

| Zilele Săpt:         | Mic dejun                                                                                                                                                                                                                                                                             | Pranz                                                                                                                                                                                                                                                                            | Cina                                                                                                                                                                                                                                                                         |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Luni<br>13.10.25     | PAINE, CEAI, IAUROT, APA PLATA<br>OU, BR. TOPITA - C<br>UNT, OU, MASLINE - <u>5B, NPZ, L</u><br>UNT, OU, BR. VACI - S<br>OU, UNT, ROSII - <u>5A</u><br>OU, UNT(2), ROSII, - <u>DZ, DZd</u>                                                                                            | CIOABA 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, NPZ, L, MG</u><br>SALATA DE ARDEI COPTI - <u>C, 5A, DZ, NPZ, MG</u><br>PAINE / MAR                                          | BUDINCA DE MACAROANE CU BR. VACI - <u>5A, C, NPZ, L, 5B, S</u><br>SOTE DE PASTAI - PULPA PUI LA CUPTOR - <u>DZ</u><br>CIULAMA CIUPERCI CARNE PUI SI MAMALIGUTA - <u>MG</u><br>PANDISPAN CU FRUCTE - <u>MG</u><br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI - <u>DZ</u> |
| MARTI<br>14.10.25    | PAINE, CEAI, IAUROT, APA PLATA<br>SUNCA, BR. TOPITA, - C<br>UNT, SUNCA - <u>5B, L</u><br>UNT, SUNCA, ROSII - <u>NPZ</u><br>UNT, OU, BR. VACI - S<br>CAS DULCE, ROSII - <u>5A</u><br>CAS DULCE, UNT(2), ROSII - <u>DZd</u><br>SUNCA, UNT(2), ROSII - <u>DZ</u>                         | CIOABA CU PERISOARE<br>SOTE DE FICAT CU MAMALIGUTA - <u>C, 5A, DZ, NPZ, L, MG</u><br>SOTE DE FICAT CU MAMALIGUTA - <u>5B, S</u><br>MAR - <u>DZ</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</u><br>CARTOFI TARANESTI - CARNE PUI - <u>MG</u> ;<br>LAPTE CU OREZ - <u>MG</u><br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI - <u>DZ</u>                            |
| MIERCURI<br>15.10.25 | PAINE, CEAI, IAUROT, APA PLATA<br>MUSCHI, BR. TOPITA, - C<br>UNT, MUSCHI, ROSII - <u>NPZ</u><br>UNT, MUSCHI - <u>5B, L</u><br>UNT, OU, BR. VACI - S<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> | CIOABA CU CARTOFI<br>PILAF DE OREZ CU PULPA PUI - <u>5B, S, NPZ, L, DZ</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, C, NPZ, MG</u><br>PAINE / MAR | BRANZA CU SMANTANA SI MAMALIGUTA - <u>5A, C, DZ, NPZ, L</u><br>CARTOFI NATUR - SOTE FICAT DE PUI - <u>5B, S</u><br>CARTOFI COPTI - CASCAL PANNE - <u>MG</u> ;<br>PANDISPAN CU FRUCTE - <u>MG</u> ;<br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI - <u>DZ</u>            |
| JOI<br>16.10.25      | PAINE, CEAI, IAUROT, APA PLATA<br>OU, BR. TOPITA - C<br>UNT, OU, MASLINE - <u>5B, NPZ, L</u><br>UNT, OU, BR. VACI - S<br>OU, UNT, ROSII - <u>5A</u><br>OU, UNT(2), ROSII, - <u>DZ, DZd</u>                                                                                            | CIOABA 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, NPZ, L, MG</u><br>SALATA DE ARDEI COPTI - <u>C, 5A, DZ, NPZ, MG</u><br>PAINE / MAR                                            | BUDINCA DE MACAROANE CU BR. VACI - <u>5A, C, NPZ, L, 5B, S</u><br>SOTE DE PASTAI - PULPA PUI LA CUPTOR - <u>DZ</u><br>SALATA GRECEASCA - SNITEL - <u>MG</u><br>BUDINCA DE MACAROANE CU BR. VACI - <u>MG</u><br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI - <u>DZ</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: Dochtel Alina

"O ALIMENTAȚIE CUMPĂTATĂ ȘI ECHILIBRATĂ CREȘTE SPERANȚA DE VIAȚĂ"

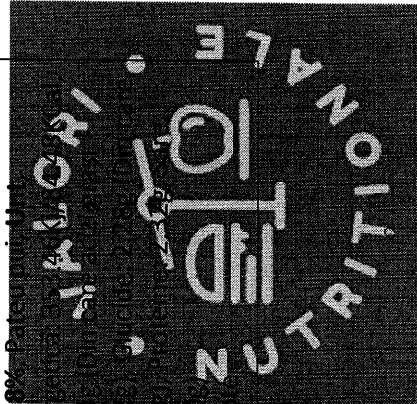
MENIUL SĂPTĂMÂNAL AL PACIENȚILOR ȘI AL MEDICILOR DE GARDĂ

|                              |                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                  |
|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>VINERI<br/>17.10.25</b>   | PAINE, CEAI, IAUURT, APA PLATA<br>PATEU, UNT – <u>C</u><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</u><br>VARZA FIARTA –CARNAT – <u>C</u><br>OREZ CU LEGUME SI CIUPERCI –PULPA PUI - <u>MG</u><br>SALATA DE MURATURI – <u>MG</u><br>PAINE / MAR | MACAROANE CU CARNE TOCATA – <u>C, 5A, NPZ, L</u><br>BUDINCA DE MACAROANE CU BR. VACI - <u>5B, S</u><br>MUSACA DE CARTOFI CU CARNE TOCATA – <u>DZ</u><br>MACAROANE CU TELEMEA- <u>MG</u><br>PAPANASI CU SMANTANA SI GEM- <u>MG</u><br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI - <u>DZ</u> |
| <b>SAMBATA<br/>18.10.25</b>  | PAINE, CEAI, IAUURT, APA PLATA<br>SUNCA, BR. TOPIA, – <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>UNT(2), CAS DULCE, ROSII, - <u>DZd</u><br>SUNCA, UNT(2), ROSII, - <u>DZ</u>              | CIORBA CU TAITEI<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</u><br>MAR - <u>DZ</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>PIIAF DE OREZ- PULPA PUI- <u>DZ, 5B, S</u><br>CARTOFI COPTI – CASCaval PANNE- <u>MG</u> ;<br>LAPTE CU OREZ- <u>MG</u> ;<br>PAINE - <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI - <u>DZ</u>                                                         |
| <b>DUMINICA<br/>19.10.25</b> | PAINE, CEAI, IAUURT, APA PLATA<br>MUSCHI, BR. TOPIA, – <u>C</u><br>UNT, MUSCHI, ROSII- <u>NPZ</u><br>UNT, MUSCHI- <u>5B, NPZ, L</u><br>UNT, OU, BR. VACI – <u>S</u><br>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, NPZ, L, MG</u><br>SALATA DE ARDEI COPT – <u>C, 5A, DZ, NPZ, MG</u><br>PAINE / MAR             | BRANZA CU SMANATANA SI MAMALIGUTA – <u>5A, C, DZ, NPZ, L</u><br>CARTOFI NATUR –SOTE DE FICAT PUI- <u>5B, S</u><br>BRANZA CU SMANATANA SI MAMALIGUTA - <u>MG</u><br>NEGRESA - <u>MG</u><br>PAINE – <u>5A, C, NPZ, L, S, 5B, MG</u><br>KIWI - <u>DZ</u>                                            |

“O ALIMENTAȚIE CUMPĂTATĂ ȘI ECHILIBRATĂ CREȘTE SPERANȚA DE VIAȚĂ”

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

| MIC DEJUN                                                                                                                                                                                                      |  | MIC DEJUN                                                                                                                                                                                                       |  | MIC DEJUN                                                                                                                                                                                                     |  | MIC DEJUN                                                                                                                                                                                                     |  |
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| <b>Desodat - 5A (500g)</b><br>(0E   0.05g sare   4.48g zaharuri)/100g<br>Ceai, iaurt 2,8%, Rosii cherry, Unt, Zahar, Ou fier                                                                                   |  | <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</b><br><b>Lehuze/gravide- L (500g)</b><br>(5E   0.56g sare   4.49g zaharuri)/100g<br>Ceai, iaurt 2,8%, Sunca, Unt 82%, Zahar,                                                              |  | <b>R. Gastric - 5B</b><br><b>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: 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)<br><b>Alergeni:</b> Lapte, Oua  |  | 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)<br><b>Alergeni:</b> Lapte       |  | 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)<br><b>Alergeni:</b> Lapte   |  | 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)<br><b>Alergeni:</b> 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 fier                                                |  | 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)<br><b>Alergeni:</b> Lapte, Oua |  | Valoare energetica: 288.18Kj/68.88KCal, Grăsimi: 3g (Din care acizi grași saturați: 1.7g), Glucide: 4.93g (Din care zaharuri: 4.31g), Proteine: 5.72g, Sare: 0.47g (per 100g)<br><b>Alergeni:</b> Lapte, Soia |  | Valoare energetica: 288.18Kj/68.88KCal, Grăsimi: 3g (Din care acizi grași saturați: 1.7g), Glucide: 4.93g (Din care zaharuri: 4.31g), Proteine: 5.72g, Sare: 0.47g (per 100g)<br><b>Alergeni:</b> Lapte, Soia |  |
| <b>R.Gastric- 5B, Lehuze/gravide - L</b><br><b>Neoplazici NPZ (500)</b><br>(0E   0.05g sare   4.87g zaharuri)/100g<br>Ceai, iaurt 2,8%, Masline negre, Unt 82%, Zahar, Ou fier                                 |  | Valoare energetica: 303.06Kj/72.43KCal, 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)<br><b>Alergeni:</b> Lapte      |  | Valoare energetica: 303.06Kj/72.43KCal, 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)<br><b>Alergeni:</b> Lapte    |  | Valoare energetica: 303.06Kj/72.43KCal, 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)<br><b>Alergeni:</b> Lapte    |  |
| Valoare energetica: 310.3Kj/74.16KCal, Grăsimi: 5.35g (Din care acizi grași saturați: 3.2g), Glucide: 5.48g (Din care zaharuri: 4.87g), Proteine: 1.64g, Sare: 0.05g (per 100g)<br><b>Alergeni:</b> Lapte, Oua |  | Valoare energetica: 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)<br><b>Alergeni:</b> Lapte                                   |  | Valoare energetica: 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)<br><b>Alergeni:</b> Lapte                                 |  | Valoare energetica: 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)<br><b>Alergeni:</b> Lapte                                 |  |

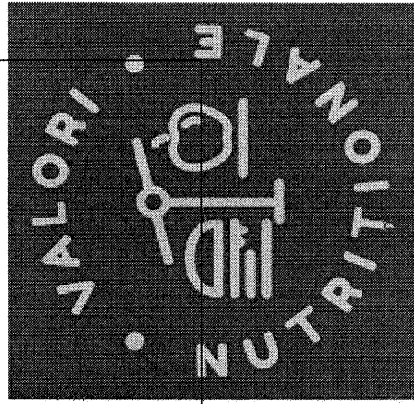


Ingredientele ingrosate contin alergeni

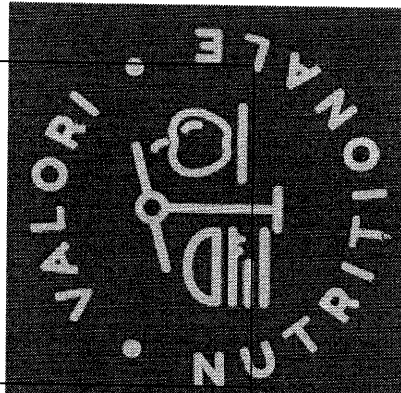
Ingredientele marcate cu \* provin din ingrediente congelate

Numarul de aditivi din preparat este marcat prin "E"

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| <p><b>Comun - C (450g)</b><br/>(0E   0.06g sare   4.59g zaharuri)/100g</p> <p>iaurt 2,8%, Ceai, Masline negre, 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>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 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 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>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>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>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%, 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/>(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>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>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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| <p><b>Pranz</b><br/> <b>Ciorba cu taitai (400g)</b><br/> (0E   0.04g sare   0.38g zaharuri)/100g<br/> Apa, bors, Amestec legume ciorba*, Smantana 20%, Morcovi, Ceapa, Paste, Ulei, Valoare energetica:<br/> 165.14KJ/39.47KCal, Grăsimi: 3.16g (Din care acizi grași 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 taitai (Diabet zaharat - DZ) (400g)</b><br/> (0E   0.04g sare   0.34g zaharuri)/100g<br/> Apa, bors, Amestec legume ciorba*, Smantana 20%, Morcovi, Ceapa, Ulei, Valoare energetica:<br/> 166.36KJ/39.76KCal, Grăsimi: 3.27g (Din care acizi grași saturați: 0.26g), Glucide: 1.99g (Din care zaharuri: 0.34g), Proteine: 0.49g, Sare: 0.04g (per 100g) <b>Alergeni:</b> Gluten, Lapte</p> | <p><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, Ulei, <b>OUA CONSUM</b><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/> <b>Alergeni:</b> Gluten, Lapte, Oua</p> | <p><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, <b>OREZ</b>, 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/> <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, <b>OREZ</b>, Ulei, 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/> <b>Alergeni:</b> Gluten, Lapte</p> | <p><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:<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/> <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:<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)</p> | <p><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:<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/> <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:<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/> <b>Alergeni:</b> Gluten, Lapte</p> | <p><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, <b>OUA CONSUM</b><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/> <b>Alergeni:</b> Gluten, Lapte, Oua</p> |
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Ingredientele ingrosate contin alergenii

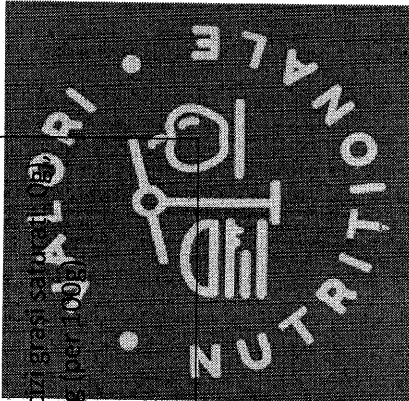
Ingredientele marcate cu \* provin din ingrediente congelate

Numarul de aditivi din preparat este marcat prin "E"

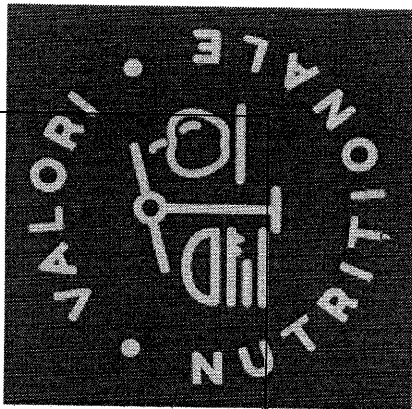
|                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                    |
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| <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>Biscuiti (100g)</b><br>(3E   0.28g sare   25.2g zaharuri)/100g<br>Biscuiti<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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| <p><b><u>Pranz</u></b></p> <p><b><u>Cartofi natur cu ceafa porc</u></b><br/>(400g)<br/>(0E   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 100g)<br/><b>Alergeni:</b> Lapte</p> <p><b><u>Cartofi natur cu pulpa pui</u></b><br/>(400g)<br/>(0E   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 100g)<br/><b>Alergeni:</b> Lapte</p> | <p><b><u>Pranz</u></b></p> <p><b><u>Sote de ficat pui cu mamaliguta</u></b><br/>(400g)<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 (per 100g)<br/><b>Alergeni:</b> Gluten</p> | <p><b><u>Pranz</u></b></p> <p><b><u>Iahnie de fasole cu carnat</u></b> (500g)<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><u>Iahnie de fasole cu pulpa pui</u></b> (550g)<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><u>Pranz</u></b></p> <p><b><u>Pilaf de orez cu pulpa pui</u></b> (400g)<br/>(0E   0g sare   0.95g zaharuri)/100g<br/>Pulpe dezosate pui*, OREZ , Morcovi, Ceapa, Ulei,<br/>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 (per 100g) <b>Alergeni:</b> Gluten</p> <p><b><u>Pilaf de orez cu pulpa pui</u></b><br/>(Diabet zaharat - DZ) (350g)<br/>(0E   0g sare   0.98g zaharuri)/100g<br/>Pulpe dezosate pui*, OREZ , Morcovi, Ceapa, Ulei,<br/>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 (per 100g) <b>Alergeni:</b> Gluten</p> |
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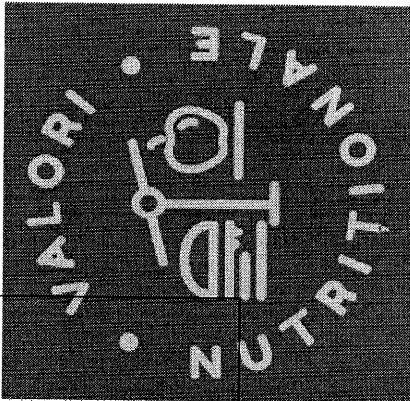


Ingredientele ingrosate contin alergeni

Ingredientele marcate cu \* provin din ingrediente congelate

Numarul de aditivi din preparat este marcat prin "E"

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| <p><b>Pranz</b></p> <p><u><b>Orez cu legume si pulpa pui (400g)</b></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><b>Orez cu legume si ceafa porc (400g)</b></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></p> <p><u><b>Ciulama pui cu mamaliguta (500g)</b></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><b>Pulpa de pui cu mamaliguta si ardei copt (Diabet zaharat -DZ) (450g)</b></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></p> <p><u><b>Varza fiarta - carnat (350g)</b></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><b>Varza fiarta cu pulpa pui (400g)</b></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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| <p><b>Cină</b><br/> <b>Budinca de macaroane cu branza vaci (350g)</b><br/>           (0E   0.11g sare   7.73g zaharuri)/100g<br/> <b>branza de vaci, Macaroane, Ulei, Zahar, Unt 82%, OUA CONSUM</b><br/>           Valoare energetică:<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</p> | <p><b>Cină</b><br/> <b>Budinca de orez cu mere (300g)</b><br/>           (0E   0.03g sare   7.17g zaharuri)/100g<br/> <b>Mere, OREZ , Lapte 3,5 % , Zahar, Unt 82% , Ulei</b><br/>           Valoare energetică:<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</p>      | <p><b>Cină</b><br/> <b>Branza cu smantana si mamaliguta (350g)</b><br/>           (0E   0.07g sare   1.73g zaharuri)/100g<br/> <b>Smantana 20%, branza de vaci, Malai, Ulei</b><br/>           Valoare energetică:<br/>           978.02KJ/233.75KCal, Grăsimi: 9.67g<br/>           (Din care acizi grași saturați: 1.2g),<br/>           Glucide: 25.07g (Din care zaharuri:<br/>           1.73g), Proteine: 7.94g, Sare: 0.07g<br/>           (per 100g) <b>Alergeni:</b> Lapte</p> | <p><b>Cină</b><br/> <b>Macroane cu carne tocata (350g)</b><br/>           (0E   0.24g sare   1.28g zaharuri)/100g<br/> <b>Carne tocata amestec*, Macaroane, Parmezan, Suc de rosii, Morcovi, Ceapa, Ulei,</b><br/>           Valoare energetică:<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</p> |
| <p><b>Sote de pastai cu pulpa pui (450g)</b><br/>           (0E   0.03g sare   1.22g zaharuri)/100g<br/> <b>Pulpe dezosate pui*, Fasole pastai*, Morcovi, Ceapa, Ulei,</b><br/>           Valoare energetică:<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</p>                            | <p><b>Sote de legume si orez cu pulpa pui dezosata (500g)</b><br/>           (0E   0g sare   0.46g zaharuri)/100g<br/> <b>Pulpe dezosate pui*, Legume congelate amestec*, OREZ , Ulei,</b><br/>           Valoare energetică:<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</p> | <p><b>Cartofi natur - sote ficat pui (400g)</b><br/>           (0E   0g sare   0.27g zaharuri)/100g<br/> <b>Cartofi, Ficat de pui crud, Ceapa, Morcovi, Unt 82% , Ulei,</b><br/>           Valoare energetică:<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</p>  | <p><b>Musaca de cartofi cu carne tocata (350g)</b><br/>           (0E   0.12g sare   0.39g zaharuri)/100g<br/> <b>Cartofi, Carne tocata amestec*, Parmezan, Suc de rosii, Morcovi, Ceapa, Ulei,</b><br/>           Valoare energetică:<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</p>            |

