

MENIU SĂPTĂMÂNAL

ZILELE SĂPT.	REGIM	MIC DEJUN	GRAMAJ	PRÂNZ	GRAMAJ/CALOR	CINĂ	GRAMAJ/CALORII	
LUNI	R0	CEAI SALAM BRANZA TOPITA	200GR/68KCAL	CIORBA DE CARTOFI TOCANITA DIN CARNE DE PUI CU MAMALIGA PRAJITURA	400ML/336KCAL	MACAROANE CU CARNE TOCATA CEAI	250GR/488KCAL	
			100GR/252KCAL		250GR/622KCAL		200ML/58KCAL	
			55GR/36KCAL		35GR/182KCAL			
	R5	CEAI SALAM BRANZA TOPITA	200GR/68KCAL	CIORBA DE CARTOFI TOCANITA DIN CARNE DE PUI CU MAMALIGA PRAJITURA	400ML/336KCAL	MACAROANE CU CARNE TOCATA CEAI	250GR/488KCAL	
			100GR/252KCAL		250GR/622KCAL		200ML/58KCAL	
			55GR/36KCAL		250GR/622KCAL			
	R9	CEAI SALAM BRANZA TOPITA	PAINE 150GR* / MAR 100GR/ IAUPT 140ML					
			200GR/68KCAL	CIORBA DE CARTOFI TOCANITA DIN CARNE DE PUI CU MAMALIGA NAPOLITANA DIETETICA	400ML/336KCAL	MACAROANE CU CARNE TOCATA CEAI	250GR/488KCAL	
			100GR/252KCAL		20GR/90KAL		200ML/58KCAL	
		R15	CEAI SALAM BRANZA TOPITA	55GR/36KCAL		20GR/90KAL		200ML/58KCAL
PAINE 300GR *								
200GR/68KCAL				CIORBA DE CARTOFI TOCANITA DIN CARNE DE PUI CU MAMALIGA PRAJITURA	400ML/336KCAL	MACAROANE CU CARNE TOCATA CEAI	250GR/488KCAL	
100GR/252KCAL	250GR/622KCAL	200ML/58KCAL						
MARTI	R0	CEAI CRENVUSTI BRANZA TOPITA	200GR/68KCAL	SUPA DE ROSII CU PASTE MANCARE DE FASOLE VERDE CU CARNATI BISCUITI	400ML/154KCAL	GHIVECI DE LEGUME CU P CEAI	250GR/363KCAL	
			100GR/277KCAL		250GR/36KAL		200ML/58KCAL	
			55GR/36KCAL		70GR/388KCAL			
	R5	CEAI CRENVUSTI BRANZA TOPITA	PAINE 300GR*					
			200GR/68KCAL	SUPA DE ROSII CU PASTE MANCARE DE FASOLE VERDE CU CARNATI BISCUITI	400ML/154KCAL	GHIVECI DE LEGUME CU PU CEAI	250GR/363KCAL	
			100GR/277KCAL		250GR/36KAL		200ML/58KCAL	
	R9			PAINE 150GR* / MAR 100GR/ IAUPT 140ML				

		CEAI CRENVUSTI BRANZA TOPITA	200GR/68KCAL 100GR/277KCAL 55GR/36KCAL	SUPA DE ROSII CU PASTE MANCARE DE FASOLE VERDE CU CARNATI NAPOLITANA DIETETICA	400ML/154KCAL 250GR/36KAL 20GR/90KAL	GHIVECI DE LEGUME CU PUI CEAI	250GR/363KCAL 200ML/58KCAL
				PAINÉ 300GR*			
	R15	CEAI CRENVUSTI BRANZA TOPITA	200GR/68KCAL 100GR/277KCAL 55GR/36KCAL	SUPA DE ROSII CU PASTE MANCARE DE FASOLE VERDE CU CARNATI BISCUITI	400ML/154KCAL 250GR/36KAL 70GR/388KCAL	GHIVECI DE LEGUME CU PUI CEAI	250GR/363KCAL 200ML/58KCAL
MIERCURI	R0			PAINÉ 300GR*			
		CEAI OU UNT GEM	200ML/68KCAL 60GR/93KCAL 8GR/56KCAL 20GR/58KCAL	CIORBA A LA GREC FRIPTURA DE PORC LA CUPTOR CU CARTOFI AURI1250GR688KCAL MAR	400ML/260KCAL 100GR/52KCAL	MACAROANE CU BRANZA DE VACI CEAI	250/620KCAL 200ML/58KCAL
	R5			PAINÉ 300GR*			
		CEAI OU UNT GEM	200ML/68KCAL 60GR/93KCAL 8GR/56KCAL 20GR/58KCAL	CIORBA A LA GREC FRIPTURA DE PORC LA CUPTOR CU CARTOFI AURI1250GR688KCAL MAR	400ML/260KCAL 100GR/52KCAL	MACAROANE CU BRANZA DE VACI CEAI	250/620KCAL 200ML/58KCAL
	R9			PAINÉ 150GR* / MAR 100GR/ IAUPT 140ML			
		CEAI OU UNT GEM	200ML/68KCAL 60GR/93KCAL 8GR/56KCAL 20GR/58KCAL	CIORBA A LA GREC FRIPTURA DE PORC LA CUPTOR CU CARTOFI AURI1250GR688KCAL NAPOLITANA DIETETICA	400ML/260KCAL 20GR/90KAL	MACAROANE CU BRANZA DE VACI CEAI	250/620KCAL 200ML/58KCAL
	R15			PAINÉ 300GR*			
		CEAI OU UNT GEM	200ML/68KCAL 60GR/93KCAL 8GR/56KCAL 20GR/58KCAL	CIORBA A LA GREC FRIPTURA DE PORC LA CUPTOR CU CARTOFI AURI1250GR688KCAL MAR	400ML/260KCAL 100GR/52KCAL	MACAROANE CU BRANZA DE VACI CEAI	250/620KCAL 200ML/58KCAL
JOI	R0			PAINÉ 300GR*			
		CEAI SALAM BRANZA TOPITA OU	200ML/68KCAL 100GR/252KCAL 55GR/36KCAL 60GR/93KCAL	SUPA DE PUI CU FIDEA PESTE CU LEGUME LA CUPTOR BISCUITI	400ML/154KCAL 250GR/431KCAL 70GR/388KCAL	MANCARE DE FASOLE VERDE CU CARNATI CEAI	250GR/269KCAL 200ML/58KCAL
	R5			PAINÉ 300GR*			

	CEAI SALAM BRANZA TOPITA OU	200ML/68KCAL 100GR/252KCAL 55GR/36KCAL 60GR/93KCAL	SUPA DE PUI CU FIDEA PESTE CU LEGUME LA CUPTOR BISCUITI	400ML/154KCAL 250GR/431KCAL 70GR/388KCAL	MANCARE DE FASOLE VERDE CU CARNATI CEAI	250GR/269KCAL 200ML/58KCAL
R9	PAINE 150GR* / MAR 100GR/ IAU RT 140ML					
	CEAI SALAM BRANZA TOPITA OU	200ML/68KCAL 100GR/252KCAL 55GR/36KCAL 60GR/93KCAL	SUPA DE PUI CU FIDEA PESTE CU LEGUME LA CUPTOR NAPOLITANA DIETETICA	400ML/154KCAL 250GR/431KCAL 20GR/90KAL	MANCARE DE FASOLE VERDE CU CARNATI CEAI	250GR/269KCAL 200ML/58KCAL
R15	PAINE 300GR*					
	CEAI SALAM BRANZA TOPITA OU	200ML/68KCAL 100GR/252KCAL 55GR/36KCAL 60GR/93KCAL	SUPA DE PUI CU FIDEA PESTE CU LEGUME LA CUPTOR BISCUITI	400ML/154KCAL 250GR/431KCAL 70GR/388KCAL	MANCARE DE FASOLE VERDE CU CARNATI CEAI	250GR/269KCAL 200ML/58KCAL
R0	PAINE 300GR*					
	CEAI OU UNT GEM	200ML/68KCAL 60GR/93KCAL 8GR/56KCAL 20GR/58KCAL	CIORBA DE FASOLE USCATA PILAF DE OREZ CU CARNE PUI MAR	400ML/229KCAL 250GR/536KCAL 100GR/52KCAL	TOCANA DE LEGUME CEAI	300GR/207KCAL 200ML/58KCAL
R5	PAINE 300GR*					
	CEAI OU UNT GEM	200ML/68KCAL 60GR/93KCAL 8GR/56KCAL 20GR/58KCAL	CIORBA DE FASOLE USCATA PILAF DE OREZ CU CARNE PUI MAR	400ML/229KCAL 250GR/536KCAL 100GR/52KCAL	TOCANA DE LEGUME CEAI	300GR/207KCAL 200ML/58KCAL
R9	PAINE 150GR* / MAR 100GR/ IAU RT 140ML					
	CEAI OU UNT GEM	200ML/68KCAL 60GR/93KCAL 8GR/56KCAL 20GR/58KCAL	CIORBA DE FASOLE USCATA PILAF DE OREZ CU CARNE PUI MAR	400ML/229KCAL 250GR/536KCAL 100GR/52KCAL	TOCANA DE LEGUME CEAI	300GR/207KCAL 200ML/58KCAL
R15	PAINE 300GR*					
	CEAI OU UNT GEM	200ML/68KCAL 60GR/93KCAL 8GR/56KCAL 20GR/58KCAL	CIORBA DE FASOLE USCATA PILAF DE OREZ CU CARNE PUI MAR	400ML/229KCAL 250GR/536KCAL 100GR/52KCAL	TOCANA DE LEGUME CEAI	300GR/207KCAL 200ML/58KCAL
R0	PAINE 300GR*					
	CEAI CRENVUSTI BRANZA TELEMEA	200ML/68KCAL 100GR/277KCAL 100GR/197KCAL	CIORBA ARDELENEASCA MANCARE DE MAZARE CU CARNATI PRAJITURA	400ML/250KCAL 250GR/712KCAL 35GR/182KCAL	PATEU CEAI BRANZA TOPITA	100GR/209KCAL 200ML/68KCAL 55GR/36KCAL
R5	PAINE 300GR*					
	CEAI	200ML/68KCAL	CIORBA ARDELENEASCA	400ML/250KCAL	PATEU	100GR/209KCAL

	CRENVUSTI BRANZA TELEMEA	100GR/277KCAL 100GR/197KCAL	MANCARE DE MAZARE CU CARNATI PRAJITURA	250GR/712KCAL 35GR/182KCAL	CEAI BRANZA TOPITA	200ML/68KCAL 55GR/36KCAL
R9			PAINE 150GR* / MAR 100GR/ IAUPT 140ML			
	CEAI CRENVUSTI BRANZA TELEMEA	200ML/68KCAL 100GR/277KCAL 100GR/197KCAL	CIORBA ARDELENEASCA MANCARE DE MAZARE CU CARNATI NAPOLITANA DIETETICA	400ML/250KCAL 250GR/712KCAL 20GR/90KCAL	PATEU CEAI BRANZA TOPITA	100GR/209KCAL 200ML/68KCAL 55GR/36KCAL
R15			PAINE 300GR*			
	CEAI CRENVUSTI BRANZA TELEMEA	200ML/68KCAL 100GR/277KCAL 100GR/197KCAL	CIORBA ARDELENEASCA MANCARE DE MAZARE CU CARNATI PRAJITURA	400ML/250KCAL 250GR/712KCAL 35GR/182KCAL	PATEU CEAI BRANZA TOPITA	100GR/209KCAL 200ML/68KCAL 55GR/36KCAL
DUMINICAR0			PAINE 300GR*			
	CEAI OU UNT GEM	200ML/68KCAL 60GR/93KCAL 8GR/56KCAL 20GR/58KCAL	SUPA DE TAIETEI FRIPTURA DE PUI CU PIURE DE CARTOFI PRAJITURA	400ML/154KCAL 250GR/491KCAL 35GR/182KCAL	TOCANA DE LEGUME CEAI	300GR/207KCAL 200ML/68KCAL
R5			PAINE 300GR*			
	CEAI OU UNT GEM	200ML/68KCAL 60GR/93KCAL 8GR/56KCAL 20GR/58KCAL	SUPA DE TAIETEI FRIPTURA DE PUI CU PIURE DE CARTOFI PRAJITURA	400ML/154KCAL 250GR/491KCAL 35GR/182KCAL	TOCANA DE LEGUME CEAI	300GR/207KCAL 200ML/68KCAL
R9			PAINE 150GR* / MAR 100GR/ IAUPT 140ML			
	CEAI OU UNT GEM	200ML/68KCAL 60GR/93KCAL 8GR/56KCAL 20GR/58KCAL	SUPA DE TAIETEI FRIPTURA DE PUI CU PIURE DE CARTOFI NAPOLITANA DIETETICA	400ML/154KCAL 250GR/491KCAL 20GR/90KCAL	TOCANA DE LEGUME CEAI	300GR/207KCAL 200ML/68KCAL
R15			PAINE 300GR*			
	CEAI OU UNT GEM	200ML/68KCAL 60GR/93KCAL 8GR/56KCAL 20GR/58KCAL	SUPA DE TAIETEI FRIPTURA DE PUI CU PIURE DE CARTOFI PRAJITURA	400ML/154KCAL 250GR/491KCAL 35GR/182KCAL	TOCANA DE LEGUME CEAI	300GR/207KCAL 200ML/68KCAL

NOTA:ACEST MENIU POATE SUFERI MODIFICARI

LEGENDA:R0=HIPOSODAT,DESODAT,GASTRIC

R5=HIPOCARDIO,RENAL,HEPATIC

R9=DIABET

R15=COMUN,GRAVIDE,INSOTITORI

GRAMAJUL REPREZINTA PRODUSUL FINIT

ACEST MENIU POATE CONTINE PRODUSE CARE POT CAUZA ALERGII SAU INTOLERANTE ALIMENTARE:

GLUTEN(1) OU=(2) PESTE(3) LAPTE=(4) TELINA (5) PRODUSE CONGELATE(7)