

| Zilele Săpt:       | Mic dejun                                                                                                                                        |                                                          | Pranz                                                                                                                                                                                                                                                 |                                                                                                                 | Cina                                                                                                                                                                                                                    |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Luni<br>13.04.26   | PAINE, CEAI, IAUROT<br>OU ROSU , SALATA<br>SFECLA ROSIE, MUSCHI ,<br>ROSII CHERY, MASLINE<br>OU ROSU, UNT<br>CAS DULCE, ROSII<br>CHERRY, MASLINE | <u>C</u><br><u>5B, L</u><br><u>NPZ</u><br><u>DZd, 5A</u> | CIORBA CU PERISOARE<br>CARTOFI PIURE – PULPA PUI<br>SALATA DE SFECLA ROSIE<br><br>CARTOFI PIURE –CEAFA PORC<br>SALATA DE ARDEI COPT<br>PAINE / MAR                                                                                                    | <u>5B, S</u><br><u>5B, S, L</u><br><br><u>C, 5A, DZ, DZd, NPZ, L</u><br><u>C, 5A, DZ, NPZ</u>                   | BUDINCA DE MACAROANE CU BR.VACI<br>SOTE DE PASTAI – PULPA PUI LA CUPTOR<br>PAINE<br>CEAI<br><br>SALATA GRECEASCA – PUI<br>PASCA<br><br>BUDINCA DE OREZ CU MERE<br>PILAF DE OREZ CU CIUPERCI- PULPA PUI<br>PAINE<br>CEAI |
| Medici de<br>garda |                                                                                                                                                  |                                                          | CIORBA CU PERISOARE<br>CARTOFI PIURE – FRIPTURA DE PORC/ ARDEI COPT<br><br>CIORBA CU TAITEI<br>CARTOFI NATUR –PULPA PUI<br>CIULAMA PIPT PUI CU CIUPERCI SI<br>MAMALIGUTA<br>PULPA PUI CU MAMALIGUTA SI ARDEI<br>COPT<br>MAR<br>EUGENII<br>PAINE       | <u>5B, S</u><br><u>C, 5A, NPZ, L</u><br><br><u>DZ, DZd</u><br><u>DZ, DZd</u><br><br><u>C, 5A, NPZ, L, 5B, S</u> | <u>5A, C, NPZ, L</u><br><u>DZ, 5B, S, DZd</u><br><u>5A, C, NPZ, L, S, 5B</u>                                                                                                                                            |
| Medici de<br>garda |                                                                                                                                                  |                                                          | SUPA CU TAITEI<br>SOTE DE CIUPERCI CU PUI SI MAMALIGUTA<br><br>CIORBA CU CARTOFI<br>PILAF DE OREZ CU CIUPERCI SI PULPA<br>PUI<br>SALATA DE SFECLA ROSIE<br>IAHNIE DE FASOLE – PULPA PUI<br>IAHNIE DE FASOLE –CARNAT<br>SALATA DE VARZA<br>PAINE / MAR | <u>5B, S, NPZ, L, DZ, DZd;</u><br><u>5B, S, L;</u><br><u>5A</u><br><u>C</u><br><u>5A, DZ, C, NPZ</u>            | <u>5A, C, NPZ, L, , DZ,</u><br><u>DZd</u><br><br><u>S, 5B</u>                                                                                                                                                           |
| Medici de<br>garda |                                                                                                                                                  |                                                          | CIORBA CU CARTOFI<br>FASOLE CU CARNAT/ SALATA DE VARZA                                                                                                                                                                                                |                                                                                                                 | CARTOFI COPTI – CASCAVAL PANNIE<br>LAPTE CU OREZ                                                                                                                                                                        |

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-medicici 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

|                     |                                                                                                                                                                             |                                                                                            |                                                                                                                                                                    |                                                                                                         |                                                                                                                            |                                                                                       |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| JOI<br>16.04.26     | PAINE, CEAI, IAUURT<br>OU, BR. TOPITA, MASLINE<br>UNT, OU, MASLINE<br>UNT, OU, ROSII, MASLINE<br>UNT, OU, BR. VACI<br>OU, UNT, ROSII<br>OU, UNT(2), ROSII,                  | <u>C</u><br><u>SB, L</u><br><u>NPZ</u><br><u>S</u><br><u>SA</u><br><u>DZ, DZd</u>          | CIORBA CU OREZ<br>CARTOFI PIURE – PULPA PUI<br>SALATA DE SFECLA ROSIE<br>CARTOFI PIURE -CEAFA PORC<br>SALATA ARDEI COPT<br>PAINE / MAR                             | <u>SB, S</u><br><u>SB, S, L</u><br><u>C, SA, DZ, NPZ, L</u><br><u>C, SA, NPZ, DZ, DZd</u>               | BUDINCA DE MACAROANE CU BR. VACI<br>SOTE DE PASTAI – PULPA PUI LA<br>CUPTOR<br>PAINE<br>CEAI                               | <u>SA, C, NPZ, L, SB, S,</u><br><u>DZ, DZd</u><br><u>SA, C, NPZ, L, S, SB</u>         |
| MEDICI DE<br>GARDĂ  |                                                                                                                                                                             |                                                                                            | CIORBA TARANEASCA<br>TOCHITURA CU MAMALIGA / SALATA DE MURATURI                                                                                                    |                                                                                                         | SALATA GRECEASCA - SINTEL<br>PANDISPAN CU MERE                                                                             |                                                                                       |
| VINERI<br>17.04.26  | PAINE, CEAI, IAUURT<br>PATEU, UNT<br>UNT, CAS DULCE<br>CAS DULCE , UNT , ROSII<br>UNT, OU, BR. VACI<br>CAS DULCE - ROSII<br>UNT(2), CAS DULCE ,<br>ROSII                    | <u>C</u><br><u>SB, L</u><br><u>NPZ</u><br><u>S</u><br><u>SA</u><br><u>DZ, DZd</u>          | CIORBA CU SFECLA ROSIE<br>OREZ CU LEGUME SI CIUPERCI –PULPA PUI<br>VARZA FIARTA-PULPA PUI<br>VARZA FIARTA –CARNAT<br>PAINE / MAR                                   | <u>SB, S, NPZ, L</u><br><u>SA, DZ DZd</u><br><u>C</u>                                                   | MACAROANE CU CARNE TOCATA<br>BUDINCA DE MACARAOANE CU<br>BR. VACI<br>MUSACA DE CARTOFI CU CARNE<br>TOCATA<br>PAINE<br>CEAI | <u>C, SA, NPZ, L</u><br><u>SB, S</u><br><u>DZ, DZd</u><br><u>SA, C, NPZ, L, S, SB</u> |
| MEDICI DE<br>GARDĂ  |                                                                                                                                                                             |                                                                                            | CIORBA CU SFECLA ROSIE<br>OREZ CU LEGUME SI CIUPERCI –PUI LA CUPTOR/ SALATA VARZA                                                                                  |                                                                                                         | CARTOFI COPTI – PUI LA CUPTOR<br>LAPTE CU MACROANE                                                                         |                                                                                       |
| SAMBATA<br>18.04.26 | PAINE, CEAI, IAUURT<br>SUNCA, BR. TOPITA<br>UNT, SUNCA<br>UNT, SUNCA, ROSII<br>UNT, OU, BR. VACI<br>CAS DULCE , ROSII<br>UNT(2), CAS DULCE , ROSII<br>SUNCA, UNT(2), ROSII- | <u>C</u><br><u>SB, L</u><br><u>NPZ</u><br><u>S</u><br><u>SA</u><br><u>DZd</u><br><u>DZ</u> | CIORBA CU TAITEI<br>CARTOFI PIURE –PULPA PUI<br>CIULAMA PIEPT PUI CU CIUPERCI SI<br>MAMALIGUTA<br>PULPA PUI CU MAMALIGUTA SI ARDEI COPT<br>MAR<br>EUGENII<br>PAINE | <u>SB, S</u><br><u>C, SA, NPZ, L</u><br><u>DZ, DZd</u><br><u>DZ, DZd</u><br><u>C, SA, NPZ, L, SB, S</u> | BUDINCA DE OREZ CU MERE<br>PILAF DE OREZ CU CIUPERCI- PULPA<br>PUI<br>PAINE<br>CEAI                                        | <u>SA, C, NPZ, L</u><br><u>DZ, SB, S, DZd</u><br><u>SA, C, NPZ, L, S, SB</u>          |

”O ALIMENTAȚIE CUMPĂTATĂ ȘI ECHILIBRATĂ CREȘTE SPERANȚA DE VIAȚĂ”

MENIURIILE SE ÎNCADREAZĂ ÎN ALOCAȚIA PREVĂZUTĂ ÎN ORDINUL 1488/2022 EMIS DE MINISTERUL SĂNĂTĂȚII



MENIUL SĂPTĂMANAL AL PACIENȚILOR ȘI AL MEDICILOR DE GARDĂ

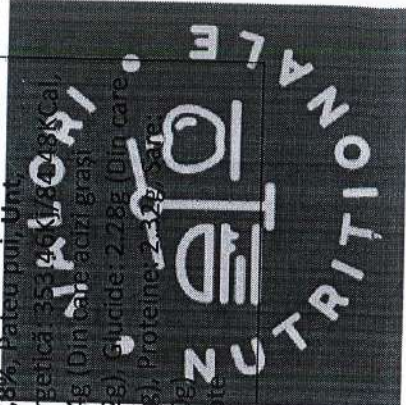
| MEDICI DE GARDĂ   | Ciorba cu taitei                                                                                                                                                         |                                                | Ciorba cu taitei                                                                                                                                                                   |                                                                                      | CARTOFI GRATINATI – PUI LA CUPTOR                       |  |
|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------|--|
| DUMINICA 19.04.26 | PAIN, CEAI, IAURT MUSCHI, BR. TOPITA UNT, MUSCHI, ROSII UNT, MUSCHI UNT, OU, BR. VACI TARTINA BR. VACI, UNT, ROSII MUSCHI, UNT(2), ROSII UNT(2), TARTINA BR. VACI, ROSII | C<br>NPZ<br>5B, NPZ, L<br>S<br>5A<br>DZ<br>DZd | SUPA CU GALUSTELE DE GRIS<br>OREZ CU LEGUME SI<br>CIUPERCI-PULPA PUI<br>SALATA DE SFECLA ROSIE<br>OREZ CU LEGUME SI<br>CIUPERCI-CEAFA PORC<br>SALATA DE ARDEI COPT –<br>PAIN / MAR | BRANZA CU SMANATANA SI MAMALIGUTA<br>CARTOFI NATUR-SOTE DE FICAT PUI<br>PAIN<br>CEAI | 5A, C, DZ, DZd, NPZ, L<br>5B, S<br>5A, C, NPZ, L, S, 5B |  |
| MEDICI DE GARDĂ   | SUPA GALUSTELE GRIS<br>OREZ CU LEGUME – FRIPTURA PORC / SALATA DE ARDEI COPT                                                                                             |                                                | SOTE CIUPERCI CU PUI SI MAMALIGUTA<br>PANDISPAN CU MERE                                                                                                                            |                                                                                      |                                                         |  |

”O ALIMENTAȚIE CUMPĂTATĂ ȘI ECHILIBRATĂ CREȘTE SPERANȚA DE VIAȚĂ”

MENIURILE SE ÎNCADREAZĂ ÎN ALOCAȚIA PREVĂZUTĂ ÎN ORDINUL 1488/2022 EMIS DE MINISTERUL SĂNĂȚĂȚII



| MIC DEJUN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | MIC DEJUN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | MIC DEJUN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | MIC DEJUN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <p><b>Desodat - 5A (500g)</b><br/>(0E   0.05g sare   4.48g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Rosii cherry, Unt, Zahar, Ou fiert</p> <p>Valoare energetica: 259.41Kj/62KCal, Grăsimi: 4.08g (Din care acizi grași saturați: 2.79g), Glucide: 5.16g (Din care zaharuri: 4.48g), Proteine: 1.43g, Sare: 0.05g (per 100g)</p> <p><b>Alergeni:</b> Lapte, Oua</p> <p><b>Diabet zaharat - DZ</b></p> <p><b>Diabet desodat - DZd (550g)</b><br/>(0E   0.05g sare   1.74g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Rosii cherry, Unt 82%, Ou fiert</p> <p>Valoare energetica: 324.88Kj/77.65KCal, Grăsimi: 7.05g (Din care acizi grași saturați: 4.9g), Glucide: 2.41g (Din care zaharuri: 1.74g), Proteine: 1.83g, Sare: 0.05g (per 100g)</p> <p><b>Alergeni:</b> Lapte, Oua</p> <p><b>Mic dejun - Neoplazici (650g)</b><br/>(2E   0.35g sare   3.98g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Rosii cherry, Masline, Unt 82%, Zahar, Ou fiert</p> <p>Valoare energetica: 298.82Kj/71.42KCal, Grăsimi: 5.16g (Din care acizi grași saturați: 2.66g), Glucide: 4.81g (Din care zaharuri: 3.98g), Proteine: 1.66g, Sare: 0.35g (per 100g)</p> <p><b>Alergeni:</b> Lapte, Oua</p> | <p><b>Comun - C (500g)</b><br/>(5E   0.56g sare   4.47g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Sunca, Branza topita, Zahar,</p> <p>Valoare energetica: 240.58Kj/57.5KCal, Grăsimi: 2.01g (Din care acizi grași saturați: 0.79g), Glucide: 4.8g (Din care zaharuri: 4.47g), Proteine: 5.17g, Sare: 0.56g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p> <p><b>R. Gastric - 5B</b></p> <p><b>Lehuze/gravide- L (500g)</b><br/>(5E   0.56g sare   4.49g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Sunca, Unt 82%, Zahar, Valoare energetica: 326.18Kj/77.96KCal, Grăsimi: 4.56g (Din care acizi grași saturați: 2.95g), Glucide: 4.68g (Din care zaharuri: 4.49g), Proteine: 4.86g, Sare: 0.56g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p> <p><b>Desodat - 5A (600g)</b><br/>(0E   0.05g sare   3.9g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Cas de vaca, Rosii cherry, Zahar,</p> <p>Valoare energetica: 295.68Kj/70.67KCal, Grăsimi: 3.46g (Din care acizi grași saturați: 0.54g), Glucide: 4.94g (Din care zaharuri: 3.9g), Proteine: 5.11g, Sare: 0.05g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p> | <p><b>R. Gastric - 5B Lehuze/Gravide - L (600g)</b><br/>(4E   0.47g sare   4.35g zaharuri)/100g</p> <p>Ceai menta, iaurt 2,8%, Muschi file, Unt, Zahar</p> <p>Valoare energetica: 378.58Kj/90.48KCal, Grăsimi: 5.64g (Din care acizi grași saturați: 3.4g), Glucide: 4.73g (Din care zaharuri: 4.35g), Proteine: 5.29g, Sare: 0.47g (per 100g)</p> <p><b>Alergeni:</b> Lapte, Soia</p> <p><b>Comun - C (500g)</b><br/>(4E   0.47g sare   4.31g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Muschi file, Branza topita, Zahar,</p> <p>Valoare energetica: 288.18Kj/68.88KCal, Grăsimi: 3g (Din care acizi grași saturați: 1.17g), Glucide: 4.93g (Din care zaharuri: 4.31g), Proteine: 5.72g, Sare: 0.47g (per 100g)</p> <p><b>Alergeni:</b> Lapte, Soia</p> <p><b>Desodat - 5A (600g)</b><br/>(0E   0.07g sare   4.4g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Rosii cherry, branza de vaci, Unt 82%, Zahar, Unt 82%,</p> <p>Valoare energetica: 303.06Kj/72.43KCal, Grăsimi: 4.68g (Din care acizi grași saturați: 3.21g), Glucide: 5.07g (Din care zaharuri: 4.4g), Proteine: 2.62g, Sare: 0.07g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p> | <p><b>MIC DEJUN</b></p> <p><b>Diabet zaharat - DZ,</b></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>Desodat - 5A (600g)</b><br/>(0E   0.05g sare   3.9g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Cas de vaca, Rosii cherry, Zahar,</p> <p>Valoare energetica: 295.68Kj/70.67KCal, Grăsimi: 3.46g (Din care acizi grași saturați: 0.54g), Glucide: 4.94g (Din care zaharuri: 3.9g), Proteine: 5.11g, Sare: 0.05g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p> <p><b>Comun - C (450g)</b><br/>(0E   0.2g sare   1.7g zaharuri)/100g</p> <p>Ceai, iaurt 2,8%, Pateu pui, Unt</p> <p>Valoare energetica: 353.46Kj/84.48KCal, Grăsimi: 7.44g (Din care acizi grași saturați: 3.52g), Glucide: 2.28g (Din care zaharuri: 1.7g), Proteine: 2.12g, Sare: 0.2g (per 100g)</p> <p><b>Alergeni:</b> Lapte</p> |



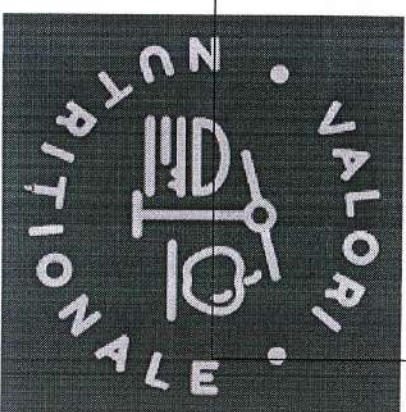


Ingredientele ingrosate contin alergeni

Ingredientele marcate cu \* provin din ingrediente congelate

Numarul de aditivi din preparat este marcat prin "E"

|                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                       |
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| <p><b><u>Mic dejun - Comun (550g)</u></b><br/>(2E   0.41g sare   4.47g zaharuri)/100g<br/>Ceai, iaurt 2,8%, Masline, Branza topita, Zahar, Ou fiert<br/>Valoare energetica: 250.57KJ/59.89Kcal, Grăsimi: 3.48g, (Din care acizi grași saturați: 0.9g), Glucide: 5.09g, (Din care zaharuri: 4.47g), Proteine: 2.04g, Sare: 0.41g (per 100g)<br/>Alergeni: Lapte, Oua</p>                          | <p><b><u>Diabet zaharat - DZ (600g)</u></b><br/>(5E   0.47g sare   1.67g zaharuri)/100g<br/>Ceai, iaurt 2,8%, Rosii cherry, Sunca, Unt 82%,<br/>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)<br/>Alergeni: Lapte</p>        | <p><b><u>Diabet zaharat- DZ (600g)</u></b><br/>(4E   0.39g sare   1.54g zaharuri)/100g<br/>Ceai, iaurt 2,8%, Rosii cherry, Muschi file, Unt,<br/>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)<br/>Alergeni: Lapte, Soia</p>             | <p><b><u>R. Gastric - 5B Lehuze/Gravide-L (500g)</u></b><br/>(0E   0.04g sare   1.54g zaharuri)/100g<br/>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)<br/>Alergeni: Lapte</p>  |
| <p><b><u>Mic dejun - R. Gastric - 5B Lehuze/Gravide - L (550g)</u></b><br/>(0.05g sare   4.45g zaharuri)/100g<br/>Ceai, iaurt 2,8%, Masline negre, Unt 82%, Zahar, Ou fiert<br/>Valoare energetica: 325.06KJ/77.69Kcal, Grăsimi: 5.82g, (Din care acizi grași saturați: 2.92g), Glucide: 5.55g, (Din care zaharuri: 4.45g), Proteine: 1.57g, Sare: 0.05g (per 100g)<br/>Alergeni: Lapte, Oua</p> | <p><b><u>Diabet desodat - DZd (600g)</u></b><br/>(0E   0.04g sare   1.47g zaharuri)/100g<br/>Ceai, iaurt 2,8%, Cas de vaca, Rosii cherry, Unt 82%,<br/>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)<br/>Alergeni: Lapte</p> | <p><b><u>Diabet desodat - DZd (600g)</u></b><br/>(0E   0.07g sare   2.13g zaharuri)/100g<br/>Ceai, iaurt 2,8%, Rosii cherry, branza de vaci, Unt 82%, Unt 82%,<br/>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)<br/>Alergeni: Lapte</p> | <p><b><u>Neoplazici- NPZ (600g)</u></b><br/>(0E   0.04g sare   1.5g zaharuri)/100g<br/>Ceai, iaurt 2,8%, Cas de vaca, Rosii cherry, Unt,<br/>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)<br/>Alergeni: Lapte</p> |
| <p><b><u>R. Gastric cu supliment- S (500g)</u></b><br/>(0E   0.05g sare   4.5g zaharuri)/100g<br/>iaurt 2,8%, Ceai, Branza de vaci, Ou fiert, Unt, Zahar,<br/>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)<br/>Alergeni: Lapte, Oua</p>                      | <p><b><u>Neoplazici- NPZ (600g)</u></b><br/>(5E   0.48g sare   4g zaharuri)/100g<br/>Ceai, iaurt 2,8%, Rosii cherry, Sunca, Unt 82%, Zahar,<br/>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)<br/>Alergeni: Lapte</p>            | <p><b><u>Neoplazici - NPZ (600g)</u></b><br/>(4E   0.41g sare   3.87g zaharuri)/100g<br/>Ceai menta, iaurt 2,8%, Rosii cherry, Muschi file, Unt, Zahar<br/>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)<br/>Alergeni: Lapte, Soia</p>  |                                                                                                                                                                                                                                                                                                                                                       |





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

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| <b>Pranz</b><br><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: 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><b>Alergeni:</b> Gluten, Lapte<br><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: 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) <b>Alergeni:</b> Gluten, Lapte | <b>Pranz</b><br><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 , OUA <b>CONSUM</b><br>Valoare energetica: 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><b>Alergeni:</b> Gluten, Lapte, Oua | <b>Pranz</b><br><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 , Valoare energetica: 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><b>Alergeni:</b> Gluten, Lapte<br><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, Valoare energetica: 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><b>Alergeni:</b> Gluten, Lapte | <b>Pranz</b><br><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, Valoare energetica: 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><b>Alergeni:</b> Gluten, Lapte<br><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, Valoare energetica: 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>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: 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><b>Alergeni:</b> Gluten, Lapte<br><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, Valoare energetica: 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><b>Alergeni:</b> Gluten, Lapte | <b>Pranz</b><br><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 <b>CONSUM</b><br>Valoare energetica: 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><b>Alergeni:</b> Gluten, Lapte, Oua |
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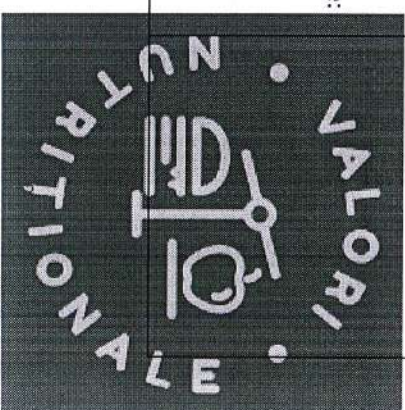


Ingredientele ingrosate contin alergenii

Ingredientele marcate cu \* provin din ingrediente congelate

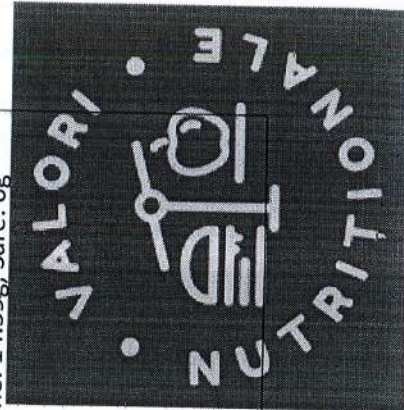
Numarul de aditivi din preparat este marcat prin "E"

|                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <p><b><u>Ciorba cu taitei (S) (400g)</u></b><br/>(0g sare   0.36g zaharuri)/100g</p> <p>Apa, <b>bors</b>, Amestec legume ciorba *, Morcovi, Ceapa, Paste, Ulei,</p> <p>Valoare energetica:<br/>124.34KJ/29.72KCal, Grăsimi: 2.42g, (Din care acizi grași saturati: 0.27g), Glucide: 1.72g, (Din care zaharuri: 0.36g), Proteine: 0.24g, Sare: 0g (per 100g)</p> <p><b>Alergeni:</b> Gluten</p>                              | <p><b><u>Ciorba cu perisoare (5B) (400g)</u></b><br/>(0.06g sare   0.6g zaharuri)/100g</p> <p>Apa, Carne tocata amestec, Ceapa, <b>BORS</b>, Amestec legume ciorba *, <b>Smantana 20%</b>, Morcovi, OREZ, Ulei,</p> <p><b>OUA CONSUM</b></p> <p>Valoare energetica:<br/>390.12KJ/93.24KCal, Grăsimi: 6g, (Din care acizi grași saturati: 1.53g), Glucide: 6.93g, (Din care zaharuri: 0.6g), Proteine: 2.7g, Sare: 0.06g (per 100g)</p> <p><b>Alergeni:</b> Gluten, Lapte, Oua</p> | <p><b><u>Ciorba cu cartofi (5B) (400g)</u></b><br/>(0.01g sare   1.35g zaharuri)/100g</p> <p>Cartofi, Apa, <b>bors</b>, Amestec legume ciorba, <b>Smantana 20%</b>, Morcovi, Ceapa, Ulei,</p> <p>Valoare energetica:<br/>264.45KJ/63.2KCal, Grăsimi: 2.72g, (Din care acizi grași saturati: 0.22g), Glucide: 8.68g, (Din care zaharuri: 1.35g), Proteine: 1.11g, Sare: 0.01g (per 100g)</p> <p><b>Alergeni:</b> Gluten, Lapte</p> | <p><b><u>Ciorba cu sfecla rosie (5B) (400g)</u></b><br/>(0.05g sare   1.45g zaharuri)/100g</p> <p>Apa, Cartofi, Sfecla rosie, <b>BORS</b>, Amestec legume ciorba *, <b>Smantana 20%</b>, Morcovi, Ceapa, Ulei,</p> <p>Valoare energetica:<br/>226.67KJ/54.18KCal, Grăsimi: 2.54g, (Din care acizi grași saturati: 0.2g), Glucide: 7.05g, (Din care zaharuri: 1.45g), Proteine: 1.04g, Sare: 0.05g (per 100g)</p> <p><b>Alergeni:</b> Gluten, Lapte</p> | <p><b><u>Ciorba cu sfecla rosie (S) (400g)</u></b><br/>(0.05g sare   1.51g zaharuri)/100g</p> <p>Apa, Cartofi, Sfecla rosie, <b>BORS</b>, Amestec legume ciorba *, Morcovi, Ceapa, Ulei,</p> <p>Valoare energetica:<br/>201.96KJ/48.27KCal, Grăsimi: 1.91g, (Din care acizi grași saturati: 0.21g), Glucide: 7.16g, (Din care zaharuri: 1.51g), Proteine: 0.96g, Sare: 0.05g (per 100g)</p> <p><b>Alergeni:</b> Gluten</p> | <p><b><u>Ciorba cu orez (5B) (400g)</u></b><br/>(0.04g sare   0.43g zaharuri)/100g</p> <p>Apa, <b>BORS</b>, <b>Smantana 20%</b>, Amestec legume ciorba *, <b>bors</b>, Morcovi, Ceapa, OREZ, Ulei,</p> <p>Valoare energetica:<br/>218.35KJ/52.19KCal, Grăsimi: 3.15g, (Din care acizi grași saturati: 0.27g), Glucide: 5.12g, (Din care zaharuri: 0.43g), Proteine: 0.68g, Sare: 0.04g (per 100g)</p> <p><b>Alergeni:</b> Gluten, Lapte</p> | <p><b><u>Supa cu galustele gris (S) (400g)</u></b><br/>(0.04g sare   0.71g zaharuri)/100g</p> <p>Apa, <b>BORS</b>, Ardei gras, Amestec legume ciorba *, Morcovi, Ceapa, Ulei, Gris, <b>OUA CONSUM</b></p> <p>Valoare energetica:<br/>283.45KJ/67.75KCal, Grăsimi: 4.85g, (Din care acizi grași saturati: 0.56g), Glucide: 5.19g, (Din care zaharuri: 0.71g), Proteine: 0.83g, Sare: 0.04g (per 100g)</p> <p><b>Alergeni:</b> Gluten, Oua</p> |
| <p><b><u>Ciorba cu taitei (5B) (400g)</u></b><br/>(0g sare   0.34g zaharuri)/100g</p> <p>Apa, <b>bors</b>, Amestec legume ciorba *, <b>Smantana 20%</b>, Morcovi, Ceapa, Paste, Ulei,</p> <p>Valoare energetica:<br/>159.93KJ/38.22KCal, Grăsimi: 3.22g, (Din care acizi grași saturati: 0.26g), Glucide: 1.82g, (Din care zaharuri: 0.34g), Proteine: 0.38g, Sare: 0g (per 100g)</p> <p><b>Alergeni:</b> Gluten, Lapte</p> | <p><b><u>Ciorba cu perisoare (S) (400g)</u></b><br/>(0.07g sare   0.62g zaharuri)/100g</p> <p>Apa, Carne tocata amestec, Ceapa, <b>BORS</b>, Amestec legume ciorba *, Morcovi, OREZ, Ulei, <b>OUA CONSUM</b></p> <p>Valoare energetica:<br/>367.29KJ/87.79KCal, Grăsimi: 5.37g, (Din care acizi grași saturati: 1.6g), Glucide: 7.06g, (Din care zaharuri: 0.62g), Proteine: 2.67g, Sare: 0.07g (per 100g)</p> <p><b>Alergeni:</b> Gluten, Oua</p>                                | <p><b><u>Ciorba cu cartofi (S) (400g)</u></b><br/>(0.01g sare   1.41g zaharuri)/100g</p> <p>Cartofi, Apa, <b>bors</b>, Amestec legume ciorba, Morcovi, Ceapa, Ulei,</p> <p>Valoare energetica:<br/>239.28KJ/57.19KCal, Grăsimi: 2.04g, (Din care acizi grași saturati: 0.23g), Glucide: 8.87g, (Din care zaharuri: 1.41g), Proteine: 1.03g, Sare: 0.01g (per 100g)</p> <p><b>Alergeni:</b> Gluten</p>                             | <p><b><u>Ciorba cu sfecla rosie (S) (400g)</u></b><br/>(0.05g sare   1.51g zaharuri)/100g</p> <p>Apa, Cartofi, Sfecla rosie, <b>BORS</b>, Amestec legume ciorba *, Morcovi, Ceapa, Ulei,</p> <p>Valoare energetica:<br/>201.96KJ/48.27KCal, Grăsimi: 1.91g, (Din care acizi grași saturati: 0.21g), Glucide: 7.16g, (Din care zaharuri: 1.51g), Proteine: 0.96g, Sare: 0.05g (per 100g)</p> <p><b>Alergeni:</b> Gluten</p>                             | <p><b><u>Ciorba cu sfecla rosie (S) (400g)</u></b><br/>(0.05g sare   1.51g zaharuri)/100g</p> <p>Apa, Cartofi, Sfecla rosie, <b>BORS</b>, Amestec legume ciorba *, Morcovi, Ceapa, Ulei,</p> <p>Valoare energetica:<br/>201.96KJ/48.27KCal, Grăsimi: 1.91g, (Din care acizi grași saturati: 0.21g), Glucide: 7.16g, (Din care zaharuri: 1.51g), Proteine: 0.96g, Sare: 0.05g (per 100g)</p> <p><b>Alergeni:</b> Gluten</p> | <p><b><u>Ciorba cu orez (S) (400g)</u></b><br/>(0.04g sare   0.45g zaharuri)/100g</p> <p>Apa, <b>BORS</b>, Amestec legume ciorba *, <b>bors</b>, Morcovi, Ceapa, OREZ, Ulei,</p> <p>Valoare energetica:<br/>187.05KJ/44.71KCal, Grăsimi: 2.38g, (Din care acizi grași saturati: 0.28g), Glucide: 5.17g, (Din care zaharuri: 0.45g), Proteine: 0.56g, Sare: 0.04g (per 100g)</p> <p><b>Alergeni:</b> Gluten</p>                              | <p><b><u>Supa cu galustele gris (S) (400g)</u></b><br/>(0.04g sare   0.71g zaharuri)/100g</p> <p>Apa, <b>BORS</b>, Ardei gras, Amestec legume ciorba *, Morcovi, Ceapa, Ulei, Gris, <b>OUA CONSUM</b></p> <p>Valoare energetica:<br/>283.45KJ/67.75KCal, Grăsimi: 4.85g, (Din care acizi grași saturati: 0.56g), Glucide: 5.19g, (Din care zaharuri: 0.71g), Proteine: 0.83g, Sare: 0.04g (per 100g)</p> <p><b>Alergeni:</b> Gluten, Oua</p> |



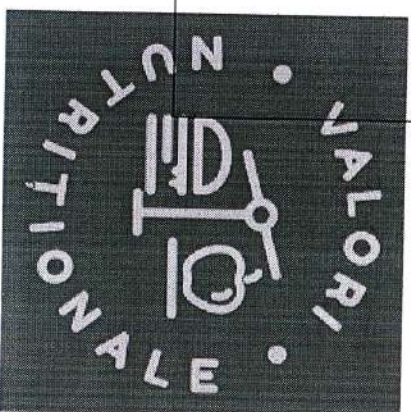


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| <p><b>Pranz</b><br/> <b>Cartofi piure - ceafa porc (400g)</b><br/> (0g sare   0.15g zaharuri)/100g<br/> Cartofi, Ceafa porc*, Lapte, Unt 82%, Ulei<br/> Valoare energetica:<br/> 639.17Kj/152.77KCal, Grăsimi: 7.39g,<br/> (Din care acizi grași saturați: 1.16g),<br/> Glucide: 12.71g, (Din care zaharuri:<br/> 0.15g), Proteine: 8.32g, Sare: 0g (per<br/> 100g)<br/> <b>Alergeni:</b> Lapte</p> <p><b>Cartofi piure - pulpa pui dezosata (400g)</b><br/> (0g sare   0.43g zaharuri)/100g<br/> Cartofi, Pulpe dezosate pui*, Lapte, Unt 82%, Ulei<br/> 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)<br/> <b>Alergeni:</b> Lapte</p> | <p><b>Pranz</b><br/> <b>Sote de ficat pui cu mamaliguta (400g)</b><br/> (0E   0.04g sare   0.64g zaharuri)/100g<br/> Ficat de pui crud*, Malai, Ceapa, Morcovi, Ulei, <b>FAINA</b>,<br/> 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)<br/> <b>Alergeni:</b> Gluten</p> <p><b>Sote ficat pui cu mamaliguta (5B, S) (400g)</b><br/> (0g sare   0.6g zaharuri)/100g<br/> Ficat de pui crud*, Malai, Ceapa, Morcovi, Ulei, <b>FAINA</b>,<br/> Valoare energetica:<br/> 745.69Kj/178.22KCal, Grăsimi: 5.47g,<br/> (Din care acizi grași saturați: 0.34g),<br/> Glucide: 19.7g, (Din care zaharuri: 0.6g),<br/> Proteine: 10.91g, Sare: 0g (per 100g)<br/> <b>Alergeni:</b> Gluten</p> | <p><b>Pranz</b><br/> <b>Iahnie de fasole cu carnat (500g)</b><br/> (0E   0.08g sare   0.7g zaharuri)/100g<br/> Fasole (uscata), Carnati trandafir, Morcovi, Ceapa, Ulei, Paste tomate, Valoare energetica:<br/> 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>Iahnie de fasole cu pulpa pui (550g)</b><br/> (0E   0.06g sare   0.88g zaharuri)/100g<br/> Pulpe dezosate pui, Fasole (uscata), Morcovi, Ceapa, Ulei, Paste tomate, Valoare energetica:<br/> 870Kj/207.94KCal, Grăsimi: 7.74g<br/> (Din care acizi grași saturați: 1.42g),<br/> Glucide: 17.33g (Din care zaharuri: 0.88g), Proteine: 16.57g, Sare: 0.06g (per 100g)</p> | <p><b>Pranz</b><br/> <b>Pilaf de orez cu pulpa pui dezosata (400g)</b><br/> (0E   0g sare   0.86g zaharuri)/100g<br/> Pulpe dezosate pui*, OREZ, Ciuperci conserva, Morcovi, Ceapa, Ulei, Valoare energetica:<br/> 806.98Kj/192.87KCal, Grăsimi: 7.11g<br/> (Din care acizi grași saturați: 1.59g),<br/> Glucide: 17.61g (Din care zaharuri: 0.86g), Proteine: 14.01g, Sare: 0g (per 100g)</p> <p><b>Pilaf de orez cu pulpa pui dezosata (Diabet zaharat) (350g)</b><br/> (0E   0g sare   0.89g zaharuri)/100g<br/> Pulpe dezosate pui*, Ciuperci conserva, OREZ, Morcovi, Ceapa, Ulei, Valoare energetica:<br/> 746.83Kj/178.5KCal, Grăsimi: 7.52g<br/> (Din care acizi grași saturați: 1.68g),<br/> Glucide: 12.67g (Din care zaharuri: 0.89g), Proteine: 14.59g, Sare: 0g (per 100g)</p> |
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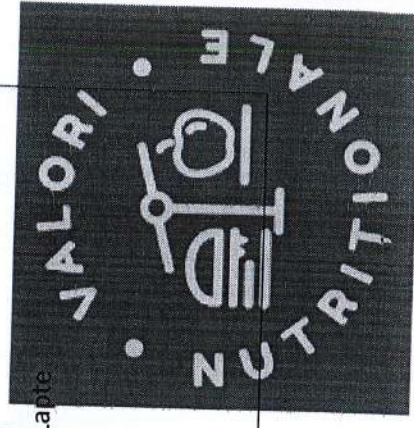


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| <p><b><u>Pranz</u></b><br/> <b><u>Orez cu legume si pulpa pui (400g)</u></b><br/>                     (0E   0g sare   0.83g zaharuri)/100g<br/>                     Pulpe dezodate pui*, OREZ, Ciuperci conserva, Morcovi, Ceapa, Fasole pastai*, Ulei,<br/>                     Valoare energetica: 758.16KJ/181.21KCal,<br/>                     Grăsimi: 6.92g (Din care acizi grași saturați: 1.55g), Glucide: 15.64g (Din care zaharuri: 0.83g), Proteine: 13.64g, Sare: 0g (per 100g)</p> | <p><b><u>Pranz</u></b><br/> <b><u>Ciulama pui cu mamaliguta (500g)</u></b><br/>                     (0E   2.73g sare   0.51g zaharuri)/100g<br/>                     piept pui*, Malai, Ciuperci conserva, Morcovi, Ceapa, Smantana 20%, Faina alba, Ulei,<br/>                     Valoare energetica: 778.81KJ/186.14KCal,<br/>                     Grăsimi: 5.3g (Din care acizi grași saturați: 0.3g), Glucide: 20.8g (Din care zaharuri: 0.51g), Proteine: 12.69g, Sare: 2.73g (per 100g)<br/>                     Alergeni: Lapte, Gluten</p> | <p><b><u>Pranz</u></b><br/> <b><u>Varza fiarta - carnati (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/>                     Alergeni: Lapte</p> |
| <p><b><u>Orez cu legume si ceafa porc (400g)</u></b><br/>                     (0E   0.04g sare   0.47g zaharuri)/100g<br/>                     Ceafa porc, OREZ, Ciuperci conserva, Morcovi, Ceapa, Fasole pastai*, Ulei,<br/>                     Valoare energetica: 855.63KJ/204.5KCal,<br/>                     Grăsimi: 9.73g (Din care acizi grași saturați: 0.34g), Glucide: 15.07g (Din care zaharuri: 0.47g), Proteine: 13.43g, Sare: 0.04g (per 100g)</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 dezodate 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><u>Varza fiarta cu pulpa pui (400g)</u></b><br/>                     (0E   0.04g sare   1.92g zaharuri)/100g<br/>                     Varza, Pulpe dezodate 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/>                     Alergeni: Lapte</p>                        |





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| <p><b>Cină</b></p> <p><b>Budinca de macaroane cu branza vaci (350g)</b><br/>(0E   0.11g sare   7.73g zaharuri)/100g<br/>branza de vaci, Macaroane, Ulei,<br/>Zahar, Unt 82%, OUA CONSUM</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>Alergeni: Lapte, Oua</p> | <p><b>Cină</b></p> <p><b>Budinca de orez cu mere (300g)</b><br/>(0E   0.03g sare   7.17g zaharuri)/100g<br/>Mere, OREZ, Lapte 3,5 %, Zahar, Unt<br/>82%, Ulei</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>Alergeni: Gluten, Lapte</p>      | <p><b>Cină</b></p> <p><b>Branza cu smantana si mamaliguta (350g)</b><br/>(0E   0.07g sare   1.73g zaharuri)/100g<br/>Smantana 20%, 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) Alergeni: Lapte</p> | <p><b>Cină</b></p> <p><b>Macroane cu carne tocata (350g)</b><br/>(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>Alergeni: Lapte</p> |
| <p><b>Sote de pastai cu pulpa pui (450g)</b><br/>(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>Sote de legume si orez cu pulpa pui dezosata (500g)</b><br/>(0E   0g sare   0.46g zaharuri)/100g<br/>Pulpe dezosate pui*, Legume congelate<br/>amestec*, OREZ, Ulei,</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>Alergeni: Gluten</p> | <p><b>Cartofi natur - sote ficat pui (400g)</b><br/>(0E   0g sare   0.27g zaharuri)/100g<br/>Cartofi, Ficat de pui crud, Ceapa,<br/>Morcovi, Unt 82%, Ulei,</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>Alergeni: Lapte</p>   | <p><b>Musaca de cartofi cu carne tocata (350g)</b><br/>(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>Alergeni: Lapte</p>              |





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), Glucide: 9.68g (Din care zaharuri: 2.71g), 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), Glucide: 2.42g (Din care zaharuri: 1.94g), 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), Glucide: 5.68g (Din care zaharuri: 2.37g), 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>Eugenii (100g)</b><br>(3E   0.28g sare   25.2g zaharuri)/100g<br>Eugenii<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 sulfii | <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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