

SPITALUL JUDETEN DE URGENTA BUZAU

REGIM PN ( Rg 9) 16 – 22 aprilie 2018

ZIUA	DIMINEATA	PRANZ	SEARA
LUNI	Ceai, paine , Salam-100g, Unt-25g	Ciorba de zarzavat Varza cu carne porc-150g	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-200g cu sote de legume Gogosi	Friptura pui-200g cu orez Ceai
JOI	Lapte-250ml, paine, Salam-100g, Unt-25g	Ciorba de zarzavat Tocanita cu carne porc-150g	Mamaliguta cu branza vaci (100g) si smantana (100g) Ceai
VINERI	Ceai, paine, Cremwursti-2buc, Unt-25g	Ciorba de zarzavat Iahnie fasole cu carne-200g si costita + Salata varza Gogosi	Spaghete cu branza telemea Ceai
SAMBATA	Ceai, paine, Branza topita-2buc, Unt-25g	Ciorba de zarzavat Friptura pui-200g la tava cu spaghete	Mancare de cartofi cu carne-200g Orez cu lapte
DUMINICA	Ceai, paine, Pate-50g, unt-25g	Ciorba de zarzavat Mazare cu carne pui -200g	Friptura pui-200g cu pilaf ceai

Intocmit, As. Diet...  
Olteanu Lorena

  
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