23-29 XI 2026

MENIUL ZILEI LUNI

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

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine,unt,b.topita,sunca,ceai,pate ,gem	Ciorba de fasole verde 400ml(telina);Cotlet porc cu paste in sos tomat;Prajitura	Tocanita de cartofi cu carne de pui
Medici garda	(300g,20g,40g,50g,400ml,30g,25g)	(90g,250g,35g)(produs congelat:cotlet porc;fasole verde)	(300g,125g) (alergen:telina)(congelate:pui)
Hiposodat	Paine,unt,b.topita,sunca,ceai,pate ,gem	Ciorba de fasole verde 400ml(telina);Cotlet porc cu paste in sos tomat;Prajitura	Tocanita de cartofi cu carne de pui
Desodat	(300g,20g,40g,50g,400ml,30g,25g)	(90g,250g,35g)(produs congelat:cotlet porc;fasole verde)	(300g,125g) (alergen:telina)(congelate:pui)
Postoperator	Paine,unt,b.topita,sunca,ceai,pate ,gem	Supa cu fidea si piept pui 400ml(gluten,telina)Piept de pui si paste cu legume	Cartofi gratinati cu legume si pulpa de pui350g
	(300g,20g,40g,50g,400ml,30g,25g)	Prajitura(80g,250g,35g)(produs congelat:pulpa pui)(alergen:gluten);	(alergen:lactate)(prod.congelat:pulpa de pui)
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,	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)(alergeni:lapte,gluten)
	Alergeni:gluten,lactoza)		
Copii 1-3ani	Lapte,unt,ou,iaurt	Supa cu fidea si piept pui 400ml(gluten,telina)Piept de pui si paste cu legume	Tocanita de cartofi cu carne de pui
	(250ml,10g,1buc,125g)	Prajitura(80g,250g,35g)(produs congelat:pulpa pui)(alergen:gluten);	(300g,125g) (alergen:telina)(congelate:pui)
Copii 3-16 ani	Lapte,unt,ou,iaurt	Supa cu fidea si piept pui 400ml(gluten,telina)Piept de pui si paste cu legume	Tocanita de cartofi cu carne de pui
	(250ml,10g,1buc,125g)	Prajitura(80g,250g,35g)(produs congelat:pulpa pui)(alergen:gluten);	(300g,125g) (alergen:telina)(congelate:pui)
Lauze	Paine,unt,b.topita,sunca,ceai,pate ,gem	Ciorba de fasole verde 400ml(telina);Cotlet porc cu paste in sos tomat;Prajitura	Tocanita de cartofi cu carne de pui
	(300g,20g,40g,50g,400ml,30g,25g)	(90g,250g,35g)(produs congelat:cotlet porc;fasole verde)	(300g,125g) (alergen:telina)(congelate:pui)
Insotitori	Paine,unt,b.topita,sunca,ceai,pate ,gem	Ciorba de fasole verde 400ml(telina);Cotlet porc cu paste in sos tomat;Prajitura	Tocanita de cartofi cu carne de pui
	(300g,20g,40g,50g,400ml,30g,25g)	(90g,250g,35g)(produs congelat:cotlet porc;fasole verde)	(300g,125g) (alergen:telina)(congelate:pui)
Diabet zaharat	Paine,unt,b.topita,sunca,ceai,pate ,ou,iaurt	Ciorba de fasole verde 400ml(telina);Cotlet porc cu paste in sos tomat	Tocanita de cartofi cu carne de pui
Hepatic	(300g,20g,40g,50g,400ml,30g,1buc,125g)	(90g,250g)(produs congelat:cotlet porc;fasole verde)+Mere	(300g,125g) (alergen:telina)(congelate:pui)
	Alergen:Lapte,gluten		320g iaurt de baut
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: ILLYES ANDREA

Aprobat:
Director medical: Dr.RUSANOVCHI ANDRIAN

MENIUL ZILEI MARTI

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

REGIM	Mic dejun	Pranz	Cina
COMUN Medici garda	Paine,unt,cascaval,salam,biscuiti ,ceai (300,20g,40g,50g,100g,400 ml)(gluten,lapte)	Ciorba de legume 400ml(telina)Varza a la Cluj (80g,270g)(produs congelat:cotlet porc)(gluten)	Pulpe pui si legume sotate(70g,350g) (prod.congelat:pulpe pui,legume)
Hiposodat Desodat	Paine,unt,cascaval,salam,biscuiti ,ceai (300,20g,40g,50g,100g,400 ml)(gluten,lapte)	Ciorba de legume 400ml(telina)Varza a la Cluj (80g,270g)(produs congelat:cotlet porc)(gluten)	Pulpe pui si legume sotate(70g,350g) (prod.congelat:pulpe pui,legume)
Postoperator	Paine,unt,cascaval,salam,biscuiti ,ceai (300,20g,40g,50g,100g,400 ml)(gluten,lapte)	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)	Pulpe pui si legume sotate(70g,350g) (prod.congelat:pulpe pui,legume)
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):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	Paine,unt,ou,ceai,iaurt,biscuiti (300,10g,40g,1 buc,400 ml,125g,100g)	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);	Pulpe pui si legume sotate(70g,350g) (prod.congelat:pulpe pui,legume)
Copii 3-16 ani	Paine,unt,ou,ceai,iaurt,biscuiti (300,10g,40g,1 buc,400 ml,125g)(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)	Pulpe pui si legume sotate(70g,350g) (prod.congelat:pulpe pui,legume)
Lauze	Paine,unt,cascaval,salam,biscuiti ,ceai (300,10g,40g,1 buc,400 ml,125g,100g)	Ciorba de legume 400ml(telina)Varza a la Cluj (80g,270g)(produs congelat:cotlet porc)(gluten)	Pulpe pui si legume sotate(70g,350g) (prod.congelat:pulpe pui,legume)
Insotitori	Paine,unt,cascaval,salam,biscuiti ,ceai (300,20g,40g,50g,100g,400 ml)(gluten,lapte)	Ciorba de legume 400ml(telina)Varza a la Cluj (80g,270g)(produs congelat:cotlet porc)(gluten)	Pulpe pui si legume sotate(70g,350g) (prod.congelat:pulpe pui,legume)
Diabet zaharat Hepatic	Paine,unt,cascaval,salam,ceai,iaurt de baut,ou (300,20g,40g,50g,400ml,320g,1buc) (gluten.lapte)	Ciorba de legume 400ml(telina)Varza a la Cluj (80g,270g,300g)(produs congelat:cotlet porc)(gluten)	Pulpe pui si legume sotate(70g,350g) (prod.congelat:pulpe pui,legume) 125g iaurt natur
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

Intocmit
As.medical ILLYANDREA

Aprobat:
Director medical Dr.RUSANOVCHI ANDRIAN

MENIUL ZILEI MIERCURI

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

REGIM	Mic dejun	Pranz	Cina
COMUN Medici garda	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)
Hiposodat Desodat	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)
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 puisi 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)(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):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	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 Hepatic	Paine,unt,b.topita,sunca,pate,iaurt,ceai (300,20g,40g,50g,30g,125g,400ml) (gluten,lapte)	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) 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

Intocmit
As.medical ILLYES ANDREA

Aprobat:
Director medical Dr.RUSANOVCHI ANDRIAN

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,salam,miere,ceai, (300,20g,40g,50g,40g,400ml)	Supa de dovleac 400ml(lapte);Rulada de pui si orez cu legume;Castraveti; Biscuiti(80g,250g,80g,50g)(produs congelat:piept pui,dovleac razuit)	Budinca de paste cu branza dulce 350g(80g, 80g,1buc,,30g)(gluten,lapte)
Hiposodat Desodat	Paine,unt,cascaval,salam,miere,ceai, (300,20g,40g,50g,40g,400ml)	Supa de dovleac 400ml(lapte);Rulada de pui si orez cu legume;Castraveti; Biscuiti(80g,250g,80g,50g)(produs congelat:piept pui,dovleac razuit)	Budinca de paste cu branza dulce 350g(80g, 80g,1buc,,30g)(gluten,lapte)
Postoperator	Paine,unt,cascaval,salam,miere,biscuiti (300,20g,40g,50g,20g,100g,100g)	Supa cu fidea si piept pui 400ml(gluten,telina)Rulada de pui si orez cu legume laurt(80g,250g,125g)(produs congelat:piept 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,100g)(lapte)	Supa de legume cu fidea 400ml(telina,gluten),Rulada pui si pilaf;laurt (80g,250g,125g)(produs congelat:piept 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,100g)(lapte)	Supa de legume cu fidea 400ml(telina,gluten),Rulada pui si pilaf;laurt (80g,250g,125g)(produs congelat:piept pui)(alergen:gluten,lapte)	Budinca de paste cu branza dulce 350g(80g, 80g,1buc,,30g)(gluten,lapte)
Lauze	Paine,unt,cascaval,salam,miere,ceai, (300,20g,40g,50g,40g,400ml)	Supa de dovleac 400ml(lapte);Rulada de pui si orez cu legume;Castraveti; Biscuiti(80g,250g,80g,50g)(produs congelat:piept pui,dovleac razuit)	Budinca de paste cu branza dulce 350g(80g, 80g,1buc,,30g)(gluten,lapte)
Insotitori	Paine,unt,cascaval,salam,miere,ceai, (300,20g,40g,50g,40g,400ml)	Supa de dovleac 400ml(lapte);Rulada de pui si orez cu legume;Castraveti; Biscuiti(80g,250g,80g,50g)(produs congelat:piept pui,dovleac razuit)	Budinca de paste cu branza dulce 350g(80g, 80g,1buc,,30g)(gluten,lapte)
Diabet zaharat Hepatic	Paine,unt,cascaval,salam,Cottage,ceai, (300,20g,40g,50g,175g,400ml, 100g)(gluten,lapte)	Supa de dovleac 400ml(lapte);Rulada de pui si orez cu legume;Castraveti;iaurt (80g,250g,80g,125g)(produs congelat:piept pui,dovleac razuit)	File de salau la cuptor si cartofi noi natur (150g,350g)(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)

Intocmit
As.medical ILLYES ANDRE

Aprobat:
Director medical: Dr.RUSANOVSCHI ANDRIAN

MENIUL ZILEI VINERI

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

REGIM	Mic dejun	Pranz	Cina
COMUN **Medici garda**	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)
Hiposodat Desodat	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)
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 (250ml10g,,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 (250ml10g,,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,pate de linte,castraveti,gem (300g,400ml,100g,50g,25g)	Ciorba de legume400ml(telina);Snitel vegan si cartofi natur;Salata de varza (80g,250g,100g)(produs congelat:snitel vegan);Mere	Mamaliga cu ciuperci sotate ,mar (200g,80g,200)(prod.cong.ciuperci)
Religios	Paine,ceai,pate de linte,castraveti,gem (300g,400ml,100g,50g,25g)	Ciorba de legume400ml(telina);Snitel vegan si cartofi natur;Salata de varza (80g,250g,100g)(produs congelat:snitel vegan);Mere	Mamaliga cu ciuperci sotate ,mar (200g,80g,200)(prod.cong.ciuperci)

Intocmit
As.medical ILLYES ANDREA

Aprobat:
Director medical Dr.RUSANOVCHI ANDRIAN

MENIUL ZILEI SAMBATA

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

REGIM	Mic dejun	Pranz	Cina
COMUN **Medici garda**	Paine,unt,branza topita,sunca,ceai, (300,20g,40g,50g,400ml)	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
Hiposodat **Desodat**	Paine,unt,branza topita,sunca,ceai, (300,20g,40g,50g,400ml)	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
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, (300,20g,40g,50g,400ml)	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, (300,20g,40g,50g,400ml)	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,ou, iaurt,ceai(300g,20g,40g,50g,1buc, 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: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

Intocmit
As.medical ILLYES ANDREA

Aprobat:
Director medical Dr.RUSANOVSCHI ANDRIAN

MENIUL ZILEI Duminica

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

REGIM	Mic dejun	Pranz	Cina
COMUN Medici garda	Paine,unt,branza topita,salam,iaurt, ceai(300,10g,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 Desodat	Paine,unt,branza topita,salam,iaurt, ceai(300,10g,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)
Postoperator	Paine,unt,branza topita,salam,iaurt, ceai(300,20g,40g,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, (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) 100g Biscuiti Picnic
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) 100g Biscuiti Picnic
Lauze	Paine,unt,branza topita,salam,iaurt, ceai(300,10g,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(300,10g,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,ou,ceai,bran-za topita(300g,20g,175g,50g,1buc,400ml 40g)(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

Intocmit
As.medical: ILLYES ANDREA

Aprobat:
Director medical: DR RUSANOVSCHI ANDRIAN