

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

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, salam, b. topita, iaurt, ceai, (300g, 20g, 50g, 40g, 125g, 400ml)	Ciorba fasole uscata 400ml(telina); Piept de pui si orez cu legume; Castraveti (80g, 250g, 80g, 50g)(produs congelat: piept pui)	Cartofi cu sunca la cuptor 300g (alergen: lapte)
Hiposodat	Paine, unt, salam, b. topita, iaurt, ceai, (300g, 20g, 50g, 40g, 125g, 400ml)	Ciorba fasole uscata 400ml(telina); Piept de pui si orez cu legume; Castraveti (80g, 250g, 80g, 50g)(produs congelat: piept pui)	Cartofi cu sunca la cuptor 300g alergen: lapte)
Desodat	Paine, unt, salam, b. topita, iaurt, ceai, (300g, 20g, 50g, 40g, 125g, 400ml)	Supa cu fidea si piept pui 400ml(gluten, telina) Piept de pui si orez cu legume (80g, 250g, 80g, 50g)(produs congelat: piept pui)	Cartofi natur cu pulpa de pui 350g alergen: lapte)
Postoperator	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): Orez cu piept de pui (250g, 80g) (produs congelat: carne pasare)	Paste cu branza de vaci, iaurt, ceai (400g, 100g 400ml)(alergen: lapte, gluten)
Copii 1-3ani	Lapte, unt, omleta, biscuiti, iaurt (250ml, 10g 1 buc, 50g, 125g)(alergen: lapte)	Supa de legume cu fidea 400ml(telina, gluten): Orez cu piept de pui (80g, 250g)(produs congelat: piept pui)	Cartofi cu sunca la cuptor 300g+300g mar copt alergen: lapte)
Copii 3-16 ani	Lapte, unt, omleta, biscuiti, iaurt (250ml, 10g 1 buc, 50g, 125g)(alergen: lapte)	Supa de legume cu fidea 400ml(telina, gluten): Orez cu piept de pui; (80g, 250g)(produs congelat: piept pui)	Cartofi cu sunca la cuptor 300g+300g mar copt alergen: lapte)
Lauze	Paine, unt, salam, b. topita, iaurt, ceai, (300g, 20g, 50g, 40g, 125g, 400ml)	Supa de legume cu fidea 400ml(telina); Piept de pui si orez cu legume (80g, 250g, 80g, 50g)(produs congelat: piept pui)	Cartofi cu sunca la cuptor 300g alergen: lapte)
Insotitori	Paine, unt, salam, b. topita, iaurt, ceai, (300g, 20g, 50g, 40g, 125g, 400ml)	Ciorba fasole uscata 400ml(telina); Piept de pui si orez cu legume; Castraveti (80g, 250g, 80g, 50g)(produs congelat: piept pui)	Cartofi cu sunca la cuptor 300g alergen: lapte)
Diabet zaharat	Paine, unt, 50g salam, Cottage, ceai, b. topita	Ciorba fasole uscata 400ml(telina); Piept de pui si orez cu legume; Castraveti	Cartofi cu sunca la cuptor 300g
Hepatic	ou (300g, 20g, 50g, 175g, 400ml, 40g, 1buc) (gluten, lapte)	(80g, 250g, 80g)(produs congelat: cotlet porc, mix mexican; gluten)	alergen: lapte)+320g iaurt de baut
Vegetarian	Paine, zacusca, falafel, mere, ceai (300g, 150g, 100g, 300g, 400ml)	Ciorba de fasole 400ml(telina); Snitel vegan si orez cu legume; Castraveti (80g, 250g, 80g)(produs congelat: snitel vegan)	Cartofi natur si chiftele vegane (250g, 100g) produs congelat: chiftele vegane)
Religios	Paine, zacusca, falafel, mere, ceai (300g, 150g, 100g, 300g, 400ml)	Ciorba de fasole 400ml(telina); Snitel vegan si orez cu legume; Castraveti 80g, 250g, 80g)(produs congelat: snitel vegan)	Cartofi natur si chiftele vegane (250g, 100g) produs congelat: chiftele vegane)

Intocmit

As. medical: Rus Florintina



Aprobat:

Director medical: Dr. Stan Mihaela



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

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, b. topita, sunca, gem, ceai, rosii	Ciorba taraneasca 400ml(telina) Pulpa de pui si cus cus; Salata varza	Cartofi frantuzesti 350g/portie
Medici garda	(300, 20g, 40g, 50g, 40g, 400ml, 100g)(gluten)	130g, 200g, 80g)(produs congelat: cotlet porc, pulpe pui)(gluten, telina)	(350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Hiposodat	Paine, unt, b. topita, sunca, gem, ceai, rosii	Ciorba taraneasca 400ml(telina) Pulpa de pui si cus cus; Salata varza	Cartofi frantuzesti 350g/portie
Desodat	(300, 20g, 40g, 50g, 40g, 400ml, 100g)(gluten)	130g, 200g, 80g)(produs congelat: cotlet porc, pulpe pui)(gluten, telina)	(350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Postoperator	Paine, unt, b. topita, sunca, ceai, ou, rosii	Supa cu fidea si piept pui 400ml(gluten, telina) Pulpe de pui si cus cus; Prajitura	Pulpe de pui si cartofi la cuptor
	(300, 20g, 40g, 50g, 400ml, 1buc, 100g)(gluten)	(130g, 200g, 50g)(produs congelat: piept pui, pulpe pui)(alergen: gluten)	(130g, 175g)(prod. cond.: pulpa pui)(gluten)
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, ceai(300g, 20g, 50g, 80g, 400ml)	Supa de legume cu fidea 400ml(telina, gluten): Pept de pui si cartofi piure	Paste cu branza de vaci, iaurt, ceai(400g, 100g)
	Alergeni: gluten, lactoza)	(80g, 250g)(produs congelat: carne pasare)	400ml)(alergen: lapte, gluten)
Copii 1-3ani	Paine, unt, ou, sunca, rosii, iaurt	Supa de legume cu fidea 400ml(telina, gluten), Cus cus cu pulpe de pui; Prajitura	Cartofi frantuzesti 350g/portie
	(300, 10g, 1buc, 125g, 50g, 100g, 400ml)(gluten)	(130g, 200g, 50g)(produs congelat: piept pui, pulpe pui)(alergen: gluten)	(350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Copii 3-16 ani	Paine, unt, ou, sunca, rosii, iaurt	Supa de legume cu fidea 400ml(telina, gluten), Cus cus cu pulpe de pui; Prajitura	Cartofi frantuzesti 350g/portie
	(300, 10g, 1buc, 125g, 50g, 100g, 400ml)(gluten)	(130g, 200g, 50g)(produs congelat: piept pui, pulpe pui)(alergen: gluten)	(350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Lauze	Paine, unt, b. topita, sunca, gem, ceai, rosii	Ciorba taraneasca 400ml(telina) Pulpa de pui si cus cus; Salata varza	Cartofi frantuzesti 350g/portie
	(300, 20g, 40g, 50g, 40g, 400ml, 100g)(gluten)	130g, 200g, 80g)(produs congelat: cotlet porc, pulpe pui)(gluten, telina)	(350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Insotitori	Paine, unt, b. topita, sunca, gem, ceai, rosii	Ciorba taraneasca 400ml(telina) Pulpa de pui si cus cus; Salata varza	Cartofi frantuzesti 350g/portie
	(300, 20g, 40g, 50g, 40g, 400ml, 100g)(gluten)	130g, 200g, 80g)(produs congelat: cotlet porc, pulpe pui)(gluten, telina)	(350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Diabet zaharat Hepatic	Paine, unt, b. topita, sunca, pate, iaurt, ceai, rosii	Ciorba taraneasca 400ml(telina) Pulpa de pui si cus cus; Salata varza	Cartofi frantuzesti 350g/portie
	(300, 20g, 40g, 50g, 30g, 125g, 400ml, 100g)(gluten, lapte)	130g, 200g, 80g)(produs congelat: cotlet porc, pulpe pui)(gluten, telina)	(350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Vegetarian	Paine, pasta vegetala, miere, castraveti, zacusca	Ciorba taraneasca 400ml(telina) Chiftele vegane si salata de cartofi; Castraveti	Ciuperci sote cu legume si falafel
	ceai(300g, 30g, 20g, 50g, 150g, 400ml)	(produs congelat: amestec legume, chiftele vegane)+300g Mere	(200g, 100g)(alergen: ciuperci)
Religios	Paine, pasta vegetala, miere, castraveti, zacusca	Ciorba taraneasca 400ml(telina) Chiftele vegane si salata de cartofi; Castraveti	Ciuperci sote cu legume si falafel
	ceai(300g, 30g, 20g, 50g, 150g, 400ml)	(produs congelat: amestec legume, chiftele vegane)+300g Mere	(200g, 100g)(alergen: ciuperci)

Intocmit

As.medical Rus Florintina



Aprobat:

Director medical Dr. Stan Mihaela



MENIUL ZILEI

MIERCURI

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

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, cascaval, sunca, miere, ceai, (300, 20, 40, 50, 40, 400ml)(gluten, lapte)	Ciorba a la greque 400ml(telina, lapte); Penne cu pui si ciuperci (80g, 300g)(produs congelat: piept pui, ciuperci)(Alergen: lapte, gluten, ciuperci)	Cartofi cu branza la cuptor 350g (alergen: ou, lapte)
Medici garda			
Hiposodat	Paine, unt, cascaval, sunca, miere, ceai (300, 20, 40, 50, 40, 400ml)(gluten, lapte)	Ciorba a la greque 400ml(telina, lapte); Penne cu pui si ciuperci 80g, 300g)(produs congelat: piept pui, ciuperci)(Alergen: lapte, gluten, ciuperci)	Cartofi cu branza la cuptor 350g alergen: ou, lapte)
Desodat			
Postoperator	Paine, unt, cascaval, sunca, miere, ceai (300, 20, 40, 50, 40, 400ml)(gluten, lapte)	Supa cu fidea si piept pui 400ml(gluten, telina)Penne cu piept pui si legume (80g, 250g)(produs congelat: piept pui)(alergen: telina)	Cartofi cu branza de vaci, mere coapte 175, 80g, 250g)(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, iaurt, (250ml, 10g, 1buc, 50g, 125)(Lapte)	Supa cu fidea si piept pui 400ml(gluten, telina)Penne cu piept pui si legume (80g, 250g)(produs congelat: piept pui)(alergen: telina)	Cartofi cu branza de vaci 175, 80g, 250g)(alergen: lapte)
Copii 3-16 ani	Lapte, unt, ou, biscuiti, iaurt, (250ml, 10g, 1buc, 50g, 125)(Lapte)	Supa cu fidea si piept pui 400ml(gluten, telina)Penne cu piept pui si legume (80g, 250g)(produs congelat: piept pui)(alergen: telina)	Cartofi cu branza de vaci 175, 80g, 250g)(alergen: lapte)
Lauze	Paine, unt, cascaval, sunca, miere, ceai (300, 20, 40, 50, 40, 400ml)(gluten, lapte)	Ciorba a la greque 400ml(telina, lapte); Penne cu pui si ciuperci 80g, 300g)(produs congelat: piept pui, ciuperci)(Alergen: lapte, gluten, ciuperci)	Cartofi cu branza la cuptor 350g alergen: ou, lapte)
Insotitori	Paine, unt, cascaval, sunca, miere, ceai (300, 20, 40, 50, 40, 400ml)(gluten, lapte)	Ciorba a la greque 400ml(telina, lapte); Penne cu pui si ciuperci 80g, 300g)(produs congelat: piept pui, ciuperci)(Alergen: lapte, gluten, ciuperci)	Cartofi cu branza la cuptor 350g alergen: ou, lapte)
Diabet zaharat Hepatic	Paine, unt, cascaval, sunca, iaurt, ou, ceai pate(300, 20g, 40g, 50g, 320g, 1buc, 400ml 30g)alergen: gluten, ou, lapte	Ciorba a la greque 400ml(telina, lapte); Penne cu pui si ciuperci 80g, 300g)(produs congelat: piept pui, ciuperci)(Alergen: lapte, gluten, ciuperci)	Cartofi cu branza la cuptor 350g, 100g conserva de carne(alergen: ou, lapte)
Vegetarian	Paine, salata de vinete, falafel, mar, ceai (300g, 200g, 100g, 300g, 400ml)	Ciorba de legume 400ml(telina); Snitel vegan si orez cu legume; Castraveti (80g, 200g, 80g)(produs congelat: snitel vegan)	Cartofi aurii; zacusca; mar(200g, 150g, 300g) alergen:
Religios	Paine, salata de vinete, falafel, mar, ceai (300g, 200g, 100g, 300g, 400ml)	Ciorba de legume 400ml(telina); Snitel vegan si orez cu legume; Castraveti (80g, 200g, 80g)(produs congelat: snitel vegan)	Cartofi aurii; zacusca; mar(200g, 150g, 300g) alergen:

Intocmit
As.medical Rus Florintina



Aprobat:
Director medical Dr.Stan Mihaela



MENIUL ZILEI JOI

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

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, pasta branza, salam, ou, pate, gem, ceai(300,60,50,1buc,30g,20g,400ml)	Ciorba de pui Armonia 400ml(telina); Chiftele la cuptor si orez; Salata (100g,200g,80g,50g)(prod.congelate:piept pui,cotlet porc)	Ostropel de porc cu mamaliga;laurt natur (70g,250g,125g)(prod.cong.cotlet porc)
Medici garda			
Hiposodat	Paine, pasta branza, salam, ou, pate, gem, Desodat ceai(300,60,50,1buc,30g,20g,400ml)	Ciorba de pui Armonia 400ml(telina); Chiftele la cuptor si orez; Salata (100g,200g,80g,50g)(prod.congelate:piept pui,cotlet porc)	Ostropel de porc cu mamaliga;laurt natur (70g,250g,125g)
Postoperator	Paine, unt, branza dulce, salam, ou, ceai (300,10g,50g,50g,1buc,100g,400ml)	Supa cu fidea si piept pui 400ml(gluten,telina)Piept de pui si pilaf (80g,250g,50g)(produs congelat:piept pui)(alergen:telina,gluten)	Mamaliga cu branza de vaci, iaurt natur(100g 80g,125g)(alergeni:lapte)
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(400g,100g 400ml)(alergeni:lapte,gluten)
Copii 1-3ani	Lapte, unt, branza dulce, ou, iaurt(250ml, 10g,50g,1buc ,125g)(alergeni:lapte)	Supa cu fidea si piept pui 400ml(gluten,telina)Piept de pui si pilaf (80g,200g,50g)(produs congelat:piept pui)(alergen:gluten)	Ostropel de porc cu mamaliga;laurt natur (70g,250g,125g)
Copii 3-16 ani	Lapte, unt, branza dulce, ou, iaurt(250ml, 10g,50g,1buc ,125g)(alergeni:lapte)	Supa cu fidea si piept pui 400ml(gluten,telina)Piept de pui si pilaf (80g,200,50g)(produs congelat:piept pui)(alergen:gluten)	Ostropel de porc cu mamaliga;laurt natur (70g,250g,125g)
Lauze	Paine, pasta branza, salam, ou, pate, gem, ceai(300,60,50,1buc,30g,20g,400ml)	Ciorba de pui Armonia 400ml(telina); Chiftele la cuptor si orez; Salata (100g,200g,80g,50g)(prod.congelate:piept pui,cotlet porc)	Ostropel de porc cu mamaliga;laurt natur (70g,250g,125g)
Insotitori	Paine, pasta branza, salam, ou, pate, gem, ceai(300,60,50,1buc,30g,20g,400ml)	Ciorba de pui Armonia 400ml(telina); Chiftele la cuptor si orez; Salata (100g,200g,80g,50g)(prod.congelate:piept pui,cotlet porc)	Ostropel de porc cu mamaliga;laurt natur (70g,250g,125g)
Diabet zaharat Hepatic	Paine, pasta de branza, salam, ou, ceai, Cottage, pate(300,60,50,1buc,400ml, 175,30g)(Gluten, lapte)	Ciorba de pui Armonia 400ml(telina); Chiftele la cuptor si orez; Salata; (100g,200g,80g) (prod.congelate:piept pui,cotlet porc)	Ostropel de porc cu mamaliga;laurt de baut (70g,250g,320g) (produs congelat:cotlet porc)(lactate)
Vegetarian	Paine, ceai, pasta vegetala, gem, biscuiti, ceai, mar(300g,400ml,30g,20g,100g,250	Ciorba de legume 400ml(telina); Chiftele vegane si pilaf, mar; Salata(100g, 200g,300g,80g)(produs congelat:chiftele vegane)(gluten)	Falafel si piure de cartofi, ceai (100g,300g) alergen:lapte,prod.congelat-falafel
Religios	Paine, ceai, pasta vegetala, gem, biscuit ceai, mar(300g,400ml,30g,20g,100g,250	Ciorba de legume 400ml(telina); Chiftele vegane si pilaf, mar; Salata(100g, 200g,300g,80g)(produs congelat:chiftele vegane)(gluten)	Falafel si piure de cartofi, ceai (100g,300g) alergen:lapte,prod.congelat-falafel

Intocmit
As.medical Rus Florintina



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, cascaval, sunca, gem, ceai (300, 20, 40, 50, 40g, 400ml)	Ciorba de porc 400ml(telina); Pulpe de pui si piure de cartofi; Salata de varza; Biscuiti (130g, 250g, 80g, 50g)(produs congelat: pulpe de pui, cotlet porc)	Mamaliga cu branza de vaci; iaurt (300g, 125g)(lapte)
Medici garda			
Hiposodat	Paine, unt, cascaval, sunca, gem, ceai (300, 20, 40, 50, 40g, 400ml)	Ciorba de porc 400ml(telina); Pulpe de pui si piure de cartofi; Salata de varza; Biscuiti (130g, 250g, 80g, 50g)(produs congelat: pulpe de pui, cotlet porc)	Mamaliga cu branza de vaci; iaurt (300g, 125g)(lapte)
Desodat			
Postoperator	Paine, unt, cascaval, sunca, gem, ceai (300, 20, 40, 50, 40g, 400ml)	Supa cu fidea si piept pui 400ml(gluten, telina) Pulpe de pui si piure de cartofi Biscuiti (130g, 250g, 50g)(produs congelat: pulpe de pui, piept pui)	Mamaliga cu branza de vaci; iaurt (300g, 125g)(lapte)
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, 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)(alergeni: lapte, gluten)
Copii 1-3ani	Lapte, ricotta, ou, gem (250ml, 50g, 1buc, 20g)	Supa cu fidea si piept pui 400ml(gluten, telina) Pulpe de pui si piure de cartofi Biscuiti (130g, 250g, 50g)(produs congelat: pulpe de pui, piept pui)	Mamaliga cu branza de vaci; iaurt (300g, 125g)(lapte)
Copii 3-16 ani	Lapte, ricotta, ou, gem (250ml, 50g, 1buc, 20g)	Supa cu fidea si piept pui 400ml(gluten, telina) Pulpe de pui si piure de cartofi Biscuiti (130g, 250g, 50g)(produs congelat: pulpe de pui, piept pui)	Mamaliga cu branza de vaci; iaurt (300g, 125g)(lapte)
Lauze	Paine, unt, cascaval, sunca, gem, ceai (300, 20, 40, 50, 40g, 400ml)	Ciorba de porc 400ml(telina); Pulpe de pui si piure de cartofi; Salata de varza; Biscuiti (130g, 250g, 80g, 50g)(produs congelat: pulpe de pui, cotlet porc)	Mamaliga cu branza de vaci; iaurt (300g, 125g)(lapte)
Insotitori	Paine, unt, cascaval, sunca, gem, ceai (300, 20, 40, 50, 40g, 400ml)	Ciorba de porc 400ml(telina); Pulpe de pui si piure de cartofi; Salata de varza; Biscuiti (130g, 250g, 80g, 50g)(produs congelat: pulpe de pui, cotlet porc)	Mamaliga cu branza de vaci; iaurt (300g, 125g)(lapte)
Diabet zaharat	Paine, unt, cascaval, sunca, iaurt, ceai, ou (300, 20g, 40g, 50g, 320g, 400ml, 1buc)	Ciorba de porc 400ml(telina); Pulpe de pui si piure de cartofi; Salata de varza; Iaurt natur (130g, 250g, 80g, 125g)(produs congelat: pulpe de pui, cotlet porc)	Ciulama de ciuperci cu mamaliga; Cottage (200g, 100g, 175g)(lapte)
Hepatic			
Vegetarian	Paine, ceai, salata de vinete, falafel, gem ceai(300g, 200g, 100g, 40g, 400ml)	Ciorba de legume 400ml(telina); Snitel vegan si cartofi natur; Salata de varza (80g, 250g, 100g)(produs congelat: snitel vegan); Mere	Zacusca; pasta vegetala (300g, 30g)
Religios	Paine, ceai, salata de vinete, falafel, gem ceai(300g, 200g, 100g, 40g, 400ml)	Ciorba de legume 400ml(telina); Snitel vegan si cartofi natur; Salata de varza (80g, 250g, 100g)(produs congelat: snitel vegan); Mere	Zacusca; pasta vegetala (300g, 30g)

Intocmit

As.medical Rus Florintina



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, salam, ceai gem(300,20g,40g,50g,400ml,20g)	Supa de varza 400ml(telina); Chiftele de porc si cus-cus (80g,250g)(produs congelat: cotlet de porc)(gluten)	175g Cottage(lapte), 30g pate pui
Medici garda			
Hiposodat	Paine, unt, branza topita, salam, ceai gem(300,20g,40g,50g,400ml,20g)	Supa de varza 400ml(telina); Chiftele de porc si cus-cus (80g,250g)(produs congelat: cotlet de porc)(gluten)	175g Cottage(lapte), 30g pate pui
Desodat			175g Cottage(lapte), 30g pate pui
Postoperator	Paine, unt, branza topita, salam, ceai (300,20g,40g,50g,400ml)	Supa de legume cu fidea 400ml(telina, gluten): Piept de pui si cus cus (80g,250g)(produs congelat: carne pasare)(telina)	175g Cottage(lapte), 30g pate pui
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 de orez (80g,250g)(produs congelat: carne pasare)(telina)	175g Cottage(lapte)
Copii 1-3ani	Lapte, unt, ricotta, gem (250ml,10g,50g,20g (lapte)	Supa de legume cu fidea 400ml(telina, gluten): Chiftele de pui si cus cus (80g,250g)(produs congelat: carne pasare)(telina)	175g Cottage(lapte), 100g biscuiti
Copii 3-16 ani	Lapte, unt, ricotta, gem (250ml,10g,50g,20g (lapte)	Supa de legume cu fidea 400ml(telina, gluten): Chiftele de pui si cus cus (80g,250g)(produs congelat: carne pasare)(telina)	175g Cottage(lapte), 100g biscuiti
Lauze	Paine, unt, branza topita, salam, ceai gem(300,20g,40g,50g,400ml,20g)	Supa de legume cu fidea 400ml(telina, gluten): Chiftele de pui si cus cus 80g,250g)(produs congelat: cotlet de porc)(gluten)	175g Cottage(lapte), 30g pate pui
Insotitori	Paine, unt, branza topita, salam, ceai gem(300,20g,40g,50g,400ml,20g)	Supa de varza 400ml(telina); Chiftele de porc si cus-cus (80g,250g)(produs congelat: cotlet de porc)(gluten)	175g Cottage(lapte), 30g pate pui
Diabet zaharat Hepatic	Paine, unt, b. topita, salam, iaurt, ceai (300g,20g,40g,50g,125g,400ml) (gluten, lapte)	Supa de varza 400ml(telina); Chiftele de porc si cus-cus 80g,200g(gluten) Produs congelat: cotlet de porc	175g Cottage(lapte), 100g pate alergen: lapte, alti derivati
Vegetarian	Paine, pasta vegetala, gem, castraveti biscuiti, ceai(300g,30g,20g,50g,50g)	Ciorba de varza 400ml(telina) Chiftele vegane si cartofi; Castraveti murati (80g,200g,80g)(produs congelat: chiftele vegane);(gluten)	30g paste vegetala, 300g zacusca alergen: ciuperci, telina
Religios	Paine, pasta vegetala, gem, castraveti biscuiti, ceai(300g,30g,20g,50g,50g)	Ciorba de varza 400ml(telina) Chiftele vegane si cartofi; Castraveti murati (80g,200g,80g)(produs congelat: chiftele vegane);(gluten)	30g paste vegetala, 300g zacusca alergen: ciuperci, telina

Intocmit
As.medical Rus Florintina



Aprobat:
Director medical Dr. Stan Mihaela



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

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, branza topita, sunca, ceai	Ciorba ardeleneasca 400ml(telina); Cotlet de porc si piure de cartofi; Salata	320g laurt de baut, 100g pate pui
Medici garda	(300, 20g, 40g, 50g, 400ml)(gluten, lapte)	(90g, 250g, 80g)(produs congelat: carne de porc)(lapte)	(lapte, produse derivate)
Hiposodat	Paine, unt, branza topita, sunca, ceai	Ciorba ardeleneasca 400ml(telina); Cotlet de porc si piure de cartofi; Salata	320g laurt de baut, 100g pate pui
Desodat	(300, 20g, 40g, 50g, 400ml)(gluten, lapte)	(90g, 250g, 80g)(produs congelat: carne de porc)(lapte)	(lapte, produse derivate)
Postoperator	Paine, unt, branza topita, sunca, ceai	Supa de legume cu fidea 400ml(telina, gluten): Piept de pui si piure de cartofi	320g laurt de baut, 100g pate pui
	(300, 20g, 40g, 50g, 400ml)(gluten, lapte)	(80g, 250g)(produs congelat: Piept de pui)(lapte)	(lapte, produse derivate)
Diaree	Orez fiert, morcov fiert, biscuiti, ceai	Rasol de pui cu morcov sotat, paine(80g, 200g)(alergeni: gluten)	Orez fiert, ceai menta(250g, 400ml)
	(250g, 150g, 100g, 400ml)	(produs congelat: carne pasare)	
Colita, Crutare	Paine, unt, sunca, branza proaspata, ceai(300g, 20g, 50g, 80g, 400ml)	Supa de legume cu fidea 400ml(telina, gluten): Piept de pui si sote de legume	175g Cottage(lapte)
	Alergeni: gluten, lactoza)	(80g, 250g)(produs congelat: carne pasare)(telina)	
Copii 1-3ani	unt, ou, iaurt, ceai	Supa de legume cu fidea 400ml(telina, gluten): Piept de pui si piure de cartofi	175g Cottage(lapte)
	(10g, 1buc, 125g, (alergeni: lapte)	(80g, 250g)(produs congelat: Piept de pui)(lapte)	100g biscuiti(gluten)
Copii 3-16 ani	unt, ou, iaurt, ceai	Supa de legume cu fidea 400ml(telina, gluten): Piept de pui si piure de cartofi	175g Cottage(lapte)
	(10g, 1buc, 125g, (alergeni: lapte)	(80g, 250g)(produs congelat: Piept de pui)(lapte)	100g biscuiti(gluten)
Lauze	Paine, unt, branza topita, sunca, ceai	Ciorba ardeleneasca 400ml(telina); Cotlet de porc si piure de cartofi	320g laurt de baut, 100g pate pui
	(300, 20g, 40g, 50g, 400ml)(gluten, lapte)	(90g, 250g)(produs congelat: carne de porc)(lapte)	(lapte, produse derivate)
Insotitori	Paine, unt, branza topita, sunca, ceai	Ciorba ardeleneasca 400ml(telina); Cotlet de porc si piure de cartofi; Salata	320g laurt de baut, 100g pate pui
	(300, 20g, 40g, 50g, 400ml)(gluten, lapte)	(90g, 250g, 80g)(produs congelat: carne de porc)(lapte)	(lapte, produse derivate)
Diabet zaharat Hepatic	Paine, unt, sunca, Cottage, pasta ton, ceai	Ciorba ardeleneasca 400ml(telina); Cotlet de porc si piure de cartofi; Salata	320g laurt de baut, 100g pate pui
	(300g, 10g, 50g, 175g, 80g, 400ml)	(90g, 250g, 80g)(produs congelat: carne de porc)(lapte)	(lapte, produse derivate)
	(gluten, lapte)		
Vegetarian	Paine, pasta vegetala, castraveti, miere, mar	Ciorba de legume 400ml(telina); Cartofi cu rozmarin , snitel vegan 300g	30g paste vegetala, 300g zacusca
	biscuiti, ceai(300g, 30g, 80g, 20g, 250, 100g)	(produs congelat: amestec legume, snitel vegan);	alergen: ciuperci, telina
Religios	Paine, pasta vegetala, castraveti, miere, mar	Ciorba de legume 400ml(telina); Cartofi cu rozmarin , snitel vegan 300g	30g paste vegetala, 300g zacusca
	biscuiti, ceai(300g, 30g, 80g, 20g, 250, 100g)	produs congelat: amestec legume, snitel vegan);	alergen: ciuperci, telina

Intocmit
As.medical Rus Florintina



Aprobat:
Director medical Dr.Stan Mihaela

