MENIUL ZILEI DE LUNI 23.11.2026

Aprobat Manager,
Ec. Simplicean Alina

Verificat medic primar diabet
Dr. Vancea Maria

REGIM	MIC DEJUN 08:10-08:50	PRANZ 13:00-14:00	CINA 17:35-18:20	TOTAL Kkal/ZI
COMUN	Paine 300g/zi,(gluten) ou fiert 1buc, branza topita 40g (lactoza)pate 100g,(lapte, mustar, **telina) ceai 250ml, rosii 90g** 509.7kcal	Supa poloneza 250 ml,(telina gluten, lapte, ou) pilaf de orez cu carne de porc 390g(telina, gluten), castraveti 80g, (mustar) eugenia 20g (gluten) 1111.07 kcal	Gris in lapte cu cacao 280g (gluten, lapte) , mere 1 buc 495.01 kcal	2115.78 kcal
PASIRAT/ OMOGENIZAT	Paine 300g/zi, (gluten)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,(gluten) ou fiert 1buc, branza topita 40g (lactoza)pate 100g,(lapte, mustar, **telina) ceai 250ml, rosii 90g** 509.7kcal	Supa poloneza 250 ml,(telina gluten, lapte, ou) pilaf de orez cu carne de porc 390g(telina, gluten), castraveti 80g **(mustar)** 1021.07 kcal	Macaroane cu varza 300g (gluten) mere 1buc 504.7 kcal	2035.47 kcal
DIABET DESODAT	Paine 200g/zi,(gluten) cascaval 100g,(lactoza) unt 20g, (lapte) ,branza topita 40g (lactoza) ceai 250 ml, rosii 90g 753.1 kcal	Supa poloneza 250 ml,(telina, gluten, lapte) cartofi natur cu tocanita din piept pui 400g(telina, gluten) 1153.04 kcal	Macaroane cu varza 300g (gluten) mere 1 buc 504.7 kcal	2410.84 kcal
ENTEROCOLITA	Paine 300g/zi,(gluten) branza vaca 100g, (lapte)ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, (lapte) ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 200g/zi,(gluten) cascaval 100g,(lactoza) unt 20g, (lapte) ,branza topita 40g (lactoza) ceai 250 ml, rosii 90g 753.1 kcal	Supa poloneza 250 ml,(telina, gluten, lapte) cartofi natur cu tocanita din piept pui 400g(telina, gluten) eugenia (gluten) 1153.04 kcal	Gris in lapte cu cacao 280g (gluten, lapte) , mere 1 buc 495.01 kcal	2401.15 kcal
GASTRO-HEPATIC	Paine 300g/zi,(gluten) ou fiert 1buc, branza topita 40g (lactoza)pate 100g,(lapte, mustar, **telina) ceai 250ml, rosii 90g 509.7 kcal**	Supa poloneza 250 ml,(telina, gluten, lapte) cartofi natur cu tocanita din piept pui 400g(telina, gluten) eugenia (gluten) 1153.04 kcal	Gris in lapte cu cacao 280g (gluten, lapte) , mere 1 buc 495.01 kcal	2157.75 kcal
COPII 0-3ANI SUGAR	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 200g/zi,(gluten) cascaval 100g,(lactoza) unt 20g, (lapte) ,branza topita 40g (lactoza) ceai 250 ml, rosii 90g 753.1 kcal	Supa poloneza 250 ml,(telina, gluten, lapte) cartofi natur cu tocanita din piept pui 400g(telina, gluten) eugenia (gluten) 1153.04 kcal	Gris in lapte cu cacao 280g (gluten, lapte) , mere 1 buc 495.01 kcal	2401.15 kcal
MEDIC DE GARDA	Paine 300g/zi,(gluten) ou fiert 1buc, branza topita 40g (lactoza)pate 100g,(lapte, mustar, **telina) ceai 250ml, rosii 90g 509.7 kcal**	Supa poloneza 250 ml,(telina gluten, lapte, ou) pilaf de orez cu carne de porc 390g(telina, gluten), castraveti 80g **(mustar) eugenia 20g(gluten) 1111.07 kcal**	Macaroane cu varza 300g (gluten) mere 1buc 504.7 kcal	2125.47 kcal

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), teina, mustar, soia

Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia

MENIUL ZILEI DE MARTI 24.11.2026

Aprobat Manager,
Ec. Simplicean Alina

Verificat medic primar diabet
Dr. Vancea Maria

REGIM	MIC DEJUN 08:10-08:50	PRANZ 13:00-14:00	CINA 17:35-18:20	TOTAL Kkal/ZI
COMUN	Paine 300g/zi,(gluten) sunca praga 100g, **(telina, lactoza)unt 20g, (lactoza)ceai** 250ml, rosii 90g 435.5 kcal	Supa de fasole verde 250g,(gluten,ou,telina) musaca de cartofi 300g,(telina) banane 1buc 1187.48 kcal	Fidea in lapte 275g (lactoza, gluten) 451.95 kcal	2074.93 kcal
PASIRAT/ OMOGENIZAT	Paine 300g/zi, (gluten)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,(gluten) sunca praga 100g, **(telina, lactoza)unt 20g, (lactoza)ceai** 250ml, rosii 90g 435.5 kcal	Supa de fasole verde 250g,(gluten,ou,telina) musaca de cartofi 300g,(telina) banane 1buc 1187.48 kcal	Piure de spanac cu ochiuri RO (lapte, gluten, ou) 303.2 kcal	1926.18 kcal
DIABET DESODAT	Paine 200g/zi, (gluten)branza pufoasa 140g, (lapte)ceai 250ml rosii 90g 533.3 kcal	Supa de fasole verde 250g,(gluten,ou,telina) mamaliga cu tocanita din ficat de pui 440g, (telina) banane 1buc 1327.74 kcal	Piure de spanac cu ochiuri RO (lapte, gluten, ou) 303.2 kcal	2148.24 kcal
ENTEROCOLITA	Paine 300g/zi,(gluten) branza vaca 100g, (lapte)ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, (lapte) ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 200g/zi, (gluten)branza pufoasa 140g, (lapte)ceai 250ml rosii 90g 533.3 kcal	Supa de fasole verde 250g,(gluten,ou,telina) mamaliga cu tocanita din ficat de pui 440g, (telina) banane 1buc 1327.74 kcal	Fidea in lapte 275g (lactoza, gluten) 451.95 kcal	2312.99 kcal
GASTRO-HEPATIC	Paine 300g/zi,(gluten) sunca praga 100g, **(telina, lactoza)unt 20g, (lactoza)ceai** 250ml, rosii 90g 435.5 kcal	Supa de fasole verde 250g,(gluten,ou,telina) mamaliga cu tocanita din ficat de pui 440g, (telina) banane 1buc 1327.74 kcal	Fidea in lapte 275g (lactoza, gluten) 451.95 kcal	2215.19 kcal
COPII 0-3ANI SUGAR	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 200g/zi, (gluten)branza pufoasa 140g, (lapte)ceai 250ml rosii 90g 533.3 kcal	Supa de fasole verde 250g,(gluten,ou,telina) mamaliga cu tocanita din ficat de pui 440g, (telina) banane 1buc 1327.74 kcal	Fidea in lapte 275g (lactoza, gluten) 451.95 kcal	2312.99 kcal
MEDIC DE GARDA	Paine 300g/zi,(gluten) sunca praga 100g, **(telina, lactoza)unt 20g, (lactoza)ceai** 250ml, rosii 90g 435.5 kcal	Supa de fasole verde 250g,(gluten,ou,telina) musaca de cartofi 300g,(telina) banane 1buc 1187.48 kcal	Piure de spanac cu ochiuri RO (lapte, gluten, ou) 303.2 kcal	1926.18 kcal

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), teina, mustar, soia

Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia

MENIUL ZILEI DE MIERCURI 25.11.2026

Verificat medic primar diabet
Dr. Vancea Maria

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, (gluten) crenvursti 100g (lactoza, **telina, mustar), iaurt 150g(lapte), unt 20g** (lactoza), ceai 250ml, banane 1buc 743.6 kcal	Supa de rosii cu galuste de faina250ml, (gluten, ou, telina) varza a la cluj 400g(telina) 1045.33 kcal	Orez in lapte 350g (lapte) 572.85 kcal	2361.78 kcal
PASIRAT/ OMOGENIZAT	Paine 300g/zi, (gluten)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 300g/zi, (gluten) crenvursti 100g (lactoza, **telina, mustar), iaurt 150g(lapte), unt 20g** (lactoza), ceai 250ml, banane 1buc 743.6 kcal	Supa de rosii cu galuste de faina250ml, (gluten, ou, telina) varza a la cluj 400g(telina) 1045.33 kcal	Mamaliga cu lapte 600g (lapte) 510,4 kcal	2299.33 kcal
DIABET DESODAT	Paine 200g/zi, telemea fara sare 100g,(lactoza) unt 20g (lactoza), ardei 1buc, banane 1buc, ceai 250ml 686.1 kcal	Supa de rosii cu galuste de faina250ml, (gluten, telina, ou) orez cu legume mexicane si pulpa dezosata la cuptor 360g **(telina, soia, gluten)** 993.69 kcal	Mamaliga cu lapte 600g (lapte) 510,4 kcal	2190.19 kcal
ENTEROCOLITA	Paine 300g/zi,(gluten) branza vaca 100g, (lapte)ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, (lapte) ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 200g/zi, telemea fara sare 100g,(lactoza) unt 20g (lactoza), ardei 1buc, banane 1buc, ceai 250ml 686.1 kcal	Supa de rosii cu galuste de faina250ml, (gluten, telina, ou) orez cu legume mexicane si pulpa dezosata la cuptor 360g **(telina, soia, gluten)** 993.69 kcal	Orez in lapte 350g (lapte) 572.85 kcal	2252.64 kcal
GASTRO-HEPATIC	Paine 300g/zi, (gluten) crenvursti 100g (lactoza, **telina, mustar), iaurt 150g(lapte), unt 20g** (lactoza), ceai 250ml, banane 1buc 743.6 kcal	Supa de rosii cu galuste de faina250ml, (gluten, telina, ou) orez cu legume mexicane si pulpa dezosata la cuptor 360g **(telina, soia, gluten) 993.69 kcal**	Orez in lapte 350g (lapte) 572.85 kcal	2310.14 kcal
COPII 0-3ANI SUGAR	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 200g/zi, telemea fara sare 100g,(lactoza) unt 20g (lactoza), ardei 1buc, banane 1buc, ceai 250ml 686.1 kcal	Supa de rosii cu galuste de faina250ml, (gluten, telina, ou) orez cu legume mexicane si pulpa dezosata la cuptor 360g **(telina, soia, gluten)** 993.69 kcal	Orez in lapte 350g (lapte) 572.85 kcal	2252.64 kcal
MEDIC DE GARDA	Paine 300g/zi, (gluten) crenvursti 100g (lactoza, **telina, mustar), iaurt 150g(lapte), unt 20g** (lactoza), ceai 250ml, banane 1buc 743.6 kcal	Supa de rosii cu galuste de faina250ml, (gluten, telina, ou) orez cu legume mexicane si pulpa dezosata la cuptor 360g **(telina, soia, gluten) 993.69 kcal**	Mamaliga cu lapte 600g(lapte) 510,4 kcal	2247.69 kcal

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), teina, mustar, soia
Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia

MENIUL ZILEI DE JOI 26.11.2026

Aprobat Manager,
Ec. Simplicean Alina

Verificat medic primar diabet
Dr. Vancea Maria

REGIM	MIC DEJUN 08:10-08:50	PRANZ 13:00-14:00	CINA 17:35-18:20	TOTAL Kkal/ZI
COMUN	Paine 300g/zi, (gluten) salam vara uscat 100g, (mustar, lapte, lactoza), unt 20g (lactoza), gem 40g, ceai 250ml 751.1 kcal	Ciorba taraneasca 300ml, (telina, gluten, lapte, ou) cus cus cu tocanita din carne de porc 430g, (gluten, ou) corn cu ciocolata 50g(ou, lapte) 1336.79 kcal	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2586.89 kcal
PASIRAT/ OMOGENIZAT	Paine 300g/zi, (gluten)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, (gluten) salam vara uscat 100g, (mustar, lapte, lactoza), unt 20g (lactoza), **ou fiert 1buc, ceai 250ml 731.1 kcal**	Ciorba taraneasca 300ml, (telina, gluten, lapte, ou) cus cus cu tocanita din carne de porc 430g, (gluten, ou) 1112.79 kcal	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2342.89 kcal
DIABET DESODAT	Paine 200g/zi,(gluten), unt 20g(lactoza), ou fiert 2buc, unt 20g(lactoza), ceai 250ml 657.3 kcal	Ciorba taraneasca 300ml, (telina, gluten, lapte, ou) tocanita de cartofi cu piept de pui 400g (telina) 970.4 kcal	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2126.7 kcal
ENTEROCOLITA	Paine 300g/zi,(gluten) branza vaca 100g, (lapte)ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, (lapte) ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 300g/zi,(gluten) gem 40g, biscuiti 50g (gluten, lapte), unt 20g(lactoza), ceai 250ml 612.1 kcal	Ciorba taraneasca 300ml, (telina, gluten, lapte, ou) tocanita de cartofi cu piept de pui 400g (telina), corn cu ciocolata50g (ou, lapte) 1194.4 kcal	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2305.54 kcal
GASTRO-HEPATIC	Paine 300g/zi,(gluten) gem 40g, biscuiti 50g (gluten, lapte), ceai 250ml 612.1 kcal	Ciorba taraneasca 300ml, (telina, gluten, lapte, ou) tocanita de cartofi cu piept de pui 400g (telina), corn cu ciocolata50g (ou, lapte) 1194.4 kcal	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2305.54 kcal
COPII 0-3ANI SUGAR	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 300g/zi,(gluten) gem 40g, biscuiti 50g (gluten, lapte), unt 20g(lactoza), ceai 250ml 612.1 kcal	Ciorba taraneasca 300ml, (telina, gluten, lapte, ou) tocanita de cartofi cu piept de pui 400g (telina), corn cu ciocolata50g (ou, lapte) 1194.4 kcal	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2305.54 kcal
MEDIC DE GARDA	Paine 300g/zi, (gluten) salam vara uscat 100g, (mustar, lapte, lactoza), unt 20g (lactoza), gem 40g, ceai 250ml 751.1 kcal	Ciorba taraneasca 300ml, (telina, gluten, lapte, ou) cus cus cu tocanita din carne de porc 430g, (gluten, ou) corn cu ciocolata 50g(ou, lapte) 1336.79 kcal	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2586.89 kcal

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), teina, mustar, soia

Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia

MENIUL ZILEI DE VINERI 27.11.2026

Aprobat Manager,
Ec. Simplicean Alina

Verificat medic primar diabet
Dr. Vancea Maria

REGIM	MIC DEJUN 08:10-08:50	PRANZ 13:00-14:00	CINA 17:35-18:20	TOTAL Kkal/ZI
COMUN	Paine 300g/zi(gluten), salam sasesc 100g 100g(telina, mustar, lactoza) unt 20g (lactoza), pate vegetal 100g(gluten, telina) rosii 90g, ceai 250ml 781.1 kcal	Supa de cartofi 300ml (telina, gluten), mancare de mazare cu carnati 400g (, mustar, telina) mere 1buc 1022.35 kcal	Macaroane cu telemea 300g (gluten, lapte) 667.1 kcal	2470.55 kcal
PASIRAT/ OMOGENIZAT	Paine 300g/zi, (gluten)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(gluten), salam sasesc 100g 100g(telina, mustar, lactoza) unt 20g (lactoza), pate vegetal 100g(gluten, telina) rosii 90g, ceai 250ml 781.1 kcal	Supa de cartofi 300ml (telina, gluten), mancare de mazare cu carnati 400g (, mustar, telina) mere 1buc 1022.35 kcal	Macaroane cu telemea 300g (gluten, lapte) 667.1 kcal	2470.55 kcal
DIABET DESODAT	Paine 200g/zi(gluten), cascaval 100g (lactoza) unt 20g (lactoza), rosii 90g, ceai 250ml 673.1 kcal	Supa de cartofi 300m, (telina, gluten), mancare de conopida cu pulpa dezosata la cuptor (gluten, telina)cuptor 460g, mere 1buc 915.67 kcal	Macaroane cu telemea fara sare 300g (gluten, lapte) 611 kcal	2199.77 kcal
ENTEROCOLITA	Paine 300g/zi,(gluten) branza vaca 100g, (lapte)ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, (lapte) ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 200g/zi(gluten), cascaval 100g (lactoza) unt 20g (lactoza), rosii 90g, ceai 250ml 673.1 kcal	Supa de cartofi 300m, (telina, gluten), mancare de conopida cu pulpa dezosata la cuptor (gluten, telina)cuptor 460g, mere 1buc 915.67 kcal	Macaroane cu telemea fara sare 300g (gluten, lapte) 611 kcal	2199.77 kcal
GASTRO-HEPATIC	Paine 200g/zi(gluten), cascaval 100g (lactoza) unt 20g (lactoza), rosii 90g, ceai 250ml 673.1 kcal	Supa de cartofi 300m, (telina, gluten), mancare de conopida cu pulpa dezosata la cuptor (gluten, telina)cuptor 460g, mere 1buc 915.67 kcal	Macaroane cu telemea fara sare 300g (gluten, lapte) 611 kcal	2199.77 kcal
COPII 0-3ANI SUGAR	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 200g/zi(gluten), cascaval 100g (lactoza) unt 20g (lactoza), rosii 90g, ceai 250ml 673.1 kcal	Supa de cartofi 300m, (telina, gluten), mancare de conopida cu pulpa dezosata la cuptor (gluten, telina)cuptor 460g, mere 1buc 915.67 kcal	Macaroane cu telemea fara sare 300g (gluten, lapte) 611 kcal	2199.77 kcal
MEDIC DE GARDA	Paine 200g/zi(gluten), cascaval 100g (lactoza) unt 20g (lactoza), rosii 90g, ceai 250ml 673.1 kcal	Supa de cartofi 300m, (telina, gluten), mancare de conopida cu pulpa dezosata la cuptor (gluten, telina)cuptor 460g, mere 1buc 915.67 kcal	Macaroane cu telemea 300g (gluten, lapte) 667.1 kcal	2255.87 kcal

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), teina, mustar, soia

Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia

MENIUL ZILEI DE SAMBATA 28.11.2026

Aprobat Manager,
Ec. Simplicean Alina

Verificat medic primar diabet
Dr. Vancea Maria

REGIM	MIC DEJUN 08:10-08:50	PRANZ 13:00-14:00	CINA 17:35-18:20	TOTAL Kkal/ZI
COMUN	Paine 300g/zi,(gluten) sunca praga 100g, **(telina, lactoza)unt 20g, (lactoza)ceai** 250ml, rosii 90g 435.5 kcal	Supa de fidea 250ml (gluten, ou, telina), mamaliga cu tocanita din ficat de pui 440g(gluten, telina), portocale 1buc 1287.53 kcal	Pate 100g (lapte, mustar, telina), muschi file 100g (lactoza, telina), ardei 1buc, branza topita 40g(lactoza) 396.12 kcal	2119.15 kcal
PASIRAT/ OMOGENIZAT	Paine 300g/zi, (gluten)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,(gluten) sunca praga 100g, **(telina, lactoza)unt 20g, (lactoza)ceai** 250ml, rosii 90g 435.5 kcal	Supa de fidea 250ml (gluten, ou, telina), mamaliga cu tocanita din ficat de pui 440g(gluten, telina), portocale 1buc 1287.53 kcal	Pate 100g (lapte, mustar, telina), muschi file 100g (lactoza, telina), ardei 1buc, branza topita 40g(lactoza) 396.12 kcal	2119.15 kcal
DIABET DESODAT	Paine 200g/zi, telemea fara sare 100g,(lactoza) unt 20g (lactoza), ceai 250ml 588.1kcal	Supa de fidea 250ml (gluten, ou, telina), cus cus cu tocanita din piept de pui 450g(ou, gluten, telina), portocale 1buc 1041.16 kcal	Cascaval 100g (lactoza), branza topita 40g (lactoza), ardei 1buc, ceai 250ml 475.32 kcal	2104.58 kcal
ENTEROCOLITA	Paine 300g/zi,(gluten) branza vaca 100g, (lapte)ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, (lapte) ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 200g/zi, telemea fara sare 100g,(lactoza) unt 20g (lactoza), ceai 250ml 588.1kcal	Supa de fidea 250ml (gluten, ou, telina), cus cus cu tocanita din piept de pui 450g(ou, gluten, telina), portocale 1buc 1041.16 kcal	Cascaval 100g (lactoza), branza topita 40g (lactoza), ardei 1buc, ceai 250ml 475.32 kcal	2104.58 kcal
GASTRO-HEPATIC	Paine 300g/zi,(gluten) sunca praga 100g, **(telina, lactoza)unt 20g, (lactoza)ceai** 250ml, rosii 90g 435.5 kcal	Supa de fidea 250ml (gluten, ou, telina), cus cus cu tocanita din piept de pui 450g(ou, gluten, telina), portocale 1buc 1041.16 kcal	Pate 100g (lapte, mustar, telina), muschi file 100g (lactoza, telina), ardei 1buc, branza topita 40g(lactoza) 396.12 kcal	1872.78 kcal
COPII 0-3ANI SUGAR	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 200g/zi, telemea fara sare 100g,(lactoza) unt 20g (lactoza), ceai 250ml 588.1kcal	Supa de fidea 250ml (gluten, ou, telina), cus cus cu tocanita din piept de pui 450g(ou, gluten, telina), portocale 1buc 1041.16 kcal	Cascaval 100g (lactoza), branza topita 40g (lactoza), ardei 1buc, ceai 250ml 475.32 kcal	2104.58 kcak
MEDIC DE GARDA	Paine 300g/zi,(gluten) sunca praga 100g, **(telina, lactoza)unt 20g, (lactoza)ceai** 250ml, rosii 90g 435.5 kcal	Supa de fidea 250ml (gluten, ou, telina), mamaliga cu tocanita din ficat de pui 440g(gluten, telina), portocale 1buc 1287.53 kcal	Pate 100g (lapte, mustar, telina), muschi file 100g (lactoza, telina), ardei 1buc, branza topita 40g(lactoza) 396.12 kcal	2119.15 kcal

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), teina, mustar, soia

Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia

MENIUL ZILEI DE DUMINICA 29.11.2026

Verificat medic primar diabet
Dr. Vancea Maria

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, (gluten) crenvursti 100g (lactoza, **telina, mustar), iaurt 150g(lapte), unt 20g** (lactoza), ceai 250ml 623.1 kcal	Ciorba a la grec 300ml (lapte, oua, telina), varza secuiasca 350g , eugenia 20g (gluten, urme de lapte) **1164.89kcal**	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2286.99 kcal
PASIRAT/ OMOGENIZAT	Paine 300g/zi, (gluten)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, (gluten) crenvursti 100g (lactoza, **telina, mustar), iaurt 150g(lapte), unt 20g** (lactoza), ceai 250ml 623.1 kcal	Ciorba a la grec 300ml (lapte, oua, telina), varza secuiasca 350g **1074.89 kcal**	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2196.99 kcal
DIABET DESODAT	Paine 200g/zi, telemea fara sare 100g,(lactoza) unt 20g (lactoza), ardei 1buc, ceai 250ml 588.1 kcal	Ciorba a la grec 300ml (lapte, oua, telina), cartofi aurii cu file de peste la cuptor 340g 913.65 kcal	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2098.75 kcal
ENTEROCOLITA	Paine 300g/zi,(gluten) branza vaca 100g, (lapte)ceai 250ml 439 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, (lapte) ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 200g/zi, telemea fara sare 100g,(lactoza) unt 20g (lactoza), ardei 1buc, ceai 250ml 588.1 kcal	Ciorba a la grec 300ml (lapte, oua, telina), cartofi aurii cu file de peste la cuptor 340g, eugenia 20g (gluten, urme de lapte) **lapte) 1003.65 kcal**	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2090.75 kcal
GASTRO-HEPATIC	Paine 300g/zi, (gluten) crenvursti 100g (lactoza, **telina, mustar), iaurt 150g(lapte), unt 20g** (lactoza), ceai 250ml 623.1 kcal	Ciorba a la grec 300ml (lapte, oua, telina), cartofi aurii cu file de peste la cuptor 340g, eugenia 20g (gluten, urme de lapte) **lapte) 1003.65 kcal**	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2125.75 kcal
COPII 0-3ANI SUGAR	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza vaca 50g, (lapte) biscuiti 50g,(gluten) ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 200g/zi, telemea fara sare 100g,(lactoza) unt 20g (lactoza), ardei 1buc, ceai 250ml 588.1 kcal	Ciorba a la grec 300ml (lapte, oua, telina), cartofi aurii cu file de peste la cuptor 340g, eugenia 20g (gluten, urme de lapte) **lapte) 1003.65 kcal**	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2090.75 kcal
MEDIC DE GARDA	Paine 300g/zi, (gluten) crenvursti 100g (lactoza, **telina, mustar), iaurt 150g(lapte), unt 20g** (lactoza), ceai 250ml 623.1 kcal	Ciorba a la grec 300ml (lapte, oua, telina), cartofi aurii cu file de peste la cuptor 340g, eugenia 20g (gluten, urme de lapte) **lapte) 1003.65 kcal**	Branza pufoasa 140g, (lapte) ardei 1buc, portocala 1 buc, ceai 250ml 499 kcal	2125.75 kcal

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), teina, mustar, soia
Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: As.dietetician Cusmas Felicia