

| ZIUA | DIMINEATA | PRANZ | SEARA |
|----------|---|--|--|
| LUNI | Ceai, paine, Salam-100g Unt 25g iaurt-L | Ciorba de zarzavat Fasole verde cu carne porc-150g | Spaghete cu branza telemea compot |
| MARTI | Ceai, paine, branza telemea-100g, unt-25g iaurt-L | Ciorba de zarzavat Parjoale cu pilaf Salata varza | Salata orientala (fara ceapa L) Fidea cu lapte |
| MIERCURI | Lapte-250ml, paine, Cascaval-100g, Unt-25g iaurt-L | Ciorba de zarzavat Friptura-150g cu sote legume (amestec legume mexican) Gogosi | Friptura pui-150g cu orez ceai |
| JOI | Lapte-250ml, paine, Salam-100g, Unt 25g iaurt-L | Ciorba de zarzavat Tocanita cu carne porc-150g | Mamaliguta cu branza vaci si smantana Ceai + biscuiti-100g |
| VINERI | Ceai, paine, Cremwursti-2buc, Unt-25g iaurt-L | Ciorba de zarzavat Iahnie fasole cu carne-150g Salata + Gogosi Friptura pui cu fasole verde-L 150g Gogosi | Spaghete cu branza telemea Ceai |
| SAMBATA | Ceai, paine, branza topita, Unt-25g iaurt-L | Ciorba de zarzavat Friptura pui-150g cu spaghete | Mancare de cartofi carne pui-150g Orez cu lapte |
| DUMINICA | Ceai, paine, Pate-50g, Unt-25g iaurt-L | Ciorba de zarzavat Mazare cu carne 150g-G Friptura-150g cu cartofi-L | Friptura-150g cu pilaf ceai |

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Intocmit, As. Diet.
Olteanu Lorena