

NR. 1139/27.01.2025

PLAN MENIU SAPTAMANAL

MANAGER,
EC. CABAPCEA CIPRIAN



MENIU	LUNI 03.03.2025	MARTI 04.03.2025	MIERCURI 05.03.2025	JOI 06.03.2025	VINERI 07.03.2025	SAMBATA 08.03.2025	DUMINICA 09.03.2025
MIC DEJUN <i>Normal + Regim</i>	Ceai 250ml Unt 16g Gem 20g Ou fierit 50g Branza topita 35g Salam Sibiu (N) 50g Sunca pui (R) 50g Paine 70g	Ceai 250ml Unt 8g Crema Philadelphia 16g Crema ciocolata 19g Ou ochi la cupitor 50g Sunca de curcan 50g Cascaval 50g Paine 70g	Ceai 250ml Unt 16g Miere 15g Muschi file 50g Ou postat 50g Branza topita 35g Iaurt neutrat 140g Paine 70g	Ceai 250ml Unt 8g Crema Philadelphia 16g Ou fierit 50g Salam Sibiu (N) 50g Sunca pui (R) 50g Cascaval 50g Paine 70g	Ceai 250ml Unt 16g Crema ciocolata 19g Branza topita (R) 35g Sunca de curcan 50g Ou ochi la cupitor 50g Branza teleneasa (N) 50g Paine 70g	Ceai 250ml Unt 8g Crema Philadelphia 16g Crema ciocolata 19g Miere 15g Ou fierit 50g Sunca de pui 50g Cascaval 50g Paine 70g	Ceai 250ml Unt 8g Gem 20g Muschi file 50g Branza topita 35g Ou ochi la cupitor 50g Paine 70g
PRANZ	Supa de pui cu taietei 300ml Friptura de pui la cupitor cu cartofi taranesti 120/200g Paine 50g	Ciorba de pui a la grec 300ml Lasagna 200g Paine 50g	Ciorba de cartofi cu afumatura 300ml Ceafta de porc la gratar cu amestec legume mexican 120/200g Paine 50g	Ciorba de perisoare 300ml Pulpe de pui dezosate la tava cu piure de cartofi 120/200g Sfeca rosie 100g Paine 50g	Ciorba ardeleneseasca de porc cu smantana 300ml Mancare de mizare cu carne de pui 200/100g Paine 50g	Ciorba taraneseasca de pui 300ml Paste Bolognese 300g Paine 50g	Ciorba radauteană de pui 300ml Piept de pui la cupitor cu legume sote 120/200g Paine 50g
Regim+DZ	Supa de pui cu taietei 300ml Friptura de pui cu cartofi natur 120/200g Paine 50g	Ciorba de pui 300ml Piept de pui la tava cu orez sarbesc 120/200g Paine 50g	Ciorba de cartofi cu pui 300ml Friptura de porc cu legume sote 120/200g Paine 50g	Ciorba cu carne de porc 300ml Pulpe de pui la tava cu piure de cartofi 120/200g Paine 50g	Ciorba ardeleneseasca de porc 300ml Piept de pui la cupitor cu fasole verde sote 120/200g Paine 50g	Ciorba taraneseasca de pui 300ml Paste cu pui 200/100g Paine 50g	Ciorba de pui 300ml Piept de pui la cupitor cu orez 120/200g Paine 50g
CINA Normal+Regim	Broccoli si comopida gratinate 300g (N) Cotlet de porc la tava cu legume sote 120/200g (R) Paine 50g (R) Ceai 250ml	Mamaliiga cu branza de burduf, smantana si cabanos 200/100/30/50g (N) Pulpe de pui dezosate la gratar cu fasole verde sote 120/200g (R) Paine 50g (R) Ceai 250ml	Paste cu nuca si pesmet 200g (N) Piept de pui la tava cu orez 120/200g (R) Paine 50g (R) Ceai 250ml	Pizza 300g (N) Piept de curcan la cupitor cu legume sote 120/200g (R) Ceai 250 ml Paine 50g	Salata orientala 300g (N) Cotlet de porc la gratar cu cartofi la cupitor 120/200g (R) Paine 50g Ceai 250ml	Bulz cu branza de burduf, smantana si kaizer 200/100/50g (N) Pulpe de pui dezosate la tava cu legume sote 120/200g (R) Ceai 250ml Paine 50g (R)	Placinta cu ciuperci si cascaval 300g (N) Cotlet de porc la gratar cu legume sote 120/200g (R) Ceai 250ml Paine 70g
Supliment mame ora 10/16	Iaurt 140g Napoltiana 60g	Iaurt de baut 200 ml Suc portocala 200ml	Prajitura casei 60g Mar copit cu nuca 150g	Sana 200ml Biscuiti eugenia 70g	Cottage cheese 100g Banana 150g	Iaurt cu cereale 140g Prajitura casei 60g	Iaurt grecesc 140g Compot 250ml
Supliment DZ ora 10/16	Iaurt 140g Mar 150g	Iaurt de baut 200ml Mar 150g	Iaurt 140g Mar copit 150g	Sana 200ml Mar 150g	Cottage cheese 100g Iaurt 140g	Iaurt 140g Mar 150g	Iaurt grecesc 140g Mar 150g

Nota - Va comunicam ca aveti acces la dieta personalizata in functie de practicile religioase

BUCATARI:

VIZAT:
Dir. Medical,
Apostu Perrina
Dir. Fin. Cont. Ec. Mocean Larisa

Nistor Georgeta
Reagan Gannella
Gordas Luminita
Bujor Ciprian

MANAGER
EC. CABAPCEA CIPRIAN

INTOCMITI
DIETETICIAN:
Chiefta Andreea
Nistor Andreea