

MENIUL ZILEI LUNI

Alergeni: Cereale ce contin gluten; oua, lapte si produse derivate, telina

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, mozzarella, sunca, pate, ceai	Ciorba de conopida cu galuste 400ml(telina); Cotlet porc cu paste in sos tomat	Cartofi gratinati cu legume 250g
Medici garda	(300g, 20g, 42g, 50g, 30g, 400ml)	(90g, 250g)(produs congelat: cotlet porc; gluten)	(alergen: lactate)(leg. congelate)
Hiposodat	Paine, unt, mozzarella, sunca, pate, ceai	Ciorba de conopida cu galuste 400ml(telina); Cotlet porc cu paste in sos tomat	Cartofi gratinati cu legume 250g
Desodat	(300g, 20g, 42g, 50g, 30g, 400ml)	(90g, 250g)(produs congelat: cotlet porc; gluten)	(alergen: lactate)(leg. congelate)
Postoperator	Paine, unt, mozzarella, sunca, ou, ceai	Supa cu fidea si piept pui 400ml(gluten, telina) Piept de pui si paste cu legume	Cartofi gratinati cu legume 250g
	(300g, 20g, 42g, 50g, 1 buc, 400ml)	(80g, 250g)(produs congelat: piept pui)(alergen: gluten);	(alergen: lactate)(leg. congelate)
Diaree	Orez fiert, morcov fiert, biscuiti, ceai	Rasol de pui cu morcov sotat, paine(80g, 200g)(alergen: gluten)	Orez fiert, ceai menta(250g, 400ml)
	(250g, 150g, 100g, 400ml)	(produs congelat: carne pasare)	
Colita, Crutare	Paine, unt, sunca, branza proaspata,	Supa de legume cu fidea 400ml(telina, gluten): Orez cu piept de pui(250g, 80g)	Paste cu branza de vaci, iaurt, ceai(400g, 100g
	ceai(300g, 20g, 50g, 80g, 400ml)	(produs congelat: carne pasare)	400ml)(alergen: lapte, gluten)
	Alergeni: gluten, lactoza)		
Copii 1-3ani	Paine, unt, mozzarella, sunca, ou, ceai	Supa de legume cu fidea 400ml(telina, gluten): Paste cu piept de pui(250g, 80g)	Cartofi gratinati cu legume 250g
	(300g, 20g, 42g, 50g, 1 buc, 400ml)	(80g, 250g)(produs congelat: piept pui)(alergen: gluten)	(alergen: lactate)(leg. congelate)
Copii 3-16 ani	Paine, unt, mozzarella, sunca, ou, ceai	Supa de legume cu fidea 400ml(telina, gluten): Paste cu piept de pui(250g, 80g)	Cartofi gratinati cu legume 250g
	(300g, 20g, 42g, 50g, 1 buc, 400ml)	(80g, 250g)(produs congelat: piept pui)(alergen: gluten)	(alergen: lactate)(leg. congelate)
Lauze	Paine, unt, mozzarella, sunca, pate, ceai	Ciorba de conopida cu galuste 400ml(telina); Cotlet porc cu paste in sos tomat	Cartofi gratinati cu legume 250g
	20g, 40g, 50g, 125g, 400ml) alergen: lapte,	(produs congelat: piept de pui)(alergen: gluten)	(alergen: lactate)(leg. congelate)
Insotitori	Paine, unt, mozzarella, sunca, pate, ceai	Ciorba de conopida cu galuste 400ml(telina); Cotlet porc cu paste in sos tomat	Cartofi gratinati cu legume 250g
	20g, 40g, 50g, 125g, 400ml) alergen: lapte,	(90g, 250g)(produs congelat: cotlet porc; gluten)	(alergen: lactate)(leg. congelate)
Diabet zaharat	Paine, unt, mozzarella, sunca, iaurt, ceai	Ciorba de conopida cu galuste 400ml(telina); Cotlet porc cu paste in sos tomat	Cartofi gratinati cu legume 250g
Hepatic	(300g, 20g, 56g, 50g, 125g, 400ml)	(90g, 250g)(produs congelat: cotlet porc; gluten)+300g mar	(alergen: lactate)(leg. congelate)
	Alergen: Lapte, gluten		175g Cottage
Vegetarian	Paine, pasta vegetala, miere, castraveti, mar,	Supa de conopida 400ml(telina); Orez cu mix de legume si snitel vegan(80g, 250g)	Mamaliga cu ciuperci sote 300g
	biscuiti, ceai(300g, 30g, 20g, 80g, 250g, 100g)	(produs congelat: mix de legume mexican, snitel vegan	produs congelat: ciuperci
Religios	Paine, pasta vegetala, miere, castraveti, mar,	Supa de conopida 400ml(telina); Orez cu mix de legume si snitel vegan(80g, 250g)	Mamaliga cu ciuperci sote 300g
	biscuiti, ceai(300g, 30g, 20g, 80g, 250g, 100g)	produs congelat: mix de legume mexican, snitel vegan	produs congelat: ciuperci

Intocmit
As.medical: Rus Florintina



Aprobat:
Director medical: Dr. Stan Mihaela



MENIUL ZILEI MARTI

Alergeni: Cereale ce contin gluten; oua, lapte si produse derivate, telina

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, cascaval, salam, castraveti, ceai (300, 20g, 40g, 50g, 50g, 400 ml)	Ciorba de legume 400ml(telina) Varza a la Cluj; Salam de biscuiti (80g, 270g, 80g)(produs congelat: cotlet porc)(gluten)	Salata de cus cus cu sunca si mozzarella (50g, 80g, 50g, 30g, 160g)(gluten, lapte)
Medici garda	Paine, unt, cascaval, salam, castraveti, ceai (300, 20g, 40g, 50g, 50g, 400 ml)	Ciorba de legume 400ml(telina) Varza a la Cluj; Salam de biscuiti (80g, 270g, 80g)(produs congelat: cotlet porc)(gluten)	Salata de cus cus cu sunca si mozzarella (50g, 80g, 50g, 30g, 160g)(gluten, lapte)
Hiposodat	Paine, unt, cascaval, salam, castraveti, ceai (300, 20g, 40g, 50g, 50g, 400 ml)	Supa cu fidea si carne pui 400ml(gluten, telina) Pulpe de pui si orez cu legume (140g, 150g)(produs congelat: pulpe de pui pui)(alergen: gluten)	Cus Cus cu lapte, gem(50g, 300ml, 20g) (alergen: lactoza, gluten)
Desodat	Paine, unt, cascaval, salam, iaurt, ceai, (300, 20g, 40g, 50g, 125g, 400); lapte, gluten	Rasol de pui cu morcov sotat, paine(80g, 200g)(alergen: gluten) (produs congelat: carne pasare)	Orez fiert, ceai menta(250g, 400ml)
Postoperator	Orez fiert, morcov fiert, biscuiti, ceai (250g, 150g, 100g, 400ml)	Supa de legume cu fidea 400ml(telina, gluten); Pept de pui si cartofi piure (80g, 250g)(produs congelat: carne pasare)	Paste cu branza de vaci, iaurt, ceai(400g, 100g 400ml)(alergen: lapte, gluten)
Diaree	Paine, unt, sunca, branza proaspata, ceai(300g, 20g, 50g, 80g, 400ml) Alergeni: gluten, lactoza)	Supa cu fidea si carne pui 400ml(gluten, telina) Pulpe de pui si orez cu legume (140g, 150g)(produs congelat: pulpe de pui pui)(alergen: gluten); Salam biscuiti	Cus Cus cu lapte, gem(50g, 300ml, 20g) (alergen: lactoza, gluten)
Colita, Crutare	Paine, unt, cascaval, ou, iaurt, ceai (300, 10g, 40g, 1 buc, 125g, 400 ml)	Supa cu fidea si carne pui 400ml(gluten, telina) Pulpe de pui si orez cu legume (140g, 150g)(produs congelat: pulpe de pui pui)(alergen: gluten); Salam de biscuiti	Cus Cus cu lapte, gem(50g, 300ml, 20g) (alergen: lactoza, gluten)
Copii 1-3ani	Paine, unt, cascaval, salam, castraveti, ceai (300, 20g, 40g, 50g, 50g, 400 ml)	Ciorba de legume 400ml(telina) Varza a la Cluj; Salam de biscuiti (80g, 270g, 80g)(produs congelat: cotlet porc)(gluten)	Salata de cus cus cu sunca si mozzarella (50g, 80g, 50g, 30g, 160g)(gluten, lapte)
Copii 3-16 ani	Paine, unt, cascaval, salam, castraveti, iaurt, ceai (300, 10g, 40g, 50g, 50g, 320g, 400 ml)	Ciorba de legume 400ml(telina) Varza a la Cluj; Mere (80g, 270g, 300g)(produs congelat: cotlet porc)(gluten)	Salata de cus cus cu sunca si mozzarella (50g, 80g, 50g, 30g, 160g)(gluten, lapte) 175g Cottage
Lauze	Paine, unt, cascaval, salam, castraveti, ceai (300g, 300g, 40g, 250g, 100g, 400ml)	Ciorba de varza 400ml(telina); Cartofi aurii , snitel vegan si castraveti murati (250g, 80g, 100g)(produs congelat: snitel vegan)	Ciuperci sotate cu legume 300g(telina) alergen: ciuperci, telina
Insotitori	Paine, unt, cascaval, salam, castraveti, ceai pate, ou(300, 20g, 40g, 50g, 100g, 400ml, 30g, 1buc)(gluten, lapte)	Ciorba de varza 400ml(telina); Cartofi aurii , snitel vegan si castraveti murati (250g, 80g, 100g)(produs congelat: snitel vegan)	Ciuperci sotate cu legume 300g(telina) alergen: ciuperci, telina
Diabet zaharat Hepatic	Paine, zacusca, miere, mar, biscuiti, ceai (300g, 300g, 40g, 250g, 100g, 400ml)		
Vegetarian	Paine, zacusca, miere, mar, biscuiti, ceai (300g, 300g, 40g, 250g, 100g, 400ml)		
Religios	Paine, zacusca, miere, mar, biscuiti, ceai (300g, 300g, 40g, 250g, 100g, 400ml)		

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Aprobat:
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MENIUL ZILEI MIERCURI

Alergeni: Cereale ce contin gluten; oua, lapte si produse derivate, telina

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, branza topita, salam, ou, ceai, castraveti (300, 20g, 40g, 50g, 1buc, 100g)	Ciorba de perisoare 400ml (telina, lapte); Pulpe de pui si piure; Salata varza (140g, 260g, 80g) (produs congelat: pulpe pui) (gluten)	Mamaliga cu branza; iaurt (100g, 80g, 125g) (alergen: lapte)
Medici garda			
Hiposodat	Paine, unt, branza topita, salam, ou, ceai, castraveti (300, 20g, 40g, 50g, 1buc, 100g)	Ciorba de perisoare 400ml (telina, lapte); Pulpe de pui si piure; Salata varza (140g, 260g, 80g) (produs congelat: pulpe pui) (gluten)	Mamaliga cu branza; iaurt (100g, 80g, 125g) (alergen: lapte)
Desodat			
Postoperator	Paine, unt, branza topita, salam, ou, ceai, (300, 20g, 40g, 50g, 1buc, 400ml)	Supa cu fidea si piept pui 400ml (gluten, telina) Pulpe de pui si piure de cartofi (140g, 260g) (produs congelat: pulpe de pui) (alergen: telina)	Mamaliga cu branza; iaurt (100g, 80g, 125g) (alergen: lapte)
Diaree	Orez fiert, morcov fiert, biscuiti, ceai (250g, 150g, 100g, 400ml)	Rasol de pui cu morcov sotat, paine (80g, 200g) (alergen: gluten) (produs congelat: carne pasare)	Orez fiert; ceai menta (250g, 400ml)
Colita, Crutare	Paine, unt, branza proaspata, iaurt, ceai miere (300g, 20g, 50g, 125g, 20g, 400ml) Alergeni: gluten, lapte	Supa de legume cu fidea 400ml (telina, gluten): Pept de pui si cartofi piure (80g, 250g) (produs congelat: carne pasare)	Paste cu branza de vaci, iaurt, ceai (400g, 100g, 400ml) (alergen: lapte, gluten)
Copii 1-3ani	Lapte, unt, ou, biscuiti, mar (250ml, 10g, 1buc, 100g, 250g) (alergen: lapte)	Supa cu fidea si piept pui 400ml (gluten, telina) Pulpe de pui si piure de cartofi (140g, 260g) (produs congelat: pulpe de pui) (alergen: telina)	Mamaliga cu branza; iaurt (100g, 80g, 125g) (alergen: lapte)
Copii 3-16 ani	Lapte, unt, ou, biscuiti, mar (250ml, 10g, 1buc, 100g, 250g) (alergen: lapte)	Supa cu fidea si piept pui 400ml (gluten, telina) Pulpe de pui si piure de cartofi (140g, 260g) (produs congelat: pulpe de pui) (alergen: telina)	Mamaliga cu branza; iaurt (100g, 80g, 125g) (alergen: lapte)
Lauze	Paine, unt, branza topita, salam, ou, ceai, castraveti (300, 20g, 40g, 50g, 1buc, 100g)	Ciorba de perisoare 400ml (telina, lapte); Pulpe de pui si piure; Salata varza (140g, 260g, 80g) (produs congelat: pulpe pui) (gluten)	Mamaliga cu branza; iaurt (100g, 80g, 125g) (alergen: lapte)
Insotitori	Paine, unt, branza topita, salam, ou, ceai, castraveti (300, 20g, 40g, 50g, 1buc, 100g)	Ciorba de perisoare 400ml (telina, lapte); Pulpe de pui si piure; Salata varza (140g, 260g, 80g) (produs congelat: pulpe pui) (gluten)	Mamaliga cu branza; iaurt (100g, 80g, 125g) (alergen: lapte)
Diabet zaharat Hepatic	Paine, unt, branza topita, salam, ou, iaurt, ceai, castraveti (300, 20g, 40g, 50g, 1buc, 320g, 400ml, 100g) (gluten, lapte)	Ciorba de perisoare 400ml (telina, lapte); Pulpe de pui si piure; Salata varza (140g, 260g, 80g) (produs congelat: pulpe pui) (gluten) 300g Mere	Mamaliga cu branza; iaurt (100g, 80g, 125g) (alergen: lapte) 80g conserva ton
Vegetarian	Paine, pasta vinete, falafel, gem, ceai (300g, 200g, 100g, 40g, 400ml)	Ciorba de zarzavat 400ml (telina); Snitel vegan si cartofi natur cu patrunjel (80g, 250g) (produs congelat: snitel vegan)	Chiftele vegane si orez cu legume Armonia 100g, 200g) (prod. cong: chiftele vegane, legume)
Religios	Paine, pasta vinete, falafel, gem, ceai (300g, 200g, 100g, 40g, 400ml)	Ciorba de zarzavat 400ml (telina); Snitel vegan si cartofi natur cu patrunjel (80g, 250g) (produs congelat: snitel vegan)	Chiftele vegane si orez cu legume Armonia 100g, 200g) (prod. cong: chiftele vegane, legume)

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MENIUL ZILEI JOI

Alergeni: Cereale ce contin gluten; oua, lapte si produse derivate, telina

REGIM	Mic dejun	Pranz	Cina
COMUN Medici garda	Paine, unt, cascaval, sunca, miere, ceai, castraveti (300, 20g, 40g, 50g, 20g, 100g)	Supa de dovleac 400ml(lapte); Friptura pulpe pui si orez cu legume; Castraveti (130g, 250g, 80g)(produs congelat: pulpe pui, dovleac razuit)	Pizza cu sunca, cascaval si ciuperci 300g (prod. congelat: ciuperci)(alergen: lactate, oua)
Hiposodat Desodat	Paine, unt, cascaval, sunca, miere, ceai, castraveti (300, 20g, 40g, 50g, 20g, 100g)	Supa de dovleac 400ml(lapte); Friptura pulpe pui si orez cu legume; Castraveti (130g, 250g, 80g)(produs congelat: pulpe pui, dovleac razuit)	Pizza cu sunca, cascaval si ciuperci 300g (prod. congelat: ciuperci)(alergen: lactate, oua)
Postoperator	Paine, unt, cascaval, sunca, miere, ou, ceai (300, 20g, 40g, 50g, 40g, 1buc, 400ml)	Supa cu fidea si piept pui 400ml(gluten, telina) Pulpe de pui si orez cu legume Prajitura (130g, 250g, 50g)(produs congelat: pulpe de pui)	Paste cu branza de vaci, iaurt, ceai (400g, 100g 400ml)(alergeni: lapte, gluten)
Diaree	Orez fiert, morcov fiert, biscuiti, ceai (250g, 150g, 100g, 400ml)	Rasol de pui cu morcov sotat, paine (80g, 200g)(alergen: gluten) (produs congelat: carne pasare)	Orez fiert, ceai menta (250g, 400ml)
Colita, Crutare	Paine, unt, branza proaspata, ou, ceai, miere (300g, 20g, 50g, 1buc, 20g, 400ml) Alergeni: gluten, lapte)	Supa de legume cu fidea 400ml(telina, gluten): Pept de pui si cartofi piure (80g, 250g)(produs congelat: carne pasare)	Paste cu branza de vaci, iaurt, ceai (400g, 100g 400ml)(alergeni: lapte, gluten)
Copii 1-3ani	Lapte, unt, branza dulce, ou, biscuiti (250ml, 10g, 50g, 1buc, 100g)(lapte)	Supa de legume cu fidea 400ml(telina, gluten), Pulpa pui si pilaf; Prajitura (130g, 250g, 60g)(produs congelat: pulpa pui)(alergen: gluten, lapte)	Paste cu branza de vaci, iaurt, ceai (400g, 100g 100g, 80g, 125g, 100g)(gluten, lapte)
Copii 3-16 ani	Lapte, unt, branza dulce, ou, biscuiti 250ml, 10g, 50g, 1buc, 100g)(lapte)	Supa de legume cu fidea 400ml(telina, gluten), Pulpa pui si pilaf; Prajitura (130g, 250g, 60g)(produs congelat: pulpa pui)(alergen: gluten, lapte)	Pizza cu sunca, cascaval si ciuperci 300g (prod. congelat: ciuperci)(alergen: lactate, oua)
Lauze	Paine, unt, cascaval, sunca, miere, ceai, castraveti (300, 20g, 40g, 50g, 20g, 100g)	Supa de dovleac 400ml(lapte); Friptura pulpe pui si orez cu legume; Castraveti (130g, 250g, 80g)(produs congelat: pulpe pui, dovleac razuit)	Pizza cu sunca, cascaval si ciuperci 300g (prod. congelat: ciuperci)(alergen: lactate, oua)
Insotitori	Paine, unt, cascaval, sunca, miere, ceai, castraveti (300, 20g, 40g, 50g, 20g, 100g)	Supa de dovleac 400ml(lapte); Friptura pulpe pui si orez cu legume; Castraveti (130g, 250g, 80g)(produs congelat: pulpe pui, dovleac razuit)	Pizza cu sunca, cascaval si ciuperci 300g (prod. congelat: ciuperci)(alergen: lactate, oua)
Diabet zaharat Hepatic	Paine, unt, cascaval, sunca, Cottage, ceai, castraveti (300, 20g, 40g, 50g, 175g, 400ml, 100g)(gluten, lapte)	Supa de dovleac 400ml(lapte); Friptura pulpe pui si orez cu legume; Castraveti (130g, 250g, 80g)(produs congelat: pulpe pui, dovleac razuit)	Pizza cu sunca, cascaval si ciuperci 300g (prod. congelat: ciuperci)(alergen: lactate, oua) 320g iaurt de baut
Vegetarian	Paine, ceai, pasta vegetala, zacusca, mar (300g, 400ml, 30g, 150g, 250g)(gluten)	Ciorba de dovleac 400ml; Snitel vegan si orez cu legume; Castraveti; Mere (80g, 250g, 80g, 300g)(produs congelat: snitel vegan, dovleac)(gluten)	Falafel si conopida la cuptor (100g, 200g)
Religios	Paine, ceai, pasta vegetala, zacusca, mar, (300g, 400ml, 30g, 150g, 250g)(gluten)	Ciorba de dovleac 400ml; Snitel vegan si orez cu legume; Castraveti; Mere (80g, 250g, 80g, 300g)(produs congelat: snitel vegan, dovleac)(gluten)	Falafel si conopida la cuptor 100g, 200g)

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Aprobat:
Director medical: Dr. Stan Mihaela



MENIUL ZILEI

VINERI

Alergeni: Cereale ce contin gluten; oua, lapte si produse derivate, telina

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, branza topita, salam, cacao cu lapte (300g, 20g, 40g, 50g, 300ml)	Supa cu fidea si pui 400ml (telina, gluten); Pulpe pui cu piure de cartofi; Prajitura	Branzoaice, iaurt natur (250g, 125g) (gluten, lapte, ou)
Medici garda		Castraveti (130g, 300g, 50g, 80g) (produs congelat: pulpe de pui)	
Hiposodat	Paine, unt, branza topita, salam, ceai	Supa cu fidea si pui 400ml (telina, gluten); Pulpe pui cu piure de cartofi; Prajitura	Branzoaice, iaurt natur (250g, 125g)
Desodat	(300g, 20g, 40g, 50g, 400ml)	Castraveti (130g, 300g, 50g, 80g) (produs congelat: pulpe de pui)	gluten, lapte, ou)
Postoperator	Paine, unt, branza topita, salam, ou, ceai (300, 20g, 40g, 50g, 1buc, 400ml)	Supa cu fidea si piept pui 400ml (gluten, telina) Pulpe de pui si piure de cartofi Prajitura (80g, 300g, 50g) (produs congelat: pulpe pui) (alergen: telina, gluten)	Branzoaice, iaurt natur (250g, 125g) gluten, lapte, ou)
Diaree	Orez fiert, morcov fiert, biscuiti, ceai (250g, 150g, 100g, 400ml)	Rasol de pui cu morcov sotat, paine (80g, 200g) (alergen: gluten) (produs congelat: carne pasare)	Orez fiert, ceai menta (250g, 400ml)
Colita, Crutare	Paine, unt, gem, ou, branza, ceai (300g, 20g, 20g, 1buc, 50g, 400ml) Alergeni: gluten, lapte)	Supa de legume cu fidea 400ml (telina, gluten): Pept de pui si cartofi piure (80g, 250g) (produs congelat: carne pasare)	Mancare de cartofi cu pui, ceai (250g, 80g, 400ml) (alergen: lapte, gluten) Prajitura cu iaurt, branza 130g (gluten, lapte, ou)
Copii 1-3ani	Lapte, unt, ou, branza dulce, biscuiti (250ml, 10g, 1buc, 50g, 100g) (lapte, ou)	Supa de legume cu fidea 400ml (telina, gluten), Piure cartofi cu piept pui; Prajitura (80g, 300g, 50g) (produs congelat: piept pui) (alergen: gluten)	Branzoaice, iaurt natur (250g, 125g) gluten, lapte, ou)
Copii 3-16 ani	Lapte, unt, ou, branza dulce, biscuiti 250ml, 10g, 1buc, 50g, 100g) (lapte, ou)	Supa de legume cu fidea 400ml (telina, gluten), Piure cartofi cu piept pui; Prajitura (80g, 300g, 50g) (produs congelat: piept pui) (alergen: gluten)	Branzoaice, iaurt natur (250g, 125g) gluten, lapte, ou)
Lauze	Paine, unt, branza topita, salam, cacao cu lapte (300g, 20g, 40g, 50g, 300ml)	Supa cu fidea si pui 400ml (telina, gluten); Pulpe pui cu piure de cartofi; Prajitura	Branzoaice, iaurt natur (250g, 125g) gluten, lapte, ou)
Insotitori	Paine, unt, branza topita, salam, cacao cu lapte (300g, 20g, 40g, 50g, 300ml)	Castraveti (130g, 300g, 50g, 80g) (produs congelat: pulpe de pui)	
Diabet zaharat Hepatic	Paine, unt, branza topita, salam, ou, pate iaurt de baut, ceai (300, 20g, 40g, 50g, 1buc, 30g, 320g, 400ml) (gluten, lapte, ou)	Supa cu fidea si pui 400ml (telina, gluten); Pulpe pui cu piure de cartofi; Mere Castraveti (130g, 300g, 300g, 80g) (produs congelat: pulpe de pui)	Branzoaice, iaurt natur (250g, 125g) gluten, lapte, ou)
Vegetarian	Paine, ceai, pasta vinete, gem, falafel ceai (300g, 400ml, 200g, 20g, 100g)	Supa cu fidea si pui 400ml (telina, gluten); Pulpe pui cu piure de cartofi; Mere Castraveti (130g, 300g, 300g, 80g) (produs congelat: pulpe de pui)	File de salau in sos tomat si orez cu legume (120g, 200g) + 125g iaurt Produs congelat: peste
Religios	Paine, ceai, pasta vinete, gem, falafel ceai (300g, 400ml, 200g, 20g, 100g)	Ciorba taraneasca 400ml (telina); Chiftele vegane si cartofi aurii; castraveti (produs congelat: amestec de legume, chiftele vegane) (100g, 250g, 80g)	Snitel vegan si orez cu legume (80g, 200g) alergen: telina (prod. congelat: snitel vegan)
		Ciorba taraneasca 400ml (telina); Chiftele vegane si cartofi aurii; castraveti (produs congelat: amestec de legume, chiftele vegane) (100g, 250g, 80g)	Snitel vegan si orez cu legume (80g, 200g) alergen: telina (prod. congelat: snitel vegan)

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MENIUL ZILEI

SAMBATA

Alergeni: Cereale ce contin gluten; oua, lapte si produse derivate, telina

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, branza topita, sunca, ceai, gem(300, 20g, 40g, 50g, 400ml, 20g)	Ciorba de cartofi 400ml(telina); Chiftele de pui si cus-cus; Salata varza (100g, 250g, 100g)(produs congelat: cotlet porc, piept de pui)	175g Cottage 30g pate pui
Medici garda			
Hiposodat	Paine, unt, branza topita, sunca, ceai, gem(300, 20g, 20g, 50g, 400ml, 20g)	Ciorba de cartofi 400ml(telina); Chiftele de pui si cus-cus; Salata varza (100g, 250g, 100g)(produs congelat: cotlet porc, piept de pui)	175g Cottage 30g pate pui
Desodat			
Postoperator	Paine, unt, branza topita, sunca, ceai, (300, 20g, 40g, 50g, 400ml)(gluten)	Supa de legume cu fidea 400ml(telina, gluten): Piept de pui si cus cus (80g, 250g)(produs congelat: carne pasare)(telina)	175g Cottage 30g pate pui
Diaree	Orez fiert, morcov fiert, biscuiti, ceai (250g, 150g, 100g, 400ml)	Rasol de pui cu morcov sotat, paine(80g, 200g)(alergen: gluten)(produs congelat: carne pasare)	Orez fiert, ceai menta(250g, 400ml)
Colita, Crutare	Paine, unt, sunca, branza proaspata, ceai(300g, 20g, 50g, 80g, 400ml) Alergeni: gluten, lactoza)	Supa de legume cu fidea 400ml(telina, gluten): Piept de pui si pilaf (80g, 250g)(produs congelat: carne pasare)(telina)	175g Cottage(lapte)
Copii 1-3ani	Lapte, unt, ou, iaurt, ricotta (250ml, 10g, 1buc, 125g, 50g)	Supa de legume cu fidea 400ml(telina, gluten): Chiftele de pui si cus cus (100g, 250g)(produs congelat: carne pasare)(telina)	175g Cottage(lapte), 100g biscuiti
Copii 3-16 ani	Lapte, unt, ou, iaurt, ricotta (250ml, 10g, 1buc, 125g, 50g)	Supa de legume cu fidea 400ml(telina, gluten): Chiftele de pui si cus cus (100g, 250g)(produs congelat: carne pasare)(telina)	175g Cottage(lapte) 100g biscuiti
Lauze	Paine, unt, branza topita, sunca, ceai, gem(300, 20g, 20g, 50g, 400ml, 20g)	Ciorba de cartofi 400ml(telina); Chiftele de pui si cus-cus; Salata varza (100g, 250g, 100g)(produs congelat: cotlet porc, piept de pui)	175g Cottage 30g pate pui
Insotitori	Paine, unt, branza topita, sunca, ceai, gem(300, 20g, 20g, 50g, 400ml, 20g)	Ciorba de cartofi 400ml(telina); Chiftele de pui si cus-cus; Salata varza (100g, 250g, 100g)(produs congelat: cotlet porc, piept de pui)	175g Cottage 30g pate pui
Diabet zaharat	Paine, unt, branza topita, sunca, omleta, iaurt, ceai(300g, 10g, 40g, 50g, 2buc, 320g, 400ml)(gluten, ou, lapte)	Ciorba de cartofi 400ml(telina); Chiftele de pui si cus-cus; Salata varza (alergen: gluten)(100g, 250g, 100g)(produs congelat: cotlet porc, piept de pui)	175g Cottage 80g Conserva de ton 30g pate pui
Hepatic			
Vegetarian	Paine, pasta vegetala, gem, castraveti biscuiti, ceai(300g, 30g, 20g, 50g, 50g)	Ciorba de cartofi 400ml(telina); Orez mozaic si chiftele vegane; castraveti 250g, 100g, 80g)(produs congelat: ciuperci, chiftele); (ciuperci, gluten)	300g zacusca alergen: ciuperci, telina
Religios	Paine, pasta vegetala, gem, castraveti biscuiti, ceai(300g, 30g, 20g, 50g, 50g)	Ciorba de cartofi 400ml(telina); Orez mozaic si chiftele vegane; castraveti 250g, 100g, 80g)(produs congelat: ciuperci, chiftele); (ciuperci, gluten)	300g zacusca alergen: ciuperci, telina

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Alergeni: Cereale ce contin gluten; oua, lapte si produse derivate, telina

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, branza topita, salam, iaurt, ceai(300,20g,20g,50g,125g,400ml)(gluten)	Ciorba de legume 400ml(telina); Tocanita de porc si piure de cartofi; (90g,300g)(produs congelat: cotlet de porc)(lapte)	320g laurt de baut, 100g pate pui (lapte, produse derivate)
Medici garda			
Hiposodat	Paine, unt, branza topita, salam, iaurt, ceai(300,20g,20g,50g,125g,400ml)(gluten)	Ciorba de legume 400ml(telina); Tocanita de porc si piure de cartofi; (90g,300g)(produs congelat: cotlet de porc)(lapte)	320g laurt de baut, 100g pate pui (lapte, produse derivate)
Desodat			
Postoperator	Paine, unt, branza topita, salam, iaurt, ceai(300,20g,20g,50g,125g,400ml)	Supa de legume cu fidea 400ml(telina, gluten): Pulpe de pui si piure de cartofi (150g,250g)(produs congelat: Pulpe de pui)(lapte)	320g laurt de baut, 100g pate pui (lapte, produse derivate)
Diaree	Orez fiert, morcov fiert, biscuiti, ceai (250g, 150g, 100g, 400ml)	Rasol de pui cu morcov sotat, paine(80g,200g)(alergeni: gluten) (produs congelat: carne pasare)	Orez fiert, ceai menta(250g,400ml)
Colita, Crutare	Paine, unt, sunca, branza proaspata, ceai(300g,20g,50g,80g,400ml) Alergeni: gluten, lactoza)	Supa de legume cu fidea 400ml(telina, gluten): Piept de pui si sote de legume (80g,250g)(produs congelat: carne pasare)(telina)	175g Cottage(lapte)
Copii 1-3ani	Lapte, unt, ou, ricotta (250ml, 10g, 1buc, 50g)((lapte)	Supa de legume cu fidea 400ml(telina, gluten): Pulpe de pui si piure de cartofi (150g,250g)(produs congelat: Pulpe de pui)(lapte)	175g Cottage(lapte) 100g biscuiti
Copii 3-16 ani	Lapte, unt, ou, ricotta (250ml, 10g, 125g, 1buc, 200g)((lapte)	Supa de legume cu fidea 400ml(telina, gluten): Pulpe de pui si piure de cartofi (150g,250g)(produs congelat: Pulpe de pui)(lapte)	175g Cottage(lapte) 100g biscuiti
Lauze	Paine, unt, branza topita, salam, iaurt, ceai(300,20g,20g,50g,125g,400ml)(gluten)	Ciorba de legume 400ml(telina); Tocanita de porc si piure de cartofi; (90g,300g)(produs congelat: cotlet de porc)(lapte)	320g laurt de baut, 100g pate pui (lapte, produse derivate)
Insotitori	Paine, unt, branza topita, salam, iaurt, ceai(300,20g,20g,50g,125g,400ml)(gluten)	Ciorba de legume 400ml(telina); Tocanita de porc si piure de cartofi; (90g,300g)(produs congelat: cotlet de porc)(lapte)	320g laurt de baut, 100g pate pui (lapte, produse derivate)
Diabet zaharat Hepatic	Paine, unt, Cottage, salam, omleta, ceai, castraveti(300g,20g,175g,50g,400ml,100g) (gluten, lapte)	Ciorba de legume 400ml(telina); Tocanita de porc si piure de cartofi; (90g,300g,100g)(produs congelat: cotlet de porc)(lapte)	320g laurt de baut, 100g pate pui, mere 300g (lapte, produse derivate)
Vegetarian	Paine, pasta vegetala, falafel, mere, ceai (300g,30g,100g,300g,400ml)	Ciorba de legume 400ml(telina); Cartofi cu rozmarin la cuptor si chiftele vegane; castraveti(100,250g,100g)(produs congelat: amestec legume, chiftele)	300g zacusca alergen: ciuperci, telina
Religios	Paine, pasta vegetala, falafel, mere, ceai (300g,30g,100g,300g,400ml)	Ciorba de legume 400ml(telina); Cartofi cu rozmarin la cuptor si chiftele vegane; castraveti(100,250g,100g)(produs congelat: amestec legume, chiftele)	300g zacusca alergen: ciuperci, telina

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