

MENIUL ZILEI LUNI

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

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, mozzarella, sunca, rosie, ceai	Ciorba de conopida 400ml(telina); Cotlet porc cu paste in sos tomat	Cartofi gratinati cu legume 250g
Medici garda	(300g, 20g, 35g, 50g, 100g, 400ml)	(90g, 250g)(produs congelat: cotlet porc; gluten)	(alergen: lactate)(leg. congelate)
Hiposodat	Paine, unt, mozzarella, sunca, rosie, ceai	Ciorba de conopida cu galuste 400ml(telina); Cotlet porc cu paste in sos tomat	Cartofi gratinati cu legume 250g
Desodat	(300g, 20g, 35g, 50g, 100g, 400ml)	(90g, 250g)(produs congelat: cotlet porc; gluten)	(alergen: lactate)(leg. congelate)
Postoperator	Paine, unt, mozzarella, sunca, rosie, ceai	Supa cu fidea si piept pui 400ml(gluten, telina) Piept de pui si paste cu legume	Cartofi gratinati cu legume 250g
	(300g, 20g, 35g, 50g, 100g, 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, ou, ceai, rosie	Supa de legume cu fidea 400ml(telina, gluten): Paste cu piept de pui(250g, 80g)	Cartofi gratinati cu legume 250g
	(300g, 20g, 35g, 50g, 400ml, 100g)	(80g, 250g)(produs congelat: piept pui)(alergen: gluten)	(alergen: lactate)(leg. congelate)
Copii 3-16 ani	Paine, unt, mozzarella, ou, ceai, rosie	Supa de legume cu fidea 400ml(telina, gluten): Paste cu piept de pui(250g, 80g)	Cartofi gratinati cu legume 250g
	(300g, 20g, 35g, 50g, 400ml, 100g)	(80g, 250g)(produs congelat: piept pui)(alergen: gluten)	(alergen: lactate)(leg. congelate)
Lauze	Paine, unt, mozzarella, sunca, rosie, ceai	Ciorba de conopida 400ml(telina); Cotlet porc cu paste in sos tomat	Cartofi gratinati cu legume 250g
	(300g, 20g, 35g, 50g, 100g, 400ml)	(produs congelat: piept de pui)(alergen: gluten)	(alergen: lactate)(leg. congelate)
Insotitori	Paine, unt, mozzarella, sunca, rosie, ceai	Ciorba de conopida 400ml(telina); Cotlet porc cu paste in sos tomat	Cartofi gratinati cu legume 250g
	(300g, 20g, 35g, 50g, 100g, 400ml)	(90g, 250g)(produs congelat: cotlet porc; gluten)	(alergen: lactate)(leg. congelate)
Diabet zaharat	Paine, unt, mozzarella, sunca, iaurt, ceai, rosie	Ciorba de conopida cu galuste 400ml(telina); Cotlet porc cu paste in sos tomat	Cartofi gratinati cu legume 250g
Hepatic	(300g, 20g, 49g, 50g, 125g, 400ml, 100g)	(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

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As.medical: Rus Florintina



Aprobat:

Director medical: Dr. Stan Mihaela



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REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, cascaval, salam, rosii, ceai (300, 20g, 40g, 50g, 150g, 400 ml)	Ciorba de legume 400ml(telina) Varza a la Cluj; Salam de biscuiti (80g, 270g, 80g)(produs congelat: cotlet porc)(gluten)	Orez cu lapte, iaurt, gem(350g, 125g, 20g) (gluten, lapte)
Hiposodat Desodat	Paine, unt, cascaval, salam, rosii, ceai (300, 20g, 40g, 50g, 150g, 400 ml)	Ciorba de legume 400ml(telina) Varza a la Cluj; Salam de biscuiti (80g, 270g, 80g)(produs congelat: cotlet porc)(gluten)	Orez cu lapte, iaurt, gem(350g, 125g, 20g) (gluten, lapte)
Postoperator	Paine, unt, cascaval, salam, rosii, ceai, (300, 20g, 40g, 50g, 150g, 400); lapte, gluten	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)	Orez cu lapte, iaurt, gem(350g, 125g, 20g) (gluten, 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, sunca, branza proaspata, ceai(300g, 20g, 50g, 80g, 400ml) Alergeni: gluten, lactoza)	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	Paine, unt, cascaval, ou, rosii, ceai (300, 10g, 40g, 1 buc, 150g, 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 biscuiti	Orez cu lapte, iaurt, gem(350g, 125g, 20g) (alergen: lactoza, gluten)
Copii 3-16 ani	Paine, unt, cascaval, ou, rosii, ceai (300, 10g, 40g, 1 buc, 150g, 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	Orez cu lapte, iaurt, gem(350g, 125g, 20g) (alergen: lactoza, gluten)
Lauze	Paine, unt, cascaval, salam, rosii, ceai (300, 20g, 40g, 50g, 150g, 400 ml)	Ciorba de legume 400ml(telina) Varza a la Cluj; Salam de biscuiti (80g, 270g, 80g)(produs congelat: cotlet porc)(gluten)	Orez cu lapte, iaurt, gem(350g, 125g, 20g) (gluten, lapte)
Insotitori	Paine, unt, cascaval, salam, rosii, ceai (300, 20g, 40g, 50g, 150g, 400 ml)	Ciorba de legume 400ml(telina) Varza a la Cluj; Salam de biscuiti (80g, 270g, 80g)(produs congelat: cotlet porc)(gluten)	Orez cu lapte, iaurt, gem(350g, 125g, 20g) (gluten, lapte)
Diabet zaharat Hepatic	Paine, unt, cascaval, salam, rosii, ceai, iaurt (300, 20g, 40g, 50g, 150g, 400ml, 320g) (gluten, lapte)	Ciorba de legume 400ml(telina) Varza a la Cluj (80g, 270g, 300g)(produs congelat: cotlet porc)(gluten)	Orez cu lapte(300g)(cu indulcitor) (gluten, lapte)+200g conserva de carne
Vegetarian	Paine, zacusca, miere, mar, biscuiti, ceai (300g, 300g, 40g, 250g, 100g, 400ml)	Ciorba de legume 400ml(telina); Varza calita cu snitel vegan (300g, 80g,)(produs congelat: snitel vegan)	Ciuperci sotate cu legume 300g(telina) alergen: ciuperci, telina
Religios	Paine, zacusca, miere, mar, biscuiti, ceai (300g, 300g, 40g, 250g, 100g, 400ml)	Ciorba de legume 400ml(telina); Varza calita cu snitel vegan (300g, 80g,)(produs congelat: snitel vegan)	Ciuperci sotate cu legume 300g(telina) alergen: ciuperci, telina

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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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REGIM	Mic dejun	Pranz	Cina
COMUN	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)	Budinca de paste cu branza dulce 350g (80g, 80g, 1buc., 30g) (gluten, lapte)
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)	Budinca de paste cu branza dulce 350g (80g, 80g, 1buc., 30g) (gluten, lapte)
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 (300g, 125g, 400ml) (alergeni: lapte, gluten)
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, 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 (300g, 125g, 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)	Budinca de paste cu branza dulce 350g (80g, 80g, 1buc., 30g) (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)	Budinca de paste cu branza dulce 350g (80g, 80g, 1buc., 30g) (gluten, lapte)
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)	Budinca de paste cu branza dulce 350g (80g, 80g, 1buc., 30g) (gluten, lapte)
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)	Budinca de paste cu branza dulce 350g (80g, 80g, 1buc., 30g) (gluten, lapte)
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)	File de salau la cuptor si cartofi noi natur (200g, 250g) (prod. congelat file peste)
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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REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, branza topita, salam, ou, ceai,	Supa cu fidea si pui 400ml(telina, gluten); Pulpe pui cu piure de cartofi; Salata de	Branzoaice, iaurt natur (250g, 125g)
Medici garda	castraveti(300g, 20g, 40g, 50g, 1buc, 100)	varza(140g, 300g, 70g)(produs congelat: pulpe de pui)	(gluten, lapte, ou)
Hiposodat	Paine, unt, branza topita, salam, ou, ceai,	Supa cu fidea si pui 400ml(telina, gluten); Pulpe pui cu piure de cartofi; Salata de	Branzoaice, iaurt natur (250g, 125g)
Desodat	castraveti(300g, 20g, 40g, 50g, 1buc, 100)	varza(140g, 300g, 70g)(produs congelat: pulpe de pui)	gluten, lapte, ou)
Postoperator	Paine, unt, branza topita, salam, ou, ceai	Supa cu fidea si piept pui 400ml(gluten, telina) Pulpe de pui si piure de cartofi	Branzoaice, iaurt natur (250g, 125g)
	biscuiti(300, 20g, 40g, 50g, 1buc, 50g)	(140g, 300g)(produs congelat: pulpe de pui)	gluten, lapte, ou)
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, gem, ou, branza, ceai	Supa de legume cu fidea 400ml(telina, gluten): Pept de pui si cartofi piure	Mancare de cartofi cu pui, ceai(250g, 80g,
	(300g, 20g, 20g, 1buc, 50g, 400ml)	(80g, 250g)(produs congelat: carne pasare)	400ml)(alergen: lapte, gluten)
	Alergeni: gluten, lapte)		Prajitura cu iaurt, branza 130g(gluten, lapte, ou)
Copii 1-3ani	Lapte, unt, ou, branza dulce, biscuiti	Supa cu fidea si pui 400ml(telina, gluten); Pulpe pui cu piure de cartofi	Branzoaice, iaurt natur (250g, 125g)
	(250ml, 10g, 1buc, 50g, 50g)(lapte, ou)	(140g, 300g)(produs congelat: pulpe de pui)	gluten, lapte, ou)
Copii 3-16 ani	Lapte, unt, ou, branza dulce, biscuiti	Supa cu fidea si pui 400ml(telina, gluten); Pulpe pui cu piure de cartofi	Branzoaice, iaurt natur (250g, 125g)
	250ml, 10g, 1buc, 50g, 100g)(lapte, ou)	(140g, 300g)(produs congelat: pulpe de pui)	gluten, lapte, ou)
Lauze	Paine, unt, branza topita, salam, ou, ceai,	Supa cu fidea si pui 400ml(telina, gluten); Pulpe pui cu piure de cartofi; Salata de	Branzoaice, iaurt natur (250g, 125g)
	castraveti(300g, 20g, 40g, 50g, 1buc, 100)	varza(140g, 300g, 70g)(produs congelat: pulpe de pui)	gluten, lapte, ou)
Insotitori	Paine, unt, branza topita, salam, ou, ceai,	Supa cu fidea si pui 400ml(telina, gluten); Pulpe pui cu piure de cartofi; Salata de	Branzoaice, iaurt natur (250g, 125g)
	castraveti(300g, 20g, 40g, 50g, 1buc, 100)	varza(140g, 300g, 70g)(produs congelat: pulpe de pui)	gluten, lapte, ou)
Diabet zaharat	Paine, unt, branza topita, salam, ou, pate	Supa cu fidea si pui 400ml(telina, gluten); Pulpe pui cu piure de cartofi; Salata de	Carne de pui cu orez si ciuperci(140g, 200g)
Hepatic	iaurt de baut, ceai(300, 20g, 40g, 50g,	varza(140g, 300g, 70g)(produs congelat: pulpe de pui)	175g Cottage
	1buc, 30g, 320g, 400ml)(gluten, lapte, ou)		Produs congelat: carne pui
Vegetarian	Paine, ceai, pasta vinete, gem, falafel	Ciorba taraneasca 400ml(telina); Chiftele vegane si cartofi aurii; castraveti	Snitel vegan si orez cu legume(80g, 200g)
	ceai(300g, 400ml, 200g, 20g, 100g)	(produs congelat: amestec de legume, chiftele vegane)(100g, 250g, 80g)	alergen: telina(prod. congelat: snitel vegan)
Religios	Paine, ceai, pasta vinete, gem, falafel	Ciorba taraneasca 400ml(telina); Chiftele vegane si cartofi aurii; castraveti	Snitel vegan si orez cu legume(80g, 200g)
	ceai(300g, 400ml, 200g, 20g, 100g)	(produs congelat: amestec de legume, chiftele vegane)(100g, 250g, 80g)	alergen: telina(prod. congelat: snitel vegan)

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Aprobat:
Director medical Dr. Stan Mihaela



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, 80g)(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, 80g)(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 50g Biscuiti Belvita
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 pilaf (80g, 250g)(produs congelat: carne pasare)(telina)	175g Cottage(lapte) 50g Biscuiti Belvita
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), 50g Biscuiti Belvita
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, 80g)(produs congelat: cotlet porc, piept de pui)	175g Cottage 50g Biscuiti Belvita
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, 80g)(produs congelat: cotlet porc, piept de pui)	175g Cottage 30g pate pui
Diabet zaharat Hepatic	Paine, unt, branza topita, sunca, omleta, iaurt, ceai(300g, 20g, 20g, 50g, 2buc, 320g, 400ml)(gluten, ou, lapte)	Ciorba de cartofi 400ml(telina); Chiftele de pui si cus-cus; Salata varza (alergen: gluten)(100g, 250g, 80g)(produs congelat: cotlet porc, piept de pui)	175g Cottage 80g Conserva de ton 30g pate pui
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: ciuperici, chiftele); (ciuperici, gluten)	300g zacusca alergen: ciuperici, 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: ciuperici, chiftele); (ciuperici, gluten)	300g zacusca alergen: ciuperici, 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)
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): Perisoare de pui dietetice si cartofi noi natur(100g, 250g)(produs congelat: Piept de pui)(lapte)	320g laurt de baut, 30g pate pui, 50g biscuiti (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/iaurt (250ml, 10g, 1buc, 50g/125g)((lapte)	Supa de legume cu fidea 400ml(telina, gluten): Perisoare de pui dietetice si cartofi noi natur(100g, 250g)(produs congelat: Piept de pui)(lapte)	175g Cottage(lapte) 50g biscuiti Belvita
Copii 3-16 ani	Lapte, unt, ou, ricotta/iaurt (250ml, 10g, 1buc, 50g/125g)((lapte)	Supa de legume cu fidea 400ml(telina, gluten): Perisoare de pui dietetice si cartofi noi natur(100g, 250g)(produs congelat: Piept de pui)(lapte)	175g Cottage(lapte) 50g biscuiti Belvita
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, (300g, 20g, 175g, 50g, 2buc, 400ml, (gluten, lapte)	Ciorba de legume 400ml(telina); Tocanita de porc si piure de cartofi; Castraveti (90g, 300g, 100g)(produs congelat: cotlet de porc)(lapte)	320g laurt de baut, 100g pate pui (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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