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|  | **Poniedziałek** | **Wtorek** | **Środa** | **Czwartek** | **Piątek** | **Sobota** | **Niedziela** |
| **Śniadanie** |  |  |  |  |  |  |  |
| **II śniadanie** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Obiad** |  |  |  |  |  |  |  |
| **Kolacja** |  |  |  |  |  |  |  |

Dynia makaronowa z sosem pomidorowym z oliwkami

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| **OWOCE** | **ilość** |  | **WARZYWA** | **ilość** |  | **MIĘSO/RYBY** | **ilość** |  | **SYPKIE** | **ilość** |
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| **NABIAŁ** | **ilość** |  | **PUSZKI/SŁOIKI** |  |  | **CHEMIA** | **ilość** |  | **INNE** | **ilość** |
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