

NR. 10844/ 09.10.2026

PLAN MENIU SAPTAMANAL



MENIU	LUNI 12.10.2026	MARTI 13.10.2026	MIERCURI 14.10.2026	JOI 15.10.2026	VINERI 16.10.2026	SAMBATA 17.10.2026	DUMINICA 18.10.2026
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 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 fiert 50g Ardei kapia 70g Paine 70g
PRANZ <i>Normal</i>	Ciorba ardeleneasca de porc cu smantana 250/30g Ceafa de porc la tava cu cartofi taranesti 100/200g Paine 50g Prajitura cu ciocolata 50g	Ciorba de vacuta 250/30g Cascaval pane cu legume sote 100/200g Paine 50g Rulada cu gem 50g	Supa crema de legume cu crutoane 250/30g Gulas de vita 200/80g Castraveti murati 100g Paine 50g Prajitura cu mere 50g	Ciorba de cartofi cu afumatura 250/30g Cotlet de porc cu legume sote 100/200g Paine 50g Pandispan cu fructe 50g	Bors moldovenesc 250/30g Mancare de mazare cu carne de porc 200/100g Paine 50g Rulada cu ciocolata 50g	Ciorba taraneasca de porc 250/30g Antricot de vita cu orez 80/200g Paine 50g Croissant cu cacao 50g	Supa de vita cu galuste 250/30g Paste carbonara 200/60g Paine 50g Croissant cu vanilie 50g
Regim+DZ	Ciorba ardeleneasca de porc 250/30g Cotlet de porc cu cartofi la cuptor 100/200g Paine 50g	Ciorba de vacuta 250/30g Piept de curcan cu legume sote 100/200g/piure de cartofi 200g (ATI) Paine 50g	Supa crema de legume cu crutoane 250/30g Rasol de vita cu cartofi natur 100/200g Paine 50g	Ciorba de cartofi cu carne de porc 250/30g Cotlet de porc cu morcovi baby sote 100/200g Paine 50g	Ciorba ardeleneasca de porc 250/30g Friptura de porc cu cartofi la cuptor 100/200g Paine 50g	Ciorba taraneasca de porc 250/30g Rasol de vita cu orez 80/200g Paine 50g	Supa de vita cu galuste 250/30g Paste cu curcan 200/80g Paine 50g
CINA <i>Normal+Regim</i>	Placinta cu ciuperci 250g (N) Friptura de curcan cu orez cu morcovi baby 100/200g (R) Paine 50g (R) Ceai 250ml	Mamaliga cu branza de burduf, smantana si cabanos 200/100/40/50g (N) Friptura de porc cu orez sarbesc 100/200g (R) Ceai 250ml	Spaghete cu ton 200/80g (N) Paste cu curcan 200/80g (R) Ceai 250ml Paine 50g (R)	Budince de macaroane cu branza de vaci si stafide 200/100g/5g (N,R) Paste cu branza sarata 200/80g (DZ) Ceai 250ml	Salata de vinete cu rosii 200/100g (N) Piept de curcan cu orez sarbesc 100/200g (R) Ceai 250ml Paine 70 g (N) Paine 50g (R)	Mamaliga cu branza de burduf, smantana si cabanos 200/100/40/50g (N) Cotlet de porc la tava cu cartofi la cuptor 100/200g (R) Ceai 250ml Paine 50g (R)	Placinta cu branza 300g (N) Friptura de porc cu legume sote 100/200g (R)/morcovi baby sote 200g (ATI) Ceai 250ml Paine 50g (R)
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. Hm Cont. Lăseu Marius

BUCATARI:

Bujor Ciprian
Retegan Camelia
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INTOCMIT:
DIETETICIAN:
Ghetu Andreea
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