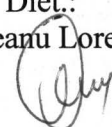


REGIM SPECIAL ARSI 25 – 31 dec 2017

| ZIUA | DIMINEATA | PRANZ | ORA 16 | SEARA |
|----------|---|---|--------|--|
| LUNI | Ceai, paine, unt-25g, cascaval-100g, Branza topita-2 buc, iaurt | Supa cu fidea Friptura la cuptor cu cartofi Ora 16- friptura la gratar+banana | | Paste cu branza vaci Friptura la cuptor Ceai+biscuiti-100g |
| MARTI | Ceai, paine, unt-25g, br topita-2 buc 1 ou fiert, iaurt | Supa cu galuste Friptura la cuptor cu pilaf Ora 16-friptura la gratar+banana | | Fidea cu lapte Friptura la cuptor Ceai+biscuiti-100g |
| MIERCURI | Lapte-250ml, paine, unt-25g, cascaval-100g 1 ou fiert-1 buc, iaurt | Supa cu fidea Friptura la cuptor cu piure Ora 16-friptura la gratar+banana | | Orez cu lapte Friptura la cuptor Ceai+biscuiti -100g |
| JOI | Lapte-250ml, paine, unt-25g, Cascaval-100g 1ou fiert, iaurt | Supa cu galuste Friptura pui cu cartofi sote Ora 16-friptura la gratar+banana | | Friptura la cuptor Branza vaci cu smantana Ceai+biscuiti- 100g |
| VINERI | Ceai, paine, unt-25g 1 ou fiert, Cascaval-100g, iaurt | Supa cu fidea Friptura pui cu cartofi Ora 16-friptura la gratar+banana | | Friptura la cuptor Spaghete cu branza vaci Ceai+biscuiti -100g |
| SAMBATA | Ceai, paine, unt-25g Br topita 2b Cascaval -100g, iaurt | Supa cu fidea Friptura pui cu paste Ora 16-friptura la gratar+banana | | Orez cu lapte Friptura la cuptor Ceai+biscuiti- 100g |
| DUMINICA | Ceai, paine, unt-25g Cascaval- 100g, 1 ou fiert iaurt | Supa cu galuste Friptura pui cu orez Ora 16-friptura la gratar+banana | | Gris cu lapte Friptura la cuptor Ceai+biscuiti- 100g |

Intocmit, As. Diet.:
Olteanu Lorena



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