

## MENIUL ZILEI

Data: 15.02.2026

Tip masa: Micul dejun, Ora 10, Pranz, Ora 16, Cina, Ora 21

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Plafon: 0.00

Estimat: 22.13

|             |  |                                                                                                                                     |
|-------------|--|-------------------------------------------------------------------------------------------------------------------------------------|
| Micul dejun |  | LAPTE UHT (1portie); paine (0.3kg); eugenia (1buc); UNT 20G (1buc); sunca presata (1portie)                                         |
| Pranz       |  | ciorba de zarzavat cu galuste si aripi p (1portie); ardei gras (0.05kg); pilaf de orez cu ficat pui (1portie); Condimente (0.01buc) |
| Cina        |  | CEAI (1portie); napolitane (0.05kg); mancare de fasole galbena cu pulpa pui (1portie); pasta tomate 0,72 (0.05buc)                  |

regim comun

Plafon: 0.00

Estimat: 23.04

|             |  |                                                                                                                                                                                                                            |
|-------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Micul dejun |  | CEAI (1portie); paine (0.3kg); eugenia (1buc); crenwusti pui (0.15kg); SALAM (1portie)                                                                                                                                     |
| Pranz       |  | ciorba de zarzavat cu galuste si aripi p (1portie); ardei gras (0.05kg); sare (0.01kg); delicat (0.01kg); ghiveci 0,72 (0.05buc); pilaf de orez cu ficat pui (1portie); tocana legume 0,72 (0.05buc); Condimente (0.01buc) |
| Cina        |  | CEAI (1portie); MANCARE MAZARE CU CARNATI (1portie); napolitane (0.05kg); ardei gras (0.05kg)                                                                                                                              |

regim desodat

Plafon: 0.00

Estimat: 22.07

|             |  |                                                                                                                                                                                          |
|-------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Micul dejun |  | CEAI (1portie); paine (0.3kg); eugenia (1buc); sunca presata (1portie); urda (0.1kg)                                                                                                     |
| Pranz       |  | ciorba de zarzavat cu galuste si aripi p (1portie); pilaf de orez cu ficat pui (1portie); ardei gras (0.05kg); Condimente (0.01buc); ghiveci 0,72 (0.05buc); pasta tomate 0,72 (0.05buc) |
| Cina        |  | CEAI (1portie); napolitane (0.05kg); mancare de fasole galbena cu pulpa pui (1portie)                                                                                                    |

regim diabet

Plafon: 0.00

Estimat: 32.98

|             |  |                                                                                                                                           |
|-------------|--|-------------------------------------------------------------------------------------------------------------------------------------------|
| Micul dejun |  | ceai (0.025buc); paine (0.15kg); UNT 20G (1buc); MUSCHI FILE (1portie); oua (2buc)                                                        |
| Ora 10      |  | TELEMEA VACA NESARATA (1portie)                                                                                                           |
| Pranz       |  | ciorba de zarzavat cu galuste si aripi p (1portie); ardei gras (0.1kg); tocanita de rosii cu piept de pui (1portie); Condimente (0.01buc) |
| Ora 16      |  | iaurt (1buc)                                                                                                                              |
| Cina        |  | COMPOT FARA ZAHAR (1portie); mancare de fasole galbena cu pulpa pui (1portie)                                                             |

regim hidric

Plafon: 0.00

Estimat: 1.06

|             |  |                           |
|-------------|--|---------------------------|
| Micul dejun |  | ceai (0.025buc)           |
| Pranz       |  | SUPA STRECURATA (1portie) |
| Cina        |  | ceai (0.025buc)           |

regim hidrolactozaharat

Plafon: 0.00

Estimat: 16.90

|             |  |                                                         |
|-------------|--|---------------------------------------------------------|
| Micul dejun |  | CEAI (1portie); COMPOT CU ZAHAR (1portie); iaurt (1buc) |
| Pranz       |  | SUPA STRECURATA (1portie)                               |
| Cina        |  | CEAI (1portie); COMPOT CU ZAHAR (1portie); iaurt (1buc) |

regim hidrozaharat

Plafon: 0.00

Estimat: 7.20

|             |  |                                           |
|-------------|--|-------------------------------------------|
| Micul dejun |  | ceai (0.025buc)                           |
| Pranz       |  | SUPA STRECURATA (1portie)                 |
| Cina        |  | CEAI (1portie); COMPOT CU ZAHAR (1portie) |

Intocmit,

Medic Garda,