

**MENIUL ZILEI DE LUNI 23.08.2021**

| REGIM                           | DIMINEAȚA  | PRĂNZ   | SEARA   |
|---------------------------------|--|---|---|
| COMUN<br>PSIH.COMUN             | Ceai,paine, unt,gem,salam<br>250ml, 300g,20g,30g,50g.cal-738         | Supa de zdrente,Mancare de mazare cu carnat ,<br>400ml 300g, cal-1269         | Taitei cu lapte,sunca<br>300g,50g,cal-750               |
| ULCER                           | Ceai,paine, unt,gem,parizer<br>250ml ,300g,20g,30g,50g.cal-672       | Supa de zdrente,Friptura de pui cu cartof<br>400ml,300g,cal -1370             | Pilaf de orez cu pui<br>300g,cal-615                    |
| HEPATIC                         | Ceai,paine, unt,gem,parizer<br>250ml , 300g,20g,30g,50g.cal-672      | Supa de zdrente,Friptura de pui cu cartofi,<br>400ml,300g,cal -1370           | Pilaf de orez cu pui,<br>300ml,1b,cal-699               |
| LAUZE<br>GRAVIDE                | Ceai,paine, unt,gem,parizer<br>250ml , 300g,20g,30g,50g.cal-672      | Supa de zdrente,Friptura de pui cu cartofi,<br>400ml,300g,cal -1370           | Pilaf de orez cu pui<br>300ml,1b,cal-699                |
| HIPOSODAT                       | Ceai,paine, unt,gem,parizer<br>250ml, 300g,20g,30g,50g. cal-573      | Supa de zdrente,Mancare de fasole verde,<br>400ml,300g ,cal -1370             | Mancare de cartofi<br>300g,cal-645                      |
| DIABET                          | Ceai,paine, unt,br.topita,salam<br>250ml, 300g,20g,1b,50g. cal-716   | Supa de zdrente,Friptura de pui cu fasole verde,<br>400ml ,300g cal-1160      | Mamaliga cu branza si smantana<br>300g,cal-720          |
| HIPERCALORIC<br>HIPERPROTEIC    | Ceai,paine, unt,br.topita,salam<br>250ml, 300g,20g,1b,50g. cal-716   | Supa de zdrente,Friptura de pui cu fasole verde,<br>400ml ,300g, cal-1160     | Mamaliga cu branza si smantana<br>300g,cal-720          |
| REG.CULT RELIG.                 | Ceai,paine, unt,gem,br.topita<br>250ml,300g20g,30g,1b. cal-588       | Supa de zdrente,Friptura de pui cu fasole verde,<br>400ml ,300g, cal-1160     | Mamaliga cu branza si smantana<br>300g,cal-720          |
| HIPOPROTEIC<br>NEFRITA          | Ceai,paine,gem,unt,branza topita<br>300g, 300g,30g,1b. cal-588       | Supa de zdrente,Mancare de fasole verde,,<br>400ml ,300g, cal-1160            | Mancare de cartofi<br>300g cal-475                      |
| DIABET COLECIST<br>DIABET FICAT | Ceai,paine, unt,br.topita,parizer<br>300ml, 300g,20g,1b.50g, cal-667 | Supa de zarzavat,Rasol de pui cu gris ,<br>400gg,300g.cal-1055                | Pilaf de orez cu pui,<br>300ml,1b,cal-699               |
| PANCREATITA                     | Ceai,paine, unt,br.topita,parizer<br>300ml, 300g,20g,1b.50g, cal-667 | Supa de zarzavat,Rasol de pui cu gris ,<br>400gg,300g.cal-1055                | Pilaf de orez cu pui,<br>300ml,1b,cal-699               |
| COLITE<br>COLECIST              | Ceai,paine, unt,br.topita,parizer<br>300ml, 300g,20g,1b.50g, cal-667 | Supa de zarzavat,Rasol de pui cu gris ,<br>400gg,300g.cal-1055                | Pilaf de orez cu pui,<br>300ml,1b,cal-699               |
| COPII 0-1 ANI                   | Nan 1,2,3- ora10.-br.vaci cu orez<br>Nan1                            | Supa de legume, nan1 - ora16-iaurt, mere cu<br>biscuit,nan1                   | Branza de vaci cu orez,nan1,2,3                         |
| COPII 1-16 ANI                  | Ceai,paine, unt,gem,parizer<br>250ml , 300g,20g,30g,50g.cal-672      | Supa de zdrente,Mancare de mazare cu pui, desert<br>400ml ,300g, 1b, cal-1160 | Pilaf de orez cu pui,gris cu lapte<br>300g,200g,cal-875 |
| INSOTITORI                      | Ceai,paine, unt,gem,parizer  | Supa de zdrente,Mancare de mazare cu pui                                      | Pilaf de orez cu pui                                    |
| MEDIC GARDA                     | Ceai,paine, unt,gem,salam  | Supa de zdrente,Mancare de mazare cu carnat                                   | Friptura de pui cu cartofi                              |

Acest meniu poate suferi modificari.

**Intocmit , Asistent med. Principal dietetician****BALLAI ADRIANA**