***OSNOVNA ŠKOLA Tar - Vabriga***

***JELOVNIK ZA ŠKOLSKU MARENDU - ŠK. GOD. 2023./2024.***

***Vrijedi od 2.10.2023.***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| tjedan | PONEDJELJAK | UTORAK | SRIJEDA | ČETVRTAK | PETAK |
| I. tjedan | - griz na mlijeku sa  čokoladom  - klipić/slanac  - voće | - tjestenina bolonjez  - salata  - voće | - maneštra (tjestenina/leća/  ječam)  - kolač | - pileći batak/zabatak  - pire krumpir  - salata | - riba – filet srdele  - špinat//blitva//kelj s  krumpirom  - voće |
| II. tjedan | - juha  - domaći namaz od  piletine//tunjevine  - voće | - riba (srdela//oslić)  - špinat//blitva//kelj s  krumpirom  - voće | - pileći file na žaru  - riži-biži//pire  - salata  - voće | - juneći gulaš  - palenta  - salata  - voće | - juha  - tjestenina sa tunjevinom  - salata  - voće |
| III. tjedan | - juha  - fishburger - sezonska **s**alata | - tjestenina bolonjez  - salata  - voće | - maneštra  (tjestenina/leća/ ječam)  - kolač | - pileći batak/zabatak  - riža//mlinci  - salata | - riba  - špinat//blitva//kelj s  krumpirom  - puding |
| IV. tjedan | - sendvič povrtni - jogurt s  probiotikom | - kosani odrezak  - krumpir iz pećnice  - salata  - voće | - bistra juha - tjestenina s rajčicom i  parmezanom - zelena salata | ­  - juneći gulaš  - palenta  - salata  - voće | - školska pizza  - voće |

**Napomena: ovaj jelovnik podložan je promjenama iz objektivnih i opravdanih razloga!**

**Jelovnik će se mijenjati u skladu sa sezonskim namirnicama i preporukama Hrvatskog zavoda za javno zdravstvo!!!**

Draga djeco, dobar Vam tek!

[](https://www.google.hr/imgres?imgurl=http://poliklinikagikic.com/wp-content/uploads/2016/03/zdrava-hrana2.jpg&imgrefurl=http://poliklinikagikic.com/2016/03/kako-hrana-utjece-na-nase-zube/&docid=Ga0cG5nrNSiodM&tbnid=c1sBiE1mwaz_GM:&vet=10ahUKEwiuv9K47rDWAhVKuhQKHfD3A5EQMwhdKBswGw..i&w=670&h=619&bih=878&biw=1280&q=hrana&ved=0ahUKEwiuv9K47rDWAhVKuhQKHfD3A5EQMwhdKBswGw&iact=mrc&uact=8) [](https://www.google.hr/imgres?imgurl=http://poliklinikagikic.com/wp-content/uploads/2016/03/zdrava-hrana2.jpg&imgrefurl=http://poliklinikagikic.com/2016/03/kako-hrana-utjece-na-nase-zube/&docid=Ga0cG5nrNSiodM&tbnid=c1sBiE1mwaz_GM:&vet=10ahUKEwiuv9K47rDWAhVKuhQKHfD3A5EQMwhdKBswGw..i&w=670&h=619&bih=878&biw=1280&q=hrana&ved=0ahUKEwiuv9K47rDWAhVKuhQKHfD3A5EQMwhdKBswGw&iact=mrc&uact=8) [](https://www.google.hr/imgres?imgurl=http://poliklinikagikic.com/wp-content/uploads/2016/03/zdrava-hrana2.jpg&imgrefurl=http://poliklinikagikic.com/2016/03/kako-hrana-utjece-na-nase-zube/&docid=Ga0cG5nrNSiodM&tbnid=c1sBiE1mwaz_GM:&vet=10ahUKEwiuv9K47rDWAhVKuhQKHfD3A5EQMwhdKBswGw..i&w=670&h=619&bih=878&biw=1280&q=hrana&ved=0ahUKEwiuv9K47rDWAhVKuhQKHfD3A5EQMwhdKBswGw&iact=mrc&uact=8) [](https://www.google.hr/imgres?imgurl=http://poliklinikagikic.com/wp-content/uploads/2016/03/zdrava-hrana2.jpg&imgrefurl=http://poliklinikagikic.com/2016/03/kako-hrana-utjece-na-nase-zube/&docid=Ga0cG5nrNSiodM&tbnid=c1sBiE1mwaz_GM:&vet=10ahUKEwiuv9K47rDWAhVKuhQKHfD3A5EQMwhdKBswGw..i&w=670&h=619&bih=878&biw=1280&q=hrana&ved=0ahUKEwiuv9K47rDWAhVKuhQKHfD3A5EQMwhdKBswGw&iact=mrc&uact=8) [](https://www.google.hr/imgres?imgurl=http://poliklinikagikic.com/wp-content/uploads/2016/03/zdrava-hrana2.jpg&imgrefurl=http://poliklinikagikic.com/2016/03/kako-hrana-utjece-na-nase-zube/&docid=Ga0cG5nrNSiodM&tbnid=c1sBiE1mwaz_GM:&vet=10ahUKEwiuv9K47rDWAhVKuhQKHfD3A5EQMwhdKBswGw..i&w=670&h=619&bih=878&biw=1280&q=hrana&ved=0ahUKEwiuv9K47rDWAhVKuhQKHfD3A5EQMwhdKBswGw&iact=mrc&uact=8) [](https://www.google.hr/imgres?imgurl=http://poliklinikagikic.com/wp-content/uploads/2016/03/zdrava-hrana2.jpg&imgrefurl=http://poliklinikagikic.com/2016/03/kako-hrana-utjece-na-nase-zube/&docid=Ga0cG5nrNSiodM&tbnid=c1sBiE1mwaz_GM:&vet=10ahUKEwiuv9K47rDWAhVKuhQKHfD3A5EQMwhdKBswGw..i&w=670&h=619&bih=878&biw=1280&q=hrana&ved=0ahUKEwiuv9K47rDWAhVKuhQKHfD3A5EQMwhdKBswGw&iact=mrc&uact=8)