

MENIUL ZILEI DE LUNI 16.08.2021

REGIM	DIMINEAȚA	PRĂNZ	SEARA
COMUN PSIH.COMUN	Ceai,paine, unt,gem,ou 250ml, 300g,20g,30g,50g.cal-738	Supa de orez,Mancare de fasole verde , desert 400ml 300g, 1b, cal-1169	Slanina,telemea,ceapa,ceai 100g,100g,cal-750 Pastosi-mancare de cartofi
ULCER	Ceai,paine, unt,gem,ou 250ml ,300g,20g,30g,50g.cal-672	Supa de orez,Friptura de pui cu cartofi, desert 400ml,300g,1b,cal -1370	Macaroane cu branza 300g,cal-615
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	Macaroane cu branza 300g,cal-615
LAUZE GRAVIDE	Ceai,paine, unt,gem,ou 250ml , 300g,20g,30g,50g.cal-672	Supa de orez,Friptura de pui cu cartofi, desert 400ml,300g,1b,cal -1370	Macaroane cu branza 300g,cal-615
HIPOSODAT	Ceai,paine, unt,gem,ou 250ml, 300g,20g,30g,50g. cal-573	Supa de orez,Mancare de varza, desert 400ml,300g,1b,cal -1220	Mancare de cartofi 300g,cal-645
DIABET	Ceai,paine, unt,br.topita,ou 250ml, 300g,20g,1b,50g. cal-716	Supa de orez,Friptura de pui cu varza, mar 400ml ,300g, 1b, cal-1240	Mamaliga cu branza si smantana 300g,cal-720
HIPERCALORIC HIPERPROTEIC	Ceai,paine, unt,br.topita,ou 250ml, 300g,20g,1b,50g. cal-716	Supa de orez,Friptura de pui cu varza, mar 400ml ,300g, 1b, cal-1240	Mamaliga cu branza si smantana 300g,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, mar 400ml ,300g, 1b, cal-1240	Mamaliga cu branza si smantana 300g,cal-720
HIPOPROTEIC NEFRITA	Ceai,paine,gem,unt,branza topita 300g, 300g,30g,1b. cal-588	Supa de orez,Mancare de fasole verde., mar 400ml ,300g, 1b, cal-1160	Mancare de cartofi 300g cal-475
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 ,mar 400gg,300g.cal-1055	Pilaf de orez cu pui, 300ml,1b,cal-699
PANCREATITA	Ceai,paine, unt,br.topita,parizer 300ml, 300g,20g,1b.50g, cal-667	Supa de zarzavat,Rasol de pui cu gris ,mar 400gg,300g.cal-1055	Pilaf de orez cu pui, 300ml,1b,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 ,mar 400gg,300g.cal-1055	Pilaf de orez cu pui, 300ml,1b,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	Pilaf de orez cu pui,gris cu lapte 300g,200g,cal-875
INSOTITORI	Ceai,paine, unt,gem,parizer	Supa de orez,Friptura de pui cu cartofi	Pilaf de orez cu pui
MEDIC GARDA	Ceai,paine, unt,gem,ou	Supa de orez,Friptura de pui cu cartofi	Mamaliga cu branza si smantana

Acest meniu poate suferi modificari.

Intocmit , Asistent med. Principal dietetician

BALLAI ADRIANA