

REGIM SP SIDA 2 – 8 aprilie 2018

| ZIUA | DIMINEATA | ORA 10 | PRANZ | ORA 16 | SEARA |
|----------|--|--------|---|--------|--|
| LUNI | Ceai,paine , Cascaval-100g, unt 25g, Branza topita-2buc | IAURT | Supa de legume Friptura la cuptor-200g cu fasole verde | banana | Friptura la cuptor-200g Spaghete cu branza vaci ceai |
| MARTI | Ceai , paine, Cascaval-100g, unt-25g, Branza topita-2buc | IAURT | Supa de zarzavat Friptura la cuptor-200g cu pilaf | banana | Friptura la cuptor-200g Fidea cu lapte ceai |
| MIERCURI | Lapte-250ml ,paine, Cascaval-100g, unt 25g, Branza topita-2buc | IAURT | Supa cu legume Friptura la cuptor-200g cu piure de cartofi | banana | Friptura la cuptor-200g cu pilaf ceai |
| JOI | Lapte-250ml, paine, Cascaval-100g, unt 25g, Branza topita-2buc | IAURT | Supa de zarzavat Friptura la cuptor-200g cu cartofi sote | banana | Friptura la cuptor-200g cu spaghete ceai |
| VINERI | Ceai paine, Cascaval-100g, unt-25g, Branza topita-2buc | IAURT | Supa de zarzavat Friptura la cuptor-200g cu fasole verde | banana | Friptura la cuptor-200g Spaghete cu branza vaci ceai |
| SAMBATA | Ceai, paine, Cascaval-100g, unt 25g, Branza topita-2buc | IAURT | Supa de legume Friptura la cuptor-200g cu spaghete | banana | Mancare de cartofi cu carne pui-200g Orez cu lapte |
| DUMINICA | Ceai, paine, Cascaval-100g, unt 25g, Branza topita-2buc, ou rosu | IAURT | Supa de zarzavat Friptura-200g cu cartofi cozonac | banana | Friptura pui-200g cu pilaf ceai+biscuiti-100g |

Intocmit, As. Diet.

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