



Meniurile zilnice, detaliat pe regimuri și mese, pentru perioada 27.10-02.11.2025

ZIUA	MIC DEJUN	ORA10	PRANZ	ORA16	CINA
<b>LUNI</b>	Ceai medicinal+paine semialba250g+rosii+miere1buc.(TM, DIA fara miere) H :10gr unt +1ou fiert moale+br telemea 100g Ent :Ou fiert+br.vaca50+cas 50g+p.prajita Dia: Br telemea100g,10gr unt+ou fiert Fs: Unt 10gr. + ou fiert +br tel.100g Post :tofu50g +pate vegetal100g+branza Delaco50g Alergeni :lactoza,gluten,ou	Dia,hep-iaurt  Ent-biscuiti Tuc	Supă de zarzavat cu carne pasăre 400 ml. Ciorbă varză 400ml H.Cartofi natur cu cotlet și sal sfeclă 400g C.Cartofi natur+cotlet+sal sfeclă400g Dia.Conopidă,cartofi+sal varză 400g Ent:Piept pui cu orez 400 g Post.Cartofi natur cu chiftelute legume si sfecla 400g  Alergeni:telina,gluten	Hep,ent-biscuiti  Dia-mar	H: Orez in lapte 400 g C: Orez in lapte 400 g Ent: Orez cu morcovi 400 g Dia: Pulpa pui 150g cu salata mexicana 200g Fs.orez in lapte 400 g Post.Orez cu morcovi,sal mexicana 400 g.  Alergeni:lactoza,telina
<b>MARTI</b>	Ceai medicinal +paine semialba 250gr+rosii+miere.(TM, DIA fara miere) H.10gr unt +br.vaca100g+gem 1 buc Ent :Br.telemea100gr+cas50g+p.prajita+br.vaca 100g Dia:unt10gr+muschiAzuga100g+br.top17g Fs.10gr unt+ br.tel50g +muschi 100g Post. gem,br.Delaco,br tofu100g Alergeni :lactoza,gluten	Dia, hep-Mar  Ent-biscuiti	Supa de zarzavat cu carne de pasare;400ml Gulas de legume;400ml H:Cus cus cu pulpa pui+salata 400g C:Cus cus cu pulpa+sal varza 400g Dia:Mexicana cu pulpa la cuptor 350 g+salata asortata100g Ent:Orez cu sote morcovi 400g Post:Pilaf de orez+cus cus+sal 400g  Alergeni:telina,gluten	Compot mere  Dia-iaurt	H.Paste cu branza 400g C:Paste cu varza 400g Ent.Paste cu branza 400g Dia.Mazare verde cu carne pui 400g Fs.Laste cu branza 400g PostVarza calita, paste cu varza 400g  Alergeni:gluten,lactoza
<b>MIERCURI</b>	Ceai medicinal+paine250 gr.semialba+rosii +miere.(TM, DIA fara miere) H :unt 10 gr.+gem50g+telemea100g Ent : Br.telemea50 g + cas 50g+paine prajita+br vaca 100g Dia: unt 10gr+branza de vaca100g+crenvursti2 buc Fs:Unt10 gr.+crenvursti 2 buc+gem50 Post:humus+br tofu 100g+gem50g Alergeni:lactoza,gluten	Dia,hep-iaurt  Ent-sticks Croco	Supa de zarzavat carne pui.:400ml H. Orez cu ficatei,salata sfecla ; 400g C.Orez+ficatetei,salata varza ;400g Dia Fasole verde+ficatetei, salata varza ; 400g Ent :Paste din orez cu piept pui 300g Post.Varza cu paste de orez 400g  Alergeni :gluten,telina	Ent,h,dia-mar copt	H:Gulas de cartofi cu sfecla 400g C.Gulas de cartofi cu sfecla 400g Ent Paste cu cas 400g Dia:Pulpe pui cu varza calita 400g Fs:Gulas de cartofi cu mocovi+sfecla 400g Post:Gulas de cartofi,varza calita,sfecla 400g  Alergeni:telina
<b>JOI</b>	Ceai medicinal + paine semialba 250+rosii+miere.(TM, DIA fara miere) H :unt10gr+gem50,crema br.100g Dia: unt10gr+br.telemea70g,crema br.100g Fs:Unt10g+gem50g+crema br.100g Ent:br telemea50gr+cas50gr+p.prajita +br vaca 100g Post:pate veg100g,gem50g,br Del50g Alergeni :lactoza,gluten	Ent,hep-biscuiti  Dia-mar	Supa de zarzavat cu carne pasare cu taieti.Ciorba perisoare 400ml H Paste cu tocanita piept pui ; 400g C.Paste cu tocanita piept pui400g DiaPulpe pui cu mazare sote 400g Ent :Paste cu carne pui400g Post.Cartofi copti,fasole verde sote400g  Alergeni :gluten,telina	Dia-iaurt  Hep,ent-Tarta cu mar	H:Mamaliga cu branza telemea400g C: Mamaliga cu branza telemea400g Ent :Orez cu morcovi 400g Diabet Pulpa pui si mamaliga cu br telemea 400g Fs. Mamaliga cu branza telemea 400g Post.Orez cu morcovi 400g  Alergeni:lactoza,telina
<b>VINERI</b>	Ceai medicinal +paine 250 gr.semialba+rosii+miere.(TM, DIA fara miere) H :unt 10 gr.+ 1ou fiert moale+br telemea70g Ent :1Ou fiert.+cas50+p.prajita+br	iaurt  Ent-biscuiti	Ciorba legume. Supa carne pasare cu taietei 400ml. H Orez cu piept pui ;400g C. Sarmale cu,mamaliga 400g Dia Sarmale si mamaliga400g Ent :Orez cu morcovi si piept pui 400g	Dia,h-Mar  Ent-sticks Croco	H :Gris in lapte350 C : Gris in lapte350g Ent : Paste cu cas 400g Diab Pulpa cu brocolii sote 400g Fs.Gris in lapte350g Post.Orez cu ciuperci

	telemea100g Dia: unt 10 gr +br.top 17g +1ou fiert. Fs: unt 10gr.+1ou fiert+br telemea70g Post.humus,branza Delaco,gem50g Alergeni:gluten,lactoza,ou		Post.Sarmale cu ciuperci400g  Alergeni :telina,gluten		,brocolii+sfecla400g  Alergeni :lactoza,gluten
<b>SAMBATA</b>	Ceai medicinal+250 gr paine semialba+rosii+miere.(TM, DIA fara miere) H :unt10gr+gem50g+crema br100g Ent :br.vaca+br.telemea50g.+50g cas+p.prajita Dia :unt10g+muschi Azuga100g +crema br.100g FS : unt10 gr+crema br100g+gem50g Post :tofu100g ,gem50g,pate vegetal100g Alergeni :lactoza,gluten	Mar copt	Gulas Supa de carne cu taietei . H :Paste cu branza400g C :Paste cu varza400g Dia :Carne pui cu varza calita400g Ent :Paste cu branza Post.Varza cu morcovi si cartofi copti 400g  Alergeni :gluten,lactoza,telina	H-Chec cu mar  Dia-mar  Ent - biscuiti	Ceai medicinal+rosii+miere H.Muschi Azuga 100g.+br tel +unt C.Muschi Azuga100g+br.tel.+unt Ent: Br.vaca50 gr.+br telemea50gr+cas100g Dia:Muschi100g+br tel+unt Fs:Muschi100g+br.telemea50 g+unt10g Post.humus,branza pufoasa50g,lapte orez Alergeni:lactoza
<b>DUMINICA</b>	Ceai medicinal + paine semialba250g+rosii+miere.(TM, DIA fara miere) H. unt 10gr. +cas100g+almete50g Ent :Br.telemea 50gr.+ cas100 g+br vaca100g Diab unt 10gr. + cas Hochland100g+almete50g Fs unt10gr+ almete50g+cas100g Post.humus ,gem50g, branza 50g, Alergeni :lactoza,gluten	Dia-iaurt Ent-mar copt  Hep-iaurt	Supa carne pasare cu taietei 400ml H. Tocanita piept pui cu orez 400g+sal 100g C. Tocanita piept pui cu orez 400g+sal varza100g Dia: Tocanita piept cu mexicana 400g+sal varza100g Ent :Paste cu br.telemea 400g Post.Orez cu morcovi 400g  Alergeni :gluten,telina	Dia,hep, ent-Compot mere	Ceai medicinal,miere,rosii H.br.tel 50g+ 10gr unt+crenvursti C. br telemea+ 10 gr unt+br crenvursti Ent: Cas50 gr. + br telemea+br vaca Dia : unt 10 gr +pate100g+crenvursti Fs. Unt 10 gr.+br top 17+crenvursti Post.pate vegetal,branza tofu100g,lapte de orez  Alergeni:lactoza

LEGENDĂ:

- TM - toate meniurile (regimurile)
- H/Hep - regim hepatic
- Dia - regim diabet
- C - regim comun
- Fs - fara sare
- Post - post
- Ent - regim enterocolita