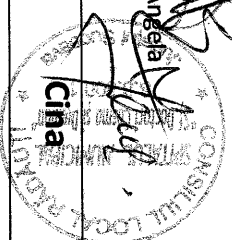


MENIUL SĂPTĂMANAL AL PACIENȚILOR ȘI AL MEDICILOR DE GARDĂ

Aprobat ,  
Manager: Negrut Romeo  
Director de Ingrijiri: As. Foca Angela



| Zilele<br>Săpt:      | Mic dejun                                                                                                                                                                                                                                           | Pranz                                                                                                                                                                                                                                                                                               | Cina                                                                                                                                                                                                                                                                               |
|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Luni<br>14.07.25     | PAINE, CEAI, IAUURT, APA PLATA<br>OU, BR. TOPITA, MASLINE – <u>C</u><br>UNT, OU, MASLINE – <u>5B, NPZ, L</u><br>UNT, OU, BR. VACI – <u>S</u><br>OU, GEM. ROSII – <u>5A</u><br>OU, UNT(2), ROSII, - <u>DZ</u>                                        | CIORBA CU TAITEI<br>CARTOFI PIURE – PULPA PUI CUPTOR - <u>5B, S</u><br>SALATA DE SFECLA ROSIE - <u>5B, S, L</u><br>CARTOFI PIURE-CEAFA PORC LA CUPTOR – <u>C, 5A, DZ, NPZ, L, MG</u><br>SALATA DE ARDEI COPT - <u>C, 5A, DZ, NPZ, MG</u><br>PAINE / MAR                                             | BUDINCA DE MACAROANE CU BR. VACI – <u>5A, C, NPZ, L, 5B, S</u><br>SOTE DE PASTAI – PULPA PUI LA CUPTOR – <u>DZ</u><br>CIULAMA CU CIPERCI PIEPT PUI SI MAMALIGUTA – <u>MG</u><br>NEGRESA – <u>MG</u><br>PAINE – <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI SAU GRAPEFRUIT - <u>DZ</u>  |
| MARTI<br>15.07.25    | PAINE, CEAI, IAUURT, APA PLATA<br>SUNCA, BR. TOPITA, – <u>C</u><br>UNT, SUNCA – <u>5B, L</u><br>UNT, SUNCA, ROSII – <u>NPZ</u><br>UNT, OU, BR. VACI – <u>S</u><br>TARTINA BR. VACI, UNT. ROSII - <u>5A</u><br>SUNCA, UNT(2), ROSII - <u>DZ</u>      | CIORBA CU PERISOARE<br>SOTE DE FICAT CU MAMALIGUTA – <u>C, 5A, DZ, NPZ, L, MG</u><br>SOTE DE FICAT CU MAMALIGUTA – <u>5B, S</u><br>PAINE /MAR                                                                                                                                                       | BUDINCA DE OREZ CU MERE – <u>5A, C, NPZ, L</u><br>SOTE DE LEGUME SI OREZ- PULPA PUI LA CUPTOR – <u>DZ, 5B, S</u><br>CARTOFI COPTI – CASCaval PANNE – <u>MG</u> ;<br>PANDIȘPAN CU CAPSUNE – <u>MG</u><br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI SAU GRAPEFRUIT - <u>DZ</u> |
| MIERCURI<br>16.07.25 | PAINE, CEAI, IAUURT, APA PLATA<br>MUSCHI, BR. TOPITA, – <u>C</u><br>UNT, MUSCHI, ROSII – <u>NPZ</u><br>UNT, MUSCHI – <u>5B, L</u><br>UNT, OU, BR. VACI – <u>S</u><br>TARTINA BR. VACI, UNT. ROSII - <u>5A</u><br>MUSCHI, UNT(2), ROSII, - <u>DZ</u> | CIORBA CU CARTOFI<br>PILAF DE OREZ CU PULPA PUI LA CUPTOR – <u>5B, S, NPZ, L, DZ</u> ;<br>SALATA DE SFECLA ROSIE – <u>5B, S, L</u> ;<br>IAHNIE DE FASOLE – PULPA PUI LA CUPTOR - <u>5A</u><br>IAHNIE DE FASOLE –CARNAT – <u>C, MG</u><br>SALATA DE VARZA – <u>5A, DZ, C, NPZ, MG</u><br>PAINE / MAR | BRANZA CU SMANTANA SI MAMALIGUTA – <u>5A, C, DZ, NPZ, L</u><br>CARTOFI NATUR –SOTE FICAT DE PUI- <u>5B, S</u><br>RAVIOOLI CU SOS - <u>MG</u><br>PANDIȘPAN CU MERE – <u>MG</u> ;<br>PAINE – <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI SAU GRAPEFRUIT - <u>DZ</u>                      |
| JOI<br>17.07.25      | PAINE, CEAI, IAUURT, APA PLATA<br>OU, BR. TOPITA, MASLINE – <u>C</u><br>UNT, OU, MASLINE – <u>5B, NPZ, L</u><br>UNT, OU, BR. VACI – <u>S</u><br>OU, GEM. ROSII - <u>5A</u><br>OU, UNT(2), ROSII, - <u>DZ</u>                                        | CIORBA CU TAITEI<br>CARTOFI PIURE – PULPA PUI CUPTOR - <u>5B, S</u><br>SALATA DE SFECLA ROSIE - <u>5B, S, L</u><br>CARTOFI PIURE-CEAFA PORC LA CUPTOR – <u>C, 5A, DZ, NPZ, L, MG</u><br>SALATA DE ARDEI COPT - <u>C, 5A, DZ, NPZ, MG</u><br>PAINE / MAR                                             | BUDINCA DE MACAROANE CU BR. VACI – <u>5A, C, NPZ, L, 5B, S</u><br>SOTE DE PASTAI – PULPA PUI LA CUPTOR – <u>DZ</u><br>MACAROANE CU TELEMEA – <u>MG</u><br>PANDIȘPAN CU CAISE – <u>MG</u><br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI SAU GRAPEFRUIT - <u>DZ</u>             |

Nota: MENIURILE POT FI MODIFICATE IN LIMITA STOCULUI DE ALIMENTE DISPONIBIL DIN MAGAZIE

Legenda: C-comun; Dz-diabet; 5A-desodată; 5B-gastric; S-gastric cu supliment; NPZ-neoplazici; L-lehuze/gravide; MG-medică de gardă;

Intocmit: As. Bereholschi Andreea

Bucatar Coordonator: Dochitei Alina

*[Signature]*

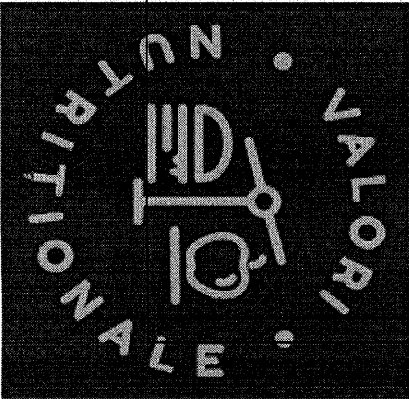
"O ALIMENTAȚIE CUMPĂTATĂ ȘI ECHILIBRATĂ CREȘTE SPERANȚA DE VIAȚĂ"

MENIUL SĂPTĂMANAL AL PACIENȚILOR ȘI AL MEDICILOR DE GARDĂ

|                                    |                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                             |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>VINERI</b><br><b>18.07.25</b>   | PAINE, CEAI, IAUȚ, APA PLATĂ<br>PATEU, BR. TOPITA, - <u>C</u><br>UNT, TARTINA BR. VACI - <u>5B</u> ,<br><u>NPZ, L</u><br>UNT, OU, BR. VACI - <u>S</u><br>UNT - TARTINA BR. VACI. ROSII -<br><u>5A, NPZ</u><br>PATEU, UNT(2), ROSII, - <u>DZ</u>       | CIORBA CU SFECLA ROSIE<br>OREZ CU LEGUME -PULPA PUI LA CUPTOR- <u>5B, S, NPZ, L</u><br>VARZA FIARTA-PULPA PUI LA CUPTOR- <u>5A, DZ</u><br>VARZA FIARTA -CARNAT - <u>C</u><br>OREZ CU LEGUME SI CIUPERCI -PULPA PUI - <u>MG</u><br>SALATA DE MURATURI - <u>MG</u><br>PAINE / MAR | MACAROANE CU CARNE TOCATA - <u>C, 5A, NPZ, L</u><br>BUDINCA DE MACARAOANE CU BR. VACI - <u>5B, S</u><br>MUSACA DE CARTOFI CU CARNE TOCATA - <u>DZ</u><br>SALATA GRECEASCA -SNITEL - <u>MG</u><br>BUDINCA DE MACAROANE CU BR. VACI - <u>MG</u><br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI SAU GRAPEFRUIT - <u>DZ</u> |
| <b>SAMBATA</b><br><b>19.07.25</b>  | PAINE, CEAI, IAUȚ, APA PLATĂ<br>SUNCA, BR. TOPITA, - <u>C</u><br>UNT, SUNCA - <u>5B, L</u><br>UNT, SUNCA, ROSII - <u>NPZ</u><br>UNT, OU, BR. VACI - <u>S</u><br>GEM, UNT. ROSII - <u>5A</u><br>SUNCA, UNT(2), ROSII, - <u>DZ</u>                      | CIORBA CU TAIȚEI<br>CARTOFI PIURE -PULPA PUI LA CUPTOR - <u>5B, S</u><br>CIULAMA PIEPT PUI CU MAMALIGUTA- <u>C, 5A, NPZ, L, MG</u><br>PULPA PUI LA CUPTOR CU MAMALIGUTA SI ARDEI COPT - <u>DZ</u> ;<br>PAINE / MAR                                                              | BUDINCA DE OREZ CU MERE - <u>5A, C, NPZ, L, MG</u><br>SOTE DE LEGUME SI OREZ- PULPA PUI LA CUPTOR - <u>DZ, 5B, S</u><br>CARTOFI CU VERDEATA SI PARMEZAN - PULPA PUI - <u>MG</u> ;<br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI SAU GRAPEFRUIT - <u>DZ</u>                                                             |
| <b>DUMINICA</b><br><b>20.07.25</b> | PAINE, CEAI, IAUȚ, APA PLATĂ<br>MUSCHI, BR. TOPITA, - <u>C</u><br>UNT, MUSCHI , ROSII- <u>NPZ</u><br>UNT, MUSCHI- <u>5B, NPZ, L</u><br>UNT, OU, BR. VACI - <u>S</u><br>TARTINA BR. VACI, UNT. ROSII - <u>5A</u><br>MUSCHI, UNT(2), ROSII, - <u>DZ</u> | SUPA CU GALUSTELE DE GRIȘ<br>OREZ CU LEGUME -PULPA PUI LA CUPTOR- <u>5B, S</u><br>SALATA DE SFECLA ROSIE - <u>5B, S, L</u><br>OREZ CU LEGUME -CEAFA PORC LA CUPTOR- <u>C, 5A, DZ, NPZ</u> ,<br><u>L, MG</u><br>SALATA DE ARDEI COPT - <u>C, 5A, DZ, NPZ, MG</u><br>PAINE / MAR  | BRANZA CU SMANATANA SI MAMALIGUTA - <u>5A, C, DZ, NPZ</u><br><u>,L, MG</u><br>CARTOFI NATUR -SOTE DE FICAT PUI- <u>5B, S</u><br>PANDIȘPAN CU CAISE - <u>MG</u> ;<br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI SAU GRAPEFRUIT - <u>DZ</u>                                                                              |

"O ALIMENTAȚIE CUMPĂTATĂ ȘI ECHILIBRATĂ CREȘTE SPERANȚA DE VIAȚĂ"

| MIC DEJUN                                                                                                                                                                                                                                                                                                                                                             |  | MIC DEJUN                                                                                                                                                                                                                                                                                                                                 |  | MIC DEJUN                                                                                                                                                                                                                                                                                                                                           | MIC DEJUN |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| <b>Desodat - 5A (500g)</b><br>(SE   0.07g sare   5.72g zaharuri)/100g iaurt 2,8%, Ceai, Rosii cherry, Gem, Zahar, Ou fierat<br>Valoare energetica: 186.37KJ/44.54KCal, Grăsimi: 1.41g (Din care acizi grași saturati: 0.85g), Glucide: 6.45g (Din care zaharuri: 5.72g), Proteine: 2.44g, Sare: 0.07g (per 100g)<br>Alergeni: Lapte, Oua                              |  | <b>Comun - C (500g)</b><br>(SE   0.45g sare   4.33g zaharuri)/100g iaurt 2,8%, Ceai, Sunca, Branza topita, Zahar,<br>Valoare energetica: 234.99KJ/56.16KCal, Grăsimi: 2.2g (Din care acizi grași saturati: 1.01g), Glucide: 4.63g (Din care zaharuri: 4.33g), Proteine: 4.66g, Sare: 0.45g (per 100g)<br>Alergeni: Lapte                  |  | <b>R. Gastric - 5B</b><br><b>Lehuze/gravide - L (500g)</b><br>(SE   0.45g sare   4.35g zaharuri)/100g iaurt 2,8%, Ceai, Sunca, Unt 82%, Zahar, Valoare energetica: 299.78KJ/71.65KCal, Grăsimi: 4.13g (Din care acizi grași saturati: 2.65g), Glucide: 4.54g (Din care zaharuri: 4.35g), Proteine: 4.44g, Sare: 0.45g (per 100g)<br>Alergeni: Lapte |           |
| <b>Diabet zaharat - DZ (550g)</b><br>(0E   0.06g sare   2.22g zaharuri)/100g iaurt 2,8%, Ceai, Rosii cherry, Unt 82%, Ou fierat<br>Valoare energetica: 290.47KJ/69.42KCal, Grăsimi: 5.79g (Din care acizi grași saturati: 3.97g), Glucide: 2.87g (Din care zaharuri: 2.22g), Proteine: 2.1g, Sare: 0.06g (per 100g)<br>Alergeni: Lapte, Oua                           |  | <b>Desodat - 5A (400g)</b><br>(0E   0.08g sare   4.72g zaharuri)/100g iaurt 2,8%, Ceai, branza de vaci, Unt 82%, Zahar, Unt 82%,<br>Valoare energetica: 313.22KJ/74.86KCal, Grăsimi: 4.89g (Din care acizi grași saturati: 3.3g), Glucide: 4.98g (Din care zaharuri: 4.72g), Proteine: 2.93g, Sare: 0.08g (per 100g)<br>Alergeni: Lapte   |  | <b>Comun - C (500g)</b><br>(4E   0.38g sare   4.24g zaharuri)/100g iaurt 2,8%, Ceai menta, Muschi file, Unt, Zahar<br>Valoare energetica: 338.89KJ/81KCal, Grăsimi: 4.94g (Din care acizi grași saturati: 2.98g), Glucide: 4.57g (Din care zaharuri: 4.24g), Proteine: 4.75g, Sare: 0.38g (per 100g)<br>Alergeni: Lapte, Soia                       |           |
| <b>R. Gastric - 5B,</b><br><b>Lehuze/gravide - L</b><br>(0E   0.06g sare   4.61g zaharuri)/100g iaurt 2,8%, Ceai, Masline negre, Unt 82%, Zahar, Ou fierat<br>Valoare energetica: 285.37KJ/68.2KCal, Grăsimi: 4.67g (Din care acizi grași saturati: 2.8g), Glucide: 5.11g (Din care zaharuri: 4.61g), Proteine: 2.03g, Sare: 0.06g (per 100g)<br>Alergeni: Lapte, Oua |  | <b>Desodat - 5A (550g)</b><br>(0E   0.06g sare   5.67g zaharuri)/100g iaurt 2,8%, Ceai, Rosii cherry, Gem de căpsuni, Unt, Zahar,<br>Valoare energetica: 267.17KJ/63.85KCal, Grăsimi: 3.52g (Din care acizi grași saturati: 2.36g), Glucide: 6.49g (Din care zaharuri: 5.67g), Proteine: 1.77g, Sare: 0.06g (per 100g)<br>Alergeni: Lapte |  | <b>Diabet zaharat - DZ (500g)</b><br>(0E   0.15g sare   2.09g zaharuri)/100g iaurt 2,8%, Ceai, Rosii cherry, Pateu pui, Unt 82%,<br>Valoare energetica: 349.64KJ/83.57KCal, Grăsimi: 7.11g (Din care acizi grași saturati: 3.94g), Glucide: 2.91g (Din care zaharuri: 2.09g), Proteine: 2.55g, Sare: 0.15g (per 100g)<br>Alergeni: Lapte            |           |
|                                                                                                                                                                                                                                                                                                                                                                       |  | <b>Desodat - 5A (400g)</b><br>(0E   0.08g sare   4.72g zaharuri)/100g iaurt 2,8%, Ceai, branza de vaci, Unt 82%, Zahar, Unt 82%,<br>Valoare energetica: 313.22KJ/74.86KCal, Grăsimi: 4.89g (Din care acizi grași saturati: 3.3g), Glucide: 4.98g (Din care zaharuri: 4.72g), Proteine: 2.93g, Sare: 0.08g (per 100g)<br>Alergeni: Lapte   |  | <b>Comun - C (450g)</b><br>(0E   0.17g sare   2.28g zaharuri)/100g iaurt 2,8%, Ceai, Pateu pui, Branza topita Zahar,<br>Valoare energetica: 245.93KJ/58.78KCal, Grăsimi: 4.08g (Din care acizi grași saturati: 1.23g), Glucide: 2.87g (Din care zaharuri: 2.28g), Proteine: 2.94g, Sare: 0.17g (per 100g)<br>Alergeni: Lapte                        |           |

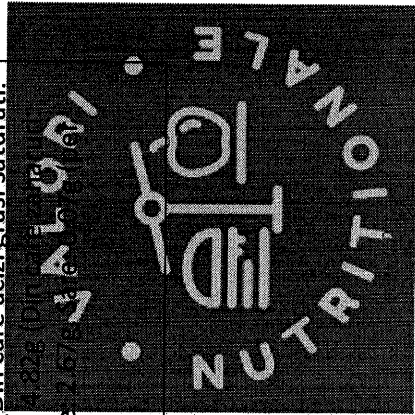


Ingredientele ingrosate contin alergenii

Ingredientele marcate cu \* provin din ingrediente congelate

Numarul de aditivi din preparat este marcat prin "E"

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| <p><b>Comun - C (450g)</b><br/>(0E   0.06g sare   4.59g zaharuri)/100g<br/>iaurt 2,8%, Ceai, Masline negre, Branza topita, Zahar, Ou fiert</p> <p>Valoare energetica: 213.71Kj/51.08KCal,<br/>Grăsimi: 2.53g (Din care acizi grași<br/>saturați: 0.98g), Glucide: 5.21g (Din care<br/>zaharuri: 4.59g), Proteine: 2.29g, Sare:<br/>0.06g (per 100g)</p> <p>Alergeni: Lapte, Oua</p> <p><b>R. Gastric cu supliment- S (450g)</b><br/>(0E   0.06g sare   4.35g zaharuri)/100g<br/>iaurt 2,8%, Ceai, Branza de vaci, Ou fiert,<br/>Unt, Zahar,</p> <p>Valoare energetica: 318.27Kj/76.07KCal,<br/>Grăsimi: 4.97g (Din care acizi grași<br/>saturați: 2.63g), Glucide: 4.81g (Din care<br/>zaharuri: 4.35g), Proteine: 3.2g, Sare:<br/>0.06g (per 100g)</p> <p>Alergeni: Lapte, Oua</p> | <p><b>Diabet zaharat - DZ (500g)</b><br/>(5E   0.38g sare   2.12g zaharuri)/100g<br/>iaurt 2,8%, Ceai, Rosii cherry, Sunca, Unt<br/>82% ,</p> <p>Valoare energetica: 308.88Kj/73.82KCal,<br/>Grăsimi: 5.42g (Din care acizi grași<br/>saturați: 3.61g), Glucide: 2.69g (Din care<br/>zaharuri: 2.12g), Proteine: 4.07g, Sare:<br/>0.38g (per 100g)</p> <p>Alergeni: Lapte</p> <p><b>Gastric cu supliment - S(450g)</b><br/>(0E   0.06g sare   4.35g zaharuri)/100g<br/>iaurt 2,8%, Ceai, Branza de vaci, Ou<br/>fiert, Unt, Zahar,</p> <p>Valoare energetica: 318.27Kj/76.07KCal,<br/>Grăsimi: 4.97g (Din care acizi grași<br/>saturați: 2.63g), Glucide: 4.81g (Din care<br/>zaharuri: 4.35g), Proteine: 3.2g, Sare:<br/>0.06g (per 100g)</p> <p>Alergeni: Lapte, Oua</p> <p><b>Neoplazici- NPZ (500g)(5E   0.39g<br/>sare   3.88g zaharuri)/100giaurt 2,8%,<br/>Ceai, Rosii cherry, Sunca, Unt 82% ,<br/>Zahar</b></p> <p>Valoare energetica: 266.73Kj/63.75KCal,<br/>Grăsimi: 3.5g (Din care acizi grași<br/>saturați: 2.24g), Glucide: 4.45g (Din care<br/>zaharuri: 3.88g), Proteine: 3.96g, Sare:<br/>0.39g (per 100g)</p> <p>Alergeni: Lapte</p> | <p><b>Diabet zaharat- DZ (500g)</b><br/>(4E   0.32g sare   2.01g zaharuri)/100g<br/>iaurt 2,8%, Ceai, Rosii cherry, Muschi file,<br/>Unt,</p> <p>Valoare energetica: 339.22Kj/81.08KCal,<br/>Grăsimi: 6.05g (Din care acizi grași saturați:<br/>3.86g), Glucide: 2.77g (Din care zaharuri:<br/>2.01g), Proteine: 4.17g, Sare: 0.32g (per<br/>100g)</p> <p>Alergeni: Lapte, Soia</p> <p><b>R. Gastric cu supliment -S(450g)</b><br/>(0E   0.06g sare   4.35g zaharuri)/100g<br/>iaurt 2,8%, Ceai, Branza de vaci, Ou fiert,<br/>Unt, Zahar,</p> <p>Valoare energetica: 318.27Kj/76.07KCal,<br/>Grăsimi: 4.97g (Din care acizi grași saturați:<br/>2.63g), Glucide: 4.81g (Din care zaharuri:<br/>4.35g), Proteine: 3.2g, Sare: 0.06g (per<br/>100g)</p> <p>Alergeni: Lapte, Oua</p> <p><b>Neoplazici - NPZ (500g)</b><br/>(4E   0.33g sare   3.79g zaharuri)/100g<br/>iaurt 2,8%, Ceai menta, Rosii cherry,<br/>Muschi file, Unt, Zahar</p> <p>Valoare energetica: 299.39Kj/71.56KCal,<br/>Grăsimi: 4.18g (Din care acizi grași<br/>saturați: 2.52g), Glucide: 4.48g (Din care<br/>zaharuri: 3.79g), Proteine: 4.22g, Sare:<br/>0.33g (per 100g)</p> <p>Alergeni: Lapte, Soia</p> | <p><b>R. Gastric - 5B Lehuze/Gravide- L<br/>(400g)</b><br/>(2E   0.16g sare   4.52g zaharuri)/100g<br/>iaurt 2,8%, Ceai, branza de vaci, Unt 82% ,<br/>Zahar, Unt 82% ,</p> <p>Valoare energetica: 313.22Kj/74.86KCal,<br/>Grăsimi: 4.89g (Din care acizi grași saturați:<br/>3.3g), Glucide: 4.98g (Din care zaharuri:<br/>4.72g), Proteine: 2.93g, Sare: 0.08g (per<br/>100g)</p> <p>Alergeni: Lapte</p> <p><b>Gastric cu supliment - S (450g)</b><br/>(0E   0.06g sare   4.35g zaharuri)/100g<br/>iaurt 2,8%, Ceai, Branza de vaci, Ou fiert, Unt,<br/>Zahar,</p> <p>Valoare energetica: 318.27Kj/76.07KCal,<br/>Grăsimi: 4.97g (Din care acizi grași saturați:<br/>2.63g), Glucide: 4.81g (Din care zaharuri:<br/>4.35g), Proteine: 3.2g, Sare: 0.06g (per 100g)</p> <p>Alergeni: Lapte, Oua</p> <p><b>Neoplazici- NPZ (400g)</b><br/>(0E   0.07g sare   4.18g zaharuri)/100g<br/>iaurt 2,8%, Ceai, Rosii cherry, branza de<br/>vacii, Unt 82% , Zahar, Unt 82% ,</p> <p>Valoare energetica: 276.69Kj/66.13KCal,<br/>Grăsimi: 4.11g (Din care acizi grași saturați:<br/>2.77g), Glucide: 4.82g (Din care zaharuri:<br/>4.18g), Proteine: 2.67g, Sare: 0.07g (per<br/>100g)</p> <p>Alergeni: Lapte</p> |
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*Ingredientele ingrosoare contin alergeni*

*Ingredientele marcate cu \* provin din ingrediente congelate*

*Numarul de aditivi din preparat este marcat prin "E"*

| Pranz                                                                                                                                                                                                                                                                                                                                                                                   |  | Pranz                                                                                                                                                                                                                                                                                                                                                                                                               |  | Pranz                                                                                                                                                                                                                                                                                                                                                                                                    |  | Pranz                                                                                                                                                                                                                                                                                                                                                                                                                    |  | Pranz                                                                                                                                                                                                                                                                                                                                                                        |  |                                                                                                                                                                                                                                                                                                                                                                                                                    |  |
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| <b>Ciorba cu taitei (400g)</b><br>(0E   0.04g sare   0.38g zaharuri)/100g<br>Apa, bors, Amestec legume ciorba *, Smantana 20%, Morcovi, Ceapa, Paste, Ulei, Valoare energetica:<br>165.14KJ/39.47KCal, Grăsimi: 3.16g (Din care acizi grași saturati: 0.25g), Glucide: 2.16g (Din care zaharuri: 0.38g), Proteine: 0.48g, Sare: 0.04g (per 100g)<br>Alergeni: Gluten, Lapte             |  | <b>Ciorba cu perisoare (400g)</b><br>(0E   0.1g sare   0.63g zaharuri)/100g<br>Apa, Carne tocata amestec, Ceapa, BORS, Amestec legume ciorba *, Smantana 20%, Morcovi, OREZ, Ulei, OUA CONSUM<br>Valoare energetica:<br>390.19KJ/93.26KCal, Grăsimi: 5.88g (Din care acizi grași saturati: 1.5g), Glucide: 7.14g (Din care zaharuri: 0.63g), Proteine: 2.73g, Sare: 0.1g (per 100g)<br>Alergeni: Gluten, Lapte, Oua |  | <b>Ciorba cu orez (Diabet Zaharat - DZ) (400g)</b><br>(0E   0.07g sare   0.47g zaharuri)/100g<br>Apa, BORS, Smantana 20%, Amestec legume ciorba *, bors, Morcovi, Ceapa, Ulei, OREZ ,<br>Valoare energetica:<br>175.97KJ/42.06KCal, Grăsimi: 3.14g (Din care acizi grași saturati: 0.26g), Glucide: 2.77g (Din care zaharuri: 0.47g), Proteine: 0.58g, Sare: 0.07g (per 100g)<br>Alergeni: Gluten, Lapte |  | <b>Ciorba cu sfecla rosie (Diabet Zaharat-DZ) (400g)</b><br>(0E   0.08g sare   1.38g zaharuri)/100g<br>Apa, Sfecla rosie, Cartofi, BORS, Amestec legume ciorba *, Smantana 20%, Morcovi, Ceapa, Ulei,<br>Valoare energetica:<br>223.95KJ/53.53KCal, Grăsimi: 2.73g (Din care acizi grași saturati: 0.22g), Glucide: 6.42g (Din care zaharuri: 1.38g), Proteine: 1.05g, Sare: 0.08g (per 100g)<br>Alergeni: Gluten, Lapte |  | <b>Ciorba cu cartofi (400g)</b><br>(0E   0.04g sare   1.37g zaharuri)/100g<br>Cartofi, Apa, bors, Amestec legume ciorba, Smantana 20%, Morcovi, Ceapa, Ulei, Valoare energetica:<br>266.84KJ/63.78KCal, Grăsimi: 2.68g (Din care acizi grași saturati: 0.22g), Glucide: 8.84g (Din care zaharuri: 1.37g), Proteine: 1.18g, Sare: 0.04g (per 100g)<br>Alergeni: Gluten, Lapte |  | <b>Supa cu galustele de gris (400g)</b><br>(0E   0.04g sare   0.68g zaharuri)/100g<br>Apa, BORS, Ardei gras, Amestec legume ciorba *, Smantana 20%, Morcovi, Ceapa, Ulei, Gris, OUA CONSUM<br>Valoare energetica:<br>311.65KJ/74.49KCal, Grăsimi: 5.54g (Din care acizi grași saturati: 0.53g), Glucide: 5.13g (Din care zaharuri: 0.68g), Proteine: 0.94g, Sare: 0.04g (per 100g)<br>Alergeni: Gluten, Lapte, Oua |  |
| <b>Ciorba cu taitei (Diabet zaharat - DZ) (400g)</b><br>(0E   0.04g sare   0.34g zaharuri)/100g<br>Apa, bors, Amestec legume ciorba *, Smantana 20%, Morcovi, Ceapa, Ulei, Valoare energetica:<br>166.36KJ/39.76KCal, Grăsimi: 3.27g (Din care acizi grași saturati: 0.26g), Glucide: 1.99g (Din care zaharuri: 0.34g), Proteine: 0.49g, Sare: 0.04g (per 100g) Alergeni: Gluten, Lapte |  | <b>Ciorba cu orez (400g)</b><br>(0E   0.07g sare   0.47g zaharuri)/100g<br>Apa, BORS, Smantana 20%, Amestec legume ciorba *, bors, Morcovi, Ceapa, OREZ , Ulei,<br>Valoare energetica:<br>222.09KJ/53.08KCal, Grăsimi: 3.09g (Din care acizi grași saturati: 0.26g), Glucide: 5.37g (Din care zaharuri: 0.47g), Proteine: 0.76g, Sare: 0.07g (per 100g) Alergeni: Gluten, Lapte                                     |  | <b>Ciorba cu sfecla rosie (400g)</b><br>(0E   0.07g sare   1.47g zaharuri)/100g<br>Apa, Cartofi, Sfecla rosie, BORS, Amestec legume ciorba *, Smantana 20%, Morcovi, Ceapa, Ulei,<br>Valoare energetica:<br>229.55KJ/54.87KCal, Grăsimi: 2.51g (Din care acizi grași saturati: 0.2g), Glucide: 7.22g (Din care zaharuri: 1.47g), Proteine: 1.1g, Sare: 0.07g (per 100g)                                  |  | <b>Ciorba cu cartofi (Diabet zaharat - DZ) (400g)</b><br>(0E   0.05g sare   0.97g zaharuri)/100g<br>Apa, Cartofi, bors, Amestec legume ciorba, Smantana 20%, Morcovi, Ceapa, Ulei,<br>Valoare energetica:<br>258.39KJ/61.76KCal, Grăsimi: 3.67g (Din care acizi grași saturati: 0.3g), Glucide: 6.18g (Din care zaharuri: 0.97g), Proteine: 0.98g, Sare: 0.05g (per 100g) Alergeni: Gluten, Lapte                        |  |                                                                                                                                                                                                                                                                                                                                                                              |  |                                                                                                                                                                                                                                                                                                                                                                                                                    |  |

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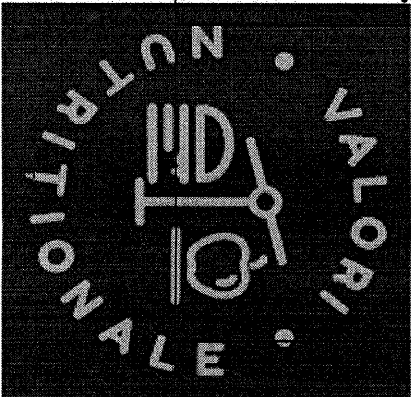
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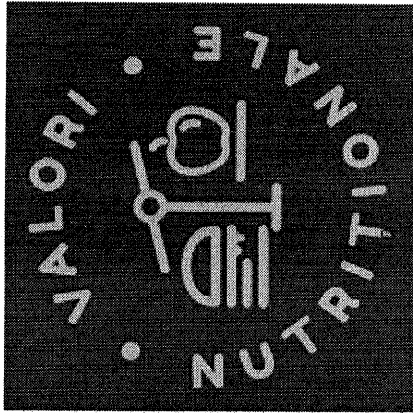
Ingredientele ingrasate contin alergeni

Ingredientele marcate cu \* provin din ingrediente congelate

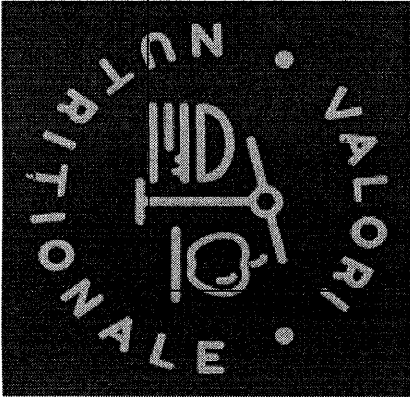
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| <p><b>Salata de sfecla rosie (200g)</b><br/>(0E   0.07g sare   2.71g zaharuri)/100g<br/>Sfecla rosie, Ulei</p> <p>Valoare energetica: 295.45Kj/70.61KCal, Grăsimi: 3.39g (Din care acizi grași saturați: 0.35g), Glucide: 9.68g (Din care zaharuri: 2.71g), Proteine: 1.55g, Sare: 0.07g (per 100g)</p> | <p><b>Salata de Ardei copt (150g)</b><br/>(1E   1.45g sare   1.94g zaharuri)/100g<br/>ardei capia copt, Ulei</p> <p>Valoare energetica: 194.22Kj/46.42KCal, Grăsimi: 3.87g (Din care acizi grași saturați: 0.65g), Glucide: 2.42g (Din care zaharuri: 1.94g), Proteine: 0.58g, Sare: 1.45g (per 100g)</p> | <p><b>Salata de varza (150g)</b><br/>(0E   0.02g sare   2.37g zaharuri)/100g<br/>Varza alba, Ulei,</p> <p>Valoare energetica: 338.41Kj/80.88KCal, Grăsimi: 5.92g (Din care acizi grași saturați: 0.68g), Glucide: 5.68g (Din care zaharuri: 2.37g), Proteine: 1.18g, Sare: 0.02g (per 100g)</p> |
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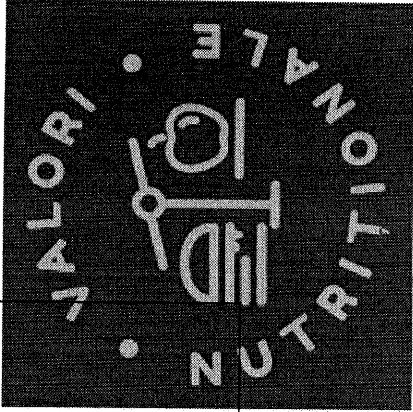
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| <p><b>Paine alba (100g)</b><br/>(0E   0g sare   0g zaharuri)/100g</p> <p><b>Paine alba</b> Valoare energetica: 1112.94Kj/266KCal, Grăsimi: 3.3g (Din care acizi grași saturați: 0g), Glucide: 50.6g (Din care zaharuri: 0g), Proteine: 7.6g, Sare: 0g (per 100g) <b>Alergeni:</b> Gluten</p> | <p><b>Paine integrala DIABET ZAHARAT - DZ (100g)</b><br/>(0E   0g sare   0g zaharuri)/100g</p> <p><b>Paine integrala</b> Valoare energetica: 934.29Kj/223.3KCal, Grăsimi: 1.7g (Din care acizi grași saturați: 0g), Glucide: 39g (Din care zaharuri: 0g), Proteine: 13g, Sare: 0g (per 100g) <b>Alergeni:</b> Gluten</p> |
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| <p><b>Pranz</b></p> <p><b><u>Cartofi piure cu ceafa porc (400g)</u></b></p> <p>(0E   0g sare   0.15g zaharuri)/100g</p> <p>Cartofi, Ceafa porc*, Lapte, Unt 82% , Ulei</p> <p>Valoare energetica:</p> <p>639.17KJ/152.77KCal, Grăsimi: 7.39g (Din care acizi grași saturați: 1.16g), Glucide: 12.71g (Din care zaharuri: 0.15g), Proteine: 8.32g, Sare: 0g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p> | <p><b>Pranz</b></p> <p><b><u>Sote de ficat pui cu mamaliguta (400g)</u></b></p> <p>(0E   0.04g sare   0.64g zaharuri)/100g</p> <p>Ficat de pui crud*, Malai, Ceapa, Morcovi, Ulei, <b>FAINA</b>,</p> <p>Valoare energetica:</p> <p>736.54KJ/176.04KCal, Grăsimi: 5.34g (Din care acizi grași saturați: 0.33g), Glucide: 19.63g (Din care zaharuri: 0.64g), Proteine: 10.74g, Sare: 0.04g (per 100g)</p> <p><b>Alergeni:</b> Gluten</p> | <p><b>Pranz</b></p> <p><b><u>Iahnie de fasole cu carnat (500g)</u></b></p> <p>(0E   0.08g sare   0.7g zaharuri)/100g</p> <p>Fasole (uscata), Carnati trandafir, Morcovi, Ceapa, Ulei, Paste tomate, Valoare energetica:</p> <p>1031.96KJ/246.65KCal, Grăsimi: 11.54g (Din care acizi grași saturați: 0.57g), Glucide: 21.39g (Din care zaharuri: 0.7g), Proteine: 13.12g, Sare: 0.08g (per 100g)</p> | <p><b>Pranz</b></p> <p><b><u>Pilaf de orez cu pulpa pui (400g)</u></b></p> <p>(0E   0g sare   0.95g zaharuri)/100g</p> <p>Pulpe dezosate pui*, <b>OREZ</b>, Morcovi, Ceapa, Ulei,</p> <p>Valoare energetica:</p> <p>876.04KJ/209.38KCal, Grăsimi: 7.81g (Din care acizi grași saturați: 1.76g), Glucide: 18.88g (Din care zaharuri: 0.95g), Proteine: 15.25g, Sare: 0g (per 100g) <b>Alergeni:</b> Gluten</p>  |
| <p><b><u>Cartofi piure cu pulpa pui (400g)</u></b></p> <p>(0E   0g sare   0.43g zaharuri)/100g</p> <p>Cartofi, Pulpe dezosate pui*, Lapte, Unt 82% , Ulei</p> <p>Valoare energetica:</p> <p>585.58KJ/139.96KCal, Grăsimi: 5.62g (Din care acizi grași saturați: 1.87g), Glucide: 13.28g (Din care zaharuri: 0.43g), Proteine: 8.7g, Sare: 0g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p>               | <p><b><u>Sote de ficat cu mamaliguta gris (400g)</u></b></p> <p>(0E   0.04g sare   1.19g zaharuri)/100g</p> <p>Ficat de pui crud*, Gris, Ceapa, Morcovi, Ulei, <b>FAINA</b>,</p> <p>Valoare energetica:</p> <p>678.75KJ/162.22KCal, Grăsimi: 5.56g (Din care acizi grași saturați: 0.34g), Glucide: 16.09g (Din care zaharuri: 1.19g), Proteine: 11.34g, Sare: 0.04g (per 100g)</p> <p><b>Alergeni:</b> Gluten</p>                     | <p><b><u>Iahnie de fasole cu pulpa pui (550g)</u></b></p> <p>(0E   0.06g sare   0.88g zaharuri)/100g</p> <p>Pulpe dezosate pui, Fasole (uscata), Morcovi, Ceapa, Ulei, Paste tomate, Valoare energetica:</p> <p>870KJ/207.94KCal, Grăsimi: 7.74g (Din care acizi grași saturați: 1.42g), Glucide: 17.33g (Din care zaharuri: 0.88g), Proteine: 16.57g, Sare: 0.06g (per 100g)</p>                    | <p><b><u>Pilaf de orez cu pulpa pui (Diabet zaharat - DZ) (350g)</u></b></p> <p>(0E   0g sare   0.98g zaharuri)/100g</p> <p>Pulpe dezosate pui*, <b>OREZ</b>, Morcovi, Ceapa, Ulei,</p> <p>Valoare energetica:</p> <p>814.97KJ/194.78KCal, Grăsimi: 8.32g (Din care acizi grași saturați: 1.87g), Glucide: 13.5g (Din care zaharuri: 0.98g), Proteine: 15.99g, Sare: 0g (per 100g) <b>Alergeni:</b> Gluten</p> |



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| <p><b>Pranz</b></p> <p><b><u>Orez cu legume si pulpa pui (400g)</u></b><br/>           (0E   0g sare   0.91g zaharuri)/100g<br/>           Pulpe dezosate pui*, OREZ , Morcovi, Ceapa, Fasole pastai*, Ulei,<br/>           Valoare energetica: 820.67Kj/196.14KCal,<br/>           Grăsimi: 7.58g (Din care acizi grași saturați: 1.7g), Glucide: 16.68g (Din care zaharuri: 0.91g), Proteine: 14.8g, Sare: 0g (per 100g)<br/> <b>Alergeni:</b> Gluten</p> <p><b><u>Orez cu legume si ceafa porc (400g)</u></b><br/>           (0E   0.05g sare   0.52g zaharuri)/100g<br/>           Ceafa porc, OREZ , Morcovi, Ceapa, Fasole pastai* , Ulei,<br/>           Valoare energetica: 935.76Kj/223.65KCal,<br/>           Grăsimi: 10.77g (Din care acizi grași saturați: 0.37g), Glucide: 16.17g (Din care zaharuri: 0.52g), Proteine: 14.7g, Sare: 0.05g (per 100g)<br/> <b>Alergeni:</b> Gluten</p> | <p><b>Pranz</b></p> <p><b><u>Ciulama pui cu mamaliguta (500g)</u></b><br/>           (0E   3.01g sare   0.57g zaharuri)/100g<br/>           piept pui*, Malai, Morcovi, Ceapa, Smantana 20%, Faina alba, Ulei,<br/>           Valoare energetica: 846.55Kj/202.33KCal,<br/>           Grăsimi: 5.82g (Din care acizi grași saturați: 0.33g), Glucide: 22.44g (Din care zaharuri: 0.57g), Proteine: 13.81g, Sare: 3.01g (per 100g)<br/> <b>Alergeni:</b> Lapte, Gluten</p> <p><b><u>Pulpa de pui cu mamaliguta si ardei copt (Diabet zaharat -DZ) (450g)</u></b><br/>           (1E   0.46g sare   1.12g zaharuri)/100g<br/>           Pulpe dezosate pui*, ardei capia copt, Malai, Ulei<br/>           Valoare energetica: 727.59Kj/173.9KCal,<br/>           Grăsimi: 6.38g (Din care acizi grași saturați: 1.47g), Glucide: 15.59g (Din care zaharuri: 1.12g), Proteine: 12.5g, Sare: 0.46g (per 100g)</p> | <p><b>Pranz</b></p> <p><b><u>Varza fiarta - carnat (350g)</u></b><br/>           (0E   0.05g sare   1.99g zaharuri)/100g<br/>           Varza, Carnati trandafir, Morcovi, Ceapa, Smantana 20%, Paste tomate, Ulei,<br/>           Valoare energetica: 398.25Kj/95.18KCal,<br/>           Grăsimi: 6.66g (Din care acizi grași saturați: 0.29g), Glucide: 5.51g (Din care zaharuri: 1.99g), Proteine: 3.67g, Sare: 0.05g (per 100g)<br/> <b>Alergeni:</b> Lapte</p> <p><b><u>Varza fiarta cu pulpa pui (400g)</u></b><br/>           (0E   0.04g sare   1.92g zaharuri)/100g<br/>           Varza, Pulpe dezosate pui*, Morcovi, Ceapa, Smantana 20%, Paste tomate, Ulei,<br/>           Valoare energetica: 388.67Kj/92.89KCal,<br/>           Grăsimi: 4.84g (Din care acizi grași saturați: 0.85g), Glucide: 5.81g (Din care zaharuri: 1.92g), Proteine: 7g, Sare: 0.04g (per 100g)<br/> <b>Alergeni:</b> Lapte</p> |
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| <p><b>Cină</b></p> <p><b><u>Budinca de macaroane cu branza vaci (350g)</u></b></p> <p>(0E   0.11g sare   7.73g zaharuri)/100g<br/>branza de vaci, Macaroane, Ulei,<br/>Zahar, <b>Unt 82% , OUA CONSUM</b></p> <p>Valoare energetica:<br/>860.79KJ/205.73KCal, Grăsimi: 9.4g<br/>(Din care acizi grași saturați: 3.52g),<br/>Glucide: 19.07g (Din care zaharuri:<br/>7.73g), Proteine: 9g, Sare: 0.11g (per<br/>100g)</p> <p><b>Alergeni:</b> Lapte, Oua</p> | <p><b>Cină</b></p> <p><b><u>Budinca de orez cu mere (300g)</u></b></p> <p>(0E   0.03g sare   7.17g zaharuri)/100g<br/>Mere, <b>OREZ , Lapte 3,5 %</b>, Zahar, <b>Unt 82% , Ulei</b></p> <p>Valoare energetica:<br/>799.18KJ/191.01KCal, Grăsimi: 5.54g<br/>(Din care acizi grași saturați: 2.61g),<br/>Glucide: 33.32g (Din care zaharuri:<br/>7.17g), Proteine: 2.3g, Sare: 0.03g (per<br/>100g)</p> <p><b>Alergeni:</b> Gluten, lapte</p>   | <p><b>Cină</b></p> <p><b><u>Branza cu smantana si mamaliguta (350g)</u></b></p> <p>(0E   0.07g sare   1.73g zaharuri)/100g<br/><b>Smantana 20%</b>, branza de vaci, Malai,<br/>Ulei</p> <p>Valoare energetica:<br/>978.02KJ/233.75KCal, Grăsimi: 9.67g<br/>(Din care acizi grași saturați: 1.2g),<br/>Glucide: 25.07g (Din care zaharuri:<br/>1.73g), Proteine: 7.94g, Sare: 0.07g<br/>(per 100g) <b>Alergeni:</b> Lapte</p> | <p><b>Cină</b></p> <p><b><u>Macroane cu carne tocata (350g)</u></b></p> <p>(0E   0.24g sare   1.28g zaharuri)/100g<br/>Carne tocata amestec* , Macaroane,<br/>Parmezan, Suc de rosii, Morcovi,<br/>Ceapa, Ulei,</p> <p>Valoare energetica:<br/>820.67KJ/196.14KCal, Grăsimi: 12.98g<br/>(Din care acizi grași saturați: 4.99g),<br/>Glucide: 11.21g (Din care zaharuri:<br/>1.28g), Proteine: 8.71g, Sare: 0.24g<br/>(per 100g)</p> <p><b>Alergeni:</b> lapte</p> |
| <p><b><u>Sote de pastai cu pulpa pui (450g)</u></b></p> <p>(0E   0.03g sare   1.22g zaharuri)/100g<br/>Pulpe dezosate pui*, Fasole pastai*,<br/>Morcovi, Ceapa, Ulei,</p> <p>Valoare energetica:<br/>473.82KJ/113.25KCal, Grăsimi: 5.29g<br/>(Din care acizi grași saturați: 1.16g),<br/>Glucide: 6.82g (Din care zaharuri:<br/>1.22g), Proteine: 10.5g, Sare: 0.03g<br/>(per 100g)</p>                                                                     | <p><b><u>Sote de legume si orez cu pulpa pui dezosata (500g)</u></b></p> <p>(0E   0g sare   0.46g zaharuri)/100g<br/>Pulpe dezosate pui*, Legume congelate<br/>amestec* , <b>OREZ , Ulei</b>,</p> <p>Valoare energetica:<br/>675.25KJ/161.39KCal, Grăsimi: 6.29g<br/>(Din care acizi grași saturați: 1.37g),<br/>Glucide: 12.87g (Din care zaharuri:<br/>0.46g), Proteine: 12.91g, Sare: 0g (per<br/>100g)</p> <p><b>Alergeni:</b> Gluten</p> | <p><b><u>Cartofi natur - sote ficat pui (400g)</u></b></p> <p>(0E   0g sare   0.27g zaharuri)/100g<br/>Cartofi, Ficat de pui crud, Ceapa,<br/>Morcovi, <b>Unt 82% , Ulei</b>,</p> <p>Valoare energetica:<br/>453.66KJ/108.43KCal, Grăsimi: 3.51g<br/>(Din care acizi grași saturați: 0.87g),<br/>Glucide: 13.69g (Din care zaharuri:<br/>0.27g), Proteine: 5.09g, Sare: 0g (per<br/>100g)</p> <p><b>Alergeni:</b> Lapte</p>  | <p><b><u>Musaca de cartofi cu carne tocata (350g)</u></b></p> <p>(0E   0.12g sare   0.39g zaharuri)/100g<br/>Cartofi, Carne tocata amestec* ,<br/>Parmezan, Suc de rosii, Morcovi,<br/>Ceapa, Ulei,</p> <p>Valoare energetica:<br/>550.06KJ/131.47KCal, Grăsimi: 6.27g<br/>(Din care acizi grași saturați: 2.41g),<br/>Glucide: 14.38g (Din care zaharuri:<br/>0.39g), Proteine: 4.14g, Sare: 0.12g<br/>(per 100g)</p> <p><b>Alergeni:</b> La</p>                 |

