

MENIUL SĂPTĂMANAL AL PACIENȚILOR ȘI AL MEDICILOR DE GARDĂ

Aprobat,  
Manager: Alupoae Bogdan  
Director de Îngrijiri: As. Foca Angela

Cina

| Zilele Săpt:                       | Mic dejun                                                                                                                                                                                                                                                                                | Pranz                                                                                                                                                                                                                                                                                      | Cina                                                                                                                                                                                                                                                                                            |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Luni</b><br><b>08.12.25</b>     | PAINE, CEAL, IAUURT<br>OU, BR. TOPITA - <u>C</u><br>UNT, OU - <u>5B, NPZ, L</u><br>UNT, OU, ROSII - <u>NPZ</u><br>UNT, OU, BR. VACI - <u>S</u><br>OU, UNT, ROSII - <u>5A</u><br>OU, UNT(2), ROSII, - <u>DZ, DZd</u>                                                                      | CIORBA CU TAITEI<br>CARTOFI NATUR - PULPA PUI - <u>5B, S</u><br>SALATA DE SFECLA ROSIE - <u>5B, S, L</u><br>CARTOFI NATUR-CEAFA PORC - <u>C, 5A, DZ, DZd, NPZ, L, MG</u><br>SALATA DE ARDEI COPTI - <u>C, 5A, DZ, DZd, 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, DZd</u><br>CIULAMA PIEPT PUI CIUPERCI SI MAMALIGUTA - <u>MG</u> ;<br>LAPTE CU MACAROANE - <u>MG</u> ;<br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>IAURT - <u>DZ, DZd, NPZ</u> |
| <b>MARTI</b><br><b>09.12.25</b>    | PAINE, CEAL, IAUURT<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>CAS DULCE, ROSII - <u>5A</u><br>CAS DULCE, UNT(2), ROSII - <u>DZd</u><br>SUNCA, UNT(2), ROSII - <u>DZ</u>                         | CIORBA CU PERISOARE<br>SOTE DE FICAT CU MAMALIGUTA - <u>C, 5A, DZ, DZd, NPZ, L, MG</u><br>SOTE DE FICAT CU MAMALIGUTA - <u>5B, S</u><br>MAR - <u>DZ, DZd</u> ;<br>BISCUITI - <u>C, 5A, NPZ, L, 5B, S</u><br>PAINE                                                                          | BUDINCA DE OREZ CU MERE - <u>5A, C, NPZ, L</u><br>SOTE DE LEGUME SI OREZ- PULPA PUI - <u>DZ, 5B, S, DZd</u><br>CARTOFI COPTI - SNITEL - <u>MG</u> ;<br>LAPTE CU OREZ - <u>MG</u><br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>IAURT - <u>DZ, DZd, NPZ</u>                                      |
| <b>MIERCURI</b><br><b>10.12.25</b> | PAINE, CEAL, IAUURT<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>TARTINA BR. VACI, UNT(2), ROSII - <u>DZd</u><br>MUSCHI, UNT(2), ROSII, - <u>DZ</u> | CIORBA CU CARTOFI<br>PILAF DE OREZ CU PULPA PUI - <u>5B, S, NPZ, L, DZ, DZd</u> ;<br>SALATA DE SFECLA ROSIE - <u>5B, S, L</u> ;<br>IAHNIE DE FASOLE - PULPA PUI - <u>5A</u><br>IAHNIE DE FASOLE - CARNAT - <u>C, MG</u><br>SALATA DE VARZA - <u>5A, DZ, DZd, C, NPZ, MG</u><br>PAINE / MAR | BRANZA CU SMANTANA SI MAMALIGUTA - <u>5A, C, DZ, DZd, NPZ, L</u><br>CARTOFI NATUR - SOTE FICAT DE PUI - <u>5B, S</u><br>CRTOFI COPTI - CASCVAL PANNE - <u>MG</u> ;<br>PANDISPAN CU MERE - <u>MG</u> ;<br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>IAURT - <u>DZ, DZd, NPZ</u>                 |
| <b>JOI</b><br><b>11.12.25</b>      | PAINE, CEAL, IAUURT<br>OU, BR. TOPITA - <u>C</u><br>UNT, OU - <u>5B, NPZ, L</u><br>UNT, OU, ROSII - <u>NPZ</u><br>UNT, OU, BR. VACI - <u>S</u><br>OU, UNT, ROSII - <u>5A</u><br>OU, UNT(2), ROSII, - <u>DZ, DZd</u>                                                                      | CIORBA CU OREZ<br>CARTOFI NATUR - PULPA PUI - <u>5B, S</u><br>SALATA DE SFECLA ROSIE - <u>5B, S, L</u><br>CARTOFI NATUR-CEAFA PORC - <u>C, 5A, DZ, DZd, NPZ, L, MG</u><br>SALATA DE ARDEI COPTI - <u>C, 5A, DZ, DZd, 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, DZd</u><br>MACAROANE CU TELEMIA - <u>MG</u><br>PAPANASI CU SMANTANA SI GEM - <u>MG</u><br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>IAURT - <u>DZ, DZd, NPZ</u>                |

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

Legenda: C-comun; Dz-diabet; DZd - diabet desodat; 5A-desodat; 5B-gastric; S-gastric cu supliment; NPZ-neoplazici; L-lehuze/gravide; MG-medici de garda;

Intocmit: As. Bereholschi Andreea

Bucatar Coordonator: Dochitei Alina

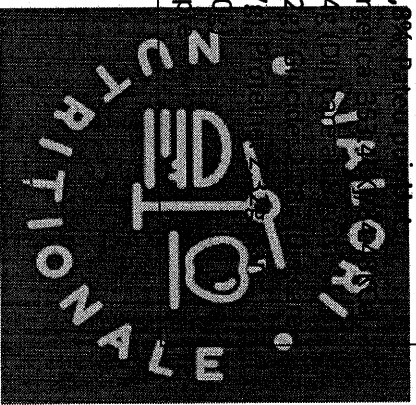
"O ALIMENTAȚIE CUMPĂTATĂ ȘI ECHILIBRATĂ CREȘTE SPERANȚA DE VIAȚĂ"

MENIUL SĂPTĂMANAL AL PACIENȚILOR ȘI AL MEDICILOR DE GARDĂ

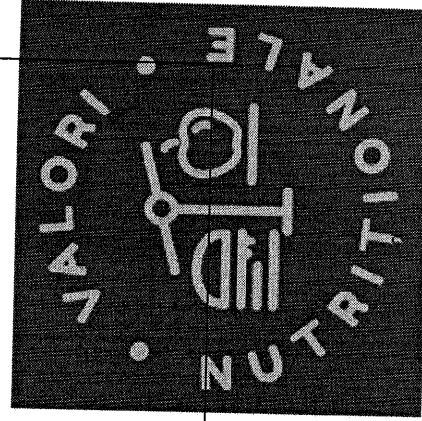
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|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>VINERI</b><br><b>12.12.25</b>   | PAINE, CEAI, IAUROT<br>PATEU, UNT - C<br>UNT, CAS DULCE - <u>5B, L</u><br>CAS DULCE , UNT, ROSII - <u>NPZ</u><br>UNT, OU, BR. VACI - <u>S</u><br>CAS DULCE - ROSII - <u>5A</u><br>UNT(2), CAS DULCE , ROSII, - <u>DZ, DZd</u>                                              | CIORBA CU SFECLA ROSIE<br>OREZ CU LEGUME -PULPA PUI - <u>5B, S, NPZ, L</u><br>VARZA FIARTA-PULPA PUI - <u>5A, DZ, DZd</u><br>VARZA FIARTA -CARNAT - C<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 MACAROANE CU BR. VACI - <u>5B, S</u><br>MUSACA DE CARTOFI CU CARNE TOCATA - <u>DZ, DZd</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>IAURT - <u>DZ, DZd, NPZ</u> |
| <b>SAMBATA</b><br><b>13.12.25</b>  | PAINE, CEAI, IAUROT<br>SUNCA, BR. TOPITA, - C<br>UNT, SUNCA - <u>5B, L</u><br>UNT, SUNCA, ROSII - <u>NPZ</u><br>UNT, OU, BR. VACI - <u>S</u><br>CAS DULCE , ROSII - <u>5A</u><br>UNT(2), CAS DULCE , ROSII, - <u>DZd</u><br>SUNCA, UNT(2), ROSII, - <u>DZ</u>              | CIORBA CU TAIȚEI<br>CARTOFI NATUR -PULPA PUI- <u>5B, S</u><br>CIULAMA PIEPT PUI CU MAMALIGUTA- <u>C, 5A, NPZ, L, MG</u><br>PULPA PUI CU MAMALIGUTA SI ARDEI COPT - <u>DZ, DZd</u> ;<br>MAR - <u>DZ, DZd</u> ;<br>BISCUITI - <u>C, 5A, NPZ, L, 5B, S</u><br>PAINE | BUDINCA DE OREZ CU MERE - <u>5A, C, NPZ, L</u><br>PILAF DE OREZ- PULPA PUI- <u>DZ, 5B, S, DZd</u><br>CARTOFI COPTI - CASCaval PANNE- <u>MG</u> ;<br>BUDINCA DE OREZ CU MERE- <u>MG</u> ;<br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>IAURT - <u>DZ, DZd, NPZ</u>                                                           |
| <b>DUMINICA</b><br><b>14.12.25</b> | PAINE, CEAI, IAUROT<br>MUSCHI, BR. TOPITA, - C<br>UNT, MUSCHI , ROSII- <u>NPZ</u><br>UNT, MUSCHI- <u>5B, NPZ, L</u><br>UNT, OU, BR. VACI - <u>S</u><br>GEM, UNT, ROSII - <u>5A</u><br>MUSCHI, UNT(2), ROSII, - <u>DZ</u><br>UNT(2), TARTINA BR. VACI , ROSII, - <u>DZd</u> | SUPA CU GALUSTELE DE GRIȘ<br>OREZ CU LEGUME -PULPA PUI - <u>5B, S</u><br>SALATA DE SFECLA ROSIE - <u>5B, S, L</u><br>OREZ CU LEGUME -CEAFA PORC - <u>C, 5A, DZ, DZd, NPZ, L, MG</u><br>SALATA DE ARDEI COPT - <u>C, 5A, DZ, DZd, NPZ, MG</u><br>PAINE / MAR      | BRANZA CU SMANATANA SI MAMALIGUTA - <u>5A, C, DZ, DZd, NPZ, L</u><br>CARTOFI NATUR -SOTE DE FICAT PUI- <u>5B, S</u><br>CIULAMA CIUPERCI PIEPT PUI CU MAMALIGUTA - <u>MG</u><br>NEGRESA- <u>MG</u><br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>IAURT - <u>DZ, DZd, NPZ</u>                                                  |

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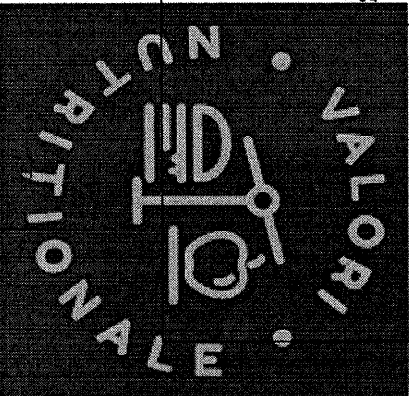
| MIC DEJUN                                                                                                                                                                                                |  | MIC DEJUN                                                                                                                                                                                                                                                                                                                                    |  | MIC DEJUN                                                                                                                                                                                                 |  | MIC DEJUN                                                                                                                                                                                            |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Desodat - 5A (500g)</b><br>(0E   0.05g sare   4.48g zaharuri)/100g<br>Ceai, iaurt 2,8%, Rosii cherry, Unt, Zahar, Ou fierat                                                                           |  | <b>Comun - C (500g)</b><br>(5E   0.56g sare   4.47g zaharuri)/100g<br>Ceai, iaurt 2,8%, Sunca, Branza topita, Zahar,                                                                                                                                                                                                                         |  | <b>R. Gastric - 5B Lehuze/Gravide - L</b><br>(600g)<br>(4E   0.47g sare   4.35g zaharuri)/100g<br>Ceai menta, iaurt 2,8%, Muschi file, Unt, Zahar                                                         |  | <b>Diabet zaharat - DZ,</b><br><b>Diabet desodat - DZd (600g)</b><br>(0E   0.04g sare   1.47g zaharuri)/100g<br>Ceai, iaurt 2,8%, Cas de vaca, Rosii cherry, Unt 82%,                                |  |
| Valoare energetica: 259.41KJ/62KCal, Grăsimi: 4.08g (Din care acizi grași saturati: 2.79g), Glucide: 5.16g (Din care zaharuri: 4.48g), Proteine: 1.43g, Sare: 0.05g (per 100g)<br>Alergeni: Lapte, Oua   |  | Valoare energetica: 240.58KJ/57.5KCal, Grăsimi: 2.01g (Din care acizi grași saturati: 0.79g), Glucide: 4.8g (Din care zaharuri: 4.47g), Proteine: 5.17g, Sare: 0.56g (per 100g)<br>Alergeni: Lapte                                                                                                                                           |  | Valoare energetica: 378.58KJ/90.48KCal, Grăsimi: 5.64g (Din care acizi grași saturati: 3.4g), Glucide: 4.73g (Din care zaharuri: 4.35g), Proteine: 5.29g, Sare: 0.47g (per 100g)<br>Alergeni: Lapte, Soia |  | Valoare energetica: 438.48KJ/104.8KCal, Grăsimi: 8.44g (Din care acizi grași saturati: 4.15g), Glucide: 2.48g (Din care zaharuri: 1.47g), Proteine: 5.28g, Sare: 0.04g (per 100g)<br>Alergeni: Lapte |  |
| <b>Diabet zaharat - DZ</b><br><b>Diabet desodat - DZd (550g)</b><br>(0E   0.05g sare   1.74g zaharuri)/100g<br>Ceai, iaurt 2,8%, Rosii cherry, Unt 82%, Ou fierat                                        |  | <b>R. Gastric - 5B Lehuze/gravide - L (500g)</b><br>(5E   0.56g sare   4.49g zaharuri)/100g<br>Ceai, iaurt 2,8%, Sunca, Unt 82%, Zahar, Valoare energetica: 326.18KJ/77.96KCal, Grăsimi: 4.56g (Din care acizi grași saturati: 2.95g), Glucide: 4.68g (Din care zaharuri: 4.49g), Proteine: 4.86g, Sare: 0.56g (per 100g)<br>Alergeni: Lapte |  | <b>Comun - C (500g)</b><br>(4E   0.47g sare   4.31g zaharuri)/100g<br>Ceai, iaurt 2,8%, Muschi file, Branza topita, Zahar,                                                                                |  | <b>Desodat - 5A (600g)</b><br>(0E   0.05g sare   3.9g zaharuri)/100g<br>Ceai, iaurt 2,8%, Cas de vaca, Rosii cherry, Zahar,                                                                          |  |
| Valoare energetica: 324.88KJ/77.65KCal, Grăsimi: 7.05g (Din care acizi grași saturati: 4.9g), Glucide: 2.41g (Din care zaharuri: 1.74g), Proteine: 1.83g, Sare: 0.05g (per 100g)<br>Alergeni: Lapte, Oua |  | Valoare energetica: 326.18KJ/77.96KCal, Grăsimi: 4.56g (Din care acizi grași saturati: 2.95g), Glucide: 4.68g (Din care zaharuri: 4.49g), Proteine: 4.86g, Sare: 0.56g (per 100g)<br>Alergeni: Lapte                                                                                                                                         |  | Valoare energetica: 288.18KJ/68.88KCal, Grăsimi: 3g (Din care acizi grași saturati: 1.17g), Glucide: 4.93g (Din care zaharuri: 4.31g), Proteine: 5.72g, Sare: 0.47g (per 100g)<br>Alergeni: Lapte, Soia   |  | Valoare energetica: 295.68KJ/70.67KCal, Grăsimi: 3.46g (Din care acizi grași saturati: 0.54g), Glucide: 4.94g (Din care zaharuri: 3.9g), Proteine: 5.11g, Sare: 0.05g (per 100g)<br>Alergeni: Lapte  |  |
| <b>R. Gastric - 5B Lehuze/gravide - L Neoplaziei NPZ (500)</b><br>(0E   0.05g sare   4.87g zaharuri)/100g<br>Ceai, iaurt 2,8%, Unt 82%, Zahar, Ou fierat                                                 |  | <b>Desodat - 5A (600g)</b><br>(0E   0.05g sare   3.9g zaharuri)/100g<br>Ceai, iaurt 2,8%, Cas de vaca, Rosii cherry, Zahar,                                                                                                                                                                                                                  |  | <b>Desodat - 5A (600g)</b><br>(0E   0.07g sare   4.4g zaharuri)/100g<br>Ceai, iaurt 2,8%, Rosii cherry, branza de vaci, Unt 82%, Zahar, Unt 82%,                                                          |  | <b>Comun - C (450g)</b><br>(0E   0.2g sare   1.7g zaharuri)/100g<br>Ceai, iaurt 2,8%,                                                                                                                |  |
| Valoare energetica: 310.3KJ/74.16KCal, Grăsimi: 5.35g (Din care acizi grași saturati: 3.2g), Glucide: 5.48g (Din care zaharuri: 4.87g), Proteine: 1.64g, Sare: 0.05g (per 100g)<br>Alergeni: Lapte, Oua  |  | Valoare energetica: 295.68KJ/70.67KCal, Grăsimi: 3.46g (Din care acizi grași saturati: 0.54g), Glucide: 4.94g (Din care zaharuri: 3.9g), Proteine: 5.11g, Sare: 0.05g (per 100g)<br>Alergeni: Lapte                                                                                                                                          |  | Valoare energetica: 303.06KJ/72.43KCal, Grăsimi: 4.68g (Din care acizi grași saturati: 3.21g), Glucide: 5.07g (Din care zaharuri: 4.4g), Proteine: 2.62g, Sare: 0.07g (per 100g)<br>Alergeni: Lapte       |  | Valoare energetica: 310.3KJ/74.16KCal, Grăsimi: 5.35g (Din care acizi grași saturati: 3.2g), Glucide: 5.48g (Din care zaharuri: 4.87g), Proteine: 1.64g, Sare: 0.05g (per 100g)<br>Alergeni: Lapte   |  |



|                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                |
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| <p><b>Comun - C (450g)</b><br/>(0E   0.06g sare   4.59g zaharuri)/100g</p> <p>iaurt 2,8%, Ceai, Branza topita, Zahar, Ou fier</p> <p>Valoare energetica: 213.71KJ/51.08KCal, Grăsimi: 2.53g (Din care acizi grași saturați: 0.98g), Glucide: 5.21g (Din care zaharuri: 4.59g), Proteine: 2.29g, Sare: 0.06g (per 100g)</p> <p><b>Alergeni:</b> Lapte, Oua</p>                       | <p><b>Diabet zaharat - DZ (600g)</b><br/>(5E   0.47g sare   1.67g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Rosii cherry, Sunca, Unt 82%,</p> <p>Valoare energetica: 343.86KJ/82.18KCal, Grăsimi: 6.37g (Din care acizi grași saturați: 4.29g), Glucide: 2.25g (Din care zaharuri: 1.67g), Proteine: 4.46g, Sare: 0.47g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p>                  | <p><b>Diabet zaharat- DZ (600g)</b><br/>(4E   0.39g sare   1.54g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Rosii cherry, Muschi file, Unt,</p> <p>Valoare energetica: 383.77KJ/91.72KCal, Grăsimi: 7.2g (Din care acizi grași saturați: 4.62g), Glucide: 2.35g (Din care zaharuri: 1.54g), Proteine: 4.59g, Sare: 0.39g (per 100g)</p> <p><b>Alergeni:</b> Lapte, Soia</p>            | <p><b>R. Gastric - 5B Lehuze/Gravide-L (500g)</b><br/>(0E   0.04g sare   1.54g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Cas de vaca, Unt, Valoare energetica: 403.4KJ/96.42KCal, Grăsimi: 7.21g (Din care acizi grași saturați: 2.87g), Glucide: 2.26g (Din care zaharuri: 1.54g), Proteine: 5.8g, Sare: 0.04g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p>     |
| <p><b>R. Gastric cu supliment- S (500g)</b><br/>(0E   0.05g sare   4.5g zaharuri)/100g</p> <p>iaurt 2,8%, Ceai, Branza de vaci, Ou fier, Unt, Zahar,</p> <p>Valoare energetica: 352.49KJ/84.25KCal, Grăsimi: 5.71g (Din care acizi grași saturați: 2.95g), Glucide: 5.06g (Din care zaharuri: 4.5g), Proteine: 3.23g, Sare: 0.05g (per 100g)</p> <p><b>Alergeni:</b> Lapte, Oua</p> | <p><b>Diabet desodat - DZd (600g)</b><br/>(0E   0.04g sare   1.47g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Cas de vaca, Rosii cherry, Unt 82%,</p> <p>Valoare energetica: 438.48KJ/104.8KCal, Grăsimi: 8.44g (Din care acizi grași saturați: 4.15g), Glucide: 2.48g (Din care zaharuri: 1.47g), Proteine: 5.28g, Sare: 0.04g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p>           | <p><b>Diabet desodat - DZd (600g)</b><br/>(0E   0.07g sare   2.13g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Rosii cherry, branza de vaci, Unt 82%,</p> <p>Valoare energetica: 374.87KJ/89.6KCal, Grăsimi: 7.12g (Din care acizi grași saturați: 4.94g), Glucide: 2.75g (Din care zaharuri: 2.13g), Proteine: 3.59g, Sare: 0.07g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p>         | <p><b>Neoplazici- NPZ (600g)</b><br/>(0E   0.04g sare   1.5g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Cas de vaca, Rosii cherry, Unt,</p> <p>Valoare energetica: 352.65KJ/84.29KCal, Grăsimi: 6.07g (Din care acizi grași saturați: 2.41g), Glucide: 2.54g (Din care zaharuri: 1.5g), Proteine: 5.08g, Sare: 0.04g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p> |
| <p><b>Neoplazici- NPZ (600g)</b><br/>(5E   0.48g sare   4g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Rosii cherry, Sunca, Unt 82%, Zahar,</p> <p>Valoare energetica: 288.58KJ/68.97KCal, Grăsimi: 3.85g (Din care acizi grași saturați: 2.5g), Glucide: 4.57g (Din care zaharuri: 4g), Proteine: 4.31g, Sare: 0.48g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p>                      | <p><b>Neoplazici - NPZ (600g)</b><br/>(4E   0.41g sare   3.87g zaharuri)/100g</p> <p>Ceai menta, iaurt 2,8%, Rosii cherry, Muschi file, Unt, Zahar</p> <p>Valoare energetica: 332.14KJ/79.38KCal, Grăsimi: 4.76g (Din care acizi grași saturați: 2.87g), Glucide: 4.61g (Din care zaharuri: 3.87g), Proteine: 4.66g, Sare: 0.41g (per 100g)</p> <p><b>Alergeni:</b> Lapte, Soia</p> | <p><b>Neoplazici - NPZ (600g)</b><br/>(4E   0.41g sare   3.87g zaharuri)/100g</p> <p>Ceai menta, iaurt 2,8%, Rosii cherry, Muschi file, Unt, Zahar</p> <p>Valoare energetica: 332.14KJ/79.38KCal, Grăsimi: 4.76g (Din care acizi grași saturați: 2.87g), Glucide: 4.61g (Din care zaharuri: 3.87g), Proteine: 4.66g, Sare: 0.41g (per 100g)</p> <p><b>Alergeni:</b> Lapte, Soia</p> | <p><b>Neoplazici- NPZ (600g)</b><br/>(0E   0.04g sare   1.5g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Cas de vaca, Rosii cherry, Unt,</p> <p>Valoare energetica: 352.65KJ/84.29KCal, Grăsimi: 6.07g (Din care acizi grași saturați: 2.41g), Glucide: 2.54g (Din care zaharuri: 1.5g), Proteine: 5.08g, Sare: 0.04g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p> |



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| <b>Pranz</b><br><b><u>Ciorba cu taitei (400g)</u></b><br>(OE   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 saturați: 0.25g), Glucide: 2.16g (Din care zaharuri: 0.38g), Proteine: 0.48g, Sare: 0.04g (per 100g)<br>Alergeni: Gluten, lapte<br><b><u>Ciorba cu taitei (Diabet zaharat - DZ) (400g)</u></b><br>(OE   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 saturați: 0.26g), Glucide: 1.99g (Din care zaharuri: 0.34g), Proteine: 0.49g, Sare: 0.04g (per 100g) Alergeni: Gluten, lapte | <b>Pranz</b><br><b><u>Ciorba cu perisoare (400g)</u></b><br>(OE   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 saturați: 1.5g), Glucide: 7.14g (Din care zaharuri: 0.63g), Proteine: 2.73g, Sare: 0.1g (per 100g)<br>Alergeni: Gluten, Lapte, Oua | <b>Pranz</b><br><b><u>Ciorba cu orez (Diabet zaharat - DZ) (400g)</u></b><br>(OE   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 saturați: 0.26g), Glucide: 2.77g (Din care zaharuri: 0.47g), Proteine: 0.58g, Sare: 0.07g (per 100g)<br>Alergeni: Gluten, Lapte<br><b><u>Ciorba cu orez (400g)</u></b><br>(OE   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 saturați: 0.26g), Glucide: 5.37g (Din care zaharuri: 0.47g), Proteine: 0.76g, Sare: 0.07g (per 100g)<br>Alergeni: Gluten, Lapte | <b>Pranz</b><br><b><u>Ciorba cu sfecla rosie (Diabet Zaharat-DZ) (400g)</u></b><br>(OE   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 saturați: 0.22g), Glucide: 6.42g (Din care zaharuri: 1.38g), Proteine: 1.05g, Sare: 0.08g (per 100g)<br>Alergeni: Gluten, Lapte<br><b><u>Ciorba cu sfecla rosie (400g)</u></b><br>(OE   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 saturați: 0.2g), Glucide: 7.22g (Din care zaharuri: 1.47g), Proteine: 1.1g, Sare: 0.07g (per 100g) | <b>Pranz</b><br><b><u>Ciorba cu cartofi (400g)</u></b><br>(OE   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 saturați: 0.22g), Glucide: 8.84g (Din care zaharuri: 1.37g), Proteine: 1.18g, Sare: 0.04g (per 100g)<br>Alergeni: Gluten, Lapte<br><b><u>Ciorba cu cartofi (Diabet zaharat - DZ) (400g)</u></b><br>(OE   0.05g sare   0.97g zaharuri)/100g<br>Apa, Cartofi, bors, Amestec legume ciorba, Smantana 20%, Morcovi, Ceapa, Ulei, Valoare energetica:<br>258.39KJ/61.76KCal, Grăsimi: 3.67g (Din care acizi grași saturați: 0.3g), Glucide: 6.18g (Din care zaharuri: 0.97g), Proteine: 0.98g, Sare: 0.05g (per 100g)<br>Alergeni: Gluten, Lapte | <b>Pranz</b><br><b><u>Supa cu galustele de gris (400g)</u></b><br>(OE   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 saturați: 0.53g), Glucide: 5.13g (Din care zaharuri: 0.68g), Proteine: 0.94g, Sare: 0.04g (per 100g)<br>Alergeni: Gluten, Lapte, Oua |
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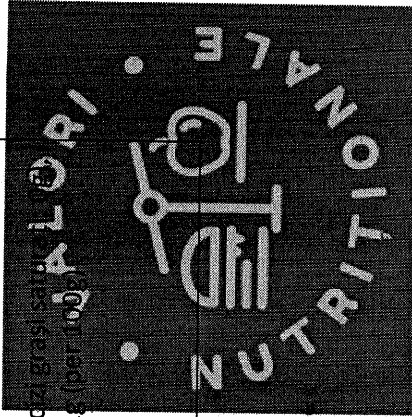


Ingredientele ingrosate contin alergeni  
Ingredientele marcate cu \* provin din ingrediente congelate  
Numarul de aditivi din preparat este marcat prin "E"

|                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                          |
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| <b>Salata de sfecla rosie (200g)</b><br>(0E   0.07g sare   2.71g zaharuri)/100g<br>Sfecla rosie, Ulei<br>Valoare energetica: 295.45Kj/70.61KCal, Grăsimi: 3.39g (Din care acizi grași saturați: 0.35g),<br>Glucide: 9.68g (Din care zaharuri: 2.71g),<br>Proteine: 1.55g, Sare: 0.07g (per 100g) | <b>Salata de Ardei copt (150g)</b><br>(1E   1.45g sare   1.94g zaharuri)/100g<br>ardei capia copt, Ulei<br>Valoare energetica: 194.22Kj/46.42KCal, Grăsimi: 3.87g (Din care acizi grași saturați: 0.65g),<br>Glucide: 2.42g (Din care zaharuri: 1.94g),<br>Proteine: 0.58g, Sare: 1.45g (per 100g) | <b>Salata de varza (150g)</b><br>(0E   0.02g sare   2.37g zaharuri)/100g<br>Varza alba, Ulei,<br>Valoare energetica: 338.41Kj/80.88KCal, Grăsimi: 5.92g (Din care acizi grași saturați: 0.68g),<br>Glucide: 5.68g (Din care zaharuri: 2.37g),<br>Proteine: 1.18g, Sare: 0.02g (per 100g) |
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| <b>Paine alba (100g)</b><br>(0E   0g sare   0g zaharuri)/100g<br>Paine alba 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 | <b>Paine integrala DIABET ZAHARAT - DZ (100g)</b><br>(0E   0g sare   0g zaharuri)/100g<br>Paine integrala 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 |
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| <b>Biscuți (100g)</b><br>(3E   0.28g sare   25.2g zaharuri)/100g<br>Biscuți<br>Valoare energetica: 1690.34Kj/404KCal, Grăsimi: 15.8g (Din care acizi grași saturați: 9.1g), Glucide: 56.1g (Din care zaharuri: 25.2g), Proteine: 3.6g, Sare: 0.28g (per 100g)<br><b>Alergeni:</b> Gluten, Lapte, Soia, Oua, Dioxidul de sulf si sulfizi | <b>Mar (200g)</b><br>(0E   0.01g sare   2g zaharuri)/100g<br>Mar<br>Valoare energetica: 217Kj/52KCal, Grăsimi: 0.2g (Din care acizi grași saturați: 0g), Glucide: 14g (Din care zaharuri: 2g), Proteine: 0g, Sare: 0.01g (per 100g) |
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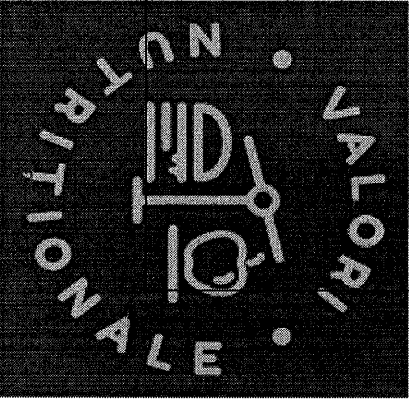


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| <p><b><u>Pranz</u></b></p> <p><b><u>Cartofi natur cu ceafa porc (400g)</u></b></p> <p>(0E   0g sare   0.15g zaharuri)/100g<br/>Cartofi, Ceafa porc *, Lapte, Unt 82%<br/>, Ulei</p> <p>Valoare energetica:<br/>639.17KJ/152.77KCal, Grăsimi: 7.39g<br/>(Din care acizi grași saturați: 1.16g),<br/>Glucide: 12.71g (Din care zaharuri:<br/>0.15g), Proteine: 8.32g, Sare: 0g (per<br/>100g)</p> <p>Alergeni: Lapte</p> | <p><b><u>Pranz</u></b></p> <p><b><u>Sote de ficat pui cu mamaliguta (400g)</u></b></p> <p>(0E   0.04g sare   0.64g zaharuri)/100g<br/>Ficat de pui crud *, Malai, Ceapa,<br/>Morcovi, Ulei, <b>FAINA</b>,</p> <p>Valoare energetica:<br/>736.54KJ/176.04KCal, Grăsimi: 5.34g<br/>(Din care acizi grași saturați: 0.33g),<br/>Glucide: 19.63g (Din care zaharuri:<br/>0.64g), Proteine: 10.74g, Sare: 0.04g<br/>(per 100g)</p> <p>Alergeni: Gluten</p> | <p><b><u>Pranz</u></b></p> <p><b><u>Iahnie de fasole cu carnat (500g)</u></b></p> <p>(0E   0.08g sare   0.7g zaharuri)/100g<br/>Fasole (uscata), Carnati trandafir,<br/>Morcovi, Ceapa, Ulei, Paste tomate,</p> <p>Valoare energetica:<br/>1031.96KJ/246.65KCal, Grăsimi:<br/>11.54g (Din care acizi grași saturați:<br/>0.57g), Glucide: 21.39g (Din care<br/>zaharuri: 0.7g), Proteine: 13.12g,<br/>Sare: 0.08g (per 100g)</p> | <p><b><u>Pranz</u></b></p> <p><b><u>Piaf de orez cu pulpa pui (400g)</u></b></p> <p>(0E   0g sare   0.95g zaharuri)/100g<br/>Pulpe dezosate pui *, <b>OREZ</b>, Morcovi,<br/>Ceapa, Ulei,</p> <p>Valoare energetica:<br/>876.04KJ/209.38KCal, Grăsimi: 7.81g<br/>(Din care acizi grași saturați: 1.76g),<br/>Glucide: 18.88g (Din care zaharuri:<br/>0.95g), Proteine: 15.25g, Sare: 0g<br/>(per 100g) <b>Alergeni: Gluten</b></p> |
| <p><b><u>Cartofi natur cu pulpa pui (400g)</u></b></p> <p>(0E   0g sare   0.43g zaharuri)/100g<br/>Cartofi, Pulpe dezosate pui *, Lapte,<br/>Unt 82%, Ulei</p> <p>Valoare energetica:<br/>585.58KJ/139.96KCal, Grăsimi: 5.62g<br/>(Din care acizi grași saturați: 1.87g),<br/>Glucide: 13.28g (Din care zaharuri:<br/>0.43g), Proteine: 8.7g, Sare: 0g (per<br/>100g)</p> <p>Alergeni: Lapte</p>                       | <p><b><u>Iahnie de fasole cu pulpa pui (550g)</u></b></p> <p>(0E   0.06g sare   0.88g zaharuri)/100g<br/>Pulpe dezosate pui, Fasole (uscata),<br/>Morcovi, Ceapa, Ulei, Paste tomate,</p> <p>Valoare energetica:<br/>870KJ/207.94KCal, Grăsimi: 7.74g<br/>(Din care acizi grași saturați: 1.42g),<br/>Glucide: 17.33g (Din care zaharuri:<br/>0.88g), Proteine: 16.57g, Sare: 0.06g<br/>(per 100g)</p>                                                | <p><b><u>Piaf de orez cu pulpa pui (Diabet zaharat - DZ) (350g)</u></b></p> <p>(0E   0g sare   0.98g zaharuri)/100g<br/>Pulpe dezosate pui *, <b>OREZ</b>, Morcovi,<br/>Ceapa, Ulei,</p> <p>Valoare energetica:<br/>814.97KJ/194.78KCal, Grăsimi: 8.32g<br/>(Din care acizi grași saturați: 1.87g),<br/>Glucide: 13.5g (Din care zaharuri:<br/>0.98g), Proteine: 15.99g, Sare: 0g<br/>(per 100g) <b>Alergeni: Gluten</b></p>     |                                                                                                                                                                                                                                                                                                                                                                                                                                    |

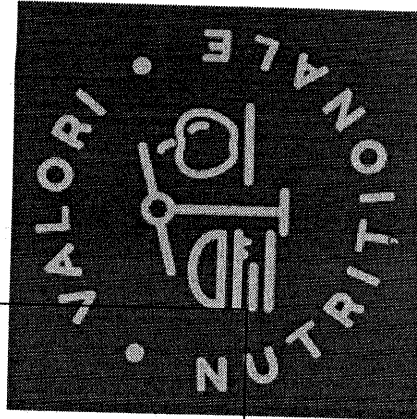
VALOR

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| <p><b>Pranz</b><br/><u>Orez cu legume si pulpa pui (400g)</u><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><u>Orez cu legume si ceafa porc (400g)</u><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><br/><u>Ciulama pui cu mamaliguta (500g)</u><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><u>Pulpa de pui cu mamaliguta si ardei copt (Diabet zaharat -DZ) (450g)</u><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><br/><u>Varza fiarta - carnat (350g)</u><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><u>Varza fiarta cu pulpa pui (400g)</u><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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| <b>Cină</b>                                                                                                                                                                                                                                                                                                                                                                                                                               |  |  |  |
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| <b><u>Budinca de macaroane cu branza vaci (350g)</u></b><br>(0E   0.11g sare   7.73g zaharuri)/100g<br>branza de vaci, Macaroane, Ulei,<br>Zahar, <b>Unt 82% , OUA CONSUM</b><br>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)<br><b>Alergeni:</b> Lapte, Oua                            |  |  |  |
| <b><u>Cină</u></b><br><b><u>Budinca de orez cu mere (300g)</u></b><br>(0E   0.03g sare   7.17g zaharuri)/100g<br>Mere, <b>OREZ , Lapte 3,5 %</b> , Zahar, <b>Unt 82% , Ulei</b><br>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)<br><b>Alergeni:</b> Gluten, Lapte                    |  |  |  |
| <b><u>Cină</u></b><br><b><u>Branza cu smantana si mamaliguta (350g)</u></b><br>(0E   0.07g sare   1.73g zaharuri)/100g<br><b>Smantana 20%</b> , branza de vaci, Malai,<br>Ulei<br>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                                |  |  |  |
| <b><u>Cină</u></b><br><b><u>Macroane cu carne tocata (350g)</u></b><br>(0E   0.24g sare   1.28g zaharuri)/100g<br>Carne tocata amestec *, Macaroane,<br>Parmezan, Suc de rosii, Morcovi,<br>Ceapa, Ulei,<br>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)<br><b>Alergeni:</b> Lapte |  |  |  |
| <b><u>Sote de pastai cu pulpa pui (450g)</u></b><br>(0E   0.03g sare   1.22g zaharuri)/100g<br>Pulpe dezosate pui *, Fasole pastai *,<br>Morcovi, Ceapa, Ulei,<br>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)<br><b>Alergeni:</b> Gluten                                            |  |  |  |
| <b><u>Sote de legume si orez cu pulpa pui dezosata (500g)</u></b><br>(0E   0g sare   0.46g zaharuri)/100g<br>Pulpe dezosate pui *, Legume congelate<br>amestec *, <b>OREZ , Ulei</b> ,<br>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)<br><b>Alergeni:</b> Gluten                     |  |  |  |
| <b><u>Cartofi natur - sote ficat pui (400g)</u></b><br>(0E   0g sare   0.27g zaharuri)/100g<br>Cartofi, Ficat de pui crud, Ceapa,<br>Morcovi, <b>Unt 82% , Ulei</b> ,<br>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)<br><b>Alergeni:</b> Lapte                                        |  |  |  |
| <b><u>Musaca de cartofi cu carne tocata (350g)</u></b><br>(0E   0.12g sare   0.39g zaharuri)/100g<br>Cartofi, Carne tocata amestec *,<br>Parmezan, Suc de rosii, Morcovi,<br>Ceapa, Ulei,<br>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)<br><b>Alergeni:</b> Lapte                 |  |  |  |

