MENIUL ZILEI LUNI

16.11 – 22.11.2026

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

REGIM	Mic dejun	Pranz	Cina
COMUN	Paine,unt,salam,b.topita,iaurt,ceai,	Ciorba fasole uscata 400ml(telina);Piept de pui si orez cu legume;Castraveti	Cartofi cu sunca la cuptor 300g
Medici garda	(300g,20g,50g,40g,125g,400ml)	(80g,250g,80g,50g)(produs congelat:piept pui)	(alergen:lapte)
Hiposodat	Paine,unt,salam,b.topita,iaurt,ceai,	Ciorba fasole uscata 400ml(telina);Piept de pui si orez cu legume;Castraveti	Cartofi cu sunca la cuptor 300g
Desodat	(300g,20g,50g,40g,125g,400ml)	(80g,250g,80g,50g)(produs congelat:piept pui)	alergen:lapte)
Postoperator	Paine,unt,salam,b.topita,iaurt,ceai,	Supa cu fidea si piept pui 400ml(gluten,telina)Piept de pui si orez cu legume	Cartofi natur cu pulpa de pui 350g
	(300g,20g,50g,40g,125g,400ml)	(80g,250g,80g,50g)(produs congelat:piept pui)	alergen:lapte)
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,omleta,biscuiti,iaurt(250ml,10g	Supa de legume cu fidea 400ml(telina,gluten):Orez cu piept de pui	Cartofi cu sunca la cuptor 300g+300g mar copt
	1 buc,50g,125g)(alergeni:lapte)	(80g,250g)(produs congelat:piept pui)	alergen:lapte)
Copii 3-16 ani	Lapte,unt,omleta,biscuiti,iaurt(250ml,10g	Supa de legume cu fidea 400ml(telina,gluten):Orez cu piept de pui;	Cartofi cu sunca la cuptor 300g+300g mar copt
	1 buc,50g,125g)(alergeni:lapte)	(80g,250g)(produs congelat:piept pui)	alergen:lapte)
Lauze	Paine,unt,salam,b.topita,iaurt,ceai,	Supa de legume cu fidea 400ml(telina);Piept de pui si orez cu legume	Cartofi cu sunca la cuptor 300g
	(300g,20g,50g,40g,125g,400ml)	(80g,250g,80g,50g)(produs congelat:piept pui)	alergen:lapte)
Insotitori	Paine,unt,salam,b.topita,iaurt,ceai,	Ciorba fasole uscata 400ml(telina);Piept de pui si orez cu legume;Castraveti	Cartofi cu sunca la cuptor 300g
	(300g,20g,50g,40g,125g,400ml)	(80g,250g,80g,50g)(produs congelat:piept pui)	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)	(80g,250g,80g)(produs congelat:cotlet porc,mix mexican;gluten)	alergen:lapte)+320g laurt de baut
	(gluten,lapte)		
Vegetarian	Paine,pate linte,castraveti,gem,biscuiti,ceai	Ciorba de fasole 400ml(telina);Snitel vegan si orez cu legume;Castraveti	Cartofi natur si chiftele vegane(250g,100g)
	(300g,100g,50g,25g,50g,400ml)	(80g,250g,80g)(produs congelat:snitel vegan)	produs congelat: chiftele vegane)
Religios	Paine,pate linte,castraveti,gem,biscuiti,ceai	Ciorba de fasole 400ml(telina);Snitel vegan si orez cu legume;Castraveti	Cartofi natur si chiftele vegane(250g,100g)
	300g,100g,50g,25g,50g,400ml)	80g,250g,80g)(produs congelat:snitel vegan)	produs congelat: chiftele vegane)

Intocmit
As.medical: Rus Florintina

Aprobat:
Director medical: Dr.Stan Mihaela

MENIUL ZILEI MARTI

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

REGIM	Mic dejun	Pranz	Cina
COMUN **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 Rus Florintina

Aprobat:
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MENIUL ZILEI MIERCURI

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

REGIM	Mic dejun	Pranz	Cina
COMUN **Medici garda**	Paine,unt,cascaval, sunca ,miere,ceai, (300, 20,40,50,40,400ml)(gluten,lapte)	Ciorba a la greque 400ml(telina,lapte)Tocanita de pui cu linte (80g,300g)(produs congelat:piept pui)(Alergen:lapte,linte,telina)	Cartofi cu branza la cuptor 350g (alergen:ou,lapte)
Hiposodat Desodat	Paine,unt,cascaval, sunca ,miere,ceai (300, 20,40,50,40,400ml)(gluten,lapte)	Ciorba a la greque 400ml(telina,lapte)Tocanita de pui cu linte (80g,300g)(produs congelat:piept pui)(Alergen:lapte,linte,telina)	Cartofi cu branza la cuptor 350g alergen:ou,lapte)
Postoperator	Paine,unt,cascaval, sunca ,miere,ceai (300, 20,40,50,40,400ml)(gluten,lapte)	Supa de legume cu fidea 400ml(telina,gluten):Pept de pui si cartofi piure (80g,250g)(produs congelat:carne pasare)	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)(alergeni: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)(alergeni:lapte,gluten)
Copii 1-3ani	Lapte,unt ,ou,biscuiti,iaurt, (250ml,10g,1buc,50g,125)(Lapte)	Supa de legume cu fidea 400ml(telina,gluten):Pept de pui si cartofi piure (80g,250g)(produs congelat:carne pasare)	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 de legume cu fidea 400ml(telina,gluten):Pept de pui si cartofi piure (80g,250g)(produs congelat:carne pasare)	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)	Supa de legume cu fidea 400ml(telina,gluten):Pept de pui si cartofi piure (80g,250g)(produs congelat:carne pasare)	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)Tocanita de pui cu linte (80g,300g)(produs congelat:piept pui)(Alergen:lapte,linte,telina)	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)Tocanita de pui cu linte (80g,300g)(produs congelat:piept pui)(Alergen:lapte,linte,telina)	Cartofi cu branza la cuptor 350g, 100g conserva de carne(alergen:ou,lapte)
Vegetarian	Paine,pasta vegetala,castraveti,mar,ceai (300g,30g,50g,200g,400ml)	Ciorba de legume 400ml(telina);Snitel vegan si mancare de linte (80g,300g)(produs congelat:snitel vegan)	Cartofi aurii;zacusca;mar(200g,150g,300g) alergen:
Religios	Paine,pasta vegetala,castraveti,mar,ceai (300g,30g,50g,200g,400ml)	Ciorba de legume 400ml(telina);Snitel vegan si mancare de linte (80g,300g)(produs congelat:snitel vegan)	Cartofi aurii;zacusca;mar(200g,150g,300g) alergen:

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As.medical Rus Florintina

Aprobat:
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MENIUL ZILEI JOI

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

REGIM	Mic dejun	Pranz	Cina
COMUN Medici garda	Paine,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;Iaurt 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;Iaurt 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;Iaurt 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;Iaurt 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;Iaurt 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;Iaurt 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;Iaurt 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)	Snitel vegan si piure de cartofi,ceai (100g,300 alergen:lapte,prod.congelat snitel
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)	Snitel vegan si piure de cartofi,ceai (100g,300 alergen:lapte,prod.congelat snitel

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 **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)

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Aprobat:
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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,salam,ceai gem(300,20g,40g,50g,400ml,25g)	Supa de varza 400ml(telina);Chiftele de porc si cus-cus (100g,250g)(produs congelat:cotlet de porc)(gluten)	175g Cottage(lapte),30g pate pui
Hiposodat **Desodat**	Paine,unt,branza topita,salam,ceai gem(300,20g,40g,50g,400ml,25g)	Supa de varza 400ml(telina);Chiftele de porc si cus-cus (100g,250g(produs congelat:cotlet de porc)(gluten)	175g Cottage(lapte),30g pate pui 175g Cottage(lapte),30g pate pui
Postoperator	Paine,unt,branza topita,salam,ceai, gem(300,20g,40g,50g,400ml,25g)	Supa de legume cu fidea 400ml(telina,gluten):Pulpe de pui si cus cus (150g,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,25g (lapte)	Supa de legume cu fidea 400ml(telina,gluten):Pulpe de pui si cus cus (150g,250g)(produs congelat:carne pasare)(telina)	175g Cottage(lapte),100g biscuiti
Copii 3-16 ani	Lapte,unt,ricotta,gem (250ml,10g,50g,25g (lapte)	Supa de legume cu fidea 400ml(telina,gluten):Pulpe de pui si cus cus (150g,250g)(produs congelat:carne pasare)(telina)	175g Cottage(lapte),100g biscuiti
Lauze	Paine,unt,branza topita,salam,ceai gem(300,20g,40g,50g,400ml,25g)	Supa de legume cu fidea 400ml(telina,gluten):Chiftele de pui si cus cus 100g,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,25g)	Supa de varza 400ml(telina);Chiftele de porc si cus-cus (100g,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 100g,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

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Aprobat:
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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,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 Iaurt de baut,100g pate pui (lapte,produse derivate)
Hiposodat Desodat	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 Iaurt de baut,100g pate pui (lapte,produse derivate)
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 Iaurt 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 Iaurt 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 Iaurt 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 Iaurt 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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