MENIU 19.01.2023

****

MIC DEJUN

PAINE (*300 GR*), SANA (*1 BUC*), UNT (*1 BUC*), MAGIUN (*10 GR*), SALAM VICTORIA (*60 GR*), HUMMUS (60 GR), CASCAVAL (50 GR)

REGIM : IDEM

REGIM : IDEM

*** *GUSTARE DIABET : MAR 1 BUC*

PRANZ

CIORBA DE PERISOARE (250 GR)

TOCANITA DE PUI CU MAMALIGUTA (250 GR)

REGIM : IDEM (250 GR) / IDEM (250 GR)

REGIM DIABET : IDEM

*** *GUSTARE DIABET :Portocala (1 BUC)*

CINA

CEAFA DE PORC LA CUPTOR CU CARTOFI NATURI (200 GR)

MAR

REGIM : IDEM (200 GR)

REGIM DIABET : IDEM

AVIZAT,
MEDIC SEF SECTIE [redacted] *DIRECTOR MEDICAL* [redacted] *AS.MED.SEF* [redacted] *MANAGER* [redacted]

Alergeni: ***: Gluten, lactoza, ou, poate contine mustar, telina, soia, fructe cu coaja lemnoasa***

MENIU 20.01.2026

* *

MIC DEJUN

PAINE (*300 GR*), IAURT (*1 BUC*), UNT (*1 BUC*), MAGIUN (*10 GR*), BRANZA TELEMEA 60 G, SALAM VICTORIA 60 G, OU FIERT 1 BUC

REGIM : IDEM

REGIM DIABET : IDEM

****** GUSTARE DIABET : BELVITA BISCUITI 1 BUC***

PRANZ

CIORBA DE SPANAC (250 GR)

CHIFTELUTE MARINATE CU GARNITURA DE OREZ CU CIUPERCI (250 GR)

REGIM : IDEM (250 GR) / CIOCANELE DE PUI CU GARNITURA DE OREZ CU CIUPERCI (250 GR)

REGIM DIABET : IDEM

****** GUSTARE DIABET : Porocala (1 BUC)***

CINA

TOCANITA DE CARTOFI CU KAIZER (200 GR)

MAR

REGIM : CARTOFI LA CUPTOR CU PIPT DE PUI (280 GR)

REGIM DIABET : CARTOFI LA CUPTOR CU PIPT DE PUI (280 GR)

AVIZAT,
MEDIC SEF SECTIE [redacted] *DIRECTOR MEDICAL* [redacted] *AS.MED.SEF* [redacted] *MANAGER* [redacted]

Alergeni: ***: Gluten, lactoza, ou, poate contine mustar, telina, soia, fructe cu coaja lemnoasa***

MENIU 21.01.2026

* *

MIC DEJUN

PAINE (*300 GR*), SALAM BANATEAN (60 g), UNT (1 BUC), CREMA DE BRANZA (60 GR), ARDEI GRAS (1 BUC), CEAI CU LAMAIE

REGIM : IDEM

REGIM DIABET : IDEM

****** GUSTARE DIABET : BISCUITE BELVITA 1 BUC***

***REGIM GLUTEN :* PAINE (*300 GR*), UNT (1 BUC), OU FIERT (60 GR), CREMA DE BRANZA (60 GR), ARDEI GRAS (1 BUC), CEAI CU LAMAIE**

PRANZ

CIORBA DE PUI A LA GREC (250 GR)

FRIPTURA DE PORC CU OREZ SARBESC (250 GR)

***REGIM : IDEM (250 GR) /* FRIPTURA DE PUI CU OREZ SARBESC)**

REGIM DIABET / GLUTEN : IDEM

****** GUSTARE DIABET : MAR (1 BUC)***

CINA

MICI CU CARTOFI LA CUPTOR

MAR

REGIM : PIEPT DE PUI CU CARTOFI LA CUPTOR (200 GR)

MAR

REGIM DIABET / REGIM GLUTEN : IDEM

AVIZAT,

MEDIC SEF SECTIE [redacted] *DIRECTOR MEDICAL* [redacted] *AS.MED.SEF* [redacted] *MANAGER* [redacted]

Alergeni: ***: Gluten, lactoza, ou, poate contine mustar, telina, soia, fructe cu coaja lemnoasa***

MENIU 22.01.2026

* *

MIC DEJUN

PAINE (*300 GR*), UNT (*1 BUC*), MAGIUN (*10 GR*), TELEMEA DE VACA 60 G, MUSCHI FILE (60 G), CACAO CU LAPTE

***REGIM CRUTARE / DIABET :* IDEM**

***REGIM GLUTEN :* UNT (*1 BUC*), MAGIUN (*10 GR*), TELEMEA DE VACA 60 G, OU FIRT (60 GR), CACAO CU LAPTE**

****** GUSTARE DIABET : BELVITA 40 g***

PRANZ

CIORBA DE PUI (250 GR)

IAHNIE DE FASOLE CU CARNATI (250 GR), SALATA DE VARZA 200 g

***REGIM : IDEM (250 GR) / FASOLE VERDE CU CIOCANELE DE PUI(250 GR),* SALATA DE VARZA 200 g**

REGIM DIABET / REGIM GLUTEN : IDEM

****** GUSTARE DIABET : PORTOCALA (1 BUC)***

CINA

LEGUME MEXICANE CU PIEPT DE PUI LA TAVA (200 GR)

MAR

REGIM : IDEM (200 GR)

REGIM DIABET / REGIM GLUTEN : IDEM

AVIZAT,
MEDIC SEF SECTIE [redacted] *DIRECTOR MEDICAL* [redacted] *AS.MED.SEF* [redacted] *MANAGER* [redacted]

Alergeni: ***: Gluten, lactoza, ou, poate contine mustar, telina, soia, fructe cu coaja lemnoasa***

MENIU 23.01.2026

* *

MIC DEJUN

PAINE (*300 GR*), IAURT (*1 BUC*), OU FIERT (60g), CASCAVAL 50g, SALAM VICTORIA (*60 GR*), UNT (1 BUC), MAGIUN (10 GR)

REGIM CRUTARE / REGIM DIABET : IDEM

***REGIM GLUTEN :* PAINE (*300 GR*), IAURT (*1 BUC*), OU FIERT (60g), CASCAVAL 50g, UNT (1 BUC), MAGIUN (10 GR)**

**** GUSTARE DIABET : BELVITA 40 g*

PRANZ

CIORBA DE VARZA CU AFUMATURA (250 GR)

CIOCANELE LA CUPTOR CU PIURE DE CARTOFI (250 GR)

REGIM CRUTARE / REGIM DIABET/ REGIM GLUTEN : CIORBA DE VARZA (250 GR) / IDEM(250 GR)

**** GUSTARE DIABET : PORTOCALA (1 BUC)*

CINA

SOTE DE FASOLE VERDE CU PIEPT DE PUI LA GRATAR (200 GR)

MAR

REGIM CRUTARE / REGIM DIABET/ REGIM GLUTEN : IDEM (200 GR)

AVIZAT,
MEDIC SEF SECTIE [redacted] *DIRECTOR MEDICAL* [redacted] *AS.MED.SEF* [redacted] *MANAGER* [redacted]

Alergeni: ***: Gluten, lactoza, ou, poate contine mustar, telina, soia, fructe cu coaja lemnoasa***

MENIU 24.01.2026

* *

MIC DEJUN

PAINE (*300 GR*), MUSCHI FILE(60 g), CREMA DE BRANZA SAU TELEMEA DE VACA (30 g) , UNT (1 BUC), MAGIUN (10 GR), ARDEI (1 BUC), CEAI CU LAMAIE

REGIM CRUTARE / REGIM DIABET / : idem

***REGIM GLUTEN :* OU FIERT (60 GR), CREMA DE BRANZA SAU TELEMEA DE VACA (30 g) , UNT (1 BUC), MAGIUN (10 GR), ARDEI (1 BUC), CEAI CU LAMAIE**

*** *GUSTARE DIABET : BELVITA BISCUITI (1BUC)*

PRANZ

CIORBA TARANEASCA DE PORC (250 GR)

MANCARE DE MAZARE CU CIOCANELE DE PUI (250 GR)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN : CIORBA DE TARANEASCA DE PUI (250 GR) / MANCARE DE FASOLE VERDE CU CIOCANELE DE PUI(250 GR)

*** *GUSTARE DIABET : MAR (1 BUC)*

CINA

MAMALIGA CU BRANZA SI SMANTANA (200 GR),

IAURT

REGIM : IDEM (200 GR)

REGIM DIABET : IDEM

AVIZAT,
MEDIC SEF SECTIE [redacted] *DIRECTOR MEDICAL* [redacted] *S.MED.SEF* [redacted] *MANAGER* [redacted]

Alergeni: ***: Gluten, lactoza, ou, poate contine mustar, telina, soia, fructe cu coaja lemnoasa***

MENIU 25.01.2026

* *

MIC DEJUN

PAINE (*300 GR*), IAURT (*1 BUC*), OU FIERT (60g), MAGIUN (*10 GR*), SALAM VICTORIA (*60 GR*), BRANZA DE VACI (60 GR), ARDEI (1 buc)

REGIM CRUTARE / REGIM DIABET : idem

***REGIM GLUTEN :* PAINE (*300 GR*), IAURT (*1 BUC*), OU FIERT (60g), MAGIUN (*10 GR*), BRANZA DE VACI (60 GR), ARDEI (1 buc)**

*** *GUSTARE DIABET : BELVITA 40 g*

PRANZ

CIORBA DE LEGUME (250 GR)
IAHNIE DE FASOLE CU CIOLAN (250 GR)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN : IDEM (250 GR) / FASOLE VERDE CU PIEPT DE PUI(250 GR)

*** *GUSTARE DIABET :PORTOCALA (1 BUC)*

CINA

SALATA ORIENTALA (200 GR)
SANA (1 BUC)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN : SALATA DE CARTOFI CU BRANZA TELEMEA (200 GR) / SANA (1 BUC)

AVIZAT,
MEDIC SEF SECTIE [redacted] *DIRECTOR MEDICAL* [redacted] *S.MED.SEF* [redacted] *MANAGER* [redacted]

Alergeni: ***: Gluten, lactoza, ou, poate contine mustar, telina, soia, fructe cu coaja lemnoasa***