

## MENIUL ZILEI DE LUNI 13.09.2021

REGIM	DIMINEAȚA	PRĂNZ	SEARA
COMUN PSIH.COMUN	Ceai,paine, unt,gem,branza topita 250ml, 300g,20g,30g,1b,cal-738	Supa de orez ,Mancare de mazare cu carnat , desert 400ml 300g, 1b, cal-1169	Ciorba de cartofi 400g, cal-750
ULCER	Ceai,paine, unt,gem,branza topita 250ml ,300g,20g,30g,50g.cal-672	Supa de orez,Friptura de pui cu cartofi, desert 400ml,300g,1b,cal -1370	Sunca ,cascaval, iaurt 100g,60g,1b,cal-775
HEPATIC	Ceai,paine, unt,gem,branza topita 250ml , 300g,20g,30g,50g.cal-672	Supa de orez,Friptura de pui cu cartofi, desert 400ml,300g,1b,cal -1370	Sunca ,cascaval, iaurt 100g,60g,1b,cal-775
LAUZE GRAVIDE	Ceai,paine, unt,gem,branza topita 250ml , 300g,20g,30g,50g.cal-672	Supa de orez,Friptura de pui cu cartofi, desert 400ml,300g,1b,cal -1370	Sunca ,cascaval, iaurt 100g,60g,1b,cal-775
HIPOSODAT	Ceai,paine, unt,gem,branza topita 250ml, 300g,20g,30g,50g. cal-573	Supa de orez,Mancare de varza, desert 400ml,300g,1b,cal -1220	Mancare de cartofi 300g,,cal-700
DIABET	Ceai,paine, unt,salam,branza topita 250ml, 300g,20g,1b,50g. cal-716	Supa de orez,Carnat cu varza 400ml ,300g, 1b, cal-1240	Ou,salam,branza topita 100g,1b,1b,cal-720
HIPERCALORIC HIPERPROTEIC	Ceai,paine, unt,salam,branza topita 250ml, 300g,20g,1b,50g. cal-716	Supa de orez,Friptura de pui cu cartofi 400ml ,300g, cal-1240	Ou,salam,branza topita 100g,1b,1b,cal-720
REG.CULT RELIG.	Ceai,paine, unt,gem,br.topita 250ml,300g20g,30g,1b. cal-588	Supa de orez,Friptura de pui cu varza 400ml ,300g, cal-1240	Mancare de cartofi 300g,,cal-700
HIPOPROTEIC NEFRITA	Ceai,paine,gem,unt,branza topita 300g, 300g,30g,1b. cal-588	Supa de orez,Mancare de varza 400ml ,300g, cal-1160	Mancare de cartofi 300g,,cal-700
DIABET COLECIST DIABET FICAT	Ceai,paine, unt,br.topita,parizer 300ml, 300g,20g,1b.50g, cal-667	Supa de zarzavat,Rasol de pui cu gris 400gg,300g.cal-1055	Sunca, branza de vaci,ceai 100ml,100g,250ml,cal-699
PANCREATITA	Ceai,paine, unt,br.topita,parizer 300ml, 300g,20g,1b.50g, cal-667	Supa de zarzavat,Rasol de pui cu gris 400gg,300g.cal-1055	Sunca, branza de vaci,ceai 100ml,100g,250ml,cal-699
COLITE COLECIST	Ceai,paine, unt,br.topita,parizer 300ml, 300g,20g,1b.50g, cal-667	Supa de zarzavat,Rasol de pui cu gris 400gg,300g.cal-1055	Sunca, branza de vaci,ceai 100ml,100g,250ml,cal-699
COPII 0-1 ANI	Nan 1,2,3- ora10.-br.vaci cu orez Nan1	Supa de legume, nan1 - ora16-iaurt, mere cu biscuit,nan1	Branza de vaci cu orez,nan1,2,3
COPII 1-16 ANI	Ceai,paine, unt,gem,parizer 250ml , 300g,20g,30g,50g.cal-672	Supa de orez,Friptura de pui cu cartofi, desert 400ml,300g,1b,cal -1370	Sunca, branza de vaci,gris cu lapte 300g,200g,cal-875
INSOTITORI	Ceai,paine, unt,gem,parizer	Supa de orez,Friptura de pui cu cartofi	Sunca, branza de vaci
MEDIC GARDA	Ceai,paine, unt,gem,branza topita	Supa de orez,Carnat cu varza	Ou,salam,branza topita

Acest meniu poate suferi modificari.

Intocmit , Asistent med. Principal dietetician

BALLAI ADRIANA