

Verificat medic primar diabet
zaharat nutritie si boli metabolice
Dr. Vancea Maria

MENIUL ZILEI DE LUNI 24.08.2026

Aprobat Manager,
Ec. Simplicean Alina

REGIM	MIC DEJUN 08:10-08:50	PRANZ 13:00-14:00		
COMUN	Paine 300g/zi, gem 40g, unt 20g, ceai 250ml, lamaie 5 g 446.2 kcal	Ciorba taraneasca 300ml, cartofi piure cu tocanita din carne de porc 460g, compot piersici 250ml 1292.71 kcal	Fidea in lapte 275g 451.95 kcal	2210.86 kcal
PASIRAT	Paine 300g/zi, ceai 250ml 365 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Ceai 250 ml 100 kcal	1168.69 kcal
DIABET	Paine 200g/zi, ou fiert 2buc, unt 20g, ceai 250ml 508.2 kcal	Ciorba taraneasca 300ml, cartofi piure cu tocanita din carne de porc 460g, banane 1buc 1145.71 kcal	Macaroane cu telemea 300g 667.1 kcal	2321.01 kcal
DIABET DESODAT	Paine 300g/zi, ou fiert 2buc, unt 20g, ceai 250ml 508.2 kcal	Ciorba taraneasca 300ml, mamaliga cu tocanita din ficat de pui 440g, 1347.7 kcal	Macaroane cu telemea fara sare 300g 611 kcal	2466.9 kcal
ENTEROCOLITA	Paine 300g/zi, branza vaca 100g, ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 300g/zi, gem 40g, unt 20g, ceai 250ml, lamaie 5 g 446.2 kcal	Ciorba taraneasca 300ml, mamaliga cu tocanita din ficat de pui 440g, compot piersici 250ml 1494.7 kcal	Fidea in lapte 275g 451.95 kcal	446.2 kcal
GASTRO-HEPATIC	Paine 300g/zi, gem 40g, unt 20g, ceai 250ml, lamaie 5 g 446.2 kcal	Ciorba taraneasca 300ml, mamaliga cu tocanita din ficat de pui 440g, compot piersici 250ml 1494.7 kcal	Fidea in lapte 275g 451.95 kcal	2392.85 kcal
COPII 0-3ANI SUGARI	Branza vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 300g/zi, gem 40g, unt 20g, ceai 250ml, lamaie 5 g 446.2 kcal	Ciorba taraneasca 300ml, mamaliga cu tocanita din ficat de pui 440g, compot piersici 250ml 1494.7 kcal	Fidea in lapte 275g 451.95 kcal	2392.85 kcal
MEDIC DE GARDA	Paine 300g/zi, gem 40g, unt 20g, ceai 250ml, lamaie 5 g 446.2 kcal	Ciorba taraneasca 300ml, cartofi piure cu tocanita din carne de porc 460g, compot piersici 250ml 1292.71 kcal	Macaroane cu telemea 300g 667.1 kcal	2406.01 kcal

Atentie! Unele preparate din meniu pot contine unul sau mai mulți alergeni dupa cum urmeaza: cereale care contin gluten (grau), oua, lapte si produse lactate (lactoza), telina, mustar, soia
Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia

Verificat medic primar diabet
zaharat nutritie si boli metabolice
Dr. Vancea Maria

MENIUL ZILEI DE MARTI 25.08.2026

Aprobat Manager,
Ec. Simplicean Alina

REGIM	MIC DEJUN 08:10-08:50	PRANZ 13:00-14:00	CINA 17:35-18:20	TOTAL Kkal/ZI
COMUN	Paine 300g/ zi, crenvursti 100g, iaurt 150g, ceai 250 ml 504.8 kcal	Supa de chimen cu crutoane 250 ml, macaronada 280g, banana 1 buc 1198.64 kcal	Gris in lapte cu cacao 280g 495.01 kcal	2198.45 kcal
PASIRAT	Paine 300g/zi, ceai 250ml 365 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Ceai 250 ml 100 kcal	1168.69 kcal
DIABET	Paine 200g/ zi, crenvursti 100g, iaurt 150g, ceai 250 ml 504.8 kcal	Supa de chimen cu crutoane 250 ml, macaronada 280g, banana 1 buc 1198.64 kcal	Mancare de mazare cu carnati 400g 592.3 kcal	2295.74 kcal
DIABET DESODAT	Paine 300g/zi, cascaval 100g iaurt 150g, ceai 250ml 599.8 kcal	Supa de chimen cu crutoane 250 ml, orez cu legume mexicane si pulpa la cuptor 330g banana1buc 1040,77kcal	Mancare de mazare cu carnati 400g 592.3 kcal	2232.87 kcal
ENTEROCOLITA	Paine 300g/zi, branza vaca 100g, ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 300g/zi, miere 40g, unt 20g, ceai 250ml 466.5 kcal	Supa de chimen cu crutoane 250 ml, orez cu legume mexicane si pulpa la cuptor 330g banana1buc 1040,77kcal	Gris in lapte cu cacao 280g 495.01 kcal	2002.28 kcal
GASTRO-HEPATIC	Paine 300g/ zi, crenvursti 100g, iaurt 150g, ceai 250 ml 504.8 kcal	Supa de chimen cu crutoane 250 ml, orez cu legume mexicane si pulpa la cuptor 330g banana1buc 1040,77kcal	Gris in lapte cu cacao 280g 495.01 kcal	2040.58 kcal
COPII 0-3ANI SUGAR	Branza vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 300g/zi, miere 40g, unt 20g, ceai 250ml 466.5 kcal	Supa de chimen cu crutoane 250 ml, orez cu legume mexicane si pulpa la cuptor 330g banana1buc 1040,77kcal	Gris in lapte cu cacao 280g 495.01 kcal	2002.28 kcal
MEDIC DE GARDA	Paine 300g/ zi, crenvursti 100g, iaurt 150g, ceai 250 ml 504.8 kcal	Supa de chimen cu crutoane 250 ml, orez cu legume mexicane si pulpa la cuptor 330g banana1buc 1040,77kcal	Mancare de mazare cu carnati 400g 592.3 kcal	2137.87 kcal

Atentie! Unele preparate din meniu pot contine unul sau mai mulți alergeni dupa cum urmeaza: cereale care contin gluten (grau), oua, lapte si produse lactate (lactoza), telina, mustar, soia
Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia

Verificat medic primar diabet
zaharat nutritie si boli metabolice
Dr. Vancea Maria

MENIUL ZILEI DE MIERCURI 26.08.2026

Aprobat Manager,
Ec. Simplicean Alina

REGIM	MIC DEJUN 08:10-08:50	PRANZ 13:00-14:00	CINA 17:35-18:20	TOTAL Kkal/ZI
COMUN	Paine 300g, parizer 100g, unt 20g, ceai 250ml, 564.2kcal	Supa de fidea 250 ml, cartofi natur cu tocanita din carne de porc 440g, mere 1buc 936.07 kcal	Orez in lapte 350g 572.85 kcal	2073.12 kcal
PASIRAT	Paine 300g/zi, ceai 250ml 365 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Ceai 250 ml 100 kcal	1168.69 kcal
DIABET	Paine 200g, parizer 100g, unt 20g, ceai 250ml, 564.2kcal	Supa de fidea 250 ml, cartofi natur cu tocanita din carne de porc 440g, mere 1buc 936.07 kcal	Macaroane cu varza 300g 504.7 kcal	2004.97 kcal
DIABET DESODAT	Paine 300g/zi, telemea fara sare 100g, unt 20g, ceai 250ml 589.2 kcal	Supa de fidea 250 ml, mancare de conopida cu piept de pui 460g, mere 1buc 727.44 kcal	Macaroane cu varza 300g 504.7 kcal	1815.34 kcal
ENTEROCOLITA	Paine 300g/zi, branza vaca 100g, ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 300g/zi, telemea fara sare 100g, unt 20g, ceai 250ml 766.2 kcal	Supa de fidea 250 ml, mancare de conopida cu piept de pui 460g, eugenia 1buc 817.74 kcal	Orez in lapte 350g 572.85 kcal	2156.79 kcal
GASTRO-HEPATIC	Paine 300g, parizer 100g, unt 20g, ceai 250ml, 564.2kcal	Supa de fidea 250 ml, mancare de conopida cu piept de pui 460g, eugenia 1buc 817.74 kcal	Orez in lapte 350g 572.85 kcal	1954.79 kcal
COPII 0-3 ANI SUGARI	Branza vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.74 kcal	Branza de vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 300g/zi, telemea fara sare 100g, unt 20g, ceai 250ml 766.2 kcal	Supa de fidea 250 ml, mancare de conopida cu piept de pui 460g, eugenia 1buc 817.74 kcal	Orez in lapte 350g 572.85 kcal	2156.79 kcal
MEDIC DE GARDA	Paine 300g, parizer 100g, unt 20g, ceai 250ml, 564.2kcal	Supa de fidea 250 ml, cartofi natur cu tocanita din carne de porc 440g, mere 1buc 936.07 kcal	Macaroane cu varza 300g 504.7 kcal	2004.97 kcal

Atentie! Unele preparate din meniu pot contine unul sau mai mulți alergeni dupa cum urmeaza: cereale care contin gluten (grau), oua, lapte si produse lactate (lactoza), telina, mustar, soia
Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia



CONSILIUL LOCAL HUEDIN
SPITALUL ORASENESC HUEDIN
 Huedin, str. Spitalului, nr. 42, Jud. Cluj, cod:405400
 Telefon/fax: 0264 351815, 0264 354175,
 cod fiscal: 4485618
 E-mail: secretariat@spitaluhuedin.ro
 Web: www.spitaluhuedin.ro



Verificat medic primar diabet
 zaharat nutritie si boli metabolice
 Dr. Vancea Maria

MENIUL ZILEI DE JOI 27.08.2026

Aprobat Manager,
 Ec. Simplicean Alina

REGIM	MIC DE JUN 08:10-08:50	PRANZ 13:00-14:00	CINA 17:35-18:20	TOTAL Kkal/ZI
COMUN	Paine 300g/ zi, crenvursti 100g, unt 20g, ceai 250ml 563.3 kcal	Supa de rosii cu galuste de faina 250ml, varza a la cluj 400g, eugenia 20g 1136.73 kcal	laurt 150g, branza topita 40g, portocale 1 buc, ceai 250ml 359.5 kcal	2059.53 kcal
PASIRAT	Paine 300g/zi, ceai 250ml 365 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Ceai 250 ml 100 kcal	1168.69 kcal
DIABET	Paine 200g/ zi, crenvursti 100g, unt 20g, ceai 250ml 563.3 kcal	Supa de rosii cu galuste de faina 250ml, varza a la cluj 400g, banane 1buc 1046.73 kcal	laurt 150g, branza topita 40g, portocale 1 buc, ceai 250ml 359.5 kcal	1969.53 kcal
DIABET DESODAT	Paine 300g/zi, unt 20g, cascaval 100g, ceai 250ml 658.5 kcal	Supa de rosii cu galuste de faina 250ml, tocanita de cartofi cu piept de pui 400g banane 1buc 984.57 kcal	laurt 150g, branza topita 40g, portocale 1 buc, ceai 250ml 359.5 kcal	2013.09 kcal
ENTEROCOLITA	Paine 300g/zi, branza vaca 100g, ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 300g/zi, unt 20g, cascaval 100g, ceai 250ml 658.5 kcal	Supa de rosii cu galuste de faina 250ml, tocanita de cartofi cu piept de pui 400g eugenia 20g 1074.57 kcal	laurt 150g, branza topita 40g, portocale 1 buc, ceai 250ml 359.5 kcal	2092.57 kcal
GASTRO-HEPATIC	Paine 300g/ zi, crenvursti 100g, unt 20g, ceai 250ml 563.3 kcal	Supa de rosii cu galuste de faina 250ml, varza a la cluj 400g, eugenia 20g 1136.73 kcal	laurt 150g, branza topita 40g, portocale 1 buc, ceai 250ml 359.5 kcal	2059.53 kcal
COPII 0-3ANI SUGARI	Branza vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.74 kcal	Branza de vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 300g/zi, unt 20g, cascaval 100g, ceai 250ml 658.5 kcal	Supa de rosii cu galuste de faina 250ml, tocanita de cartofi cu piept de pui 400g eugenia 20g 1074.57 kcal	laurt 150g, branza topita 40g, portocale 1 buc, ceai 250ml 359.5 kcal	2092.57 kcal
MEDIC DE GARDA	Paine 300g/ zi, crenvursti 100g, unt 20g, ceai 250ml 563.3 kcal	Supa de rosii cu galuste de faina 250ml, varza a la cluj 400g, eugenia 20g 1136.73 kcal	laurt 150g, branza topita 40g, portocale 1 buc, ceai 250ml 359.5 kcal	2059.53 kcal

Atentie! Unele preparate din meniu pot contine unul sau mai multi alergeni dupa cum urmeaza: cereale care contin gluten (grau), oua, lapte si produse lactate (lactoza), telina, mustar, soia
 Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia

Verificat medic primar diabet
zaharat nutritie si boli metabolice
Dr. Vancea Maria

MENIUL ZILEI DE VINERI 28.08.2026

Aprobat Manager,
Ec. Simplicean Alina

REGIM	MIC DEJUN 08:10-08:50	PRANZ 13:00-14:00	CINA 17:35-18:20	
COMUN	Paine 300g, pate vegetal 100g, ceai 250ml, biscuiti 50g 549.3 kcal	Supa de cartofi 300 ml, iahnie de fasole cu carnati 400g, castraveti 80g, mere 1buc 1241.01 kcal	Macaroane cu telemea 300g 667.1 kcal	2457.41 kcal
PASIRAT	Paine 300g/zi, ceai 250ml 365 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Ceai 250 ml 100 kcal	1168.69 kcal
DIABET	Paine 200g/zi pate vegetal 100g, ardei 1buc, ceai 250ml 379.3 kcal	Supa de cartofi 300 ml, iahnie de fasole cu carnati 400g, castraveti 80g, mere 1buc 1241.01 kcal	Macaroane cu telemea 300g 667.1 kcal	2287.41 kcal
DIABET DESODAT	Paine 300g/zi, 1 ou fiert, unt 20g, ceai 250ml 426.2 kcal	Supa de cartofi 300 ml, ghiveci de legume 250g, mere1 buc 917.95 kcal	Macaroane cu telemea fara sare 300g 611 kcal	1955.15 kcal
ENTEROCOLITA	Paine 300g/zi, branza vaca 100g, ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 300g/zi, miere 40g, unt 20g, ceai 250ml, biscuiti 50 g 636.5 kcal	Supa de cartofi 300 ml, ghiveci de legume 250g, mere1 buc 917.95 kcal	Macaroane cu telemea fara sare 300g 611 kcal	2165.45 kcal
GASTRO-HEPATIC	Paine 300g/zi, miere 40g, unt 20g, ceai 250ml, biscuiti 50 g 636.5 kcal	Supa de cartofi 300 ml, ghiveci de legume 250g, mere1 buc 917.95 kcal	Macaroane cu telemea 300g 667.1 kcal	2221.55 kcal
COPII 3-16 ANI SUGARI	Branza vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.74 kcal	Branza de vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 300g/zi, miere 40g, unt 20g, ceai 250ml, biscuiti 50 g 636.5 kcal	Supa de cartofi 300 ml, ghiveci de legume 250g, mere1 buc 917.95 kcal	Macaroane cu telemea fara sare 300g 611 kcal	2165.45 kcal
MEDIC DE GARDA	Paine 300g, pate vegetal 100g, ceai 250ml, biscuiti 50g 549.3 kcal	Supa de cartofi 300 ml, iahnie de fasole cu carnati 400g, castraveti 80g, mere 1buc 1241.01 kcal	Macaroane cu telemea 300g 667.1 kcal	2457.41 kcal

Atentie! Unele preparate din meniu pot contine unul sau mai mulți alergeni dupa cum urmeaza: cereale care contin gluten (grau), oua, lapte si produse lactate (lactoza), telina, mustar, soia
Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia

Verificat medic primar diabet
zaharat nutritie si boli metabolice
Dr. Vancea Maria

MENIUL ZILEI DE SAMBATA 29.08.2026

Aprobat Manager,
Ec. Simplicean Alina

REGIM	MIC DEJUN 08:10-08:50	PRANZ 13:00-14:00	CINA 17:35-18:20	TOTAL Kkal/ZI
COMUN	Paine 300g, parizer 100g, unt 20g, ceai 250ml, 564.2kcal	Supa poloneza 250 ml, cartofi frantuzesti 300g, mere 1buc 1075.03 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	2068.23 kcak
PASIRAT	Paine 300g/zi, ceai 250ml 365 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Ceai 250 ml 100 kcal	1168.69 kcal
DIABET	Paine 200g, parizer 100g, unt 20g, ceai 250ml, 564.2kcal	Supa poloneza 250 ml, cartofi frantuzesti 300g, mere 1buc 1075.03 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	2068.23 kcak
DIABET DESODAT	Paine 300g/zi, unt 20g, cascaval 100g, ceai 250ml 658.5 kcal	tocanita din piept se pui 450g, mere 1buc 1008.15 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	2095.65 kcal
ENTEROCOLITA	Paine 300g/zi, branza vaca 100g, ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 300g/zi, unt 20g, gem 40g, ceai 250 ml 443.2 kcal	Supa poloneza 250ml, cus cus cu tocanita din piept se pui 450g, mere 1buc 1008.15 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	1880.35 kcal
GASTRO-HEPATIC	Paine 300g, parizer 100g, unt 20g, ceai 250ml, 564.2kcal	Supa poloneza 250ml, cus cus cu tocanita din piept se pui 450g, mere 1buc 1008.15 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	2001.35 kcal
COPII 3-16 ANI SUGARI	Branza vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 300g/zi, unt 20g, gem 40g, ceai 250 ml 443.2 kcal	Supa poloneza 250ml, cus cus cu tocanita din piept se pui 450g, mere 1buc 1008.15 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	1880.35 kcal
MEDIC DE GARDA	Paine 300g, parizer 100g, unt 20g, ceai 250ml, 564.2kcal	Supa poloneza 250ml, cus cus cu tocanita din piept se pui 450g, mere 1buc 1008.15 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	2068.23 kcak

Atentie! Unele preparate din meniu pot contine unul sau mai mul;ti alergeni dupa cum urmeaza:cereale care contin gluten (grau), oua,lapte si produse lactate (lactoza), telina, mustar, soia
Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia

Verificat medic primar diabet
zaharat nutritie si boli metabolice
Dr. Vancea Maria

MENIUL ZILEI DE DUMINICA 30.08.2026

Aprobat Manager,
Ec. Simplicean Alina

REGIM	MIC DEJUN 08:10-08:50	PRANZ 13:00-14:00	CINA 17:35-18:20	TOTAL Kkal/ZI
COMUN	Paine 300g/zi, sunca 100g, unt 20g, ceai 250ml, lamaie 5 g 424.5 kcal	Supa cu galuste de gris 300ml, orez cu legume mexicane si file peste 340g corn cu ciocolata 50g 1008.99 kcal	Pate 100g, branza topita 40g, ardei 1buc, ceai 250 ml 409.8 kcal	1843.29 kcal
PASIRAT	Paine 300g/zi, ceai 250ml 365 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Ceai 250 ml 100 kcal	1168.69 kcal
DIABET	Paine 200g/zi, telemea fara sare 100g, unt 20g, ceai 250ml 589.2 kcal	Supa cu galuste de gris 300ml, orez cu legume mexicane si file peste 340g 784.99 kcal	Pate 100g, branza topita 40g, ardei 1buc, ceai 250 ml 409.8 kcal	1783.99 kcal
DIABET DESODAT	Paine 300g/zi, telemea fara sare 100g, unt 20g, ceai 250ml 589.2 kcal	Supa cu galuste de gris 300ml, mancare de fasole verde cu piept de pui 400g, corn cu ciocolata 50g 1063.05 kcal	Iaurt 150g, branza topita 40g, ceai 250ml 359.5 kcal	2011.75 kcal
ENTEROCOLITA	Paine 300g/zi, branza vaca 100g, ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 300g/zi, miere40g, unt 20g, ceai 250ml 466.2 kcal	Supa cu galuste de gris 300ml, mancare de fasole verde cu piept de pui 400g, corn cu ciocolata 50g 1063.05 kcal	Iaurt 150g, branza topita 40g, ceai 250ml 359.5 kcal	1888.75 kcal
GASTRO-HEPATIC	Paine 300g/zi, miere40g, unt 20g, ceai 250ml 466.2 kcal	Supa cu galuste de gris 300ml, mancare de fasole verde cu piept de pui 400g, corn cu ciocolata 50g 1063.05 kcal	Iaurt 150g, branza topita 40g, ceai 250ml 359.5 kcal	1888.75 kcal
COPII 0-3ANI SUGARI	Branza vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.74 kcal	Branza de vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 300g/zi, miere40g, unt 20g, ceai 250ml 466.2 kcal	Supa cu galuste de gris 300ml, mancare de fasole verde cu piept de pui 400g, corn cu ciocolata 50g 1063.05 kcal	Iaurt 150g, branza topita 40g, ceai 250ml 359.5 kcal	1888.75 kcal
MEDIC DE GARDA	Paine 300g/zi, sunca 100g, unt 20g, ceai 250ml, lamaie 5 g 424.5 kcal	Supa cu galuste de gris 300ml, orez cu legume mexicane si file peste 340g corn cu ciocolata 50g 1008.99 kcal	Pate 100g, branza topita 40g, ardei 1buc, ceai 250 ml 409.8 kcal	1843.29 kcal

Atentie! Unele preparate din meniu pot contine unul sau mai mulți alergeni dupa cum urmeaza: cereale care contin gluten (grau), oua, lapte si produse lactate (lactoza), teina, mustar, soia.
Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia