M	UH
				Bruto (g)	Neto (g)	(KJ)	(Kcal)					
Doručak	Ime normativa: KAKAO											
	Mlijeko 2,8% m.m.	250,0	250,0	597,5	142,5							
	kakao prah	3,0	3,0	39,2	9,4							
	UKUPNO	253,0	253,0	636,7	151,9	8,8	7,6	12,2				
	Ime normativa: RAŽENI KRUH											
	raženi kruh	50,0	50,0	481,0	115,0	7,0	1,0	19,5				
	Ime normativa: NAMAZ OD TUNE											
	maslac	10,0	10,0	314,2	75,1							
	tuna	30,0	30,0	283,8	67,8							
	crveni luk											
	peršin list	1,0	1,0	0,8	0,2							
	sol											
	UKUPNO	41,0	41,0	598,8	143,1	6,6	13,0	0,0				
	<b>SVEUKUPNO</b>	<b>344,0</b>	<b>344,0</b>	<b>1716,5</b>	<b>410,0</b>	<b>22,4</b>	<b>21,6</b>	<b>31,7</b>				
Ručak	Ime normativa: GOVEĐA JUHA S TARANICOM											
	govedina	80,0	70,0	376,6	90,3							
	mrkva	11,0	10,0	15,1	3,6							
	koraba	11,0	10,0	10,0	2,4							
	korijen peršina	6,0	5,0	4,2	1,0							
	korijen celera	6,0	5,0	4,8	1,2							
	peršin list	1,0	1,0	0,8	0,2							
	sol											
	<i>Taranica</i>											
	bijelo brašno	13,0	13,0	173,0	41,3							
	jaje	4,0	4,0	56,6	33,7							
	UKUPNO	132,0	118,0	641,1	173,7	17,5	5,6	13,7				
	Ime normativa: RESTANI KRUMPIR											
	krumpir	130,0	90,0	327,6	78,3							
	creveni luk	10,0	8,0	7,7	1,9							
	suncokretovo ulje	5,0	5,0	188,3	45,0							
	maslinovo ulje	5,0	5,0	188,3	45,0							
	peršin list	1,0	1,0	0,8	0,2							
	sol											
	UKUPNO	151,0	109,0	712,7	170,4	2,0	10,1	19,1				
	Ime normativa: CRNI KRUH											
	Crni kruh	30,0	30,0	278,7	66,6	2,4	0,6	12,9				
	Ime normativa: UMAK OD RAJČICE											
	pasirana rajčica	10,0	10,0	28,5	6,8							
	brašno	5,0	5,0	73,2	17,5							
	maslinovo ulje	3,0	3,0	113,0	27,0							
	bosiljak	1,0	0,9	1,0	0,0							
	sol											
	UKUPNO:	19,0	18,9	215,7	51,3	1,3	3,1	9,4				
	Ime normativa: SAVIJAČA OD JABUKA											
brašno	17,0	15,0	219,6	52,5								
ulje	2,0	2,0	75,3	18,0								
šećer	10,0	10,0	167,4	40,0								
jabuke	60,0	50,0	83,5	20,0								
mrvice	5,0	5,0	74,1	17,7								
sol, ocat, cimet												
UKUPNO:	94,0	82,0	619,9	148,2	2,1	2,3	30,9					
<b>SVEUKUPNO:</b>	<b>426,0</b>	<b>357,9</b>	<b>2468,1</b>	<b>610,3</b>	<b>25,3</b>	<b>21,7</b>	<b>86,0</b>					
Užina	Ime normativa: Banana											
	Banana	130	100	331	7,9							
	UKUPNO	130	100	331	7,9	1,1	0,3	19,2				
<b>SVEUKUPNO</b>	<b>130</b>	<b>100</b>	<b>331</b>	<b>7,9</b>	<b>1,1</b>	<b>0,3</b>	<b>19,2</b>					



Br. Jelovnika		3.						
M		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: ČOKOLADNO MLIJEKO							
	Mlijeko 2,8% m.m.	200,0	200,0	478,0	114,0			
	Čokolada prah	5,0	5,0	115,1	27,5			
	<b>UKUPNO</b>	<b>205,0</b>	<b>205,0</b>	<b>593,1</b>	<b>141,5</b>	<b>7,0</b>	<b>7,5</b>	<b>12,1</b>
	Ime normativa: MIJEŠANI KRUH SA SJEMENKAMA							
	raženi kruh	50,0	50,0	481,0	115,0	7,0	1,0	19,5
	Ime normativa: MASLAC I MED							
	maslac	10,0	10,0	314,2	75,1			
	med	10,0	10,0	133,9	32,0			
	<b>UKUPNO</b>	<b>20,0</b>	<b>20,0</b>	<b>448,1</b>	<b>107,1</b>	<b>0,1</b>	<b>8,3</b>	<b>8,0</b>
	<b>SVEUKUPNO</b>	<b>275,0</b>	<b>275,0</b>	<b>1522,2</b>	<b>363,6</b>	<b>14,1</b>	<b>16,8</b>	<b>39,6</b>
Ručak	Ime normativa: VARIVO OD PORILUKA SA JEČMENOM KAŠOM							
	poriluk	200,0	170,0	198,9	47,6			
	ječmena kaša	43,0	40,0	602,4	144,0			
	krumpir	40,0	25,0	74,5	17,8			
	mrkva	22,0	20,0	30,0	7,0			
	maslinovo ulje	5,0	5,0	188,0	45,0			
	brašno T-500	2,0	2,0	28,2	6,7			
	crveni luk	6,0	5,0	4,8	1,2			
	<b>UKUPNO</b>	<b>318,0</b>	<b>267,0</b>	<b>1126,8</b>	<b>269,3</b>	<b>7,0</b>	<b>5,8</b>	<b>50,1</b>
	Ime normativa: SUHO MESO PURETINA							
	suho meso puretina	42,0	40,0	176,0	42,0			
	<b>UKUPNO</b>	<b>42,0</b>	<b>40,0</b>	<b>176,0</b>	<b>42,0</b>	<b>6,3</b>	<b>1,8</b>	<b>0,0</b>
	Ime normativa: KRUH							
	Integralni kruh	70,0	70,0	686,0	163,8	5,3	0,8	33,8
	Ime normativa: JUNETINA BUT							
	junetina	30,0	30,0	141,9	33,9			
	ulje	5,0	5,0	188,0	45,0			
	<b>UKUPNO:</b>	<b>35,0</b>	<b>35,0</b>	<b>329,9</b>	<b>78,9</b>	<b>6,4</b>	<b>5,9</b>	<b>0,0</b>
	Ime normativa: NARANČA							
	naranča	100,0	70,0	141,4	33,7			
<b>UKUPNO:</b>	<b>100,0</b>	<b>70,0</b>	<b>141,4</b>	<b>33,7</b>	<b>0,7</b>	<b>1,8</b>	<b>3,7</b>	
	<b>SVEUKUPNO:</b>	<b>565,0</b>	<b>482,0</b>	<b>2460,1</b>	<b>587,7</b>	<b>25,7</b>	<b>16,2</b>	<b>87,6</b>
Užina	Ime normativa: KEKSI I NARANČA							
	Keksi (petit)	20,0	20,0	347,6	83,0	1,2	1,6	13,5
	Naranča	120,0	100,0	146,0	35,0	0,8	0,0	8,5
	<b>UKUPNO</b>	<b>140,0</b>	<b>120,0</b>	<b>493,6</b>	<b>118,0</b>	<b>2,0</b>	<b>1,6</b>	<b>22,0</b>
	<b>SVEUKUPNO</b>	<b>140,0</b>	<b>120,0</b>	<b>493,6</b>	<b>118,0</b>	<b>2,0</b>	<b>1,6</b>	<b>22,0</b>



Br. Jelovnika		4.						
M		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: MLIJEKO S KUKURUZNIM PAHULJICAMA							
	Mlijeko 2,8% m.m.	250,0	250,0	597,5	142,5			
	kukuruzne pahuljice	40,0	40,0	615,6	147,2			
	banana	100,0	80,0	264,8	63,2			
	UKUPNO	390,0	370,0	1477,9	352,9	12,3	8,3	57,8
	<b>SVEUKUPNO</b>	<b>390,0</b>	<b>370,0</b>	<b>1477,9</b>	<b>352,9</b>	<b>12,3</b>	<b>8,3</b>	<b>57,8</b>
Ručak	Ime normativa: PILEĆA JUHA SA ŽLIČNJACIMA							
	piletina bijelo meso	30,0	30,0	145,5	34,8			
	mrkva	22,0	20,0	30,0	7,0			
	koraba	10,0	8,0	8,0	1,9			
	korijen celera	8,0	5,0	4,8	1,2			
	korijen peršina	10,0	8,0	6,7	1,6			
	peršin list	1,0	1,0	0,8	0,2			
	sol							
	pšenični griz	5,0	5,0	70,0	17,0			
	jaje	4,0	4,0	26,2	6,3			
	UKUPNO	90,0	81,0	292,1	69,9	8,7	2,0	6,6
	Ime normativa: PEČENA PILETINA							
	piletina - batac,							
	zabatak, prsa	52,0	30,0	288,6	69,0			
	ulje	5,0	5,0	188,0	45,0			
	sol							
	UKUPNO	57,0	35,0	476,6	114,0	5,3	10,3	0,0
	Ime normativa: MIJEŠANI KRUH							
	miješani raženi kruh	30,0	30,0	288,6	69,0	4,2	0,6	11,7
	Ime normativa: MIJEŠANO POVRĆE							
	brokula	35,0	30,0	31,2	7,5			
	cvjetača	40,0	30,0	31,2	7,5			
	mrkva	32,0	30,0	45,3	10,8			
	grašak	20,0	20,0	56,0	13,4			
	krumpir	80,0	60,0	218,4	52,2			
	kukuruz	10,0	10,0	53,1	12,7			
	češnjak	1,0	1,0	5,7	1,4			
	maslinovo ulje	5,0	5,0	188,3	45,0			
	sol							
	UKUPNO:	223,0	186,0	629,2	150,5	5,1	5,5	21,2
	Ime normativa: SALATA OD CIKLE							
	cikla	120,0	100,0	202,0	48,2			
	jabučni ocat	3,0	3,0	1,6	0,4			
	maslinovo ulje	5,0	5,0	188,0	45,0			
	sol							
	UKUPNO:	128,0	108,0	391,6	93,6	1,0	7,6	6,4
	<b>SVEUKUPNO:</b>	<b>528,0</b>	<b>440,0</b>	<b>2078,1</b>	<b>497,0</b>	<b>24,3</b>	<b>26,0</b>	<b>45,9</b>
	Užina	Ime normativa: JOGURT S KRUŠKOM						
jogurt 2,8% mm		150,0	150,0	370,0	88,0	5,4	4,2	7,2
kruška		110,0	100,0	121,0	29,0	0,2	0,0	7,6
UKUPNO		260,0	250,0	491,0	117,0	5,6	4,2	14,8
<b>SVEUKUPNO</b>	<b>260,0</b>	<b>250,0</b>	<b>491,0</b>	<b>117,0</b>	<b>5,6</b>	<b>4,2</b>	<b>14,8</b>	



Br. Jelovnika		5.						
M		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: KAKAO							
	Mlijeko 2,8% m.m.	250,0	250,0	597,5	142,5			
	kakao prah	3,0	3,0	39,2	9,4			
	<b>UKUPNO</b>	<b>253,0</b>	<b>253,0</b>	<b>636,7</b>	<b>151,9</b>	<b>7,1</b>	<b>6,2</b>	<b>9,9</b>
	Ime normativa: KUKURUZNI KRUH							
	kukuruzni kruh	70,0	70,0	644,0	154,0	3,3	6,2	21,7
	Ime normativa: ŠUNKA I SIR							
	prešana šunka	25,0	20,0	135,3	32,3			
	sir polutvrdi	10,0	10,0	39,7	9,5			
	<b>UKUPNO</b>	<b>35,0</b>	<b>30,0</b>	<b>175,0</b>	<b>41,8</b>	<b>5,3</b>	<b>2,1</b>	<b>0,5</b>
	<b>SVEUKUPNO</b>	<b>358,0</b>	<b>353,0</b>	<b>1455,6</b>	<b>347,6</b>	<b>15,7</b>	<b>14,5</b>	<b>32,1</b>
Ručak	Ime normativa: VARIVO OD KELJA							
	kelj	120,0	90,0	98,1	23,4			
	krumpir	80,0	60,0	178,8	42,6			
	mrkva	22,0	20,0	30,0	7,0			
	korijen celera	6,0	5,0	4,8	1,2			
	maslinovo ulje	2,0	2,0	75,3	18,0			
	peršin list	1,0	1,0	0,8	0,2			
	sol							
	<b>UKUPNO</b>	<b>231,0</b>	<b>178,0</b>	<b>387,9</b>	<b>92,4</b>	<b>3,9</b>	<b>2,2</b>	<b>18,1</b>
	Ime normativa: KOSANI ODREZAK							
	mljevena teletina /							
	junetina	50,0	40,0	189,2	45,2			
	jaje	4,0	4,0	26,2	6,3			
	crveni luk	4,0	3,0	2,9	0,7			
	bijeli kruh	10,0	10,0	97,9	23,4			
	ulje	5,0	5,0	188,3	45,0			
	peršin list	1,0	1,0	0,8	0,2			
	češnjak	1,0	1,0	5,7	1,4			
	sol							
	<b>UKUPNO</b>	<b>75,0</b>	<b>64,0</b>	<b>511,0</b>	<b>122,1</b>	<b>9,9</b>	<b>6,4</b>	<b>4,8</b>
	Ime normativa: POLUBIJELI KRUH							
	polubijeli kruh	50,0	50,0	477,0	114,0	4,0	1,0	22,3
	Ime normativa: SAVIJAČA OD JABUKA							
brašno	17,0	15,0	219,6	52,5				
ulje	2,0	2,0	75,3	18,0				
šećer	10,0	10,0	167,4	40,0				
jabuke	60,0	50,0	83,5	20,0				
mrvice	5,0	5,0	74,1	17,7				
sol, ocat, cimet								
<b>UKUPNO:</b>	<b>94,0</b>	<b>82,0</b>	<b>619,9</b>	<b>148,2</b>	<b>2,1</b>	<b>2,3</b>	<b>30,9</b>	
<b>SVEUKUPNO:</b>	<b>450,0</b>	<b>374,0</b>	<b>1995,8</b>	<b>476,7</b>	<b>19,9</b>	<b>11,9</b>	<b>76,1</b>	
Užina	Ime normativa: MANDARINA I JOGURT							
	jogurt							
	s probiotikom							
	2,8% mm	150,0	150,0	370,0	88,0	5,4	4,2	7,2
	mandarina	150,0	105,0	149,0	36,0	0,53	0,16	9,4
<b>UKUPNO</b>	<b>300,0</b>	<b>255,0</b>	<b>519,0</b>	<b>124,0</b>	<b>5,9</b>	<b>4,4</b>	<b>16,6</b>	
<b>SVEUKUPNO</b>	<b>300,0</b>	<b>255,0</b>	<b>519,0</b>	<b>124,0</b>	<b>5,9</b>	<b>4,4</b>	<b>16,6</b>	



Br. Jelovnika		6.						
M		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: GRIZ NA MLIJEKU S KAKAOM							
	Mlijeko 2,8% m.m.	250,0	250,0	597,5	142,5			
	maslac	5,0	5,0	157,0	38,0			
	kakao prah	3,0	3,0	39,2	9,4			
	griz	40,0	40,0	557,2	133,2			
	UKUPNO	298,0	298,0	1350,9	323,1	13,2	12,0	40,2
	<b>SVEUKUPNO</b>	<b>298,0</b>	<b>298,0</b>	<b>1350,9</b>	<b>323,1</b>	<b>13,2</b>	<b>12,0</b>	<b>40,2</b>
Ručak	Ime normativa: VARIVO OD GRAHA S KISELIM ZELJEM							
	suhi grah	44,0	40,0	453,6	108,4			
	kiselo zelje	80,0	80,0	70,4	16,8			
	suha vratina	42,0	40,0	754,0	180,4			
	ulje	3,0	3,0	113,0	27,0			
	pire od rajčice	2,0	2,0	5,7	1,4			
	crveni luk	4,0	3,0	2,9	0,7			
	slanina suha mršava	10,0	10,0	211,7	50,6			
	lovorov list							
	sol							
	UKUPNO	185,0	178,0	1611,3	385,3	17,5	10,5	24,4
	Ime normativa: KRUH							
	Miješani kruh	50,0	50,0	481,0	115,0	7,0	1,0	19,5
	Ime normativa: PITA OD SIRA							
	brašno	17,0	15,0	219,6	52,5			
	maslo	7,5	7,5	258,8	61,9			
	vrhnje	5,0	5,0	28,9	6,9			
	jaje	4,0	4,0	26,2	6,3			
	<i>Nadjev</i>							
	šećer	7,5	7,5	125,6	30,0			
svježi sir	25,0	25,0	99,3	23,8				
vrhnje	5,0	5,0	28,9	6,9				
UKUPNO:	71,0	69,0	787,1	188,2	5,8	7,8	22,7	
<b>SVEUKUPNO:</b>	<b>306,0</b>	<b>297,0</b>	<b>2879,4</b>	<b>688,5</b>	<b>30,3</b>	<b>19,3</b>	<b>66,6</b>	
Užina	Ime normativa: KEKS S JABUKOM							
	jabuka	120,0	100,0	167,0	40,0			
	keks	20,0	20,0	347,6	83,0			
	UKUPNO	140,0	120,0	514,6	123,0	1,2	1,6	23,5
<b>SVEUKUPNO</b>	<b>140,0</b>	<b>120,0</b>	<b>514,6</b>	<b>123,0</b>	<b>1,2</b>	<b>1,6</b>	<b>23,5</b>	



Br. Jelovnika		7.						
M		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: MLIJEKO I ZOBENE PAHULJICE SA SUHIM VOĆEM							
	Mlijeko 2,8%m.m.	250,0	250,0	597,5	142,5			
	zobene pahuljice	40,0	40,0	623,2	148,8			
	suhe grožđice	10,0	10,0	102,0	24,0			
	suhe smokve	15,0	15,0	133,7	32,0			
	<b>UKUPNO</b>	<b>315,0</b>	<b>315,0</b>	<b>1456,4</b>	<b>347,3</b>	<b>12,2</b>	<b>10,0</b>	<b>58,5</b>
	<b>SVEUKUPNO</b>	<b>315,0</b>	<b>315,0</b>	<b>1456,4</b>	<b>347,3</b>	<b>12,2</b>	<b>10,0</b>	<b>58,5</b>
Ručak	Ime normativa: KREM JUHA OD BROKULE							
	brokula	50,0	40,0	42,0	10,0			
	kiselo vrhnje	5,0	5,0	28,9	6,9			
	ulje	2,0	2,0	75,3	18,0			
	krumpir	15,0	10,0	29,8	7,1			
	žumanjak	4,0	4,0	60,4	14,4			
	peršin list	1,0	1,0	0,8	0,2			
	sol							
	<b>UKUPNO</b>	<b>77,0</b>	<b>62,0</b>	<b>237,2</b>	<b>56,6</b>	<b>1,9</b>	<b>3,9</b>	<b>3,0</b>
	Ime normativa: MUSAKA OD POVRĆA S MLJEVENIM MESOM							
	mljevena teletina	50,0	50,0	236,5	56,6			
	mljevena svinjetina	30,0	30,0	351,6	84,1			
	grašak	30,0	30,0	84,0	20,1			
	mrkva	15,0	10,0	15,1	3,6			
	krumpir	60,0	40,0	119,0	28,0			
	maslo	5,0	5,0	157,0	38,0			
	mlijeko 2,8%m.m.	50,0	50,0	119,5	28,5			
	brašno	5,0	5,0	73,2	17,5			
	peršin list	1,0	1,0	0,8	0,2			
	muškati oraščić							
	sol							
	<b>UKUPNO</b>	<b>246,0</b>	<b>221,0</b>	<b>1156,7</b>	<b>276,6</b>	<b>18,2</b>	<b>12,9</b>	<b>18,2</b>
	Ime normativa: POLUBIJELI KRUH							
	polubijeli kruh	50,0	50,0	477,0	114,0	4,0	1,0	22,3
Ime normativa: ZELENA SALATA S KUKURUZOM								
zelena salata	70,0	60,0	34,2	8,4				
kuhani kukuruz	5,0	5,0	26,6	6,4				
maslinovo ulje	6,0	6,0	226,0	54,0				
jabučni ocat	2,0	2,0	1,1	0,3				
sol								
<b>UKUPNO:</b>	<b>83,0</b>	<b>73,0</b>	<b>287,8</b>	<b>69,0</b>	<b>0,9</b>	<b>6,2</b>	<b>2,6</b>	
<b>SVEUKUPNO:</b>	<b>456,0</b>	<b>406,0</b>	<b>2158,7</b>	<b>516,3</b>	<b>25,0</b>	<b>24,0</b>	<b>46,1</b>	
Užina	Ime normativa: KRUŠKA I MANDARINA							
	kruška	110,0	100,0	121,0	29,0			
	mandarina	150,0	105,0	149,0	36,0			
	<b>UKUPNO</b>	<b>260,0</b>	<b>205,0</b>	<b>270,0</b>	<b>65,0</b>	<b>0,7</b>	<b>0,2</b>	<b>17,0</b>
	<b>SVEUKUPNO</b>	<b>260,0</b>	<b>205,0</b>	<b>270,0</b>	<b>65,0</b>	<b>0,7</b>	<b>0,2</b>	<b>17,0</b>



Br. Jelovnika	M	KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
8.		Ime normativa: ČAJ S MEDOM I LIMUNOM							
Doručak	šipkov čaj	5,0	5,0	35,0	8,0				
	med	10,0	10,0	133,0	32,0				
	limun	2,0	1,3	0,0	0,0				
	UKUPNO	17,0	16,3	168,0	40,0	0,3	0,1	12,0	
	Ime normativa: MLIJEČNI NAMAZ								
	sirni namaz classic	40,0	40,0	335,0	80,0	2,8	7,2	1,0	
	Ime normativa: KRUH								
	zobena publica	60,0	60,0	792,0	187,0	5,8	3,1	35,9	
	<b>SVEUKUPNO:</b>	<b>117,0</b>	<b>116,3</b>	<b>1295,0</b>	<b>307,0</b>	<b>8,9</b>	<b>10,4</b>	<b>48,9</b>	
	Ime normativa: VARIVO OD GRAHA S PURETINOM								
Ručak	slanina suha masna	10,0	9,5	201,0	48,0				
	puretina bez kosti	60,0	60,0	335,0	80,0				
	suncokretovo ulje	5,0	5,0	188,0	45,0				
	grah šareni	40,0	40,0	457,0	109,0				
	ječmena kaša	10,0	10,0	151,0	36,0				
	pšenično bijelo								
	brašno	5,0	5,0	73,0	18,0				
	češnjak	1,0	0,9	5,0	1,0				
	luk crveni	10,0	9,0	9,0	2,0				
	celer korijen	2,0	1,4	1,0	0,0				
	mrkva	10,0	9,0	14,0	3,0				
	peršin korijen	3,0	3,0	3,0	1,0				
	pire od rajčice	2,0	2,0	6,0	1,0				
	paprika mljevena								
	crvena	0,2	0,2	3,0	1,0				
	lovor	0,1	0,1	1,0	0,0				
	sol								
	UKUPNO:	158,3	155,1	1447,0	345,0	23,9	13,4	34,3	
	Ime normativa: KUPUS SALATA								
	kupus glavati bijeli	100,0	90,0	82,0	20,0				
	maslinovo ulje	3,0	3,0	113,0	27,0				
	jabučni ocat	3,0	3,0	2,0	0,0				
	sol								
UKUPNO:	106,0	96,0	197,0	47,0	1,8	3,1	3,6		
Ime normativa: INTEGRALNI KRUH									
integralni kruh	40,0	40,0	354,0	84,0	3,0	0,8	16,4		
Ime normativa: KOLAČ OD MRKVE I JABUKE									
mlijeko 3,2% m.m.	15,0	15,0	38,0	9,0					
jaje	20,0	12,0	76,0	18,0					
ulje	5,0	5,0	188,0	45,0					
pšenično oštro									
brašno	30,0	30,0	412,0	100,0					
šećer	5,0	5,0	84,0	20,0					
vanilin šećer	0,5	0,5	8,0	2,0					
mrkva	40,0	36,0	45,0	11,0					
jabuka	20,0	15,4	30,0	7,0					
cimet	1,0	1,0	13,0	3,0					
UKUPNO:	136,5	119,9	894,0	215,0	6,0	7,2	32,8		
<b>SVEUKUPNO:</b>	<b>440,8</b>	<b>411,0</b>	<b>2892,0</b>	<b>691,0</b>	<b>34,7</b>	<b>24,5</b>	<b>87,1</b>		
Ime normativa: BANANA I MLIJEKO									
Užina	banana	130,0	100,0	331,0	7,9				
	mlijeko 2,8% mm	250,0	250,0	597,5	142,5				
	UKUPNO	380,0	350,0	928,5	150,4				
<b>SVEUKUPNO</b>	<b>380,0</b>	<b>350,0</b>	<b>928,5</b>	<b>150,4</b>	<b>9,4</b>	<b>7,3</b>	<b>31,0</b>		



Br. Jelovnika		9.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: KUKURUZNI ŽGANCI SA SIROM								
		kiselo vrhnje (12% m.m.)	10,0	10,0	57,0	13,0			
		Svježi sir	50,0	50,0	151,0	36,0			
		kukuruzno brašno ili krupica	50,0	50,0	769,0	184,0			
		<b>UKUPNO:</b>	<b>110,0</b>	<b>110,0</b>	<b>977,0</b>	<b>233,0</b>	<b>10,4</b>	<b>3,0</b>	<b>40,2</b>
	Ime normativa: JOGURT S PROBIOTIKOM								
		jogurt s probiotikom (2,8% m.m.)	150,0	150,0	370,0	88,0	5,4	4,2	7,2
		<b>SVEUKUPNO</b>	<b>260,0</b>	<b>260,0</b>	<b>1347,0</b>	<b>321,0</b>	<b>15,8</b>	<b>7,2</b>	<b>47,4</b>
	Ručak	Ime normativa: JUHA OD BUNDEVE							
			vrhnje kiselo (12% m.m.)	5,0	5,0	29,0	7,0		
		maslac	5,0	5,0	157,0	38,0			
		glatko brašno	5,0	5,0	73,0	18,0			
		tikva muškata žuta	100,0	80,0	50,0	11,0			
		češnjak	0,5	0,4	3,0	1,0			
		luk crveni	20,0	18,0	17,0	4,0			
		krumpir	50,0	40,0	146,0	34,0			
		papar	0,1	0,1	1,0	0,0			
		<b>UKUPNO</b>	<b>185,6</b>	<b>153,5</b>	<b>476,0</b>	<b>113,0</b>	<b>2,2</b>	<b>4,9</b>	<b>16,4</b>
Ime normativa: ZAPEČENA TJESTENINA S PILETINOM I RAJČICOM									
		sir gouda	40,0	40,0	656,0	156,0			
		vrhnje kiselo (12% m.m.)	15,0	15,0	86,0	20,0			
		piletina							
		bijelo meso	70,0	70,0	340,0	81,0			
		ulje maslinovo	5,0	5,0	188,0	45,0			
		tjestenina od integralnog brašna	60,0	60,0	843,0	201,0			
		sjeckana rajčica (pelat)	50,0	50,0	44,0	11,0			
		bosiljak	5,0	5,0	0,0	0,0			
		vegeta (natur)	1,0	1,0	6,0	1,0			
		sol							
		<b>UKUPNO</b>	<b>246,0</b>	<b>246,0</b>	<b>2163,0</b>	<b>515,0</b>	<b>36,3</b>	<b>24,1</b>	<b>43,6</b>
Ime normativa: ZELENA SALATA S KUKURUZOM									
		zelena salata	70,0	58,1	33,0	8,0			
		kukuruz mladi na klipu	10,0	6,6	35,0	8,0			
		maslinovo ulje	3,0	3,0	113,0	27,0			
		jabučni ocat	3,0	3,0	2,0	0,0			
		sol							
	<b>UKUPNO:</b>	<b>86,0</b>	<b>70,7</b>	<b>183,0</b>	<b>43,0</b>	<b>0,9</b>	<b>3,2</b>	<b>3,0</b>	
	<b>SVEUKUPNO:</b>	<b>517,6</b>	<b>470,2</b>	<b>2822,0</b>	<b>671,0</b>	<b>39,4</b>	<b>32,2</b>	<b>63,0</b>	
Užina	Ime normativa: MANDARINA I JABUKA								
		mandarina	150,0	105,0	149,0	36,0	0,5	0,2	9,4
		jabuka	110,0	100,0	167,0	40,0	0,0	0,0	10,0
		<b>UKUPNO</b>	<b>260,0</b>	<b>205,0</b>	<b>316,0</b>	<b>76,0</b>	<b>0,5</b>	<b>0,2</b>	<b>19,4</b>
	<b>SVEUKUPNO</b>	<b>260,0</b>	<b>205,0</b>	<b>316,0</b>	<b>76,0</b>	<b>0,5</b>	<b>0,2</b>	<b>19,4</b>	



Br. Jelovnika		10.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: PECIVO SA ŠUNKOM I MASLACEM								
		graham pecivo (kruh od punog zrna)							
		60,0	60,0	517,0	124,0				
		šunka							
		30,0	30,0	131,0	21,0				
		maslac							
		15,0	15,0	236,0	56,0				
		UKUPNO							
		105,0	105,0	884,0	201,0	7,9	10,9	16,0	
	Ručak	Ime normativa: JOGURT S PROBIOTIKOM							
		jogurt s probiotikom (2,8% m.m.)							
		180,0	180,0	452,0	108,0	6,1	5,8	8,1	
		SVEUKUPNO							
		285,0	285,0	1336,0	309,0	14,0	16,7	24,1	
Doručak		Ime normativa: JUHA OD RAJČICE							
			maslinovo ulje						
			3,0	3,0	113,0	27,0			
			bijelo brašno						
			5,0	5,0	73,0	18,0			
		tjestenina s jajima							
		8,0	8,0	119,0	28,0				
		šećer kristal							
		3,0	3,0	50,0	12,0				
		peršin							
	1,0	0,9	1,0	0,0					
	bosiljak								
	5,0	5,0	0,0	0,0					
	rajčica ukuhana (konc. 28-30%)								
	10,0	10,0	29,0	7,0					
	sol								
	UKUPNO								
	35,0	34,9	385,0	92,0	1,7	3,2	14,3		
Ručak	Ime normativa: PIRE KRUMPIR								
		krumpir							
		300,0	240,0	873,0	208,0				
		mlijeko (2,8% m.m.)							
		50,0	50,0	120,0	29,0				
		maslac							
		5,0	5,0	78,0	18,0				
		sol							
		UKUPNO							
		355,0	295,0	1071,0	255,0	6,7	3,9	52,3	
Ručak	Ime normativa: PIRE ŠPINAT								
		špinat							
		165,0	137,0	68,0	16,0				
		mlijeko (2,8% m.m.)							
		50,0	50,0	120,0	29,0				
		maslac							
		5,0	5,0	157,0	38,0				
		glatko brašno							
		10,0	10,0	146,0	35,0				
		češnjak							
	1,0	0,9	5,0	1,0					
	sol								
	UKUPNO								
	231,0	202,8	496,0	119,0	5,5	5,7	12,0		
Užina	Ime normativa: JAJE NA OKO								
		jaje							
		100,0	60,0	383,0	90,0				
		suncokretovo ulje							
		3,0	3,0	113,0	27,0				
	sol								
	UKUPNO:								
	103,0	63,0	496,0	117,0	7,8	6,6	0,0		
	SVEUKUPNO:								
	369,0	300,7	1377,0	583,0	21,7	19,4	78,6		
Užina	Ime normativa: JABUKA I SUHE MARELICE								
		jabuka							
		220,0	200,0	334,0	80,0	0,0	0,0	20,0	
		suhe marelice							
	10,0	10,0	99,6	23,7	0,4	0,1	6,2		
	UKUPNO								
	230,0	210,0	433,6	103,7	0,4	0,1	26,2		
	SVEUKUPNO								
	230,0	210,0	433,6	103,7	0,4	0,1	26,2		



Br. Jelovnika 11.		KOLIČINA		ENERGIJA		B	M	UH	
M		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
<b>Doručak</b>	Ime normativa: INTEGRALNI KRUH S MARMELOM I MASLACEM, MLIJEKO								
	integralni kruh	40,0	40,0	354,0	84,0				
	marmelada	20,0	20,0	218,0	52,0				
	maslac	15,0	15,0	236,0	56,0				
	mlijeko (3,2% m.m.)	200,0	200,0	502,0	120,0				
	<b>UKUPNO</b>	<b>275,0</b>	<b>275,0</b>	<b>1310,0</b>	<b>312,0</b>	<b>9,7</b>	<b>13,4</b>	<b>39,7</b>	
	<b>SVEUKUPNO</b>	<b>275,0</b>	<b>275,0</b>	<b>1310,0</b>	<b>312,0</b>	<b>9,7</b>	<b>13,4</b>	<b>39,7</b>	
<b>Ručak</b>	Ime normativa: MJEŠANO VARIVO S BIJELIM MESOM I NOKLICAMA								
	Piletina (bijelo meso bez kosti)	70,0	70,0	340,0	81,0				
	jaje	10,0	6,0	38,0	9,0				
	ulje suncokretovo	15,0	15,0	564,0	135,0				
	bijelo brašno	10,0	10,0	146,0	35,0				
	peršin list	1,0	0,9	1,0	0,0				
	cvjetača	50,0	33,0	34,0	8,0				
	grašak	70,0	70,0	155,0	37,0				
	češnjak	1,0	0,9	5,0	1,0				
	celer korijen	15,0	10,8	10,0	2,0				
	mrkva	50,0	45,0	68,0	16,0				
	krumpir	100,0	80,0	291,0	70,0				
	peršin korijen	5,0	5,0	4,0	1,0				
	rajčica ukuhana (konc. 28-30%)	2,0	2,0	6,0	1,0				
	Paprika mljevena	0,2	0,2	3,0	1,0				
	lovor	0,1	0,1	1,0	0,0				
	sol								
	<b>UKUPNO</b>	<b>399,3</b>	<b>348,9</b>	<b>1666,0</b>	<b>397,0</b>	<b>24,8</b>	<b>18,5</b>	<b>35,6</b>	
		Ime normativa: INTEGRALNI KRUH							
	integralni kruh	40,0	40,0	354,0	84,0				
	<b>UKUPNO</b>	<b>40,0</b>	<b>40,0</b>	<b>354,0</b>	<b>84,0</b>	<b>3,0</b>	<b>0,8</b>	<b>16,4</b>	
	Ime normativa: ZIMSKI SLADOLED								
sladoled okusa vanilije s višnjama	100,0	100,0	828,0	198,0					
<b>UKUPNO</b>	<b>100,0</b>	<b>100,0</b>	<b>828,0</b>	<b>198,0</b>	<b>2,3</b>	<b>4,9</b>	<b>36,2</b>		
<b>SVEUKUPNO:</b>	<b>539,3</b>	<b>488,9</b>	<b>2848,0</b>	<b>679,0</b>	<b>30,1</b>	<b>24,2</b>	<b>88,2</b>		
<b>Užina</b>	Ime normativa: BANANA								
	banana	130,0	80,0	264,8	63,2	0,9	0,2	15,4	
	<b>UKUPNO</b>	<b>130,0</b>	<b>80,0</b>	<b>264,8</b>	<b>63,2</b>	<b>0,9</b>	<b>0,2</b>	<b>15,4</b>	
	<b>SVEUKUPNO</b>	<b>130,0</b>	<b>80,0</b>	<b>264,8</b>	<b>63,2</b>	<b>0,9</b>	<b>0,2</b>	<b>15,4</b>	



Br. Jelovnika		12.							
R		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: NAMAZ OD SLANUTKA								
		maslac	5,0	5,0	157,0	38,0			
		ulje bučino	3,0	3,0	113,0	27,0			
		slanutak	20,0	20,0	249,0	60,0			
		peršin list	2,0	1,8	2,0	0,0			
		limun	2,0	1,3	1,0	0,0			
		sol							
		<b>UKUPNO:</b>	<b>32,0</b>	<b>31,1</b>	<b>522,0</b>	<b>125,0</b>	<b>3,4</b>	<b>8,5</b>	<b>9,1</b>
	Ime normativa: CRNI KRUH								
		crni kruh	40,0	40,0	371,0	88,0	3,2	0,8	17,2
	Ime normativa: MLIJEKO								
		mlijeko (3,2%m.m.)	200,0	200,0	502,0	120,0	6,6	6,4	9,4
	<b>SVEUKUPNO</b>	<b>272,0</b>	<b>271,1</b>	<b>1395,0</b>	<b>333,0</b>	<b>13,2</b>	<b>15,7</b>	<b>35,7</b>	
Ručak	Ime normativa: KREM JUHA OD POVRČA								
		vrhnje kiselo (12%m.m.)	15,0	15,0	87,0	21,0			
		pšenično bijelo brašno	10,0	10,0	146,0	35,0			
		peršin list	1,0	0,9	1,0	0,0			
		cvjetača	15,0	9,9	10,0	2,0			
		grašak zeleni	15,0	15,0	33,0	8,0			
		luk crveni	3,0	2,7	3,0	1,0			
		celer korijen	5,0	3,6	3,0	1,0			
		mrkva	15,0	13,5	20,0	5,0			
		krumpir	10,0	8,0	29,0	7,0			
		peršin korijen	8,0	8,0	7,0	2,0			
		vegeta natur	1,0	1,0	6,0	1,0			
		maslinovo ulje	5,0	5,0	188,0	45,0			
		sol							
		<b>UKUPNO:</b>	<b>103,0</b>	<b>92,6</b>	<b>533,0</b>	<b>128,0</b>	<b>3,4</b>	<b>7,0</b>	<b>13,2</b>
	Ime normativa: RIBLJI FILE								
		oslić panirani	100,0	100,0	915,0	218,0			
		suncokretovo ulje	15,0	7,5	282,0	68,0			
		<b>UKUPNO:</b>	<b>115,0</b>	<b>107,5</b>	<b>1197,0</b>	<b>286,0</b>	<b>12,0</b>	<b>16,5</b>	<b>22,4</b>
	Ime normativa: BLITVA LEŠO S KRUMPIROM								
		maslinovo ulje	5,0	5,0	188,0	45,0			
		blitva	200,0	176,0	88,0	21,0			
		krumpir	100,0	80,0	291,0	70,0			
		češnjak	1,0	0,9	5,0	1,0			
	sol								
	<b>UKUPNO:</b>	<b>306,0</b>	<b>261,9</b>	<b>572,0</b>	<b>137,0</b>	<b>4,0</b>	<b>5,3</b>	<b>19,5</b>	
Ime normativa: JABUKA									
	jabuka	200,0	154,0	296,0	71,0	0,5	0,0	18,3	
	<b>SVEUKUPNO:</b>	<b>724,0</b>	<b>616,0</b>	<b>2598,0</b>	<b>622,0</b>	<b>19,9</b>	<b>28,8</b>	<b>73,4</b>	
Užina	Ime normativa: MANDARINE								
		mandarina	300,0	210,0	298,0	72,0	1,1	0,3	18,8
		<b>UKUPNO</b>	<b>300</b>	<b>210</b>	<b>298</b>	<b>72</b>	<b>1,06</b>	<b>0,32</b>	<b>18,8</b>
	<b>SVEUKUPNO</b>	<b>300</b>	<b>210</b>	<b>298</b>	<b>72</b>	<b>1,06</b>	<b>0,32</b>	<b>18,8</b>	



Br. Jelovnika 13.		KOLIČINA		ENERGIJA		B	M	UH
M		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
<b>Doručak</b>	Ime normativa: MUSLI S MLIJEKOM							
	mlijeko (3,2%m.m.)	250,0	250,0	628,0	150,0			
	musli, mješavina s orasima	40,0	40,0	628,0	150,0			
	žitarice s čokoladom	10,0	10,0	168,0	39,0			
	UKUPNO:	300,0	300,0	1424,0	339,0			
	<b>SVEUKUPNO</b>	<b>300,0</b>	<b>300,0</b>	<b>1424,0</b>	<b>339,0</b>	<b>12,0</b>	<b>11,7</b>	<b>40,1</b>
<b>Ručak</b>	Ime normativa: SEKELI GULAŠ							
	svinjski but	80,0	80,0	857,0	205,0			
	ulje suncokretovo	5,0	5,0	188,0	45,0			
	pšenično bijelo brašno	3,0	3,0	44,0	11,0			
	peršin list	1,0	0,9	1,0	0,0			
	luk crveni	10,0	9,0	9,0	2,0			
	kupus kiseli rezani	140,0	140,0	118,0	28,0			
	paprika crvena mljevena	0,2	0,2	3,0	1,0			
	lovor	0,1	0,1	1,0	0,0			
	vegeta natur	1,0	1,0	6,0	1,0			
	sol							
	UKUPNO:	240,3	239,2	1227,0	293,0	20,2	20,7	7,3
	Ime normativa: INTEGRALNI KRUH							
	integralni kruh	40,0	40,0	354,0	84,0			
	UKUPNO:	40,0	40,0	354,0	84,0	3,0	0,8	16,4
	Ime normativa: PIRE KRUMPIR							
	krumpir	200,0	160,0	582,0	139,0			
	mlijeko (2,8%m.m.)	50,0	50,0	120,0	29,0			
	maslac	3,0	3,0	47,0	11,0			
	sol							
	UKUPNO:	253,0	213,0	749,0	179,0	5,0	2,8	35,6
	Ime normativa: KRUŠKA							
kruška	200	144	248	59	0,4	0	15,3	
<b>SVEUKUPNO:</b>	<b>733,3</b>	<b>636,2</b>	<b>2578</b>	<b>615</b>	<b>28,6</b>	<b>24,3</b>	<b>74,6</b>	
<b>Užina</b>	Ime normativa: JABUKE							
	jabuka	220,0	200,0	334,0	80,0	0,0	0,0	20,0
	UKUPNO	220,0	200,0	334,0	80,0	0,0	0,0	20,0
<b>SVEUKUPNO</b>	<b>220,0</b>	<b>200,0</b>	<b>334,0</b>	<b>80,0</b>	<b>0,0</b>	<b>0,0</b>	<b>20,0</b>	



Br. Jelovnika		14.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: SIRNI NAMAZ S MASLINAMA								
		vrhnje kiselo (12% m.m.)	10,0	10,0	58,0	14,0			
		sir kravliji svježi	40,0	40,0	120,0	29,0			
		kiseli krastavci	10,0	10,0	4,0	1,0			
		masline zelene							
		slane, konzervirane	10,0	8,0	34,0	8,0			
		sol							
		<b>UKUPNO:</b>	<b>70,0</b>	<b>68,0</b>	<b>216,0</b>	<b>52,0</b>	<b>5,4</b>	<b>2,5</b>	<b>1,7</b>
	Ime normativa: KRUH								
		Pecivo sa sjemenkama	60,0	60,0	517,0	124,0	4,2	1,2	24,0
	Ime normativa: MLIJEKO								
		mlijeko (3,2% m.m.)	200,0	200,0	502,0	120,0	6,6	5,6	9,4
		<b>SVEUKUPNO</b>	<b>330,0</b>	<b>328,0</b>	<b>1235,0</b>	<b>296,0</b>	<b>16,2</b>	<b>9,3</b>	<b>35,1</b>
	Ručak	Ime normativa: PILEĆA JUHA S GRIZ NOKLICAMA							
		pile (cijelo)	30,0	19,5	188,0	45,0			
		jaje	10,0	6,0	38,0	9,0			
		pšenična krupica (griz)	10,0	10,0	139,0	33,0			
		kelj glavati	3,0	2,1	2,0	1,0			
		kupus glavati bijeli	3,0	2,7	2,0	1,0			
		peršin list	1,0	0,9	1,0	0,0			
		luk crveni	5,0	4,5	4,0	1,0			
		celer korijen	5,0	3,6	3,0	1,0			
		mrkva	20,0	18,0	27,0	6,0			
		peršin korijen	8,0	8,0	7,0	2,0			
		rajčica ukuhana (konc. 28-30%)	0,5	0,5	1,0	0,0			
		sol							
		<b>UKUPNO:</b>	<b>95,5</b>	<b>75,8</b>	<b>412,0</b>	<b>99,0</b>	<b>6,1</b>	<b>4,2</b>	<b>9,1</b>
Ime normativa: PEČENA PILETINA									
		pile (batak, zabatak)	200,0	150,0	791,0	189,0			
		suncokretovo ulje	5,0	5,0	188,0	45,0			
		<b>UKUPNO:</b>	<b>205,0</b>	<b>155,0</b>	<b>979,0</b>	<b>234,0</b>	<b>28,7</b>	<b>13,3</b>	<b>0,0</b>
Ime normativa: POVRĆE S LEŠO KUKURUZOM									
		maslinovo ulje	7,0	7,0	258,0	62,0			
		peršin list	1,0	0,9	1,0	0,0			
		brokula	30,0	15,0	16,0	4,0			
		cvjetača	30,0	19,8	16,0	4,0			
		grašak zeleni	20,0	20,0	41,0	10,0			
		češnjak	1,0	0,9	5,0	1,0			
		mrkva	30,0	27,0	38,0	9,0			
		krumpir	80,0	64,0	233,0	56,0			
		kukuruz u znu	10,0	10,0	49,0	12,0			
		sol							
		<b>UKUPNO:</b>	<b>209,0</b>	<b>164,6</b>	<b>657,0</b>	<b>158,0</b>	<b>3,9</b>	<b>8,2</b>	<b>18,1</b>
Ime normativa: INTEGRALNI KRUH									
	Integralni kruh	40,0	40,0	354,0	84,0	3,0	0,8	16,4	
Ime normativa: NARANČA									
	naranča	200,0	130,0	189,0	45,0	1,0	0,0	11,1	
	<b>SVEUKUPNO:</b>	<b>749,5</b>	<b>565,4</b>	<b>2591,0</b>	<b>620,0</b>	<b>42,8</b>	<b>26,5</b>	<b>54,7</b>	
Užina	Ime normativa:								
		banana	130,0	80,0	264,8	63,2	0,9	0,2	15,4
		keks (petit)	20,0	20,0	347,6	83,0	1,2	1,6	13,5
		<b>UKUPNO</b>	<b>150,0</b>	<b>100,0</b>	<b>612,4</b>	<b>146,2</b>	<b>2,1</b>	<b>1,8</b>	<b>28,9</b>
	<b>SVEUKUPNO</b>	<b>150,0</b>	<b>100,0</b>	<b>612,4</b>	<b>146,2</b>	<b>2,1</b>	<b>1,8</b>	<b>28,9</b>	



Br. Jelovnika		15.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: SOK OD NARANČE, KRUH S MASLACEM I MARMELADOM								
	graham kruh	40,0	40,0	345,0	82,0				
	marmelada	20,0	20,0	218,0	52,0				
	maslac	15,0	15,0	236,0	56,0				
	sok od naranče (100%)	200,0	200,0	376,0	90,0				
	<b>UKUPNO</b>	<b>275,0</b>	<b>275,0</b>	<b>1175,0</b>	<b>280,0</b>	<b>4,2</b>	<b>10,1</b>	<b>50,7</b>	
	<b>SVEUKUPNO</b>	<b>275,0</b>	<b>275,0</b>	<b>1175,0</b>	<b>280,0</b>	<b>4,2</b>	<b>10,1</b>	<b>50,7</b>	
Ručak	Ime normativa: VARIVO OD MIJEŠANIH GRAHORICA								
	slanina suha	10,0	9,5	201,0	48,0				
	vratina sušena (bez kosti)	20,0	20,0	377,0	90,0				
	puretina (zabatak)	40,0	32,0	249,0	60,0				
	ulje suncokretovo	5,0	5,0	188,0	45,0				
	grah trešnjevac	20,0	20,0	288,0	55,0				
	leća suha	10,0	10,0	127,0	30,0				
	slaniutak suhi	10,0	10,0	125,0	30,0				
	ječmena kaša	20,0	20,0	301,0	72,0				
	peršin list	1,0	0,9	1,0	0,0				
	luk crveni	10,0	9,0	9,0	2,0				
	poriluk	20,0	15,0	18,0	4,0				
	celer korijen	10,0	7,2	7,0	2,0				
	mrkva	15,0	13,5	20,0	5,0				
	batat	10,0	8,6	43,0	10,0				
	peršin korijen	5,0	5,0	4,0	1,0				
	papar	0,1	0,1	1,0	0,0				
	lovor	0,1	0,1	1,0	0,0				
	vegeta natur	1,0	1,0	6,0	1,0				
	sol								
	<b>UKUPNO</b>	<b>207,2</b>	<b>186,9</b>	<b>1966,0</b>	<b>455,0</b>	<b>22,6</b>	<b>22,7</b>	<b>42,0</b>	
		Ime normativa: KRUH							
	graham kruh	40,0	40,0	345,0	82,0				
	<b>UKUPNO</b>	<b>40,0</b>	<b>40,0</b>	<b>345,0</b>	<b>82,0</b>	<b>2,8</b>	<b>0,8</b>	<b>16,0</b>	
		Ime normativa: KUPUS SALATA							
maslinobvo ulje	3,0	3,0	113,0	27,0					
kupus glavati bijeli	100,0	90,0	28,0	20,0					
jabučni ocat	3,0	3,0	2,0	0,0					
<b>UKUPNO</b>	<b>106,0</b>	<b>96,0</b>	<b>143,0</b>	<b>47,0</b>	<b>1,8</b>	<b>3,1</b>	<b>3,6</b>		
	Ime normativa: JABUKA								
jabuka	200,0	154,0	296,0	71,0	0,5	0,0	18,3		
<b>SVEUKUPNO:</b>	<b>553,2</b>	<b>476,9</b>	<b>2750,0</b>	<b>655,0</b>	<b>27,6</b>	<b>26,6</b>	<b>79,9</b>		
Užina	Ime normativa:								
	jogurt s probiotikom (2,8% m.m.)	150,0	150,0	370,0	88,0	5,4	4,2	7,2	
	<b>UKUPNO</b>	<b>150,0</b>	<b>150,0</b>	<b>370,0</b>	<b>88,0</b>	<b>5,4</b>	<b>4,2</b>	<b>7,2</b>	
	<b>SVEUKUPNO</b>	<b>150,0</b>	<b>150,0</b>	<b>370,0</b>	<b>88,0</b>	<b>5,4</b>	<b>4,2</b>	<b>7,2</b>	



Br. Jelovnika		16.						
M		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: INTEGRALNI ŠARENI SENDVIČ							
	sir gouda	20,0	20,0	328,0	78,0			
	šunka delikates	20,0	20,0	81,0	23,0			
	graham pecivo	60,0	60,0	657,0	157,0			
	salata zelena	10,0	8,3	4,0	1,0			
	paprika zelena, crvena	20,0	16,4	11,0	2,0			
	rajčica	20,0	19,6	11,0	2,0			
	UKUPNO:	150,0	144,3	1092,0	263,0	14,5	8,4	33,1
	Ime normativa: ČAJ S MEDOM I LIMUNOM							
	med	10,0	10,0	133,0	32,0			
	limun	2,0	1,3	0,0	0,0			
	čaj šumsko voće	5,0	5,0	35,0	8,0			
	UKUPNO:	17,0	16,3	168,0	40,0	0,3	0,1	12
	<b>SVEUKUPNO</b>	<b>167,0</b>	<b>160,6</b>	<b>1260,0</b>	<b>303,0</b>	<b>14,8</b>	<b>8,5</b>	<b>45,1</b>
Ručak	Ime normativa: JUHA OD BUNDEVE							
	vrhnje kiselo (12% m.m.)	5,0	5,0	29,0	7,0			
	maslac	5,0	5,0	157,0	38,0			
	glatko brašno	5,0	5,0	73,0	18,0			
	tikva muškata žuta	100,0	80,0	50,0	11,0			
	češnjak	0,5	0,4	3,0	1,0			
	luk crveni	20,0	18,0	17,0	4,0			
	krumpir	50,0	40,0	146,0	34,0			
	papar	0,1	0,1	1,0	0,0			
	sol							
	UKUPNO:	185,6	153,5	476,0	113,0	2,2	4,9	16,4
	Ime normativa: JUNEČA ŠNICLA U UMAKU							
	juneći but (BK)	80,0	80,0	814,0	194,0			
	ulje suncokretovo	5,0	5,0	188,0	45,0			
	pšenično bijelo brašno	5,0	5,0	73,0	18,0			
	luk crveni	10,0	9,0	9,0	2,0			
	celer korijen	3,0	2,2	2,0	0,0			
	mrkva	10,0	9,0	14,0	3,0			
	peršin korijen	3,0	3,0	3,0	1,0			
	rajčica ukuhana (28-30%)	2,0	2,0	6,0	1,0			
	lovor	0,1	0,1	1,0	0,0			
	senf	1,0	1,0	3,0	1,0			
	sol							
	UKUPNO:	119,1	116,3	1113,0	265,0	19,6	18,5	5,7
	Ime normativa: RIŽA S GRAŠKOM I KUKURUZOM							
	ulje maslinovo	5,0	5,0	188,0	45,0			
	integralna riža	50,0	50,0	700,0	167,0			
	peršin list	1,0	0,9	1,0	0,0			
	grašak zeleni	30,0	30,0	67,0	16,0			
	celer korijen	10,0	7,2	4,0	1,0			
	mrkva	10,0	9,0	14,0	3,0			
	peršin korijen	10,0	10,0	4,0	1,0			
	kukuruz u znu	10,0	10,0	49,0	12,0			
	sol							
UKUPNO:	126,0	122,1	1027,0	245,0	5,9	5,6	42,4	
Ime normativa: ZELENA SALATA								
maslinovo ulje	5,0	5,0	188,0	45,0				
zelena slata	80,0	66,4	38,0	9,0				
jabučni ocat	5,0	5,0	3,0	1,0				
UKUPNO:	90,0	76,4	229,0	55,0	0,7	8,1	1,7	
<b>SVEUKUPNO:</b>	<b>520,7</b>	<b>468,3</b>	<b>2845,0</b>	<b>678,0</b>	<b>28,4</b>	<b>37,1</b>	<b>66,2</b>	
Užina	Ime normativa: ACIDOFIL I JABUKA							
	acidofil 2,8% mm	150,0	150,0	370,5	88,5	5,4	5,4	7,2
	jabuka	220,0	200,0	334,0	80,0	0,0	0,0	20,0
	UKUPNO	370,0	350,0	704,5	168,5	5,4	5,4	27,2
<b>SVEUKUPNO</b>	<b>370,0</b>	<b>350,0</b>	<b>704,5</b>	<b>168,5</b>	<b>5,4</b>	<b>5,4</b>	<b>27,2</b>	



Br. Jelovnika 17.		KOLIČINA		ENERGIJA		B	M	UH	
P		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: TUNA U GRAHAM PECIVU								
	tuna konzervirana u ulju	20,0	20,0	240,0	58,0				
	jaje	25,0	15,0	96,0	23,0				
	vrhnje kiselo (12% m.m.)	5,0	5,0	6,0	28,0				
	graham pecivo	60,0	60,0	658,0	157,0				
	zelena salata	10,0	8,3	5,0	1,0				
	rajčica crvena	15,0	14,7	9,0	2,0				
	UKUPNO:	135,0	123,0	1014,0	269,0	11,8	7,8	32,6	
	Ime normativa: MANDARINA								
	mandarina	150,0	105,0	149,0	36,0				
	UKUPNO:	150,0	105,0	149,0	36,0	1,0	0,0	8,4	
	<b>SVEUKUPNO</b>	<b>285,0</b>	<b>228,0</b>	<b>1163,0</b>	<b>305,0</b>	<b>12,8</b>	<b>7,8</b>	<b>41,0</b>	
	Ručak	Ime normativa: JUHA OD RAJČICE S INTEGRALNOM RIŽOM							
		ulje maslinovo	3,0	3,0	113,0	27,0			
pšenično bijelo brašno		5,0	5,0	73,0	18,0				
integralna riža		5,0	5,0	70,0	17,0				
šećer kristal		1,0	1,0	17,0	4,0				
peršin list		1,0	0,9	1,0	0,0				
rajčica ukuhana (28-30%)		10,0	10,0	29,0	7,0				
sol									
UKUPNO:		25,0	24,9	303,0	73,0	1,2	3,2	10,0	
Ime normativa: LAZANJE S POVRĆEM									
vrhnje za kuhanje		25,0	25,0	226,0	54,0				
sir gouda		45,0	45,0	739,0	176,0				
tjestenina lasanje		70,0	70,0	1061,0	253,0				
peršin list		1,0	0,9	1,0	0,0				
brokula		40,0	20,0	21,0	5,0				
cvjetača		40,0	26,4	27,0	7,0				
tikvice zelene		40,0	35,2	21,0	5,0				
luk crveni		20,0	18,0	17,0	4,0				
celer korijen		10,0	7,2	7,0	2,0				
mrkva		15,0	13,5	20,0	5,0				
peršin korijen		5,0	5,0	4,0	1,0				
rajčica sjeckana (pelat)		50,0	50,0	44,0	11,0				
origano		0,1	0,1	1,0	0,0				
papar		0,1	0,1	1,0	0,0				
bosiljak		0,1	0,1	0,0	0,0				
sol									
UKUPNO:		361,3	316,5	2190,0	523,0	23,4	16,1	57,9	
Ime normativa: SOK OD NARANČE									
sok od naranče 100%		200,0	200,0	376,0	90,0				
UKUPNO:		200,0	200,0	376,0	90,0	1,4	0,4	20,8	
<b>SVEUKUPNO:</b>		<b>586,3</b>	<b>541,4</b>	<b>2869</b>	<b>686</b>	<b>26,0</b>	<b>19,7</b>	<b>88,7</b>	
Užina		Ime normativa: KRUŠKA I SOK OD NARANČE							
		kruška	110,0	100,0	121,0	29,0	0,2	0,0	7,6
		sok od naranče	230,0	200,0	376,0	90,0	1,4	0,4	20,8
	UKUPNO	340,0	300,0	497,0	119,0	1,6	0,4	28,4	
<b>SVEUKUPNO</b>	<b>340,0</b>	<b>300,0</b>	<b>497,0</b>	<b>119,0</b>	<b>1,6</b>	<b>0,4</b>	<b>28,4</b>		



Br. Jelovnika		18.						
P		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: KUKURUZNA KRUPICA S PARMEZANOM I KISELIM MLIJEKOM							
	kiselo mlijeko (2,8 % m.m.)	250,0	250,0	598,0	143,0			
	kukuruzna krupica	40,0	40,0	616,0	147,0			
	maslac	5,0	5,0	157,0	38,0			
	parmezan	10,0	10,0	172,0	41,0			
	sol							
	UKUPNO:	305,0	305,0	1543,0	369,0	15,4	14,9	42,7
	SVEUKUPNO:	305,0	305,0	1543,0	369,0	15,4	14,9	42,7
Ručak	Ime normativa: JUHA OD BROKULE							
	brokula	50,0	40,0	42,0	10,0			
	kiselo vrhnje	5,0	5,0	28,9	6,9			
	ulje	2,0	2,0	75,3	18,0			
	krumpir	15,0	10,0	29,8	7,1			
	žumanjak	4,0	4,0	60,4	14,4			
	peršin list	1,0	1,0	0,8	0,2			
	sol							
	UKUPNO:	77,0	62,0	237,2	56,6	1,71	3,0	3,0
	Ime normativa: MUSAKA OD ŠPINATA I SVJEŽEG SIRA							
	svježi kravliji sir	30,0	30,0	119,0	29,0			
	jaje	17,0	17,0	105,0	25,0			
	špinat	50,0	40,0	20,0	4,8			
	kiselo vrhnje (12 % m.m.)	20,0	20,0	115,4	27,6			
	krumpir	120,0	100,0	364,0	87,0			
	maslac	5,0	5,0	157,1	37,6			
	krušne mrvice	10,0	10,0	148,0	35,4			
	parmezan	5,0	5,0	86,0	20,6			
	sol							
	UKUPNO:	257,0	227,0	1114,5	267,0	13,1	10,9	30,9
	Ime normativa: ZELENA SALATA S MRKVOM							
	zelena salata	70,0	60,0	34,2	8,4			
	maslinovo ulje	5,0	5,0	188,3	45,0			
	jabučni ocat	3,0	3,0	1,6	0,4			
	mrkva	20,0	18,0	28,0	6,0			
	sol							
	UKUPNO:	98,0	86,0	252,1	59,8	0,7	5,1	2,7
	Ime normativa: KRUH							
kruh polubijeli	50,0	50,0	477,0	114,0				
UKUPNO:	50,0	50,0	477,0	114,0	4,0	1,0	22,3	
SVEUKUPNO:	482,0	425,0	2080,8	497,4	19,5	20,0	58,9	
Užina	Ime normativa: BANANA I GROŽĐICE							
	mandarina	150,0	105,0	149,0	36,0	0,5	0,2	9,4
	grožđice	30,0	30,0	308,7	73,8	0,3	0,0	19,3
	UKUPNO	180,0	135,0	457,7	109,8	0,9	0,2	28,7
SVEUKUPNO	180,0	135,0	457,7	109,8	0,9	0,2	28,7	



Br. Jelovnika		19.						
R		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: ZOBENE PAHULJICE NA MLIJEKU S MEDOM							
	zobene pahuljice	40	40	623,2	149			
	mlijeko 2,8% m.m.	250	250	598	142,5			
	med	5	5	67	16			
	banana	100	60	199	47,4			
	UKUPNO:	395	355	1487,2	354,9	11,9	10,2	56,1
SVEUKUPNO:	395	355	1487,2	354,9	11,9	10,2	56,1	
Ručak	Ime normativa: JUHA OD POVRĆA							
	mrkva	22,0	20,0	7,6	1,8			
	celer	6,0	5,0	4,8	1,2			
	koraba	12,0	10,0	10,0	2,4			
	grašak	10,0	10,0	28,0	6,7			
	luk crveni	6,0	5,0	4,8	1,2			
	tjestenina	2,0	2,0	30,8	7,4			
	maslinovo ulje	2,0	2,0	75,3	18,0			
	peršin list	2,0	2,0	1,7	0,4			
	sol							
	UKUPNO:	62,0	56,0	163,0	39,1	1,3	2,1	3,9
	Ime normativa: OSLIĆ PANIRANI							
	panirani oslić	150,0	150,0	1372,5	328,3			
	suncokretovo ulje	20,0	20,0	423,0	101,2			
	UKUPNO:	170,0	170,0	1795,5	429,5	12,0	16,5	22,4
	Ime normativa: PIRE KRUMPIR S MRKVOM							
	krumpir	140,0	100,0	364,0	87,0			
	mrkva	50,0	35,0	53,0	12,6			
	mlijeko 2,8% m.m.	25,0	25,0	67,0	16,0			
	maslac	3,0	3,0	94,2	22,5			
	muškatni oraščić							
	sol							
	UKUPNO:	218,0	163,0	578,2	138,1	3,3	3,5	24,8
	Ime normativa: CIKLA SALATA							
	cikla	62,0	50,0	94,4	22,5			
	maslinovo ulje	6,0	6,0	226,0	54,1			
	jabučni ocat	3,0	3,0	1,6	0,4			
	sol							
	UKUPNO:	71,0	59,0	322,0	77,0	1,4	6,2	4,9
	Ime normativa: KRUH							
kruh crni, pšenični	50,0	50,0	465,0	111,0				
UKUPNO:	50,0	50,0	465,0	111,0	4,0	1,0	21,5	
SVEUKUPNO:	571,0	498,0	3323,7	794,7	22,0	29,2	77,5	
Užina	Ime normativa: KRUŠKA							
	kruška	220,0	200,0	242,0	58,0	0,4	0,0	15,2
	UKUPNO	220,0	200,0	242,0	58,0	0,4	0,0	15,2
SVEUKUPNO	220,0	200,0	242,0	58,0	0,4	0,0	15,2	



Br. Jelovnika		20.						
R		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: KUKURUZNA KRUPICA SA SEZAMOM I MLIJEKOM							
	kukuruzna krupica	50,0	50,0	769,5	184,0			
	mlijeko 2,8% m.m.	250,0	250,0	597,5	142,5			
	maslac	2,0	2,0	62,8	15,0			
	sezam mljeveni	10,0	10,0	249,4	59,6			
	sol							
	UKUPNO:	312,0	312,0	1679,2	401,1	14,8	15,4	51,1
SVEUKUPNO:	312,0	312,0	1679,2	401,1	14,8	15,4	51,1	
Ručak	Ime normativa: JUHA OD BUNDEVE							
	vrhnje kiselo (12% m.m.)	5,0	5,0	29,0	7,0			
	maslac	5,0	5,0	157,0	38,0			
	glatko brašno	5,0	5,0	73,0	18,0			
	tikva muškata žuta	100,0	80,0	50,0	11,0			
	češnjak	0,5	0,4	3,0	1,0			
	luk crveni	20,0	18,0	17,0	4,0			
	krumpir	50,0	40,0	146,0	34,0			
	papar	0,1	0,1	1,0	0,0			
	sol							
	UKUPNO:	185,6	153,5	476,0	113,0	2,2	4,9	16,4
	Ime normativa: ŠKARPINA PEČENA							
	škarpina	100,0	100,0	566,4	118,0			
	maslinovo ulje	5,0	5,0	188,3	45,0			
	sol							
	UKUPNO:	105,0	105,0	754,7	163,0	24,8	6,3	0,0
	Ime normativa: KUHANI KRUMPIR							
	peršin list	1,0	0,9	1,0	0,0			
	maslac	5,0	5,0	78,0	19,0			
	krumpir	200,0	150,0	728,0	172,0			
	sol							
	UKUPNO:	206,0	155,9	807,0	191,0	3,2	6,2	31,2
Ime normativa: KRUH								
kruh crni, pšenični	50,0	50,0	465,0	111,0				
UKUPNO:	50,0	50,0	465,0	111,0	4,0	1,0	21,5	
SVEUKUPNO:	546,6	464,44	2502,7	578	34,2	18,4	69,1	
Užina	Ime normativa: LJEŠNJACI I JABUKA							
	Lješnjaci	10,0	10,0	293,3	70,1	1,4	6,9	0,6
	jabuka	220,0	200,0	334,0	80,0	0,0	0,0	20,0
	UKUPNO	230,0	210,0	627,3	150,1	1,4	6,9	20,6
SVEUKUPNO	230,0	210,0	627,3	150,1	1,4	6,9	20,6	



#### 4. Jelovnici prilagođeni godišnjem dobu – jesen

Br. Jelovnika		1.		M		B		M		UH	
		KOLIČINA		ENERGIJA							
		Bruto (g)	Neto (g)	(KJ)	(Kcal)						
Doručak	Ime normativa: BIJELA KAVA, INTEGRALNI KRUH S MASLACEM I DŽEMOM										
	mlijeko 2,8% m.m.	200,0	200,0	478,0	114,0						
	šećer kristal	10,0	10,0	167,4	40,0						
	kava instant	2,0	2,0	6,3	1,5						
	maslac	10,0	10,0	314,2	75,1						
	džem	30,0	30,0	490,0	117,0						
	kruh integralni	50,0	50,0	490,0	117,0						
	UKUPNO	302,0	302,0	1945,9	464,6	10,9	14,5				64,4
	<b>SVEUKUPNO</b>	<b>302,0</b>	<b>302,0</b>	<b>1945,9</b>	<b>464,6</b>	<b>10,9</b>	<b>14,5</b>				<b>64,4</b>
Ručak	Ime normativa: VARIVO OD JEČMENE KAŠE										
	ječmena kaša	50,0	50,0	753,0	180,0						
	krumpir	40,0	30,0	89,4	21,3						
	mrkva	55,0	50,0	75,5	18,0						
	peršin list	6,0	5,0	4,2	1,0						
	šeršin korijen	11,0	10,0	8,4	2,0						
	luk crveni	11,0	10,0	9,6	2,4						
	maslinovo ulje	5,0	5,0	188,3	45,0						
	sol										
	UKUPNO	178,0	160,0	1128,4	269,7	5,4	5,9				51,8
	Ime normativa: PIRJANI TELEĆI ODREZAK										
	teletina	75,0	70,0	469,0	112,0						
	ulje suncokretovo	5,0	5,0	188,3	45,0						
	sol										
	UKUPNO	80,0	75,0	657,3	157,0	13,4	11,5				0,0
Ime normativa: POLUBIJELI KRUH											
Polubijeli kruh	50,0	50,0	490,0	117,0	3,8	0,6				24,2	
SVEUKUPNO:	308,0	285,0	2275,7	543,7	22,6	18,0				75,9	
Užina	Ime normativa: BRESKVA I KEKSI										
	breskva	120,0	100,0	155,0	37,0	0,6	0,0				9,1
	keksi	20,0	20,0	348,0	83,0	1,0	2,0				13,0
	UKUPNO	140,0	120,0	503,0	120,0	1,6	2,0				22,1
<b>SVEUKUPNO</b>	<b>140,0</b>	<b>120,0</b>	<b>503,0</b>	<b>120,0</b>	<b>1,6</b>	<b>2,0</b>				<b>22,1</b>	



Br. Jelovnika 2.		KOLIČINA		ENERGIJA		B	M	UH
M		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: KRUH S MASLACEM I ŠUNKOM, MLIJEKO							
	mlijeko 2,8% m.m.	200,0	200,0	478,0	114,0			
	maslac	20,0	20,0	628,4	150,2			
	šunka prešana	30,0	30,0	162,3	38,7			
	polubijeli kruh	50,0	50,0	490,0	117,0			
	UKUPNO	300,0	300,0	1758,7	419,9	15,3	24,9	33,8
	<b>SVEUKUPNO</b>	<b>300,0</b>	<b>300,0</b>	<b>1758,7</b>	<b>419,9</b>	<b>15,3</b>	<b>24,9</b>	<b>33,8</b>
Ručak	Ime normativa: KREM JUHA OD BROKULE							
	brokula	50,0	40,0	42,0	10,0			
	kiselo vrhnje	5,0	5,0	28,9	6,9			
	ulje	2,0	2,0	75,3	18,0			
	krumpir	15,0	10,0	29,8	7,1			
	žumanjak	4,0	4,0	60,4	14,4			
	peršin list	1,0	1,0	0,8	0,2			
	sol							
	UKUPNO:	77,0	62,0	237,2	56,6	1,7	3,0	3,0
	Ime normativa: PIRJANO POVRĆE							
	mrkva	22,0	20,0	30,2	7,2			
	grašak	20,0	20,0	56,0	13,4			
	peršin korijen	22,0	20,0	16,8	4,0			
	luk crveni	8,0	6,0	5,8	1,4			
	celer korijen	25,0	20,0	19,2	4,6			
	maslinovo ulje	5,0	5,0	188,3	45,0			
	sol							
	UKUPNO:	102,0	91,0	316,3	75,6	2,6	5,1	5,0
	Ime normativa: PIRJANA PURETINA							
	puretina							
	bijelo meso	71,0	70,0	391,3	93,8			
	ulje suncokretovo	3,0	3,0	113,0	27,0			
	luk crveni	6,0	5,0	4,8	1,2			
	sol							
	UKUPNO:	80,0	78,0	509,1	122,0	15,4	6,4	0,3
	Ime normativa: PIRE KRUMPIR							
	krumpir	130,0	100,0	364,0	87,0			
	maslac	2,0	2,0	62,8	15,0			
	mlijeko 2,8% m.m.	20,0	20,0	47,8	11,4			
	sol							
	UKUPNO	152,0	122,0	474,6	113,4	2,8	2,3	21,7
	Ime normativa: KRUH							
	Polubijeli kruh	40	40	381,6	91,3	3,2	0,8	54,5
SVEUKUPNO:	451,0	393,0	1918,8	458,9	25,71	17,6	84,46	
Užina	Ime normativa: MARELICA I JOGURT							
	marelica	100,0	80,0	93,6	22,4	0,5	0,0	5,4
	jogurt 2,8%mm	150,0	150,0	370,5	88,5	5,4	4,2	7,2
	UKUPNO	250,0	230,0	464,1	110,9	5,9	4,2	12,6
	<b>SVEUKUPNO</b>	<b>250,0</b>	<b>230,0</b>	<b>464,1</b>	<b>110,9</b>	<b>5,9</b>	<b>4,2</b>	<b>12,6</b>



Br. Jelovnika		3.						
M		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: RIŽA NA MLIJEKU S ČOKOLADOM							
	mlijeko 2,8% m.m.	250,0	250,0	597,5	142,5			
	riža	25,0	25,0	365,0	87,3			
	čokolada	5,0	5,0	107,1	25,6			
	mlijeko 2,8% m.m.	200,0	200,0	478,0	114,0			
	UKUPNO	480,0	480,0	1547,6	369,4	16,9	14,5	48,2
	<b>SVEUKUPNO</b>	<b>480,0</b>	<b>480,0</b>	<b>1547,6</b>	<b>369,4</b>	<b>16,9</b>	<b>14,5</b>	<b>48,2</b>
Ručak	Ime normativa: VARIVO OD LEĆE I TJESTENINE							
	leća suha	20,0	20,0	254,4	60,8			
	mrkva	22,0	20,0	30,2	7,2			
	peršin korijen	22,0	20,0	16,8	4,0			
	celer korijen	22,0	20,0	19,2	4,6			
	luk crveni	6,0	5,0	4,8	1,2			
	slanina suha	4,0	3,0	63,5	15,2			
	tjestenina s jajima	20,0	20,0	308,2	73,6			
	rajčica sjeckana (pelati)	10,0	10,0	6,0	1,4			
	maslinovo ulje	3,0	3,0	113,0	27,0			
	lovor	1,0	1,0	10,7	2,5			
	češnjak	1,0	1,0	5,7	1,4			
	sol							
	UKUPNO:	131,0	123,0	832,5	198,9	9,5	5,2	30,4
	Ime normativa: KOSANI ODREZAK							
	svinjetina	25,0	25,0	293,0	70,0			
	junetina	25,0	25,0	167,5	40,0			
	slanina suha	6,0	5,0	105,9	25,3			
	jaje	5,0	5,0	31,6	7,6			
	mrvice	10,0	10,0	148,1	35,4			
	ulje suncokretovo	5,0	5,0	188,3	45,0			
peršin list	1,0	1,0	0,8	0,2				
luk crveni	5,0	5,0	4,8	1,2				
sol								
UKUPNO:	82,0	81,0	940,0	224,7	11,6	16,7	8,0	
Ime normativa: MIJEŠANI KRUH								
kruh miješani								
pšenično i raženo	30,0	30,0	289,0	69,0				
UKUPNO:	30,0	30,0	289,0	69,0	4,2	0,6	11,7	
Ime normativa: JABUKA								
jabuka	110,0	100,0	167,0	40,0				
UKUPNO	110,0	100,0	167,0	40,0	0,0	0,0	10,0	
<b>SVEUKUPNO:</b>	<b>353,0</b>	<b>334,0</b>	<b>2228,5</b>	<b>532,6</b>	<b>25,3</b>	<b>22,5</b>	<b>60,1</b>	
Užina	Ime normativa: GROŽĐE I KRUH							
	crno grožđe	120,0	100,0	224,0	54,0	0,5	0,1	13,5
	polubijeli kruh	30,0	30,0	286,2	68,4	2,4	0,6	13,4
	UKUPNO	150,0	130,0	510,2	122,4	2,9	0,7	26,9
<b>SVEUKUPNO</b>	<b>150,0</b>	<b>130,0</b>	<b>510,2</b>	<b>122,4</b>	<b>2,9</b>	<b>0,7</b>	<b>26,9</b>	



Br. Jelovnika		4.						
M		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: KRUH S MASLACEM I MEDOM, MLIJEKO							
	mlijeko 2,8% m.m.	200,0	200,0	478,0	114,0			
	maslac	20,0	20,0	628,4	150,2			
	med	10,0	10,0	133,9	32,0			
	polubijeli kruh	60,0	60,0	572,4	136,8			
	UKUPNO	290,0	290,0	1812,7	433,0	11,6	23,4	44,1
	<b>SVEUKUPNO</b>	<b>290,0</b>	<b>290,0</b>	<b>1812,7</b>	<b>433,0</b>	<b>11,6</b>	<b>23,4</b>	<b>44,1</b>
Ručak	Ime normativa: JUHA OD POVRĆA S HELJDOM							
	krumpir	12,0	10,0	29,8	7,1			
	mrkva	17,0	15,0	22,7	5,4			
	cvjetača	20,0	15,0	15,6	3,8			
	grašak	17,0	15,0	42,0	10,0			
	peršin list	1,0	1,0	0,8	0,2			
	celer korijen	7,0	5,0	2,5	0,6			
	luk crveni	4,0	3,0	2,9	0,7			
	peršin korijen	8,0	7,0	6,1	1,5			
	vrhnje kiselo 12% m.m.	10,0	10,0	57,7	13,8			
	pšenično brašno	10,0	10,0	133,1	31,8			
	heljda	2,0	2,0	23,0	6,9			
	sol							
	UKUPNO:	108,0	93,0	336,2	81,8	3,8	1,6	13,8
	Ime normativa: SLOŽENAC OD PORILUKA							
	poriluk	100,0	80,0	93,5	22,4			
	krumpir	125,0	100,0	364,0	87,0			
	puretina							
	bijelo meso	31,0	30,0	167,7	40,2			
	junetina	31,0	30,0	201,0	48,0			
	vrhnje kiselo 12% m.m.	20,0	20,0	115,4	27,6			
	luk crveni	6,0	5,0	4,8	1,2			
jaje	10,0	10,0	63,2	15,1				
ulje suncokretovo	5,0	5,0	188,3	45,0				
sol								
UKUPNO:	328,0	280,0	1197,9	286,5	16,7	11,8	26,0	
Ime normativa: SALATA OD SVJEŽEG KUPUSA								
kupus glavati crveni	70,0	60,0	50,4	12,0				
jabučni ocat	3,0	3,0	1,6	0,4				
ulje maslinovo	5,0	5,0	188,0	45,0				
sol								
UKUPNO:	78,0	68,0	240,0	57,4	1,0	5,1	2,3	
<b>SVEUKUPNO:</b>	<b>514,0</b>	<b>441,0</b>	<b>1774,1</b>	<b>425,7</b>	<b>21,5</b>	<b>18,5</b>	<b>42,1</b>	
Užina	Ime normativa: LUBENICA							
	lubenica	250,0	200,0	176,0	42,0	0,8	0,0	10,6
	UKUPNO	250,0	200,0	176,0	42,0	0,8	0,0	10,6
<b>SVEUKUPNO</b>	<b>250,0</b>	<b>200,0</b>	<b>176,0</b>	<b>42,0</b>	<b>0,8</b>	<b>0,0</b>	<b>10,6</b>	



Br. Jelovnika		5.						
R		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: MLIJEKO I KUKURUŽNE PAHULJICE S MEDOM							
	mlijeko 2,8% m.m.	250,0	250,0	598,0	142,5			
	cornflakes	40,0	40,0	616,0	147,2			
	med	10,0	10,0	133,9	32,0			
	jabuka	50,0	40,0	66,8	16,0			
	UKUPNO	350,0	340,0	1414,7	337,7	11,7	8,3	57,8
	<b>SVEUKUPNO</b>	<b>350,0</b>	<b>340,0</b>	<b>1414,7</b>	<b>337,7</b>	<b>11,7</b>	<b>8,3</b>	<b>57,8</b>
Ručak	Ime normativa: KREM JUHA OD POVRĆA							
	mrkva	22,0	20,0	30,2	7,2			
	peršin list	6,0	5,0	4,2	1,0			
	celer korijen	6,0	5,0	4,8	1,2			
	koraba	15,0	10,0	10,0	2,4			
	grašak	12,0	10,0	28,0	6,7			
	luk crveni	6,0	5,0	4,8	1,2			
	tjestenina s jajima	2,0	2,0	30,8	7,4			
	ulje suncokretovo	3,0	3,0	113,0	27,0			
	ulje maslinovo	3,0	3,0	113,0	27,0			
	sol							
	UKUPNO:	75,0	63,0	338,8	81,1	1,6	6,1	5,1
	Ime normativa: TJESTENINA U UMAKU OD TUNE I RAJČICE							
	tuna	20,0	20,0	189,2	45,2			
	tjestenina bez jaje	40,0	40,0	562,8	134,4			
	ulje maslinovo	3,0	3,0	113,0	27,0			
	ulje suncokretovo	5,0	5,0	188,3	45,0			
	luk crveni	16,0	15,0	14,4	3,6			
	celer list	5,0	3,0	1,5	0,4			
	origano	1,0	1,0	13,8	3,3			
	lovor	0,1	0,1	1,1	0,3			
	češnjak	1,0	1,0	5,7	1,4			
	peršin list	1,0	1,0	0,8	0,2			
	sol							
	UKUPNO:	92,1	89,1	1090,6	260,8	9,8	11,4	26,0
	Ime normativa: SALATA OD RADIĆA I MATOVILCA							
	matovilac	70,0	60,0	50,4	12,0			
radić zeleni	40,0	30,0	29,7	7,2				
jabučni ocat	3,0	3,0	1,6	0,4				
ulje maslinovo	5,0	5,0	188,0	45,0				
sol								
UKUPNO:	118,0	98,0	269,7	64,6	1,7	5,1	2,9	
<b>SVEUKUPNO:</b>	<b>285,1</b>	<b>250,1</b>	<b>1699,1</b>	<b>406,5</b>	<b>13,1</b>	<b>22,6</b>	<b>34,0</b>	
Užina	Ime normativa: JOGURT I KRUH							
	jogurt 2,8%mm	150,0	150,0	370,5	88,5	5,4	4,2	7,2
	polubijeli kruh	70,0	70,0	667,8	159,6	5,6	1,4	31,2
	UKUPNO	220,0	220,0	1038,3	248,1	11,0	5,6	38,4
	<b>SVEUKUPNO</b>	<b>220,0</b>	<b>220,0</b>	<b>1038,3</b>	<b>248,1</b>	<b>11,0</b>	<b>5,6</b>	<b>38,4</b>



Br. Jelovnika		6.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: GRIZ NA MLIJEKU S ČOKOLADOM I CIMETOM								
	mlijeko 2,8% m.m.	250,0	250,0	597,5	142,5				
	griz	30,0	30,0	417,9	99,9				
	čokolada	5,0	5,0	107,1	25,6				
	maslac	5,0	5,0	157,1	37,6				
	cimet	0,2	0,2	2,6	0,6				
	UKUPNO	290,2	290,2	1282,2	306,2	11,9	13,1	45,4	
	<b>SVEUKUPNO</b>	<b>290,2</b>	<b>290,2</b>	<b>1282,2</b>	<b>306,2</b>	<b>11,9</b>	<b>13,1</b>	<b>45,4</b>	
	Ručak	Ime normativa: KREM JUHA OD POVRĆA							
		mrkva	22,0	20,0	30,2	7,2			
peršin list		6,0	5,0	4,2	1,0				
celer korijen		6,0	5,0	4,8	1,2				
koraba		15,0	10,0	10,0	2,4				
grašak		12,0	10,0	28,0	6,7				
luk crveni		6,0	5,0	4,8	1,2				
tjestenina s jajima		2,0	2,0	30,8	7,4				
ulje suncokretovo		3,0	3,0	113,0	27,0				
ulje maslinovo		3,0	3,0	113,0	27,0				
sol									
UKUPNO:		75,0	63,0	338,8	81,1	24,9	6,2	5,8	
Ime normativa: KRUH									
kruh mješani		70,0	70,0	673,4	161,0				
UKUPNO:		70,0	70,0	673,4	161,0	9,8	1,4	27,3	
Ime normativa: SLOŽENAC OD KRUMPIRA I TIKVICA S MJEŠANIM MESOM									
krumpir		110,0	100,0	298,0	71,0				
tikvice		100,0	80,0	48,8	12,0				
puretina									
bijelo meso		21,0	20,0	111,8	26,8				
govedina but		24,0	20,0	94,6	22,6				
jaje		25,0	25,0	158,0	37,8				
luk crveni		6,0	5,0	4,8	1,2				
vrhnje kiselo									
20% m.m.		20,0	20,0	172,4	41,2				
mrkva	22,0	20,0	30,2	7,2					
peršin list suhi	1,0	1,0	16,7	4,0					
ulje	2,0	2,0	75,3	18,0					
sol									
UKUPNO	331,0	293,0	1010,6	241,8	14,7	10,6	22,1		
Ime normativa: SALATA									
cikla	62,0	50,0	94,4	22,5					
maslinovo ulje	6,0	6,0	226,0	54,1					
jabučni ocat	3,0	3,0	1,6	0,4					
sol									
UKUPNO	71,0	59,0	322,0	77,0	1,43	6,2	4,9		
<b>SVEUKUPNO:</b>	<b>547,0</b>	<b>485,0</b>	<b>2344,8</b>	<b>560,9</b>	<b>50,83</b>	<b>24,4</b>	<b>60,1</b>		
Užina	Ime normativa: DINJA I KEKSI								
	dinja	180,0	100,0	100,0	24,0	1,0	0,0	5,3	
	keksi	20,0	20,0	348,0	83,0	1,0	2,0	13,0	
	UKUPNO	200,0	120,0	448,0	107,0	2,0	2,0	18,3	
	<b>SVEUKUPNO</b>	<b>200,0</b>	<b>120,0</b>	<b>448,0</b>	<b>107,0</b>	<b>2,0</b>	<b>2,0</b>	<b>18,3</b>	



Br. Jelovnika 7.		KOLIČINA		ENERGIJA		B	M	UH
M		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: MLIJEKO I GRAHAM KRUH S MEDOM							
	mlijeko 2,8% m.m.	200,0	200,0	478,0	114,0			
	kakao	3,0	3,0	39,2	9,4			
	med	20,0	20,0	267,8	64,0			
	graham kruh punog zrna	70,0	70,0	603,4	144,2			
	UKUPNO	293,0	293,0	1388,4	331,6	11,9	13,1	45,4
	<b>SVEUKUPNO</b>	<b>293,0</b>	<b>293,0</b>	<b>1388,4</b>	<b>331,6</b>	<b>11,9</b>	<b>13,1</b>	<b>45,4</b>
	Ručak	Ime normativa: SEKELI GULAŠ						
svinjski but		60,0	60,0	642,8	153,8			
ulje suncokretovo		5,0	5,0	188,0	45,0			
pšenično bijelo brašno		2,0	2,0	26,6	6,4			
peršin list		1,0	0,9	1,0	0,0			
luk crveni		10,0	9,0	9,0	2,0			
kupus kiseli rezani		140,0	140,0	118,0	28,0			
paprika crvena mljevena		0,2	0,2	3,0	1,0			
lovor		0,1	0,1	1,0	0,0			
vegeta natur		1,0	1,0	6,0	1,0			
sol								
UKUPNO:		219,3	218,2	995,4	237,2	18,0	10,7	23,0
Ime normativa: KRUH								
kruh polubijeli		50,0	50,0	477,0	114,0			
UKUPNO:		50,0	50,0	477,0	114,0	4,0	1,0	22,3
Ime normativa: PITA SA SIROM								
pšenično bijelo brašno		15,0	15,0	220,0	52,5			
šećer kristal		2,5	2,5	41,9	10,0			
maslo		10,0	10,0					
jaje		20,0	20,0	126,4	30,2			
vrhnje kiselo 12% m.m.		10,0	10,0	57,7	13,8			
sir svježi		25,0	25,0	99,3	23,8			
limun	1,0	1,0	0,5	0,1				
sol								
UKUPNO:	83,5	83,5	545,8	130,4	7,9	14,3	15,7	
<b>SVEUKUPNO:</b>	<b>352,8</b>	<b>351,7</b>	<b>2018,2</b>	<b>481,6</b>	<b>29,9</b>	<b>26,0</b>	<b>61,0</b>	
Užina	Ime normativa: JOGURT S MUESLI ŽITARICAMA							
	jogurt 2,8%mm	150,0	150,0	370,5	88,5	5,4	4,2	7,2
	muesli sa suhim voćem	20,0	20,0	314,0	75,0	2,3	2,5	12,6
	UKUPNO	170,0	170,0	684,5	163,5	7,7	6,7	19,8
	<b>SVEUKUPNO</b>	<b>170,0</b>	<b>170,0</b>	<b>684,5</b>	<b>163,5</b>	<b>7,7</b>	<b>6,7</b>	<b>19,8</b>



Br. Jelovnika		8.								
M		KOLIČINA		ENERGIJA		B	M	UH		
		Bruto (g)	Neto (g)	(KJ)	(Kcal)					
Doručak	Ime normativa: BIJELA KAVA, KRUH SA SIROM I MASLACEM									
		mlijeko 2,8 % m.m.	200,0	200,0	478,0	114,0				
		kava instant	1,5	1,5	6,3	1,5				
		sir edamer								
		40 %m.m.	25,0	25,0	360,8	86,3				
		maslac	10,0	10,0	314,2	75,1				
		polubijeli kruh	50,0	50,0	490,0	117,0				
		UKUPNO	286,5	286,5	1649,3	393,9	18,2	20,8	43,7	
		<b>SVEUKUPNO</b>	<b>286,5</b>	<b>286,5</b>	<b>1649,3</b>	<b>393,9</b>	<b>18,2</b>	<b>20,8</b>	<b>43,7</b>	
	Ručak	Ime normativa: VARIVO OD PORILUKA S JEČMENOM KAŠOM I SUHIM MESOM								
		poriluk	200,0	170,0	199,0	47,6				
		ječmena kaša	43,0	40,0	602,4	144,0				
		mrkva	22,0	20,0	30,2	7,2				
		peršin korijen	22,0	20,0	57,6	20,9				
		celer korijen	22,0	20,0	10,0	2,4				
		luk crveni	22,0	20,0	19,2	4,8				
		pureća								
		dimljena prsa	45,0	40,0	176,0	42,0				
		krumpir	55,0	50,0	149,0	35,5				
		slanina suha	10,0	10,0	211,7	50,6				
		ulje	2,0	2,0	75,3	18,0				
		sol								
		UKUPNO:	443,0	392,0	1530,4	373,0	16,2	9,7	59,2	
		Ime normativa: KRUH								
			crni kruh	30,0	30,0	278,7	66,6			
		UKUPNO:	30,0	30,0	278,7	66,6	2,4	0,6	12,9	
		Ime normativa: VOĆNI KOLAČ								
			pšenično brašno							
			bijelo	17,0	17,0	248,9	59,5			
			mlijeko 3,2 % m.m.	10,0	10,0	26,8	6,4			
			jaje	5,0	5,0	31,6	7,6			
			šećer	15,0	15,0	251,1	60,0			
		jabuka	23,0	20,0	33,4	8,0				
		prašak za pecivo	1,0	1,0	3,2	0,8				
	UKUPNO	71,0	68,0	595,0	142,3	2,6	1,1	31,2		
	<b>SVEUKUPNO:</b>	<b>544,0</b>	<b>490,0</b>	<b>2404,1</b>	<b>581,9</b>	<b>21,2</b>	<b>11,4</b>	<b>103,3</b>		
Užina	Ime normativa: NLIJEKO I NEKTARINA									
		mlijeko 2,8%mm	180,0	180,0	430,2	102,6	5,9	5,0	8,5	
		nektarina	100,0	80,0	167,2	40,0	0,7	0,0	9,9	
		UKUPNO	280,0	260,0	597,4	142,6	6,7	5,0	18,4	
	<b>SVEUKUPNO</b>	<b>280,0</b>	<b>260,0</b>	<b>597,4</b>	<b>142,6</b>	<b>6,7</b>	<b>5,0</b>	<b>18,4</b>		



Br. Jelovnika		9.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: BIJELA KAVA, KUKURUZNA KRUPICA S JOGURTOM								
		mlijeko 2,8 % m.m.	200,0	200,0	478,0	114,0			
		kava instant	1,5	1,5	6,3	1,5			
		kukuruzna krupica	40,0	40,0	615,6	147,2			
		maslac	5,0	5,0	157,1	37,6			
		jogurt 2,8 % m.m.	150,0	150,0	370,0	88,0			
		UKUPNO	396,5	396,5	1627,0	388,3	10,0	12,0	50,3
		<b>SVEUKUPNO</b>	<b>396,5</b>	<b>396,5</b>	<b>1627,0</b>	<b>388,3</b>	<b>10,0</b>	<b>12,0</b>	<b>50,3</b>
	Ručak	Ime normativa: GOVEDA JUHA S REZANCIMA							
			govedina/junetina	65,0	55,0	411,4	98,5		
		mrkva	12,0	10,0	15,1	3,6			
		luk crveni	11,0	10,0	9,6	2,4			
		celer korijen	6,0	5,0	4,8	1,2			
		peršin list	1,0	1,0	0,8	0,2			
		tjestenina s jajima	5,0	5,0	77,1	18,4			
		sol							
		UKUPNO:	100,0	86,0	518,8	124,3	11,7	6,3	5,5
		Ime normativa: KRUH							
		mješani kruh	50,0	50,0	481,0	115,0			
		UKUPNO:	50,0	50,0	481,0	115,0	7,0	1,0	19,5
		Ime normativa: TJESTENINA S LEĆOM							
		tjestenina s jajima	10,0	10,0	140,7	33,6			
		leća	20,0	20,0	254,4	60,8			
		krumpir	22,0	20,0	59,6	60,8			
		rajčica pelati	5,0	5,0	3,0	0,7			
		mrkva	12,0	10,0	15,1	3,6			
		luk crveni	11,0	10,0	9,6	2,4			
		ulje maslinovo	5,0	5,0	188,0	45,0			
		sol							
		UKUPNO	85,0	80,0	670,4	206,9	6,7	6,3	27,4
		Ime normativa: SALATA ZELENA S CRVENIM RADIĆEM							
		zelena salata	25,0	20,0	11,4	2,8			
		crveni radić	25,0	20,0	10,0	2,4			
		ulje maslinovo	3,0	3,0	113,0	27,0			
		ocat jabučni	2,0	2,0	1,1	0,3			
		UKUPNO	55,0	45,0	135,5	32,5	0,5	3,0	0,8
	<b>SVEUKUPNO:</b>	<b>290,0</b>	<b>261,0</b>	<b>1805,7</b>	<b>478,7</b>	<b>25,9</b>	<b>16,6</b>	<b>53,2</b>	
Užina	Ime normativa: KRUŠKA I SOK OD NARANČE								
		kruška	110,0	100,0	121,0	29,0	0,2	0,0	7,6
		sok naranča	230,0	200,0	376,0	90,0	1,4	0,4	20,8
		UKUPNO	340,0	300,0	497,0	119,0	1,6	0,4	28,4
	<b>SVEUKUPNO</b>	<b>340,0</b>	<b>300,0</b>	<b>497,0</b>	<b>119,0</b>	<b>1,6</b>	<b>0,4</b>	<b>28,4</b>	



Br. Jelovnika 10.		KOLIČINA		ENERGIJA		B	M	UH
M		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: KUKURUZNI ŽGANCI S VRHNJEM							
	kukuruzna krupica	40,0	40,0	615,6	147,2			
	maslac	5,0	5,0	157,1	37,6			
	vrhnje 12% m.m.	20,0	20,0	115,4	27,6			
	kruška	200,0	144,0	248,0	59,0			
	UKUPNO	265,0	209,0	1136,1	271,4	10,0	14,0	39,0
	<b>SVEUKUPNO</b>	<b>265,0</b>	<b>209,0</b>	<b>1136,1</b>	<b>271,4</b>	<b>10,0</b>	<b>14,0</b>	<b>39,0</b>
Ručak	Ime normativa: RAGU OD POVRĆA S LEĆOM I PILETINOM							
	pile	36,0	30,0	288,6	69,0			
	mrkva	10,0	8,0	12,1	2,9			
	cvjetača	12,0	8,0	8,3	2,0			
	peršin korijen	6,0	5,0	4,2	1,0			
	celer korijen	6,0	5,0	4,8	1,1			
	grašak	9,0	8,0	22,4	5,4			
	leća	10,0	10,0	127,2	30,4			
	ulje maslinovo	3,0	3,0	113,0	27,0			
	sol							
	UKUPNO:	92,0	77,0	580,6	138,8	9,0	8,5	7,9
	Ime normativa: KRUH							
	graham kruh od punog zrna	50,0	50,0	431,0	103,0			
	UKUPNO:	50,0	50,0	431,0	103,0	3,5	1,0	20,0
	Ime normativa: ZAPEČENA TELETINA S POVRĆEM I RIŽOM							
	teletina	40,0	40,0	156,0	37,3			
	mahunje zelene	100,0	90,0	68,4	16,2			
	mrkva	22,0	20,0	30,2	7,2			
	paprike zelene	35,0	30,0	20,4	4,8			
	riža	30,0	30,0	438,0	104,7			
ulje maslinovo	5,0	5,0	188,0	45,0				
parmezan	25,0	25,0	430,0	102,8				
luk crveni	6,0	5,0	4,8	1,2				
sol								
UKUPNO	263,0	245,0	1335,8	319,2	26,7	14,1	28,9	
<b>SVEUKUPNO:</b>	<b>405,0</b>	<b>372,0</b>	<b>2347,4</b>	<b>561,0</b>	<b>39,2</b>	<b>23,6</b>	<b>56,8</b>	
Užina	Ime normativa: SIR S VRHNJEM I KRUH							
	svježi sir	25,0	25,0	99,3	23,8	3,5	0,8	0,8
	vrhnje 12%mm	10,0	10,0	57,7	13,8	0,3	1,2	0,5
	kukuruzni kruh	50,0	50,0	460,0	110,0	2,4	4,4	15,5
	UKUPNO	85,0	85,0	617,0	147,6	6,2	6,4	16,7
<b>SVEUKUPNO</b>	<b>85,0</b>	<b>85,0</b>	<b>617,0</b>	<b>147,6</b>	<b>6,2</b>	<b>6,4</b>	<b>16,7</b>	



Br. Jelovnika		11.						
M		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: JOGURT S PROBIOTIKOM I ZOBENE PAHULJICE S CIMETOM I MEDOM							
	jogurt s probiotikom	150,0	150,0	370,0	88,0			
	zobene pahuljice	40,0	40,0	623,0	149,0			
	med	5,0	5,0	66,0	16,0			
	badem oljušteni	5,0	5,0	118,0	28,0			
	cimet	0,5	0,5	6,0	2,0			
	UKUPNO	200,5	200,5	1183,0	283,0	9,5	9,9	40,8
	<b>SVEUKUPNO</b>	<b>200,5</b>	<b>200,5</b>	<b>1183,0</b>	<b>283,0</b>	<b>9,5</b>	<b>9,9</b>	<b>40,8</b>
Ručak	Ime normativa: JUHA OD RAJČICE							
	ulje maslinovo	3,0	3,0	113,0	27,0			
	pšenično bijelo brašno	5,0	5,0	73,0	18,0			
	tjestenina s jajima	8,0	8,0	119,0	28,0			
	peršin list	1,0	0,9	1,0	0,0			
	rajčica ukuhana (28-30% konc)	10,0	10,0	29,0	7,0			
	sol							
	UKUPNO:	27,0	26,9	335,0	80,0	1,7	3,2	14,3
	Ime normativa: KRUH							
	integralni kruh	40,0	40,0	354,0	84,0			
	UKUPNO:	40,0	40,0	354,0	84,0	3,0	0,8	16,4
	Ime normativa: PUREĆI RIŽOTO SA SEZONSKIM POVRĆEM							
	puretina							
	bijelo meso BK	60,0	60,0	335,0	80,0			
	ulje maslinovo	5,0	5,0	188,0	45,0			
	ulje suncokretovo	5,0	5,0	188,0	45,0			
	riža	60,0	60,0	876,0	209,0			
	celer list	1,0	0,9	0,0	0,0			
	peršin list	1,0	0,9	1,0	0,0			
	paprika							
	zelena i crvena	10,0	8,2	6,0	1,0			
	tikvice	30,0	26,4	16,0	4,0			
	luk crveni	15,0	13,5	13,0	3,0			
	celer korijen	5,0	3,6	3,0	1,0			
	mrkva	20,0	18,0	27,0	6,0			
	grah smeđi konzervirani	20,0	20,0	92,0	22,0			
	kukuruz	10,0	10,0	53,0	12,0			
	papar	0,0	0,0	0,0	0,0			
	đumbir (zrno i prah)	0,1	0,1	1,0	0,0			
	sol							
UKUPNO	242,1	231,6	1799,0	428,0	20,1	13,8	56,3	
Ime normativa: ZELENA SALATA								
ulje maslinovo	5,0	5,0	188,0	45,0				
zelena salata	80,0	66,4	38,0	9,0				
ocat jabučni	5,0	5,0	3,0	1,0				
sol								
UKUPNO	90,0	76,4	229,0	55,0	0,7	8,1	1,7	
<b>SVEUKUPNO:</b>	<b>399,1</b>	<b>374,9</b>	<b>2717,0</b>	<b>647,0</b>	<b>25,5</b>	<b>25,9</b>	<b>88,7</b>	
Užina	Ime normativa: BIJELO GROŽĐE I KEKSI							
	bijelo grožđe	120,0	100,0	224,0	54,0	0,5	0,1	13,5
	keks	20,0	20,0	347,6	83,0	1,2	1,6	13,5
	UKUPNO	140,0	120,0	571,6	137,0	1,7	1,7	27,0
<b>SVEUKUPNO</b>	<b>140,0</b>	<b>120,0</b>	<b>571,6</b>	<b>137,0</b>	<b>1,7</b>	<b>1,7</b>	<b>27,0</b>	



Br. Jelovnika		12.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: INTEGRALNI ŠARENI SENDVIĆ I MANDARINA								
		sir gouda	20,0	20,0	328,0	78,0			
		šunka delikates (pureća i pileća prsa u ovitku)	20,0	20,0	81,0	23,0			
		graham pecivo	60,0	60,0	657,0	157,0			
		salata zelena	10,0	8,3	4,0	1,0			
		paprika zelena, crvena	20,0	16,4	11,0	2,0			
		rajčica crvena	20,0	19,6	11,0	2,0			
		<b>UKUPNO</b>	<b>150,0</b>	<b>144,3</b>	<b>1092,0</b>	<b>263,0</b>	<b>14,5</b>	<b>8,4</b>	<b>33,1</b>
		mandarina	150,0	105,0	149,0	36,0			
		<b>UKUPNO</b>	<b>150,0</b>	<b>105,0</b>	<b>149,0</b>	<b>36,0</b>	<b>1,0</b>	<b>0,0</b>	<b>8,4</b>
		<b>SVEUKUPNO</b>	<b>300,0</b>	<b>249,3</b>	<b>1241,0</b>	<b>299,0</b>	<b>15,5</b>	<b>8,4</b>	<b>41,5</b>
	Ručak	Ime normativa: VARIVO OD MAHUNA S JUNEĆIM MESOM							
		junetina BK	90,0	90,0	915,0	219,0			
		ulje suncokretovo	10,0	10,0	377,0	90,0			
		peršin list	1,0	0,9	1,0	0,0			
		mahune žute	100,0	90,0	105,0	25,0			
		češnjak	2,0	1,8	10,0	2,0			
		luk crveni	15,0	13,5	13,0	3,0			
		krumpir	150,0	120,0	437,0	104,0			
		rajčica ukuhana (28-30% konc)	4,0	4,0	11,0	3,0			
		papar	1,0	1,0	12,0	3,0			
		paprika crvena mljevena	1,0	1,0	13,0	3,0			
		vegeta natur	2,0	2,0	12,0	3,0			
		sol							
		<b>UKUPNO:</b>	<b>376,0</b>	<b>334,2</b>	<b>1906,0</b>	<b>455,0</b>	<b>26,9</b>	<b>25,4</b>	<b>40,5</b>
		Ime normativa: KRUH							
		crni kruh	40,0	40,0	371,0	88,0			
		<b>UKUPNO:</b>	<b>40,0</b>	<b>40,0</b>	<b>371,0</b>	<b>88,0</b>	<b>3,2</b>	<b>0,8</b>	<b>17,2</b>
	Ime normativa: GROŽĐE								
	grožđe	150,0	142,5	358,0	86,0				
	<b>UKUPNO</b>	<b>150,0</b>	<b>142,5</b>	<b>358,0</b>	<b>86,0</b>	<b>0,9</b>	<b>0,0</b>	<b>21,8</b>	
	<b>SVEUKUPNO:</b>	<b>566,0</b>	<b>516,7</b>	<b>2635,0</b>	<b>629,0</b>	<b>31,0</b>	<b>26,2</b>	<b>79,5</b>	
Užina	Ime normativa: GRAHAM KRUH I TOPLJENI SIR								
		kruh od punog zrna	70,0	70,0	603,4	144,2	4,9	1,4	28,0
		sir topljeni	30,0	30,0	272,4	64,2	4,3	4,5	1,8
		<b>UKUPNO</b>	<b>100,0</b>	<b>100,0</b>	<b>875,8</b>	<b>208,4</b>	<b>9,2</b>	<b>5,9</b>	<b>29,8</b>
		<b>SVEUKUPNO</b>	<b>100,0</b>	<b>100,0</b>	<b>875,8</b>	<b>208,4</b>	<b>9,2</b>	<b>5,9</b>	<b>29,8</b>



Br. Jelovnika		13.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: ČAJ, KRUH S MASLOM I MARNMELADOM								
		med	10,0	10,0	133,0	32,0			
		limun	2,0	1,3	0,0	0,0			
		čaj voćni	5,0	5,0	35,0	8,0			
		maslac	15,0	15,0	236,0	56,0			
		marmelada	20,0	20,0	218,0	52,0			
		crni kruh	40,0	40,0	371,0	88,0			
		UKUPNO	92,0	91,3	993,0	236,0	3,5	13,0	43,1
		<b>SVEUKUPNO</b>	<b>92,0</b>	<b>91,3</b>	<b>993,0</b>	<b>236,0</b>	<b>3,5</b>	<b>13,0</b>	<b>43,1</b>
	Ručak	Ime normativa: JUHA OD POVRĆA S PROSOM							
		peršin list	1,0	0,9	1,0	0,0			
		cvjetača	15,0	9,9	10,0	2,0			
		grašak	15,0	15,0	33,0	8,0			
		luk crveni	3,0	2,7	3,0	1,0			
		celer korijen	10,0	7,2	7,0	2,0			
		mrkva	15,0	13,5	20,0	5,0			
		krumpir	10,0	8,0	29,0	7,0			
		peršin korijen	10,0	10,0	8,0	2,0			
		proso	5,0	5,0	76,0	18,0			
		vegeta natur	1,0	1,0	6,0	1,0			
		sol							
		UKUPNO:	85,0	73,2	193,0	46,0	2,6	0,3	8,2
		Ime normativa: PUNJENA PAPRIKA							
		juneći but	40,0	40,0	407,0	97,0			
		svinjski but	40,0	40,0	428,0	102,0			
		ulje suncokretovo	5,0	5,0	188,0	45,0			
		pšenično bijelo brašno	5,0	5,0	73,0	18,0			
		riža	10,0	10,0	146,0	35,0			
		peršin list	1,0	0,9	1,0	0,0			
		paprika zelena, crvena	100,0	82,0	56,0	13,0			
		češnjak	1,0	0,9	5,0	1,0			
		luk crveni	10,0	9,0	9,0	2,0			
		celer korijen	3,0	2,2	2,0	0,0			
		rajčica ukuhana (28-30% konc.)	15,0	15,0	43,0	10,0			
		paprika crvena mljevena	0,2	0,2	3,0	1,0			
		lovor	0,1	0,1	1,0	0,0			
		sol							
		UKUPNO:	40,0	40,0	407,0	97,0	20,1	19,7	17,4
		Ime normativa: PIRE KRUMPIR							
		mlijeko 2,8% m.m.	50,0	50,0	120,0	29,0			
		maslac	5,0	5,0	78,0	18,0			
		krumpir	300,0	240,0	873,0	208,0			
	sol								
	UKUPNO	355,0	295,0	1071,0	255,0	6,7	3,9	52,8	
	Ime normativa: JABUKA								
	jabuka	200,0	154,0	296,0	71,0				
	UKUPNO	200,0	154,0	296,0	71,0	0,5	0,0	18,3	
	<b>SVEUKUPNO:</b>	<b>680,0</b>	<b>562,2</b>	<b>1967,0</b>	<b>469,0</b>	<b>29,9</b>	<b>23,9</b>	<b>96,7</b>	
Užina	Ime normativa: ŠLJIVE I ACIDOFIL								
		šljive	115,0	100,0	159,0	38,0	0,6	0,0	9,6
		acidofil	150,0	150,0	370,5	88,5	5,4	5,4	7,2
		UKUPNO	265,0	250,0	529,5	126,5	6,0	5,4	16,8
	<b>SVEUKUPNO</b>	<b>265,0</b>	<b>250,0</b>	<b>529,5</b>	<b>126,5</b>	<b>6,0</b>	<b>5,4</b>	<b>16,8</b>	



Br. Jelovnika 14.		KOLIČINA		ENERGIJA		B	M	UH	
M		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: KUKURUZNA KRUPICA S MLIJEKOM								
	mlijeko 3,2% m.m.	250,0	250,0	628,0	150,0				
	maslac	1,0	1,0	15,0	3,8				
	kukuruzna krupica	40,0	40,0	615,0	147,0				
	UKUPNO	291,0	291,0	1258,0	300,8	11,4	9,8	42,4	
	SVEUKUPNO	291,0	291,0	1258,0	300,8	11,4	9,8	42,4	
Ručak	Ime normativa: GOVEDA JUHA								
	kosti juneće	50,0	5,0	178,0	42,0				
	tjestenina s jajima	8,0	8,0	119,0	28,0				
	kelj	3,0	2,1	2,0	1,0				
	kupus glavati bijeli	3,0	2,7	2,0	1,0				
	luk crveni	5,0	4,5	4,0	1,0				
	celer korijen	5,0	3,6	3,0	1,0				
	mrkva	20,0	18,0	27,0	6,0				
	peršin korijen	8,0	8,0	7,0	2,0				
	pire od rajčice	0,5	0,5	1,0	0,0				
	vegeta natur	1,0	1,0	6,0	2,0				
	sol								
	UKUPNO:	103,5	53,4	349,0	84,0	1,8	4,7	8,0	
		Ime normativa: PILEĆA PRSA U UMAKU							
	pile								
	bijelo meso	80,0	80,0	388,0	93,0				
	ulje suncokretovo	5,0	5,0	188,0	45,0				
	luk crveni	20,0	18,0	17,0	4,0				
	mrkva	10,0	9,0	14,0	3,0				
	rajčica (28-30% konc.)	2,0	2,0	6,0	1,0				
	paprika mljevena crvena	0,2	0,2	3,0	1,0				
	lovor	0,1	0,1	1,0	0,0				
	senf	1,0	1,0	3,0	1,0				
	sol								
	UKUPNO:	118,3	115,3	620,0	148,0	18,3	7,7	6,2	
		Ime normativa: KELJ LEŠO							
	ulje maslinovo	10,0	10,0	377,0	90,0				
	kelj glavati	150,0	105,0	114,0	27,0				
	češnjak	1,0	0,9	5,0	1,0				
	krumpir	150,0	120,0	437,0	104,0				
	sol								
	UKUPNO:	311,0	235,9	933,0	222,0	6,0	10,2	28,7	
		Ime normativa: KRUH							
	integralni kruh	40,0	40,0	354,0	84,0				
	UKUPNO	40,0	40,0	354,0	84,0	3,0	0,8	16,4	
	Ime normativa: KOMPOT BRESKVA								
kompot breskva light	150,0	150,0	546,0	131,0					
UKUPNO	150,0	150,0	546,0	131,0	0,6	0,0	34,4		
SVEUKUPNO:	722,8	594,6	2802,0	669,0	20,7	12,4	48,6		
Užina	Ime normativa: RAŽENI KRUH I SIRNI NAMAZ								
	raženi kruh	25,0	25,0	240,5	57,5	3,5	0,5	9,8	
	sirni namaz 20%mm	20,0	20,0	145,6	34,8	4,0	2,0	0,2	
	UKUPNO	45,0	45,0	386,1	92,3	7,5	2,5	10,0	
	SVEUKUPNO	45,0	45,0	386,1	92,3	7,5	2,5	10,0	



Br. Jelovnika		KOLIČINA		ENERGIJA		B	M	UH	
R		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	15.	Ime normativa: KAKAO							
		mlijeko 3,2% m.m.	200,0	200,0	502,0	120,0			
		kakao	3,0	3,0	39,0	9,0			
		<b>UKUPNO:</b>	<b>203,0</b>	<b>203,0</b>	<b>541,0</b>	<b>129,0</b>	<b>7,1</b>	<b>7,0</b>	<b>13,9</b>
		Ime normativa: SIRNI NAMAZ SA SJEMENKAMA, GRAHAM PECIVO							
		jogurt tekući							
		2,8% m.m.	10,0	10,0	26,0	6,0			
		sir kravlji svježi	30,0	30,0	90,0	22,0			
		oljuštene sjemenke							
		sezama	2,0	2,0	50,0	12,0			
	graham pecivo	60,0	60,0	517,0	124,0				
	<b>UKUPNO:</b>	<b>102,0</b>	<b>102,0</b>	<b>683,0</b>	<b>164,0</b>	<b>8,9</b>	<b>2,9</b>	<b>25,5</b>	
	<b>SVEUKUPNO</b>	<b>305,0</b>	<b>305,0</b>	<b>1224,0</b>	<b>293,0</b>	<b>16,0</b>	<b>9,9</b>	<b>39,4</b>	
Ručak		Ime normativa: KREM JUHA OD POVRČA							
		vrhnje kiselo							
		(12% m.m.)	15,0	15,0	87,0	21,0			
		pšenično bijelo							
		brašno	10,0	10,0	146,0	35,0			
		peršin list	1,0	0,9	1,0	0,0			
		cvjetača	15,0	9,9	10,0	2,0			
		grašak zeleni	15,0	15,0	33,0	8,0			
		luk crveni	3,0	2,7	3,0	1,0			
		celer korijen	5,0	3,6	3,0	1,0			
		mrkva	15,0	13,5	20,0	5,0			
		krumpir	10,0	8,0	29,0	7,0			
		peršin korijen	8,0	8,0	7,0	2,0			
		vegeta natur	1,0	1,0	6,0	1,0			
		maslinovo ulje	5,0	5,0	188,0	45,0			
		sol							
		<b>UKUPNO:</b>	<b>103,0</b>	<b>92,6</b>	<b>533,0</b>	<b>128,0</b>	<b>3,4</b>	<b>7,0</b>	<b>13,2</b>
		Ime normativa: TJESTENINA S TUNJEVINOM							
		tjestenina							
		(penne rigate)	60,0	60,0	878,0	210,0			
		tuna konz u ulju	40,0	40,0	481,0	116,0			
		ulje maslinovo	8,0	8,0	301,0	72,0			
		češnjak	5,0	4,4	25,0	6,0			
		luk crveni	30,0	27,0	26,0	6,0			
		celer korijen	10,0	7,2	7,0	2,0			
		mrkva	20,0	18,0	27,0	7,0			
		peršin korijen	5,0	5,0	4,0	1,0			
		rajčica ukuhana							
		(konc. 10%)	80,0	80,0	130,0	31,0			
		origano	1,0	1,0	14,0	3,0			
	papar	1,0	1,0	12,0	3,0				
	lovor	0,5	0,5	5,0	1,0				
	sol								
	<b>UKUPNO:</b>	<b>260,5</b>	<b>252,1</b>	<b>1910,0</b>	<b>458,0</b>	<b>18,9</b>	<b>18,3</b>	<b>50,8</b>	
	Ime normativa: ZELENA SALATA S MRKVOM								
	ulje maslinovo	5,0	5,0	188,0	45,0				
	salata zelena	60,0	49,8	28,0	7,0				
	mrkva	20,0	18,0	27,0	6,0				
	jabučni ocat	3,0	3,0	2,0	0,0				
	sol								
	<b>UKUPNO:</b>	<b>88,0</b>	<b>75,8</b>	<b>245,0</b>	<b>58,0</b>	<b>0,7</b>	<b>5,1</b>	<b>2,7</b>	
	Ime normativa: SOK OD NARANČE								
	sok od naranče 100%	200,0	200,0	376,0	90,0				
	<b>UKUPNO</b>	<b>200,0</b>	<b>200,0</b>	<b>376,0</b>	<b>90,0</b>	<b>1,4</b>	<b>0,4</b>	<b>20,8</b>	
	<b>SVEUKUPNO:</b>	<b>651,5</b>	<b>620,5</b>	<b>3064,0</b>	<b>734,0</b>	<b>24,4</b>	<b>30,8</b>	<b>87,5</b>	
Užina		Ime normativa: MIJEŠANI KRUH, MASLAC I MARMELEDA							
		miješani kruh							
		raženo+pšenično brašno	30,0	30,0	288,6	69,0	4,2	0,6	11,7
		marmelada	10,0	10,0	109,1	26,1	0,0	0,0	7,0
		maslac	10,0	10,0	314,2	75,1	0,1	8,3	0,0
	<b>UKUPNO</b>	<b>50,0</b>	<b>50,0</b>	<b>711,9</b>	<b>170,2</b>	<b>4,3</b>	<b>8,9</b>	<b>18,7</b>	
	<b>SVEUKUPNO</b>	<b>50,0</b>	<b>50,0</b>	<b>711,9</b>	<b>170,2</b>	<b>4,3</b>	<b>8,9</b>	<b>18,7</b>	



Br. Jelovnika 16.		KOLIČINA		ENERGIJA		B	M	UH
R		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Doručak	Ime normativa: MLIJEKO							
	mlijeko 3,2% m.m.	200,0	200,0	502,0	120,0			
	UKUPNO:	200,0	200,0	502,0	120,0	7,1	7,0	13,9
	Ime normativa: KRUH SA SIROM I MASLACEM							
	sir edamer							
	40% m.m.	25,0	25,0	360,8	86,3			
	maslac	10,0	10,0	314,2	75,1			
	polubijeli kruh	50,0	50,0	490,0	117,0			
	UKUPNO:	85,0	85,0	1165,0	278,4	16,2	15,8	30,7
	<b>SVEUKUPNO</b>	<b>285,0</b>	<b>285,0</b>	<b>1667,0</b>	<b>398,4</b>	<b>23,3</b>	<b>22,8</b>	<b>44,6</b>
Ručak	Ime normativa: RIBLJI FILE							
	oslić panirani	100,0	100,0	915,0	218,0			
	suncokretovo ulje	15,0	7,5	282,0	68,0			
	sol							
	UKUPNO:	115,0	107,5	1197,0	286,0	12,0	16,5	22,4
	Ime normativa: RIŽA S GRAŠKOM I KUKURUZOM							
	ulje maslinovo	5,0	5,0	188,0	45,0			
	integralna riža	50,0	50,0	700,0	167,0			
	peršin list	1,0	0,9	1,0	0,0			
	grašak zeleni	30,0	30,0	67,0	16,0			
	celer korijen	10,0	7,2	4,0	1,0			
	mrkva	10,0	9,0	14,0	3,0			
	peršin korijen	10,0	10,0	4,0	1,0			
	kukuruz u zrnu	10,0	10,0	49,0	12,0			
	sol							
	UKUPNO:	126,0	122,1	1027,0	245,0	5,9	5,6	42,4
	Ime normativa: ZELENA SALATA							
	ulje maslinovo	5,0	5,0	188,0	45,0			
	salata zelena	60,0	49,8	28,0	7,0			
	jabučni ocat	3,0	3,0	2,0	0,0			
sol								
UKUPNO:	68,0	57,8	218,0	52,0	0,6	4,8	2,2	
<b>SVEUKUPNO:</b>	<b>309,0</b>	<b>287,4</b>	<b>2442,0</b>	<b>583,0</b>	<b>18,5</b>	<b>26,9</b>	<b>67,0</b>	
Užina	Ime normativa: BANANA I MLIJEKO							
	banana	130,0	100,0	331,0	79,0	1,1	0,3	19,2
	mlijeko 2,8% mm	150,0	150,0	358,5	85,5	5,0	4,2	7,1
	UKUPNO	280,0	250,0	689,5	164,5	6,1	4,5	26,3
<b>SVEUKUPNO</b>	<b>280,0</b>	<b>250,0</b>	<b>689,5</b>	<b>164,5</b>	<b>6,1</b>	<b>4,5</b>	<b>26,3</b>	



Br. Jelovnika 17.		KOLIČINA		ENERGIJA		B	M	UH	
R		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: SOK								
	prirodni sok od naranče								
		200,0	200,0	376,0	90,0				
	UKUPNO:		200,0	200,0	376,0	90,0	1,4	0,4	20,8
	Ime normativa: KRUH S MASLACEM I MARMELADOM								
	graham kruh								
		70,0	70,0	603,0	144,0				
	marmelada								
		20,0	20,0	218,0	52,0				
	maslac								
	15,0	15,0	236,0	56,0					
UKUPNO:		105,0	105,0	1057,0	252,0	2,8	9,7	29,9	
<b>SVEUKUPNO</b>		<b>305,0</b>	<b>305,0</b>	<b>1433,0</b>	<b>342,0</b>	<b>4,2</b>	<b>10,1</b>	<b>50,7</b>	
Ručak	Ime normativa: KREM JUHA OD BROKULE								
	brokula								
		50,0	40,0	42,0	10,0				
	kiselo vrhnje								
		5,0	5,0	28,9	6,9				
	ulje								
		2,0	2,0	75,3	18,0				
	krumpir								
		15,0	10,0	29,8	7,1				
	žumanjak								
		4,0	4,0	60,4	14,4				
	peršin list								
		1,0	1,0	0,8	0,2				
	sol								
	UKUPNO:		77,0	62,0	237,2	56,6	3,4	7,0	13,2
	Ime normativa: LAZANJE S POVRĆEM								
	vrhnje za kuhanje								
		25,0	25,0	226,0	54,0				
	sir gouda								
		45,0	45,0	739,0	176,0				
	tjestenina lazanje								
		70,0	70,0	1061,0	253,0				
	peršin list								
		1,0	0,9	1,0	0,0				
	brokula								
		40,0	20,0	21,0	5,0				
	cvjetača								
		40,0	26,4	27,0	7,0				
	tikvice zelene								
		40,0	35,2	21,0	5,0				
	luk crveni								
		20,0	18,0	17,0	4,0				
	celer korijen								
	10,0	7,2	7,0	2,0					
mrkva									
	15,0	13,5	20,0	5,0					
peršin korijen									
	5,0	5,0	4,0	1,0					
rajčica sjeckana (pelat)									
	50,0	50,0	44,0	11,0					
origano									
	0,1	0,1	1,0	0,0					
papar									
	0,1	0,1	1,0	0,0					
bosiljak									
	0,1	0,1	0,0	0,0					
sol									
UKUPNO:		361,3	316,5	2190,0	523,0	23,4	16,1	58,0	
Ime normativa: KUPUS SALATA									
ulje maslinovo									
	3,0	3,0	113,0	27,0					
kupus glavati bijeli									
	100,0	90,0	82,0	20,0					
ocat jabučni									
	3,0	3,0	2,0	0,0					
sol									
UKUPNO:		106,0	96,0	197,0	47,0	1,8	3,1	3,6	
Ime normativa: GROŽĐE									
grožđe bijelo									
	150,0	142,5	358,0	86,0					
UKUPNO		150,0	142,5	358,0	86,0	0,9	0,0	21,8	
<b>SVEUKUPNO:</b>		<b>694,3</b>	<b>617,0</b>	<b>2982,2</b>	<b>712,6</b>	<b>29,5</b>	<b>26,2</b>	<b>96,6</b>	
Užina	Ime normativa: ŠLJIVE I JOGURT								
	šljive								
		115,0	100,0	159,0	38,0	0,6	0,0	9,6	
	jogurt 3,2%mm								
	150,0	150,0	382,5	91,5	5,3	4,8	7,1		
UKUPNO		265,0	250,0	541,5	129,5	5,9	4,8	16,7	
<b>SVEUKUPNO</b>		<b>265,0</b>	<b>250,0</b>	<b>541,5</b>	<b>129,5</b>	<b>5,9</b>	<b>4,8</b>	<b>16,7</b>	



Br. Jelovnika	P	KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
18.		Ime normativa: ČAJ S MEDOM I LIMUNOM							
Doručak	med	10,0	10,0	133,0	32,0				
	limun	2,0	1,3	0,0	0,0				
	čaj šipak	5,0	5,0	35,0	8,0				
	UKUPNO:	17,0	16,3	168,0	40,0	0,3	0,1	12,0	
	Ime normativa: SAVIJAČA S JABUKAMA								
	ulje suncokretovo	5,0	5,0	188,0	45,0				
	pšenično brašno bijelo	25,0	25,0	366,0	87,0				
	mrvice	5,0	5,0	74,0	17,0				
	šećer kristal	3,0	3,0	50,0	12,0				
	šećer smeđi	3,0	3,0	47,0	11,0				
šećer vanilin	1,0	1,0	16,0	3,0					
jabuka	100,0	77,0	147,0	35,0					
cimet	0,2	0,2	2,0	0,0					
UKUPNO:	142,2	119,2	890,0	210,0	2,2	2,4	32,9		
<b>SVEUKUPNO</b>	<b>159,2</b>	<b>135,5</b>	<b>1058,0</b>	<b>250,0</b>	<b>2,5</b>	<b>2,5</b>	<b>44,9</b>		
Ručak	Ime normativa: VARIVO OD MIJEŠANIH GRAHORICA								
	ulje suncokretovo	5,0	5,0	188,0	45,0				
	grah trešnjevac	30,0	30,0	342,0	81,8				
	leća suha	15,0	15,0	190,5	45,6				
	slanutak	15,0	15,0	187,5	44,9				
	ječmena kaša	30,0	30,0	451,5	108,0				
	peršin list	1,0	0,9	1,0	0,0				
	luk crveni	10,0	9,0	9,0	2,0				
	poriluk	20,0	15,0	18,0	4,0				
	celer korijen	10,0	7,2	7,0	2,0				
	mrkva	15,0	13,5	20,0	5,0				
	krumpir	10,0	8,6	43,0	10,0				
	peršin korijen	5,0	5,0	4,0	1,0				
	papar	0,1	0,1	1,0	0,0				
	lovor	0,1	0,1	1,0	0,0				
	vegeta natur	1,0	1,0	6,0	1,0				
	sol								
	UKUPNO:	167,2	155,4	1469,5	350,3	12,6	22,7	56,0	
	Ime normativa: ZELENA SALATA								
	ulje maslinovo	5,0	5,0	188,0	45,0				
zelena salata	80,0	66,4	38,0	9,0					
ocac jabučni	5,0	5,0	3,0	1,0					
sol									
UKUPNO:	90,0	76,4	229,0	55,0	0,7	8,1	1,7		
Ime normativa: KRUH									
integralni kruh	80,0	80,0	710,0	170,0					
UKUPNO:	80,0	80,0	710,0	170,0	6,1	1,6	32,8		
Ime normativa: BANANA									
banana	200,0	120,0	397,0	94,0					
UKUPNO	200,0	120,0	397,0	94,0	1,3	0,4	23,0		
<b>SVEUKUPNO:</b>	<b>537,2</b>	<b>431,8</b>	<b>2805,5</b>	<b>669,3</b>	<b>20,7</b>	<b>32,8</b>	<b>113,5</b>		
Užina	Ime normativa: PUDING OD VANILIJE								
	vanilija prašak	10,0	10,0	35,4	150,4	0,0	0,0	8,7	
	mlijeko 2,8%mm	180,0	180,0	430,2	102,6	5,9	5,0	8,5	
	med	5,0	5,0	67,0	16,0	0,0	0,0	4,0	
	UKUPNO	195,0	195,0	532,6	269,0	5,9	5,0	21,2	
<b>SVEUKUPNO</b>	<b>195,0</b>	<b>195,0</b>	<b>532,6</b>	<b>269,0</b>	<b>5,9</b>	<b>5,0</b>	<b>21,2</b>		



Br. Jelovnika		19.						
R/P		KOLIČINA		ENERGIJA		B	M	UH
		Bruto (g)	Neto (g)	(KJ)	(Kcal)			
Ime normativa: TUNJEVINA GRAHAM PECIVU								
	tuna konzervirana u ulju	20,0	20,0	240,0	58,0			
	jaje	25,0	15,0	96,0	23,0			
	vrhnje kiselo (12% m.m.)	5,0	5,0	6,0	28,0			
	graham pecivo	60,0	60,0	658,0	157,0			
	zelena salata	10,0	8,3	5,0	1,0			
	rajčica crvena	15,0	14,7	9,0	2,0			
	UKUPNO:	135,0	123,0	1014,0	269,0	11,8	7,8	32,6
	<b>SVEUKUPNO</b>	<b>135,0</b>	<b>123,0</b>	<b>1014,0</b>	<b>269,0</b>	<b>11,8</b>	<b>7,8</b>	<b>32,6</b>
Ime normativa: JUHA OD BUNDEVE								
	vrhnje kiselo (12% m.m.)	5,0	5,0	29,0	7,0			
	maslac	5,0	5,0	157,0	38,0			
	glatko brašno	5,0	5,0	73,0	18,0			
	tikva muškata žuta	100,0	80,0	50,0	11,0			
	češnjak	0,5	0,4	3,0	1,0			
	luk crveni	20,0	18,0	17,0	4,0			
	krumpir	50,0	40,0	146,0	34,0			
	papar	0,1	0,1	1,0	0,0			
	sol							
	UKUPNO:	185,6	153,5	476,0	113,0	2,2	4,9	16,4
Ime normativa: MUSAKA OD ŠPINATA I SVJEŽEG SIRA								
	svježi kravliji sir	30,0	30,0	119,0	29,0			
	jaje	17,0	17,0	105,0	25,0			
	špinat	50,0	40,0	20,0	4,8			
	kiselo vrhnje (12% m.m.)	20,0	20,0	115,4	27,6			
	krumpir	120,0	100,0	364,0	87,0			
	maslac	5,0	5,0	157,1	37,6			
	krušne mrvice	10,0	10,0	148,0	35,4			
	parmezan	5,0	5,0	86,0	20,6			
	sol							
	UKUPNO:	257,0	227,0	1114,5	267,0	13,1	10,9	30,9
Ime normativa: KOLAČ OD MRKVE I JABUKE								
	mlijeko 3,2% m.m.	15,0	15,0	38,0	9,0			
	jaje	20,0	12,0	76,0	18,0			
	ulje	5,0	5,0	188,0	45,0			
	pšenično oštro brašno	30,0	30,0	412,0	100,0			
	šećer	5,0	5,0	84,0	20,0			
	vanilin šećer	0,5	0,5	8,0	2,0			
	mrkva	40,0	36,0	45,0	11,0			
	jabuka	20,0	15,4	30,0	7,0			
	cimet	1,0	1,0	13,0	3,0			
	sol							
	UKUPNO:	136,5	119,9	894,0	215,0	6,0	7,2	32,8
	<b>SVEUKUPNO:</b>	<b>579,1</b>	<b>500,4</b>	<b>2484,5</b>	<b>595,0</b>	<b>21,3</b>	<b>23,0</b>	<b>80,1</b>
Ime normativa: BISKVIT S VOĆEM								
	brašno	10,0	10,0	146,4	35,0	1,0	0,1	8,0
	maslac	8,0	8,0	239,8	57,4	0,0	6,5	0,0
	med	5,0	5,0	67,0	16,0	0,0	0,0	4,0
	jaja	5,0	5,0	31,6	7,6	0,7	0,6	0,0
	jabuka	23,0	20,0	33,4	8,0	0,0	0,0	2,0
	sok naranča	130,0	100,0	188,0	45,0	0,7	0,2	10,4
	UKUPNO	181,0	148,0	706,2	169,0	2,3	7,4	24,4
	<b>SVEUKUPNO</b>	<b>181,0</b>	<b>148,0</b>	<b>706,2</b>	<b>169,0</b>	<b>2,3</b>	<b>7,4</b>	<b>24,4</b>



Br. Jelovnika		20.							
M		KOLIČINA		ENERGIJA		B	M	UH	
		Bruto (g)	Neto (g)	(KJ)	(Kcal)				
Doručak	Ime normativa: MLIJEKO								
	mlijeko 2,8% m.m.	200,0	200,0	478,0	114,0				
	UKUPNO:	200,0	200,0	478,0	114,0	6,4	2,8	4,7	
	Ime normativa: BUHTLA S JABUKOM I MARMELOM								
	mlijeko 2,8% m.m.	10,0	10,0	23,0	5,0				
	jaje	10,0	6,0	38,0	9,0				
	ulje suncokretovo	5,0	5,0	188,0	45,0				
	pšenično brašno crno	5,0	5,0	68,0	16,0				
	pšenično brašno bijelo namjensko	20,0	20,0	292,0	70,0				
	šećer u prahu	1,0	1,0	15,0	3,0				
	šećer smeđi (djelomično rafiniran)	5,0	5,0	79,0	19,0				
	šećer vanilin	0,5	0,5	8,0	1,0				
	marmelada miješana	10,0	10,0	109,0	26,0				
	limun	1,0	0,7	0,0	0,0				
	jabuka	60,0	46,2	88,0	21,0				
	kvasac pekarski (suhi)	0,7	0,7	8,0	1,0				
	UKUPNO:	128,2	110,1	916,0	216,0	6,1	7,1	34,9	
	<b>SVEUKUPNO</b>	<b>328,2</b>	<b>310,1</b>	<b>1394,0</b>	<b>330,0</b>	<b>12,5</b>	<b>9,9</b>	<b>39,6</b>	
	Ručak	Ime normativa: JUHA OD RAJČICE							
		maslinovo ulje	3,0	3,0	113,0	27,0			
bijelo brašno		5,0	5,0	73,0	18,0				
tjestenina s jajima		8,0	8,0	119,0	28,0				
šećer kristal		3,0	3,0	50,0	12,0				
peršin		1,0	0,9	1,0	0,0				
bosiljak		5,0	5,0	0,0	0,0				
rajčica ukuhana (konc. 28-30%)		10,0	10,0	29,0	7,0				
sol									
UKUPNO:		35,0	34,9	385,0	92,0	1,7	3,2	14,3	
Ime normativa: RESTANI KRUMPIR									
ulje suncokretovo		5,0	5,0	188,0	45,0				
peršin list		1,0	0,9	1,0	0,0				
češnjak		1,0	0,9	5,0	1,0				
luk crveni		5,0	4,5	4,0	1,0				
krumpir		200,0	160,0	582,0	139,0				
papar		0,0	0,0	0,0	0,0				
sol									
UKUPNO:		212,0	171,3	780,0	186,0	3,4	5,2	33,6	
Ime normativa: PEČENA PILETINA									
pile (batak, zabatak)	200,0	150,0	791,0	189,0					
suncokretovo ulje	5,0	5,0	188,0	45,0					
UKUPNO:	205,0	155,0	979,0	234,0	28,7	13,3	0,0		
Ime normativa: MANDARINA									
mandarina	150,0	105,0	149,0	36,0					
UKUPNO	150,0	105,0	149,0	36,0	1,0	0,0	8,4		
<b>SVEUKUPNO:</b>	<b>602,0</b>	<b>466,2</b>	<b>2293,0</b>	<b>548,0</b>	<b>34,8</b>	<b>21,7</b>	<b>56,3</b>		
Užina	Ime normativa: VOĆE I KEKS								
	šljiva	90,0	80,0	127,2	30,4	0,5	0,0	7,7	
	kruška	70,0	60,0	72,6	17,4	0,1	0,0	4,6	
	keks	25,0	25,0	434,5	103,8	1,5	2,1	16,9	
	UKUPNO	185,0	165,0	634,3	151,6	2,1	2,1	29,1	
<b>SVEUKUPNO</b>	<b>185,0</b>	<b>165,0</b>	<b>634,3</b>	<b>151,6</b>	<b>2,1</b>	<b>2,1</b>	<b>29,1</b>		