MENIU 26.01.2026

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MIC DEJUN

PAINE (300 GR),CEAI CU LAMAIE, UNT(1 BUC), MIERE(1 PLIC),MUSCHI FILE (60 GR), CASTRAVETI (1 buc)

REGIM CRUTARE / REGIM DIABET : idem

REGIM GLUTEN : PAINE (300 GR),CEAI CU LAMAIE, UNT(1 BUC), MIERE(1 PLIC),OU FIERT (1 BUC), CASTRAVETI (1 buc)

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

PRANZ

SUPA CU GALUSTE (250 GR)

OSTROPEL DE PUI CU PIURE (250 GR)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN : IDEM (250 GR) / IDEM (250 GR)

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

CINA

GHIVECI CALUGARESC CU CIOLAN AFUMAT (200 GR)

BISCUITI DIETETICI (1 BUC)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN : GHIVECI CALUGARESC CU PULPE DE PUI(200 GR)

BISCUITI DIETETICI (1 BUC)

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 27.01.2026

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MIC DEJUN

PAINE (*300 GR*), CEAI CU LAMANIE (*200 GR*), CASCAVAL (60g), HUMUS (*60 GR*), SALAM VICTORIA (*60 GR*), CASTRAVETI (1/2 buc)

REGIM CRUTARE / REGIM DIABET : idem

***REGIM GLUTEN :* PAINE (*300 GR*), CEAI CU LAMAIE (*200 GR*), CASCAVAL (60g), HUMUS (*60 GR*), BRANZA DE VACI (60 GR), CASTRAVETE (1/2 buc), PORTOCALA (1 BUC)**

**** GUSTARE DIABET : BELVITA 40 g*

PRANZ

CIORBA DE PORC TARANEASCA (250 GR)

MANCARE DE MAZARE CU CIOCANELE DE PUI (250 GR)

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

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

CINA

SPANAC CU OU (200 GR)

PLACINTA CU BRANZA DE VACI (80 GR)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN : IDEM (200 GR) / PLACINTA CU BRANZA DE VACI FARA ZAHAR (80 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* [redacted]

MENIU 28.01.2026

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MIC DEJUN

PAINE (*300 GR*), SANA (*1 BUC*), OU FIERT (60g), UNT (*1 BUC*), SALAM BANATEAN (*60 GR*), BRANZA TELEMEA (60 GR)

REGIM CRUTARE: MUSCHI FILE (60 GR) / REGIM DIABET : idem

***REGIM GLUTEN :* PAINE (*300 GR*), SANA (*1 BUC*), OU FIERT (60g), UNT (*1 BUC*), BRANZA TELEMEA (60 GR), CASTRAVETI (1/2 buc), MAR (1 BUC)**

**** GUSTARE DIABET : BELVITA 40 g*

PRANZ

SUPA CU FIDEA (250 GR)

VARZA CALITA CU CIOLAN SI MAMALIGUTA (250 GR)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN : IDEM (250 GR) / VARZA CALITA CU PIEPT DE PUI LA GRATAR (250 GR)

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

CINA

SOTE DE FICATEI DE PUI CU PILAF DE OREZ (200 GR)

MAR (1 BUC)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN : IDEM (200 GR)/ IDEM (1 BUC)

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*

[redacted]

MENIU 29.01.2026

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MIC DEJUN

PAINE (*300 GR*), IAURT (*1 BUC*), CREMA DE BRANZA (60g), HUMUS (*60 GR*), CASCAVAL (*60 GR*), UNT (1 BUC)

REGIM CRUTARE / REGIM DIABET : idem

***REGIM GLUTEN :* PAINE (*300 GR*), IAURT (*1 BUC*), CREMA DE BRANZA (60g), UNT (*1 BUC*), CASCAVAL (60 GR), HUMUS (60 GR), PORTOCALA (1 BUC)**

*** *GUSTARE DIABET : BELVITA 40 g*

PRANZ

SUPA DE ROSII CU OREZ (250 GR)

CHIFTELUTE MARINATE CU PIURE DE CARTOFI (250 GR)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN : IDEM (250 GR) / PULPE DE PUI CU PIURE DE CARTOFI (250 GR)

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

CINA

MACAROANE CU BRANZA TELEMEA (200 GR)

PORTOCALE (1 BUC)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN: IDEM (200 GR)/IDEM (1 BUC)

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

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

[redacted]

MENIU 30.01.2026

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MIC DEJUN

PAINE (*300 GR*), CEAI CU LAMAIE (*200 GR*), UNT (1 BUC), MAGIUN (*10 GR*), MUSCHI FILE (*60 GR*), BRANZA DE VACI (60 GR)

REGIM CRUTARE / REGIM DIABET : idem

***REGIM GLUTEN :* PAINE (*300 GR*), CEAI CU LAMAIE (*200 GR*), OU FIERT (60g), MAGIUN (*10 GR*), BRANZA DE VACI (60 GR), UNT (1 BUC), MAR (1 BUC)**

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

PRANZ

CIORBA DE PUI A LA GREC (250 GR)

COTLET DE PORC LA TAVA CU PIURE SI SALATA ASORTATA (250 GR)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN : IDEM (250 GR) /

CIOCANELE DE PUI CU PIURE (250 GR)

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

CINA

BULZ CU KAISER (200 GR)

SANA (1 BUC)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN : MAMALIGA CU BRANZA DE VACI SI SMANTANA (200 GR) / SANA (1 BUC)

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 31.01.2026

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MIC DEJUN

PAINE (*300 GR*), CEAI CU LAMAIE (*200 GR*), UNT (1 BUC), MIERE (*1 BUC*), SALAM VICTORIA (*60 GR*), BRANZA TELEMEA (60 GR)

REGIM CRUTARE: IDEM / REGIM DIABET : MAGIUN (10 GR)

***REGIM GLUTEN :* PAINE (*300 GR*), CEAI CU LAMAIE (*200 GR*), CASCAVAL (60g), MIERE (*1 BUC*), BRANZA TELEMEA (60 GR), UNT (1 buc), PORTOCALA (1 BUC)**

**** GUSTARE DIABET : BELVITA 40 g*

PRANZ

CIORBA DE SPANAC (250 GR)

SNITAL DE PORC CU PILAF DE OREZ SI SALATA DE MURATURI (250 GR)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN : IDEM (250 GR) / PIEPT DE PUI CU PILAF DE OREZ (250 GR)

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

CINA

CIOCANELE DE PUI LA CUPTOR CU LEGUME MEXICANE (200 GR)

MAR (1 BUC)

REGIM CRUTARE / REGIM DIABET / REGIM GLUTEN : IDEM(200 GR) / IDEM (1 BUC)

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

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