

REGIM PN (Rg 9) 30 oct – 5 nov 2017

| ZIUA | DIMINEATA | PRANZ | SEARA |
|----------|--|---|--|
| LUNI | Ceai, paine , Salam-100g, Unt-25g | Ciorba de zarzavat Varza cu carne porc | Spaghete cu branza telemea compot |
| MARTI | Ceai, paine, Branza telemea-100g, unt- 25g | Ciorba de zarzavat Parjoala cu pilaf Salata varza | Salata orientala Fidea cu lapte |
| MIERCURI | Lapte-250ml ,paine, Cascaval-100g, Unt-25g | Ciorba de zarzavat Friptura cu sote de legume Gogosi | Friptura pui cu orez Ceai |
| JOI | Lapte-250ml, paine, Salam-100g, Unt-25g | Ciorba de zarzavat Peste cu cartofi sote | Mamaliguta cu branza vaci (100g) si smantana (100g) Ceai |
| VINERI | Ceai, paine, Cremwursti-2buc, Unt-25g | Ciorba de zarzavat Iahnie fasole cu carne si costita Gogosi | Spaghete cu branza telemea Ceai |
| SAMBATA | Ceai, paine, Branza topita-2buc, Unt-25g | Ciorba de zarzavat Friptura pui la tava cu spaghete | Mancare de cartofi cu carne Orez cu lapte |
| DUMINICA | Ceai, paine, Pate-50g, unt-25g | Ciorba de zarzavat Mazare cu carne | Friptura cu pilaf ceai |

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