

MENIUL ZILEI LUNI

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	Paine, unt, salam, b. topita, iaurt, ceai, (300g, 20g, 50g, 40g, 125g, 400ml)	Rasol de pui cu morcov sotat, paine(80g, 200g)(alergen: gluten) (produs congelat: carne pasare)	Orez fiert, ceai menta(250g, 400ml)
Diaree	Orez fiert, morcov fiert, biscuiti, ceai (250g, 150g, 100g, 400ml)	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)
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 (80g, 250g)(produs congelat: piept pui)	Cartofi cu sunca la cuptor 300g+300g mar copt alergen: lapte)
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 (80g, 250g, 80g)(produs congelat: cotlet porc, mix mexican; gluten)	Cartofi cu sunca la cuptor 300g alergen: lapte)+320g iaurt de baut
Hepatic	ou(300g, 20g, 50g, 175g, 400ml, 40g, 1buc) (gluten, lapte)	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)
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)

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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, b. topita, sunca, gem, ceai (300, 20g, 40g, 50g, 25g, 400ml, 100g)(gluten)	Ciorba taraneasca 400ml(telina) Pulpa de pui si cus cus; Castraveti (130g, 200g, 80g)(produs congelat: cotlet porc, pulpe pui)(gluten, telina)	Cartofi frantuzesti 350g/portie (350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Medici garda			
Hiposodat	Paine, unt, b. topita, sunca, gem, ceai (300, 20g, 40g, 50g, 25g, 400ml, 100g)(gluten)	Ciorba taraneasca 400ml(telina) Pulpa de pui si cus cus; Castraveti (130g, 200g, 80g)(produs congelat: cotlet porc, pulpe pui)(gluten, telina)	Cartofi frantuzesti 350g/portie (350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Desodat			
Postoperator	Paine, unt, b. topita, sunca, ceai, ou (300, 20g, 40g, 50g, 400ml, 1buc)(gluten)	Supa cu fidea si piept pui 400ml(gluten, telina) Pulpe de pui si cus cus; (130g, 200g)(produs congelat: piept pui, pulpe pui)(alergen: gluten)	Pulpe de puis cartofi la cuptor (130g, 175g)(prod. cond.-pulpa pui)(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, 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, lapte, unt, ou, sunca, iaurt (300, 250ml, 10g, 1buc, 125g, 50g, 100g, 400ml)	Supa de legume cu fidea 400ml(telina, gluten), Cus cus cu pulpe de pui (130g, 200g)(produs congelat: piept pui, pulpe pui)(alergen: gluten)	Cartofi frantuzesti 350g/portie (350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Copii 3-16 ani	Paine, lapte, unt, ou, sunca, iaurt (300, 250ml, 10g, 1buc, 125g, 50g, 100g, 400ml)	Supa de legume cu fidea 400ml(telina, gluten), Cus cus cu pulpe de pui (130g, 200g)(produs congelat: piept pui, pulpe pui)(alergen: gluten)	Cartofi frantuzesti 350g/portie (350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Lauze	Paine, unt, b. topita, sunca, gem, ceai (300, 20g, 40g, 50g, 25g, 400ml, 100g)(gluten)	Ciorba taraneasca 400ml(telina) Pulpa de pui si cus cus; Castraveti (130g, 200g, 80g)(produs congelat: cotlet porc, pulpe pui)(gluten, telina)	Cartofi frantuzesti 350g/portie (350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Insotitori	Paine, unt, b. topita, sunca, gem, ceai (300, 20g, 40g, 50g, 25g, 400ml, 100g)(gluten)	Ciorba taraneasca 400ml(telina) Pulpa de pui si cus cus; Castraveti (130g, 200g, 80g)(produs congelat: cotlet porc, pulpe pui)(gluten, telina)	Cartofi frantuzesti 350g/portie (350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Diabet zaharat	Paine, unt, b. topita, sunca, pate, iaurt, ceai (300, 20g, 40g, 50g, 30g, 125g, 400ml)	Ciorba taraneasca 400ml(telina) Pulpa de pui si cus cus; Castraveti (130g, 200g, 80g)(produs congelat: cotlet porc, pulpe pui)(gluten, telina)	Cartofi frantuzesti 350g/portie (350g, 1buc, 50g, 40ml, 5g)(alergen: gluten)
Hepatic	(gluten, lapte)		175g Cottage
Vegetarian	Paine, pasta vegetala, miere, castraveti, zacusca ceai(300g, 30g, 20g, 50g, 150g, 400ml)	Ciorba taraneasca 400ml(telina) Chiftele vegane si salata de cartofi; Castraveti (produs congelat; amestec legume, chiftele vegane)+300g Mere	Ciuperci sote cu legume si falafel (200g, 100g)(alergen: ciuperci)
Religios	Paine, pasta vegetala, miere, castraveti, zacusca ceai(300g, 30g, 20g, 50g, 150g, 400ml)	Ciorba taraneasca 400ml(telina) Chiftele vegane si salata de cartofi; Castraveti (produs congelat; amestec legume, chiftele vegane)+300g Mere	Ciuperci sote cu legume si falafel (200g, 100g)(alergen: ciuperci)

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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, cascaval, sunca, miere, ceai, (300, 20, 40, 50, 40, 400ml)(gluten, lapte)	Ciorba a la grece 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 grece 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 grece 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 grece 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 grece 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:

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REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, pasta branza, salam, ou, pate, gem, ceai(300,60,50,1buc,30g,25g,400ml)	Ciorba de pui Armonia 400ml(telina); Chiftele la cuptor si orez; Castraveti; Biscuiti(100g,200g,80g,50g)(prod.congelate:piept pui,cotlet porc)	Ostropel de porc cu mamaliga;laurt natur (70g,250g,125g)(prod.cong.cotlet porc)
Hiposodat Desodat	Paine, pasta branza, salam, ou, pate, gem, ceai(300,60,50,1buc,30g,25g,400ml)	Ciorba de pui Armonia 400ml(telina); Chiftele la cuptor si orez; Castraveti; Biscuiti(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; Biscuiti (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; Biscuiti (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; Biscuiti (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,25g,400ml)	Ciorba de pui Armonia 400ml(telina); Chiftele la cuptor si orez; Castraveti; Biscuiti(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,25g,400ml)	Ciorba de pui Armonia 400ml(telina); Chiftele la cuptor si orez; Castraveti; Biscuiti(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; Castraveti; (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

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REGIM	Mic dejun	Pranz	Cina
COMUN	Paine, unt, cascaval, sunca, gem, ceai (300, 20, 40, 50, 25g, 400ml)	Ciorba de porc 400ml(telina); Pulpe de pui si piure de cartofi; Castraveti murati; Prajitura(130g, 250g, 80g, 35g)(produs congelat: pulpe de pui, cotlet porc)	Ciulama de pui cu ciuperci si mamaliga(70g, 200g, 100g)(prod. cong. pulpa pui, ciuperci)
Medici garda			
Hiposodat	Paine, unt, cascaval, sunca, gem, ceai (300, 20, 40, 50, 25g, 400ml)	Ciorba de porc 400ml(telina); Pulpe de pui si piure de cartofi; Castraveti murati; Prajitura(130g, 250g, 80g, 35g)(produs congelat: pulpe de pui, cotlet porc)	Ciulama de pui cu ciuperci si mamaliga(70g, 200g, 100g)(prod. cong. pulpa pui, ciuperci)
Desodat			
Postoperator	Paine, unt, cascaval, sunca, gem, ceai (300, 20, 40, 50, 25g, 400ml)	Supa cu fidea si piept pui 400ml(gluten, telina) Pulpe de pui si piure de cartofi Prajitura(130g, 250g, 35g)(produs congelat: pulpe de pui, piept pui)	Ciulama de pui cu ciuperci si mamaliga(70g, 200g, 100g)(prod. cong. pulpa pui, ciuperci)
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, unt, cascaval, ou, gem (250ml 10g, 40g, 1buc, 25g)	Supa cu fidea si piept pui 400ml(gluten, telina) Pulpe de pui si piure de cartofi Prajitura (130g, 250g, 35g)(produs congelat: pulpe de pui, piept pui)	Ciulama de pui cu mamaliga(70g, 100g, 100g)(prod. cong. pulpa pui)
Copii 3-16 ani	Lapte, unt, cascaval, ou, gem (250ml 10g, 40g, 1buc, 25g)	Supa cu fidea si piept pui 400ml(gluten, telina) Pulpe de pui si piure de cartofi Prajitura (130g, 250g, 35g)(produs congelat: pulpe de pui, piept pui)	Ciulama de pui cu ciuperci si mamaliga(70g, 200g, 100g)(prod. cong. pulpa pui, ciuperci)
Lauze	Paine, unt, cascaval, sunca, gem, ceai (300, 20, 40, 50, 25g, 400ml)	Ciorba de porc 400ml(telina); Pulpe de pui si piure de cartofi; Castraveti murati; Prajitura(130g, 250g, 80g, 35g)(produs congelat: pulpe de pui, cotlet porc)	Ciulama de pui cu ciuperci si mamaliga(70g, 200g, 100g)(prod. cong. pulpa pui, ciuperci)
Insotitori	Paine, unt, cascaval, sunca, gem, ceai (300, 20, 40, 50, 25g, 400ml)	Ciorba de porc 400ml(telina); Pulpe de pui si piure de cartofi; Castraveti murati; Prajitura(130g, 250g, 80g, 35g)(produs congelat: pulpe de pui, cotlet porc)	Ciulama de pui cu ciuperci si mamaliga(70g, 200g, 100g)(prod. cong. pulpa pui, ciuperci)
Diabet zaharat Hepatic	Paine, unt, cascaval, sunca, iaurt, ceai, ou (300, 20g, 40g, 50g, 320g, 400ml, 1buc) (gluten, lapte, ou)	Ciorba de porc 400ml(telina); Pulpe de pui si piure de cartofi; Castraveti murati; Cottage(130g, 250g, 80g, 175g)(produs congelat: pulpe de pui, cotlet porc)	Ciulama de pui cu ciuperci si mamaliga(70g, 200g, 100g)(prod. cong. pulpa pui, ciuperci)
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	Mamaliga cu ciuperci sotate si snitel vegan (300g, 80g)(prod. cong. ciuperci, snitel vegan)
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	Mamaliga cu ciuperci sotate si snitel vegan (300g, 80g)(prod. cong. ciuperci, 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, salam, ceai	Supa de varza 400ml (telina); Chiftele de porc si cus-cus	175g Cottage (lapte), 30g pate pui
Medici garda	gem(300, 20g, 40g, 50g, 400ml, 25g)	(100g, 250g) (produs congelat: cotlet de porc) (gluten)	
Hiposodat	Paine, unt, branza topita, salam, ceai	Supa de varza 400ml (telina); Chiftele de porc si cus-cus	175g Cottage (lapte), 30g pate pui
Desodat	gem(300, 20g, 40g, 50g, 400ml, 25g)	(100g, 250g) (produs congelat: cotlet de porc) (gluten)	175g Cottage (lapte), 30g pate pui
Postoperator	Paine, unt, branza topita, salam, ceai,	Supa de legume cu fidea 400ml (telina, gluten): Pulpe de pui si cus cus	175g Cottage (lapte), 30g pate pui
	gem(300, 20g, 40g, 50g, 400ml, 25g)	(150g, 250g) (produs congelat: carne pasare) (telina)	
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): Piept de pui si pilaf de orez	175g Cottage (lapte)
	ceai (300g, 20g, 50g, 80g, 400ml)	(80g, 250g) (produs congelat: carne pasare) (telina)	
	Alergeni: gluten, lactoza)		
Copii 1-3ani	Lapte, unt, ricotta, gem	Supa de legume cu fidea 400ml (telina, gluten): Pulpe de pui si cus cus	175g Cottage (lapte), 100g biscuiti
	(250ml, 10g, 50g, 25g (lapte)	(150g, 250g) (produs congelat: carne pasare) (telina)	
Copii 3-16 ani	Lapte, unt, ricotta, gem	Supa de legume cu fidea 400ml (telina, gluten): Pulpe de pui si cus cus	175g Cottage (lapte), 100g biscuiti
	(250ml, 10g, 50g, 25g (lapte)	(150g, 250g) (produs congelat: carne pasare) (telina)	
Lauze	Paine, unt, branza topita, salam, ceai	Supa de legume cu fidea 400ml (telina, gluten): Chiftele de pui si cus cus	175g Cottage (lapte), 30g pate pui
	gem(300, 20g, 40g, 50g, 400ml, 25g)	100g, 250g) (produs congelat: cotlet de porc) (gluten)	
Insotitori	Paine, unt, branza topita, salam, ceai	Supa de varza 400ml (telina); Chiftele de porc si cus-cus	175g Cottage (lapte), 30g pate pui
	gem(300, 20g, 40g, 50g, 400ml, 25g)	(100g, 250g) (produs congelat: cotlet de porc) (gluten)	
Diabet zaharat	Paine, unt, b. topita, salam, iaurt, ceai	Supa de varza 400ml (telina); Chiftele de porc si cus-cus	175g Cottage (lapte), 100g pate
Hepatic	(300g, 20g, 40g, 50g, 125g, 400ml)	100g, 200g (gluten)	
	(gluten, lapte)	Produs congelat: cotlet de porc	alergen: lapte, alti derivati
Vegetarian	Paine, pasta vegetala, gem, castraveti	Ciorba de varza 400ml (telina) Chiftele vegane si cartofi; Castraveti murati	30g paste vegetala, 300g zacusca
	biscuiti, ceai (300g, 30g, 20g, 50g, 50g)	(80g, 200g, 80g) (produs congelat: chiftele vegane); (gluten)	alergen: ciuperci, telina
Religios	Paine, pasta vegetala, gem, castraveti	Ciorba de varza 400ml (telina) Chiftele vegane si cartofi; Castraveti murati	30g paste vegetala, 300g zacusca
	biscuiti, ceai (300g, 30g, 20g, 50g, 50g)	(80g, 200g, 80g) (produs congelat: chiftele vegane); (gluten)	alergen: ciuperci, telina

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MENIUL ZILEI

Duminica

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

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

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