

REGIM TBC

9 – 15 aprilie 2018

| ZIUA | DIMINEATA ORA 10 | PRANZ ORA 16 | SEARA |
|----------|---|---|---|
| LUNI | Ceai, paine , salam-100g, Unt-25g; ou rosu, cascaval-100g iaurt | Ciorba de zarzavat banana Varza cu carne porc-150g <i>Cozonac</i> | Friptura pui-200g la tava ; Spaghete cu branza telemea compot |
| MARTI | Ceai, paine, cremwursti-2buc, unt- 25g Branza telemea-100g iaurt | Ciorba de zarzavat banana Parjoala cu pilaf Salata varza | Friptura pui-200g la tava Salata orientala Fidea cu lapte |
| MIERCURI | Lapte-250ml ,paine, unt-25g lou fiert Cascaval-100g iaurt | Ciorba de zarzavat banana Friptura-200g cu sote legume (amestec legume mexican) Gogosi | Friptura pui-200g cu orez ceai |
| JOI | Lapte-250ml, paine, Salam-100g, unt-25g Br.topita-2buc iaurt | Ciorba de zarzavat banana Tocanita cu carne porc-150g | Friptura pui-200g la tava Mamaliguta cu branza (100g) si smantana(100g) Ceai + biscuiti-100g |
| VINERI | Ceai, paine, unt-25g, cremwursti-2buc, cascaval-100g iaurt | Ciorba de zarzavat banana Iahnie fasole cu carne200g Salata varza Gogosi | Friptura pui-200g la tava Spaghete cu branza telemea ceai |
| SAMBATA | Ceai, paine, salam-100g, Unt-25g Branza topita-2buc iaurt | Ciorba de zarzavat banana Friptura pui-200g la tava cu spaghete | Mancare de cartofi cu carne-200g Orez cu lapte |
| DUMINICA | Ceai, paine, pate-50g, unt-25g, ou fiert iaurt | Ciorba de zarzavat banana Mazare cu carne | Friptura -150g cu pilaf ceai |

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