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PLAN MENIU SAPTAMANAL

MANAGER
EC. CARAPCEA CIPRIAN

MENIU	LUNI 05.10.2026	MARTI 06.10.2026	MIERCURI 07.10.2026	JOI 08.10.2026	VINERI 09.10.2026	SAMBATA 10.10.2026	DOMINICA 11.10.2026
MIC DEJUN <i>Normal + Regim</i>	Ceai 250ml Unt 8g Gem 20g Ou fiert 50g Cascaval 50g Philadelphia (R4) 16g Legume proaspete 70g Paine 70g	Ceai 250ml Crema Philadelphia 16g Crema ciocolata 19g Unt (R4) 8g Ou ochi la cuptor 50g Sunca de pui 50g Legume proaspete 70g Paine 70g	Ceai 250ml Branza topita 17,5g Miere 20g Unt 8g Telemea (N) 50g Ou fiert (R) 50g Legume proaspete 70g Paine 70g	Ceai 250ml Unt 8g Branza topita (R) 35g Gem 20g Ou fiert 50g Salam Sibiu (N) 50g Mozarella 100g Legume proaspete 70g Paine 70g	Ceai 250ml Crema ciocolata 19g Unt (R4) 8g Crema Philadelphia 16g Sunca pui 50g Ou ochi la cuptor 50g Legume proaspete 70g Paine 70g	Ceai 250ml Branza topita 17,5g Unt (R4) 8g Crema Philadelphia (R4) 16g Miere 20g Ou fiert 50g Cascaval (R) 50g Salam Sibiu (N) 50g Legume proaspete 70g Paine 70g	Ceai 250ml Unt 8g Crema Philadelphia (R4) 16g Branza topita (R4) 17,5g Gem 20g Telemea 50g Ou ochi la cuptor 50g Ardei kapia 70g Paine 70g
PRANZ <i>Normal</i>	Supa de vita cu taietei 250/30g Cordon bleu cu orez cu legume 100/200g Paine 50g <i>Foietaj cu mere 50g</i>	Ciorba de fasole verde pastai cu afumatura 250/30g Ceafa de porc cu piure de cartofi 100/200g Sfecla rosie 100g Paine 50g <i>Prajitura cu gem 50g</i>	Supa crema de legume cu crutoane 250/30g File peste la cuptor cu legume sote si lamaie 100/200g/20g Paine 50g <i>Negresa 50g</i>	Ciorba de vacuta 250/30g Tocanita de porc cu orez 100/200g Paine 50g <i>Prajitura cu ciocolata 50g</i>	Ciorba de perisoare cu smantana 250/30g Cascaval pane cu cartofi taranesti 100/200g Paine 50g <i>Rulada cu ciocolata 50g</i>	Ciorba taraneasca de porc 250/30g Paste carbonara 200/50g Paine 50g <i>Croissant cu cacao 50g</i>	Bors moldovenesc 250/30g Antricot de vita cu orez 100/200g Paine 50g <i>Croissant cu vanilie 50g</i>
Regim+DZ <i>CINA Normal+Regim</i>	Supa de vita cu taietei 250/30g Antricot de vita cu orez sarbesc 100/200g Paine 50g Salata orientala 300g (N) Friptura de curcan cu cartofi la cuptor 100/200g (R) Paine 50g Ceai 250ml	Ciorba de fasole verde 250/30g Cotlet de porc cu piure de cartofi 100/200g Paine 50g Salata de vinete cu rosii 200/100g (N) Paste cu branza 200/80g (R) Ceai 250ml	Supa crema de legume cu crutoane 250/30g File peste la cuptor cu legume sote si lamaie 100/200g/20g/cartofi natur (ATI) 200g Paine 50g Mamaliga cu branza de burduf, smantana si cabanos 200/100/40/50g (N) Friptura de porc cu orez sarbesc 100/200g (R) Ceai 250ml Paine 70g	Ciorba de vacuta 250/30g Cotlet de porc cu morcovi baby sote 100/200g Paine 50g Spaghete cu ton 200/100g (N) Spaghete cu carne de curcan 200/80g (R) Ceai 250 ml	Ciorba ardelenasca de porc 250/30g Friptura de porc cu cartofi la cuptor 100/200g Paine 50g Salata de vinete cu rosii 200/100g (N) Piept de curcan cu legume sote 100/200g (R)/morcovi baby sote 200g (ATI) Ceai 250ml	Ciorba taraneasca de porc 250/30g Paste cu curcan 200/80g Paine 50g Salata de icre 250g (N) Cotlet de porc la tava cu orez sarbesc 100/200g (R) Ceai 250ml Paine 70g	Supa crema de legume cu crutoane 250/30g Rasol de vita cu orez 100/200g Paine 50g Budinca de macaroane cu branza de vaci si stafide 200/100g/5g (N,R) Paste cu branza sarata 200/80g (DZ) Ceai 250ml Paine 50g
Supliment mame ora 10/16	Eugenia 60g Prajitura casei 60g	Napolitana 60g Suc portocale 200ml	Biscuiti 70g Mar copt cu nuca 100/10g	Compot 200ml Prajitura casei 60g	Napolitana 60g Banana 100g	Compot 200ml Prajitura casei 60g	Iaurt cu cereale 140g Eugenia 60g
Supliment DZ ora 10/16	Iaurt 140g Sana 220ml	Ayran 200ml Iaurt neuromat 140g	Iaurt 140g Mar copt 150g	Iaurt 140g Mar 100g	Iaurt 140g Sana 220ml	Branza mozzarella 120g Iaurt 140g	Iaurt grecesc 140g Mar 150g

- Nota - Va comunicam ca aveti acces la dieta personalizata in functie de practicile religioase
- Meniul poate suferi modificari.

VIZAT:
Dir. Medical,
Apostu Petrina
Cord. Fin. Cont. Lascu Marius

BUCATARI:

Bujor Ciprian
Retegan Camelia
Gordas Luminita

INTOCMIT:
DIETETICIAN:
Gheata Andreea
Nistor Andreea