

MIC DEJUN		ADULTI	SUBS/PRODUS				
		CANT.(gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII	
MENIU	1	OUA FIERTE	50	7	0	6	82
		BRINZA TOPITA	30	8.7	0	9	115.8
		MIERE DE ALBINE	20	0	16	0	64
		UNT	10	0.8	0.2	8	76
		IAURT	100	3	4	2	46
		BATOANE SIMPLE	50	5	25	0	120
		TOTAL		24.5	45.2	25	503.8
MENIU	2	SUNCA DE PUI	50	9	0	13.5	157.5
		UNT	10	0.8	0.2	8	76
		MIERE DE ALBINE	20	0	16	0	64
		CHIFLA	50	5	25	0	120
		LAPTE	200	6	10	4	100
		TOTAL		20.8	51.2	25.5	517.5
MENIU	3	CRENVUSTI DE PUI	70	7	0	18.9	198.1
		DULCEATA DE FRUCTE	20	0	14	0	56
		UNT	10	0.8	0.2	8	76
		IAURT	100	3	4	2	46
		CHIFLA	50	5	25	0	120
		TOTAL		15.8	43.2	28.9	496.1
MENIU	4	CASCAVAL	40	8	0.4	8	105.6
		SUNCA PRESATA	30	5.4	0	8.1	94.5
		UNT	10	0.8	0.2	8	76
		MIERE DE ALBINE	20	0	16	0	64
		LAPTE	200	6	10	4	100
		CHIFLA	50	5	25	0	120
		TOTAL		25.2	51.6	28.1	560.1
MENIU	5	SALAM DE VARA	70	14	0	18.2	219.8
		UNT	10	0.8	0.2	8	76
		DULCEATA DE FRUCTE	20	0	14	0	56
		IAURT	100	3	4	2	46
		CHIFLA	50	5	25	0	120
		TOTAL		22.8	43.2	28.2	517.8
MENIU	6	OMLETA CU LEGUME SI CASCAVAL	150				
		oua	100	14	0	12	164
		ardei	10	0.1	0.5	0	2.4
		ciuperci	10	0.5	0.2	0	2.8
		cascaval	40	8	0.4	8	105.6
		sare	2	0	0	0	0
		ulei	10	0	0	10	90
		UNT	10	0.8	0.2	8	76
		MIERE DE ALBINE	20	0	16	0	64
		CHIFLA	50	5	25	0	120
	TOTAL		28.4	42.3	38	624.8	
MENIU	7	BRANZA TELEMEDIA DE VACA	50	8.5	0.5	8.5	112.5
		SUNCA DE PUI	50	9	0	13.5	157.5
		UNT	10	0.8	0.2	8	76
		MIERE DE ALBINE	20	0	16	0	64
		CHIFLA	50	5	25	0	120
		LAPTE	200	6	10	4	100
		TOTAL		29.3	51.7	34	630

PRANZ ADULTI				SUBS/PRODUS				
		CANT.(gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII		
MENIU	1	supa pui-250 gr	morcov	30	0	3	0	12
			ceapa	20	0	2	0	8
			telina	15	0	1.5	0	6
			taitei	20	0.6	4	0	18.4
			ardei gras	10	0	0.5	0	2
			carne pui	50	10	0	2.5	62.5
			sare	3	0	0	0	0
			verdeata	5	0	0	0	0
			ulei	5	0	0	5	45
			total		10.6	11	7.5	153.9
	snitel piept pui-150gr	piept pui	130	26	0	6.5	162.5	
		pesmet	20	0	8	0	32	
		faina	15	1.5	11.25	0	51	
		ou	20	2.8	0	2.4	32.8	
		ulei	10	0	0	10	90	
		sare	2	0	0	0	0	
	total		30.3	19.25	18.9	368.3		
	piure cartofi -200 gr	cartofi	160	1.6	32	0	134.4	
		lapte	30	0.9	1.5	0.6	15	
		sare	3	0	0	0	0	
		unt	10	0.8	0.3	8	76.4	
	total		3.3	33.8	8.6	225.8		
	salata castraveti -100 gr	castraveti	100	0	3	0	12	
		ulei	5	0	0	5	45	
		otet	5	0	0	0	0	
		marar	5	0	0	0	0	
		sare	2	0	0	0	0	
	total		0	3	5	57		
	paine	chifla	100	10	50	0	240	
	desert-crema de zahar ars	ou	50	7	0	6	82	
	150gr	lapte	200	6	10	4	100	
		zahar	15	0	15	0	60	
	total		13	25	10	242		
TOTAL MENIU			67.2	142.05	50	1287		

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CORNEA LUCIANA-ROXANA

Luciana

PRANZ			SUBS/PRODUS				
		CANT.(gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII	
MENIU	2	supa de legume cu ou-250 gr morcov	30	0	3	0	12
		ceapa	20	0	2	0	8
		ardei	30	0	1.5	0	6
		telina	20	0	2	0	8
		patrunjel radacina	10	0	1	0	4
		cartofi	100	0	20	0	80
		sare	3	0	0	0	0
		verdeata	5	0	0	0	0
		ou	25	3.5	0	3	41
		ulei	5	0	0	5	45
		total		3.5	29.5	3	204
		piept de pui-150gr	150	30	0	7.5	187.5
		sare	2	0	0	0	0
		pipper	2	0	0	0	0
		ulei	5	0	0	5	45
		total		30	0	12.5	232.5
		sote de cartofi si ciuperci	80	4	1.6	0	22.4
		200gr	120	0	24	0	96
		sare	2	0	0	0	0
		unt	10	0.8	0.3	8	118.4
		total		4.8	25.9	8	236.8
		salata varza proaspata-100 g varza	100	2	5	0	28
		ulei	5	0	0	5	45
		otet	5	0	0	0	0
		sare	2	0	0	0	0
		marar	5	0	0	0	0
		total		2	5	5	73
		paine	100	10	50	0	240
		chifla	100	10	50	0	240
		mere coapte -150gr	150	0	15	0	60
		scortisoara	5	0	0	0	0
		zahar	20	0	20	0	80
		zahar pudra	2	0	2	0	8
		total		0	37	0	148
TOTAL MENIU				50.3	147.4	28.5	1134.3

intocmit - asistent dietetician

CORINEA LUCIYA-RORUYA

Luciana

PRANZ - ADULTI				SUBS/PRODUS				
			CANT.(gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII	
MENIU	3	supa crema de legume 250ml	morcov	50	0	5	0	20
			cartofi	50	0	10	0	40
			ceapa	30	0	3	0	12
			ardei	20	0	1	0	4
			telina	20	0	2	0	8
			unt	10	0.8	0.3	8	76.4
			lapte	10	0.3	0.5	0.2	5
			sare	3	0	0	0	0
			verdeata	5	0	0	0	0
			galbenus ou	18	3.96	0	5.94	69.3
	total				5.06	21.8	14.14	234.7
	cascaval pane-100 gr	cascaval	100	20	1	20	264	
		pesmet	20	0	8	0	32	
faina		15	1.5	11.25	0	51		
ou		20	2.8	0	2.4	32.8		
ulei		10	0	0	10	90		
sare		2	0	0	0	0		
total				24.3	20.25	32.4	469.8	
cartofi copti-200 gr	cartofi	200	0	40	0	160		
	unt	20	1.6	0.6	16	152.8		
	sare	5	0	0	0	0		
total				1.6	40.6	16	312.8	
salata de sezon-100 gr	rosii	50	0	2	0	8		
	castraveti	50	0	1.5	0	6		
	sare	5	0	0	0	0		
	ulei	5	0	0	5	45		
total				0	3.5	5	59	
paine	chifla	50	5	25	0	120		
crutoane		50	5	25	0	120		
placinta cu branza-100gr	faina	40	4	30	0	136		
	margarina	15	0	0	12	108		
	branza de vaci	50	8.5	2	0.5	46.5		
	zahar	20	0	20	0	80		
	ou	15	2.1	0	1.8	24.6		
total				14.6	52	14.3	395.1	
TOTAL MENIU					55.56	188.15	81.84	1711.4

intocmit - asistent dietetician

CORNEA LISCIANA ROXANA

[Signature]

PRANZ ADULTI			SUBS/PRODUS					
		CANT.(gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII		
MENIU	4	supa de rosii cu orez-200	morcov	20	0	2	0	8
			ceapa	15	0	1.5	0	6
			telina	20	0	2	0	8
			orez	15	1.2	11.25	0	49.8
			ardei gras	10	0	0.5	0	2
			rosii in bulion	100	4	12	0	64
			verdeata	5	0	0	0	0
			ulei	5	0	0	5	45
			zahar	3	0	3	0	12
			sare	3	0	0	0	0
		total		5.2	32.25	5	194.8	
	copanele de pui-150gr	copanele pui	150	30	0	7.5	187.5	
		sare	2	0	0	0	0	
		pipер	2	0	0	0	0	
		ulei	5	0	0	5	45	
		total		30	0	12.5	232.5	
	dovlecei gratinati-200 gr	dovlecei	150	0	4.5	0	18	
		cascaval	30	6	0.3	6	79.2	
		sare	3	0	0	0	0	
		faina	15	1.5	11.25	0	51	
		marar	5	0	0	0	0	
		smantana	15	0.45	0.45	3	30.6	
		lapte	100	3	5	2	50	
		margarina	20	0	0	16	144	
		ou	25	3.5	0	3	41	
		total		14.45	21.5	30	413.8	
	paine	chifla	100	10	50	0	240	
	covrigi polonezi cu miere	faina	50	5	37.5	0	170	
		lapte	25	0.75	1.25	0.5	12.5	
		zahar	20	0	20	0	80	
		ou	25	3.5	0	3	41	
		ulei	10	0	0	10	90	
		drojdie	20	0	0	0	0	
		miere	10	0	7	0	28	
		unt	10	0.8	0.3	8	76.4	
		total		10.05	66.05	21.5	497.9	
TOTAL MENIU				69.7	169.8	69	1579	

intocmit - asistent dietetician

CORNEA LUCIANA - ROXANA

Roxana

PRANZ -ADULTI				SUBS/PRODUS				
		CANT.(gr)		PROTEINE	GLUCIDE	LIPIDE	CALORII	
MENIU	5	ciorba vacuta-250 gr	ardei	20	0	1	0	4
			ceapa	20	0	2	0	8
			morcov	20	0	2	0	8
			telina	20	0	2	0	8
			patrunjel radacina	10	0	1	0	4
			mazare	30	2.4	4.5	0	27.6
			fasole pastai	30	0.6	1.5	0	8.4
			cartofi	100	0	20	0	80
			smantana	20	0.6	0.6	4	40.8
			rosii in bulion	50	2	6	0	32
			carne vita	40	8	0	1.2	42.8
			patrunjel	5	0	0	0	0
			bors magic	5	0	0	0	0
			sare	2	0	0	0	0
			total			13.6	40.6	5.2
	rasol de crap cu mamaliga-2 crap	150		28.5	0	4.5	154.5	
	sare	2		0	0	0	0	
	piper	2		0	0	0	0	
	ulei	10		0	0	10	90	
	mamaliga	150		3	22.5	0	102	
	total			31.5	22.5	14.5	346.5	
	paine	chifla	50	5	25	0	120	
	clatite cu gem	faina	20	2	15	0	68	
		ou	25	3.5	0	3	41	
		lapte	50	1.5	2.5	1	25	
		gem	20	0	14	0	56	
		ulei	10	0	0	10	90	
	total			7	31.5	14	280	
	TOTAL MENU			57.1	119.6	33.7	1010.1	

intocmit - asistent dietetician

CORNEA LILOANA - ROKANA

Cuciu

PRANZ ADULTI				SUBS/PRODUS			
		CANT.(gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII	
MENIU	6 ciorba de pui cu rosii-250 gr	morcov	20	0	2	0	8
		ceapa	15	0	1.5	0	6
		telina	15	0	1.5	0	6
		taitei	15	1.5	12	0	54
		ardei gras	10	0	0.5	0	2
		rosii in bulion	100	4	12	0	64
		carne pui	50	10	0	2.5	62.5
		sare	3	0	0	0	0
		verdeata	5	0	0	0	0
	total			15.5	29.5	2.5	202.5
	snitel pui-150 gr	piept pui	130	26	0	6.5	162.5
		pesimet	20	0	8	0	32
		faina	15	1.5	11.25	0	51
		ou	20	2.8	0	2.4	32.8
		ulei	10	0	0	10	90
		sare	2	0	0	0	0
	total			30.3	19.25	18.9	368.3
	pilaf sarbesc 200gr	orez	130	0	26	0	104
		dovlecei	30	0	0.9	0	3.6
rosii		30	0	1.2	0	4.8	
ardei gras		20	0	1	0	4	
ulei		15	0	0	15	135	
ceapa		10	0	1	0	4	
sare		3	0	0	0	0	
verdeata		5	0	0	0	0	
total			0	30.1	15	255.4	
salata varza proaspata-100 g	varza	100	2	5	0	28	
	ulei	5	0	0	5	45	
	otet	5	0	0	0	0	
	sare	2	0	0	0	0	
	marar	5	0	0	0	0	
total			2	5	5	73	
paine	chifla	100	10	50	0	240	
compot asortat-150gr	piersici	50	0	7.5	0	30	
	visine	50	0	7.5	0	30	
	mere	50	0	5	0	20	
	zahar	20	0	20	0	80	
			0	40	0	160	
TOTAL MENU			57.8	173.85	41.4	1299.2	

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CORNEA LUCIANA-ROXANA
Racoianu

PRANZ -ADULTI		SUBS/PRODUS					
		CANT.(gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII	
MENIU	7 ciorba de perisoare pui -250	morcov	20	0	2	0	8
		ceapa	10	0	1	0	4
		telina	15	0	1.5	0	6
		ardei gras	10	0	0.5	0	2
		carne pui	50	10	0	2.5	62.5
		sare	3	0	0	0	0
		verdeata	5	0	0	0	0
		orez	5	0.4	3.8	0	16.8
		ou	10	1.4	0	1.2	16.4
		ulei	5	0	0	5	45
	total			11.8	8.8	8.7	160.7
	antricot de vita-100 gr la tava	antricot de vita	100	20	0	3	107
		sare	2	0	0	0	0
		pipер	2	0	0	0	0
		ulei	10	0	0	10	90
	total			20	0	13	197
	piure cartofi -200 gr	cartofi	160	0	32	0	128
lapte		30	0.9	1.5	0.6	15	
sare		3	0	0	0	0	
unt		10	0.8	0.2	8	76	
total			1.7	33.7	8.6	219	
salata sfecla rosie-100 gr	sfecla rosie	100	0	10	0	40	
	ulei	5	0	0	5	45	
	otet	5	0	0	0	0	
	sare	2	0	0	0	0	
total			0	10	5	85	
paine	chifla	100	10	50	0	240	
placinta cu branza-100gr	faina	40	4	30	0	136	
	margarina	15	0	0	12	108	
	branza vaci	50	8.5	2	0.5	46.5	
	zahar	20	0	20	0	80	
	ou	15	2.1	0	1.8	24.6	
total			14.6	52	14.3	395.1	
TOTAL MENIU			58.1	154.5	49.6	1296.8	

intocmit - asistent dietetician

CORNEA LUCIANA - ROXANA

Roxana

CINA -ADULTI				SUBS/PRODUS			
			CANT.(gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII
MENIU 1	salau la gratar-100 gr	salau	100	19	0	0	76
		sare	2	0	0	0	0
		piper	2	0	0	0	0
		ulei	10	0	0	10	90
		total			19	0	10
	legume mexicane-200 gr	morcov	70	0	7	0	28
		porumb	30	0.9	6	0	27.6
		mazare	40	3.2	6	0	36.8
		ardei	20	0	1	0	4
		fasole pastai	40	0.8	2	0	11.2
		sare	2	0	0	0	0
		unt	10	0.8	0.3	8	76.4
		total			5.7	22.3	8
	paine	chifla	50	5	25	0	120
		total					
	budinca de paste-150gr	paste	100	3	20	0	92
		telemea	30	5.1	0.3	5.1	67.5
		zahar	10	0	10	0	40
		ou	15	2.1	0	1.8	24.6
		margarina	5	0	0	4	36
total				10.2	30.3	10.9	260.1
TOTAL MENIU				39.9	77.6	28.9	730.1

MENIU 2	pulpa de pui gratar-100 gr	pulpa pui	100	20	0	5	125
		sare	2	0	0	0	0
		piper	2	0	0	0	0
		ulei	10	0	0	10	90
		total			20	0	15
	cartofi natur-200 gr	cartoti	200	0	40	0	160
		unt	10	0.8	0.3	8	76.4
		sare	2	0	0	0	0
		verdeata	5	0	0	0	0
		total			0.8	40.3	8
	lamaie		25	0	1.25	0	5
	paine	chifla	50	5	25	0	120
		total					
	placinta cu branza dulce 100gr	faina	40	4	30	0	136
		margarina	15	0	0	12	108
		branza vaci	50	8.5	2	0.5	46.5
		zahar	20	0	20	0	80
		ou	15	2.1	0	1.8	24.6
		total			14.6	52	14.3
	TOTAL MENIU				40.4	118.55	37.3

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CORNEA LUCIANA-ROXANA

Roxana

CINA -ADULTI				SUBS/PRODUS				
				CANT.(gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII
MENIU 3	păste milaneze-250 gr	paste	120	3.6	24	0	110.4	
		suc de rosii	30	0	1.5	0	6	
		sunca de pui	60	10.8	0	16.2	189	
		ulei	10	0	0	10	90	
		ciuperci	30	1.5	0.6	0	8.4	
		cascaval	20	4	0.2	4	52.8	
		total		19.9	26.3	30.2	456.6	
	clatite cu dulceata	faina	20	2	15	0	68	
		ou	15	2.1	0	1.8	24.6	
		lapte	50	1.5	2.5	1	25	
		dulceata	20	0	16	0	64	
		ulei	10	5.6	33.5	2.8	181.6	
	TOTAL MENIU				25.5	59.8	33	638.2

MENIU 4	rasol de vita -100 gr	vita	100	20	0	3	107	
		sare	2	0	0	0	0	
		piper	2	0	0	0	0	
		ulei	10	0	0	10	90	
		total		20	0	13	197	
	legume sote -200 gr	ardei	40	0	2	0	8	
		dovlecei	50	0	1.5	0	6	
		ciuperci	50	2.5	1	0	14	
		vinete	30	0	1.5	0	6	
		rosii	30	0	1.2	0	4.8	
		sare	2	0	0	0	0	
		piper	2	0	0	0	0	
		unt	10	0.8	0.3	8	76.4	
		total		3.3	7.5	8	115.2	
	sos de hrean	25	0.5	5	0	22		
	paine	chifla	50	5	25	0	120	
	orez cu lapte 150 gr	lapte	150	4.5	7.5	3	75	
		zahar	15	0	15	0	60	
		orez	20	1.6	15.2	0	67.2	
		total		6.1	37.7	3	202.2	
	TOTAL MENIU				34.9	75.2	24	656.4

intocmit - asistent dietetician

CORNEA LUCIANA-ROXANA

Roxana

CINA - ADULTI				SUBS/PRODUS				
			CANT.(gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII	
MENIU	5	pui cu ciuperci -150 gr	piept pui	100	20	0	5	125
			ciuperci	50	2.5	1	0	14
			sare	2	0	0	0	0
			piper	2	0	0	0	0
			ulei	10	0	0	10	90
			total		22.5	1	15	229
		cartofi frantuzesti-200gr	cartofi	140	0	28	0	112
	branza telemea		50	8.5	0.5	8.5	112.5	
	ou		15	2.1	0	1.8	24.6	
	margarina		5	0	0	4	36	
			total		10.6	28.5	14.3	285.1
		paine	chifla	50	5	25	0	120
		salata de cruditati-100 gr	morcov	30	0	3	0	12
			varza	30	0.6	1.5	0	8.4
			telina	30	0	3	0	12
			mar	20	0	2	0	8
			sare	2	0	0	0	0
			ulei	2	0	0	2	18
			total		0.6	9.5	2	58.4
		placinta cu mere	faina	50	5	37.5	0	170
			margarina	10	0	0	8	72
			mere	100	0	10	0	40
	scortisoara		5	0	0	0	0	
	zahar		15	0	15	0	60	
		total		5	62.5	8	342	
TOTAL MENIU				43.7	126.5	39.3	1034.5	
MENIU	6	ficatului pui la cuptor-100 gr	ficatului	100	20	4	6	150
			sare	2	0	0	0	0
			ulei	10	0	0	10	90
			total		20	4	16	240
		spanac sote-200 gr	spanac	200	6	4	0	40
	unt		10	0.8	0.3	8	76.4	
	sare		2	0	0	0	0	
			total		6.8	4.3	8	116.4
		paine	chifla	50	5	25	0	120
		salata de fructe-100 gr	portocale	40	0	4	0	16
			mere	40	0	4	0	16
			pere	20	0	3	0	12
						0	0	0
			total		0	11	0	44
	TOTAL MENIU				31.8	44.3	24	520.4

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CORNEA LUCIANA-ROXANA

Roxana

CINA		ADULTI	SUBS/PRODUS				
			CANT.(gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII
MENIU 7	piept pui gratar-100 gr	piept pui	100	20	0	5	125
		sare	2	0	0	0	0
		piper	2	0	0	0	0
		ulei	10	0	0	10	90
		total		20	0	15	215
	paste gratinate-200 gr	paste	150	4.5	30	0	138
		cascaval	30	6	0	6	78
		ou	40	5.6	0	4.8	65.6
		sare	3	0	0	0	0
		total		16.1	30	10.8	281.6
	paine	chifla	50	5	25	0	120
	compot de mere 150ml	mere	100	0	10	0	40
		zahar	15	0	15	0	60
		total		0	25	0	100
	TOTAL MENIU				41.1	80	25.8

intocmit - asistent dietetician

CORNEA LIKATNA - RORANA

Lucius

		MIC DEJUN		-DIABET		SUBS/PRODUS			
				PROTEINE	GLUCIDE	LIPIDE	CALORII		
VARIANTA 1	ou fiert	gr	50	7	0	6	82		
	unt	gr	10	0.8	0.3	8	76.4		
	branza de vaci	gr	50	8.5	2	0.5	46.5		
	iaurt dietetic/ORA 10	gr	200	6	8	0	56		
	paine hipoglucidica	gr	60	18	13.8	0	127.2		
TOTAL				40.3	24.1	14.5	388.1		
VARIANTA 2	lapte/ORA 10	ml	200	6	10	4	100		
	unt	gr	10	0.8	0.3	8	76.4		
	sunca presata	gr	50	9	0	13.5	157.5		
	cascaval	gr	50	10	0	10	130		
	paine hipoglucidica	gr	60	18	13.8	0	127.2		
TOTAL				43.8	24.1	35.5	591.1		
VARIANTA 3	ceai cu lamaie	ml	200	0	0	0	0		
	omleta cu telemea-120gr	oua	gr	100	14	0	12	164	
		telemea	gr	20	3.4	0.2	3.4	45	
		unt	gr	5	0.4	0.15	4	38.2	
	iaurt dietetic/ORA 10	gr	200	6	8	0	56		
	paine hipoglucidica	gr	60	18	13.8	0	127.2		
				41.8	22.15	19.4	430.4		

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CORNEA LUCIANA - ROXANA

[Signature]

PRANZ -DIABET				SUBS/PRODUS				
VARIANTA				PROTEINE	GLUCIDE	LIPIDE	CALORII	
1	supa pui-250 gr	morcov	20 gr	0	2	0	8	
		ceapa	15 gr	0	1.5	0	6	
		telina	15 gr	0	1.5	0	6	
		taitei	10 gr	1	7.5	0	34	
		ardei gras	10 gr	0	0.5	0	2	
		carne pui	40 gr	8	0	2	50	
		sare	2 gr	0	0	0	0	
		verdeata	5 gr	0	0	0	0	
					9	13	2	106
	antricot de vita-120 gr	antricot vita	120 gr	24	0	3.6	128.4	
		sare	3 gr	0	0	0	0	
		piper	2 gr	0	0	0	0	
		ulei	10 ml	0	0	0	0	
		bulion	10 gr	0.4	1.2	0	6.4	
					24.4	1.2	3.6	134.8
	piure cartofi-200 gr	cartofi	160 gr	0	32	0	128	
		lapte	30 ml	0.9	1.5	0.6	15	
		sare	3 gr	0	0	0	0	
		unt	10 gr	0.8	0.3	8	76.4	
					1.7	33.8	8.6	219.4
	salata castraveti -100 gr	castraveti	100 gr	0	3	0	12	
		ulei	5 ml	0	0	5	45	
		otet	5 ml	0	0	0	0	
		marar	5 gr	0	0	0	0	
		sare	2 gr	0	0	0	0	
					0	3	5	57
	paine hipoglicidica		80 gr	24	18.4	0	169.6	
	desert-mere	mar	200 gr	0	20	0	80	
TOTAL				59.1	89.4	19.2	766.8	

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CORNEA LUCIANA-ROXANA

Roxana

X

PRANZ			DIABET				SUBS/PRODUS				
VARIANTA			PROTEINE	GLUCIDE	LIPIDE	CALORII					
2	ciorba taraneasca gaina-250	morcov	20 gr	0	2	0	8				
		ceapa	20 gr	0	2	0	8				
		ardei	30 gr	0	1.5	0	6				
		telina	30 gr	0	3	0	12				
		patrunjel radacina	10 gr	0	1	0	4				
		cartofi	100 gr	0	20	0	80				
		carne gaina	40 gr	8	0	2	50				
		sare	5 gr	0	0	0	0				
		bors magic	5 gr	0	0	0	0				
	ulei	5 ml	0	0	5	45					
				8	29.5	7	213				
	piept pui gratar-100 gr	piept pui	100 gr	20	0	5	125				
		sare	2 gr	0	0	0	0				
		piper	2 gr	0	0	0	0				
		ulei	5 ml	0	0	5	45				
			20	0	10	170					
spaghete in sos de rosii cu ciuperci-250-gr	spaghete	160 gr	4.8	32	0	147.2					
	rosii	50 gr	0	2	0	8					
	ulei	10 ml	0	0	10	90					
	ciuperci	50 gr	2.5	1	0						
			7.3	35	10	245.2					
paine hipoglucidica		60 gr	18	13.8	0	127.2					
desert-portocale		200 gr	0	20	0	80					
TOTAL			53.3	98.3	27	835.4					

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OPRETA LUCIANA - RORANA



PRANZ -DIABET		SUBS/PRODUS					
		PROTEINE	GLUCIDE	LIPIDE	CALORII		
VARIANTA 3	supa crema de legume-250 g morcov	50 gr	0	5	0	20	
	ceapa	15 gr	0	1.5	0	6	
	telina	15 gr	0	1.5	0	6	
	unt	10 gr	0.8	0.3	8	76.4	
	lapte	10 ml	0.3	0.5	0.2	5	
	sare	3 gr	0	0	0	0	
	verdeata	5 gr	0	0	0	0	
	cartofi	50 gr	0	10	0	0	
	galbenus ou	18 gr	0.72	0	1.08	12.6	
			1.82	18.8	9.28	126	
	pulpe pui la cuptor	pulpe pui	100 gr	20	0	5	125
	100gr	sare	2 gr	0	0	0	0
		piper	2 gr	0	0	0	0
		ulei	5 ml	0	0	5	45
			20	0	10	170	
	legume mexicane-250 gr	morcov	50 gr	0	5	0	20
		porumb	30 gr	0.9	6	0	27.6
		mazare	20 gr	1.6	3	0	18.4
		ardei	20 gr	0	1	0	4
		cartofi	100 gr	0	20	0	80
		fasole pastai	30 gr	0.6	1.5	0	8.4
		sare	3 gr	0	0	0	0
		unt	10 gr	0.8	0.3	8	76.4
			3.9	36.8	8	234.8	
	paine hipoglicidica		50 gr	15	11.5	0	106
	crutoane		50 gr	15	11.5	0	106
	desert-mandarine	mandarine	200 gr	0	20	0	80
			TOTAL	55.72	98.6	27.28	822.8

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CORNEA LICIANA - ROXANA

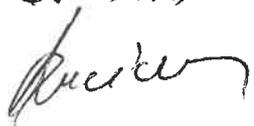
Roxana

CINA -DIABET				SUBS/PRODUS			
				PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA	1	piept pui -100 gr	piept pui 100 gr	20	0	5	125
			sare 2 gr	0	0	0	0
			piper 2 gr	0	0	0	0
			ulei 5 ml	0	0	5	45
				20	0	10	170
		legume sote-200 gr	ardei 40 gr	0	2	0	8
			dovlecei 50 gr	0	1.5	0	6
			ciuperci 50 gr	2.5	1	0	14
			vinete 30 gr	0	1.5	0	6
			rosii 30 gr	0	1.2	0	4.8
			sare 2 gr	0	0	0	0
			piper 2 gr	0	0	0	0
			unt 10 gr	0.8	0.3	8	76.4
				3.3	7.5	8	115.2
		paine hipoglicidica	60 gr	18	13.8	0	127.2
		desert-piersici	piersici 200 gr	0	30	0	120
TOTAL				41.3	51.3	18	532.4

CINA -DIABET				SUBS/PRODUS			
				PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA	2	cotlet de crap la gratar-100 g crap	100 gr	19	0	3	103
			sare 2 gr	0	0	0	0
				19	0	3	103
		cartofi natur-200gr	cartofi 200	0	40	0	160
			unt 10	0.8	0.3	8	76.4
			verdeata 5 gr	0	0	0	0
				0.8	40.3	8	236.4
		paine hipoglicidica	60 gr	18	13.8	0	127.2
		desert-mere coapte	mar 200 gr	0	20	0	80
TOTAL				37.8	74.1	11	546.6

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CORNEA LICIANA - RORANA



MIC DEJUN -CORTIZON (fara sare)			SUBS/PRODUS			
			PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA 1	branza de vaci	70 gr	11.9	2.8	0.7	65.1
	ou fiert	50 gr	7	0	6	82
	unt	10 gr	0.8	0.3	8	76.4
	iaurt	100 gr	3	4	2	46
	paine prajita regim	60 gr	6	30	0	144
TOTAL			28.7	37.1	16.7	413.5
VARIANTA 2	iaurt	100 gr	3	4	2	46
	unt	10 gr	0.8	0.3	8	76.4
	gem	20 gr	0	14	0	56
	branza de vaci	70 gr	11.9	2.8	0.7	65.1
	paine prajita regim	60 gr	6	30	0	144
TOTAL			21.7	51.1	10.7	387.5
VARIANTA 3	oua ochiuri romanesti	100 gr	14	0	12	164
	cas dulce	70 gr	12.6	4.2	2.8	92.4
	lapte	100 ml	3	5	2	50
	paine prajita regim	60 gr	6	30	0	144
TOTAL			35.6	39.2	16.8	450.4

intocmit - asistent dietetician

CORNEA LILOANA - ROXANA



PRANZ -CORTIZON (fara sare)				SUBS/PRODUS				
				PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA 1	supa cu galuste-250 gr	morcov	20 gr	0	2	0	8	
		ceapa	10 gr	0	1	0	4	
		telina	15 gr	0	1.5	0	6	
		ardei gras	20 gr	0	1	0	4	
		patrunjel radaci	10 gr	0	1	0	4	
		gris	30 gr	3	22.5	0	102	
		ou	15 gr	2.1	0	1.8	24.6	
		verdeata	5 gr	0	0	0	0	
		ulei	5 ml	0	0	5	45	
					5.1	29	6.8	197.6
	antricot vita-100 gr	antricot vita	100 gr	20	0	3	107	
		piper	2 gr	0	0	0	0	
		ulei	10 ml	0	0	10	90	
		bulion	10 gr	0.4	1.2	0	6.4	
		verdeata	5 gr	0	0	0	0	
					20.4	1.2	13	203.4
	piure cartofi-200 gr	cartofi	160 gr	0	32	0	128	
		lapte	30 ml	0.9	1.5	0.6	15	
		unt	10 gr	0.8	0.3	8	76.4	
					1.7	33.8	8.6	219.4
	salata castraveti proaspati-100 gr	castraveti	100 gr	0	3	0	12	
		ulei	5 ml	0	0	5	45	
		otet	5 ml	0	0	0	0	
		marar	5 gr	0	0	0	0	
					0	3	5	57
	paine regim		100 gr	10	50	0	240	
	desert-heck-100 gr	faina	50 gr	5	37.5	0	170	
		ou	25 gr	3.5	0	3	41	
		zahar	20 gr	0	20	0	80	
		cacao	5 gr	0	0	0	0	
		ulei	10 ml	0	0	10	90	
					8.5	57.5	13	381
	TOTAL				45.7	174.5	46.4	1298.4

intocmit - asistent dietetician

CORNEA LILOANA ROXANA



PRANZ -CORTIZON (fara sare)			SUBS/PRODUS				
			PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA 2	supa crema de legume-250 g	morcov 30 gr	0	3	0	12	
		ceapa 15 gr	0	1.5	0	6	
		telina 15 gr	0	1.5	0	6	
		unt 10 gr	0.8	0.3	8	76.4	
		lapte verdeata 10 ml	0.3	0.5	0.2	5	
		verdeata 5 gr	0	0	0	0	
		cartofi 50 gr	0	10	0	40	
		galbenus ou 18 gr	0.72	0	1.08	12.6	
				1.82	16.8	9.28	158
		piept pui gratar-100 gr	piept pui 100 gr	20	0	5	125
			piper 2 gr	0	0	0	0
			ulei 5 ml	0	0	5	45
				20	0	10	170
		fasole verde sote-200gr	fasole verde 200 gr	4	10	0	56
			unt 10 gr	0.8	0.3	8	76.4
			verdeata 5 gr	0	0	0	0
				4.8	10.3	8	132.4
		paine regim	50 gr	5	25	0	120
		crutoane	50 gr	5	25	0	120
		desert-papanasi cu branza de faina	10 gr	1	7.5	0	34
		vaci-100gr	gris 50 gr	5	37.5	0	170
			branza de vaci 100 gr	17	4	1	93
			ou 25 gr	3.5	0	3	41
		unt 5 gr	0.4	0.15	4	38.2	
			26.9	49.15	8	376.2	
TOTAL			63.52	126.25	35.28	1076.6	

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CORNELA LUCIANA ROXANA

Ducela

PRANZ CORTIZON (fara sare)				SUBS/PRODUS				
				PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA 3	ciorba vacuta-250 gr	ardei	15 gr	0	0.75	0	3	
		ceapa	20 gr	0	2	0	8	
		morcov	20 gr	0	2	0	8	
		telina	15 gr	0	1.5	0	6	
		patrunjel radaci	10 gr	0	1	0	4	
		mazare	30 gr	2.4	4.5	0	27.6	
		fasole pastai	30 gr	0.6	1.5	0	8.4	
		cartofi	50 gr	0	10	0	40	
		smantana	15 gr	0.45	0.45	3	30.6	
		rosii in bulion	50 gr	2	6	0	32	
		carne vita	40 gr	8	0	1.2	42.8	
		patrunjel	5 gr	0	0	0	0	
		bors magic	5 gr	0	0	0	0	
						13.45	29.7	4.2
	pulpe pui la cuptor-100gr	pulpe pui	100 gr	20	0	5	125	
		piper	2 gr	0	0	0	0	
		ulei	10 ml	0	0	10	90	
					20	0	15	215
	spaghete in sos de rosii 200gr	spaghete	160 gr	0	32	0	128	
		rosii in bulion	50 ml	2	6	0	32	
		ulei	10 ml	0	0	10	90	
		verdeata	5 gr	2	38	10	250	
	crema de zahar ars	ou	50 gr	7	0	6	82	
lapte		200 ml	6	10	4	100		
zahar		15 gr	0	15	0	60		
				13	25	10	242	
paine regim		100 gr	10	50	0	240		
TOTAL				58.45	142.7	39.2	1157.4	

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CORNEA LUCRATIA - ROXANA



VARIANTA	CINA	CORTIZON (fara sare)	SUBS/PRODUS			
			PROTEINE	GLUCIDE	LIPIDE	CALORII
1	ficat de pui la gratar-100gr	ficat de pui 100 gr	20	4	6	150
			20	4	6	150
	pilaf cu legume-200gr	orez 160 gr	0	32	0	128
		ceapa 10 gr	0	1	0	4
		morcovi 20 gr	0	2	0	0
		ardei 20 gr	0	1	0	0
		ulei 10 gr	0	0	10	0
		verdeata 5 gr	0	0	0	0
				0	36	10
	salata varza proaspata-100 g	varza 100 gr	2	5	0	28
		ulei 5 ml	0	0	5	45
		otet 5 ml	0	0	0	0
		marar 5 gr	0	0	0	0
			2	5	5	73
	paine regim	50 gr	5	25	0	120
	salata de fructe-100 gr	portocale 40 gr	0	4	0	16
		mere 40 gr	0	4	0	16
		kiwi 20 gr	0	1	0	4
			0	9	0	36
	TOTAL		27	79	21	511

intocmit - asistent dietetician

CORNIGĂ LUCIANA - ROXANA

Luciana

CINA CORTIZON (fara sare)				SUBS/PRODUS				
				PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA 2	file de pangasius cu lamaie-1	pangasius	100 gr	15	0	4	96	
		lamaie	25 gr	0	1.25	0	5	
	cartofi natur-200 gr				15	1.25	4	101
		cartofi	200 gr	0	40	0	160	
		unt	10 gr	0.8	0.3	8	76.4	
		verdeata	5 gr	0	0	0	0	
					0.8	40.3	8	236.4
	paine regim	50 gr	5	25	0	120		
	clatite cu dulceata	faina	20 gr	2	15	0	68	
		ou	25 gr	3.5	0	3	41	
		lapte	50 ml	1.5	2.5	1	25	
		dulceata	20 gr	0	16	0	64	
		ulei	10 ml	0	0	10	90	
					7	33.5	14	288
	TOTAL				27.8	100.05	26	745.4

CINA CORTIZON (fara sare)				SUBS/PRODUS			
				PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA 3	piept pui gratar-100 gr	piept pui	100 gr	20	0	5	125
		piper	2 gr	0	0	0	0
		ulei	5 ml	0	0	5	45
				20	0	10	170
	spanac sote-200 gr	spanac	200 gr	6	4	0	40
		ulei	10 ml	0	0	10	90
					6	4	10
	paine regim	50 gr	5	25	0	120	
	desert-ecler cu crema de vanilie	faina	30 gr	3	22.5	0	102
		ulei	10 ml	0	0	10	90
		ou	25 gr	3.5	0	3	41
		lapte	50 ml	1.5	2.5	1	25
		zahar	20 gr	0	20	0	80
		vanilie		0	0	0	0
				8	45	14	338
TOTAL				39	74	34	758

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CORINA LILOVITA-RORDANA



				SUBS/PRODUS			
MIC DEJUN -RENAL				PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA 1	branza de vaci	70 gr		11.9	2.8	0.7	65.1
	unt	10 gr		0.8	0.3	8	76.4
	gem	20 gr		0	14	0	56
	iaurt	100 gr		3	4	2	46
	paine	60 gr		6	30	0	144
TOTAL				21.7	51.1	10.7	387.5
VARIANTA 2	lapte	100 ml		3	5	2	50
	unt	10 gr		0.8	0.3	8	76.4
	ou fiert	50 gr		7	0	6	82
	branza de vaci	50 gr		8.5	2	0.5	46.5
	paine	60 gr		6	30	0	144
TOTAL				25.3	37.3	16.5	398.9
VARIANTA 3	unt	10 gr		0.8	0.3	8	76.4
	gem	20 gr		0	14	0	56
	iaurt	100 gr		3	4	2	46
	cas dulce	70 gr		12.6	4.2	2.8	92.4
	paine	60 gr		6	30	0	144
TOTAL				22.4	52.5	12.8	414.8

intocmit - asistent dietetician

CORNEA LUCIANA - ROXANA

Roxana

Y

PRANZ RENAL				SUBS/PRODUS				
VARIANTA				PROTEINE	GLUCIDE	LIPIDE	CALORII	
1	supa cu galuste-250 gr	morcov	20 gr	0	2	0	8	
		ceapa	10 gr	0	1	0	4	
		telina	15 gr	0	1.5	0	6	
		ardei gras	20 gr	0	1	0	4	
		patrunjel radacii	10 gr	0	1	0	4	
		gris	30 gr	3	22.5	0	102	
		ou	15 gr	2.1	0	1.8	24.6	
		verdeata	5 gr	0	0	0	0	
		ulei	5 ml	0	0	5	45	
					5.1	29	6.8	197.6
	antricot vita-100 gr	antricot vita	100 gr	20	0	3	107	
		piper	2 gr	0	0	0	0	
		ulei	10 ml	0	0	10	90	
		bulion	10 gr	0.4	1.2	0	6.4	
					20.4	1.2	13	203.4
	sote de legume-200gr	cartofi	100 gr	0	20	0	80	
		morcovi	50 gr	0	5	0	20	
		fasole verde	50 gr	1	2.5	0	14	
		unt	10 gr	0.8	0.3	8	76.4	
		verdeata	5 gr	0	0	0	0	
					1.8	27.8	8	190.4
	salata varza proaspata-100 gr	varza	100 gr	2	5	0	28	
		ulei	5 ml	0	0	5	45	
		otet	5 ml	0	0	0	0	
		marar	5 gr	0	0	0	0	
					2	5	5	73
	paine		100 gr	10	50	0	240	
desert-chec-100 gr	faina	50	5	37.5	0	170		
	ulei	10	0	0	10	0		
	ou	30	4.2	0	3.6	0		
	zahar	20	0	20	0	0		
	cacao	5	0	2	0	0		
				9.2	59.5	13.6	170	
TOTAL				48.5	172.5	46.4	1074.4	

intocmit - asistent dietetician

CORNEA LUCIANA - POPANU



		PRANZ RENAL			SUBS/PRODUS					
					PROTEINE	GLUCIDE	LIPIDE	CALORII		
VARIANTA	2	ciorba taraneasca de legume-250ml	ardei	10 gr	0	0.5	0	2		
			ceapa	10 gr	0	1	0	4		
			morcov	20 gr	0	2	0	8		
			telina	10 gr	0	1	0	4		
			patrunjel radacii	10 gr	0	1	0	4		
			mazare	20 gr	1.6	3	0	18.4		
			fasole pastai	30 gr	0.6	1.5	0	8.4		
			cartofi	50 gr	0	10	0	40		
			smantana	15 gr	0.45	0.45	3	30.6		
			rosii in bulion	50 gr	2	6	0	32		
			ulei	5 ml	0	0	5	45		
			patrunjel	5 gr	0	0	0	0		
			bors magic	5 gr	0	0	0	0		
							4.65	26.45	8	196.4
				piept pui gratar-100 gr	piept pui	100 gr	20	0	5	125
					pipere	2 gr	0	0	0	0
					ulei	5 ml	0	0	5	45
						20	0	10	170	
				conopida poloneza-200gr	conopida	170	0	3.4	0	13.6
					unt	20	1.6	0.6	16	152.8
					pesmet	20	0	8	0	32
						1.6	12	16	198.4	
				paine		100	10	50	0	240
				desert-placinta cu mere 100gr	faina	50	5	37.5	0	170
					margarina	10	0	0	8	72
					mere	100	0	10	0	40
					scortisoara	5	0	0	0	0
		zahar	15		0	15	0	60		
				5	62.5	8	342			
TOTAL					41.25	150.95	42	1146.8		

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CORNEA LUCIANA - ROXANA



PRANZ -RENAL				SUBS/PRODUS				
				PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA 3	supa de rosii cu taitei de casa-25	morcov	25 gr	0	2.5	0	10	
		ceapa	10 gr	0	1	0	4	
		telina	20 gr	0	2	0	8	
		taitei	20 gr	2	15	0	68	
		ardei gras	10 gr	0	0.5	0	2	
		rosii in bulion	100 gr	4	12	0	64	
		verdeata	5 gr	0	0	0	0	
		zahar	3 gr	0	3	0	12	
				6	36	0	168	
		pulpe pui la cuptor-100gr	pulpe pui	100 gr	20	0	5	125
			ulei	5 ml	0	0	5	
				20	0	10	125	
		pilaf cu legume-200gr	orez	180 gr	5.4	36	0	165.6
			ceapa	10 ml	0	1	0	4
			morcovi	10 gr	0	1	0	4
			ardei	10 gr	0	0.5	0	2
			ulei	10 ml	0	0	10	90
			verdeata	5 gr	0	0	0	0
				5.4	38.5	10	265.6	
		salata de sfecla rosie-100gr	sfecla	100 gr	0	10	0	40
			ulei	5 ml	0	0	5	45
				0	10	5	85	
		paine		100 gr	10	50	0	240
		crema de zahar ars	ou	50 gr	7	0	6	82
			lapte	200 ml	6	10	4	100
			zahar	15 gr	0	15	0	60
				13	25	10	242	
			TOTAL	54.4	159.5	35	1125.6	

intocmit - asistent dietetician

CURNEA UCRINA - ROXANA



				SUBS/PRODUS				
CINA RENAL				PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA	1	crap la gratar-100 gr	crap	100 gr	19	0	3	103
					19	0	3	103
		mamaliguta cu branza de vaci si smantana 150/50/50	mamaliga	150 gr	3	22.5	0	102
			branza de vaci	50 gr	8.5	2	0.5	46.5
			smantana	50 gr	1.5	1.5	10	102
					13	26	10.5	250.5
		clatite cu dulceata	faina	20	2	15	0	68
			ou	15	2.1	0	1.8	24.6
			lapte	50	1.5	2.5	1	25
			dulceata	20	0	16	0	64
			ulei	10	0	0	10	90
					5.6	33.5	12.8	271.6
					37.6	59.5	26.3	625.1

				SUBS/PRODUS				
CINA RENAL				PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA	2	ficatului de pui la gratar-100gr	ficatului de pui	100 gr	20	4	6	150
					20	4	6	150
		piure cartofi-200 gr	cartofi	160 gr	0	32	0	128
			lapte	30 ml	0.9	1.5	0.6	15
			unt	10 gr	0.8	0.3	8	76.4
					1.7	33.8	8.6	219.4
		salata varza proaspata-100 gr	varza	100 gr	0	5	0	20
			ulei	5 ml	0	0	5	45
			otet	5 ml	0	0	0	0
			marar	5 gr	0	0	0	0
					0	5	5	65
		paine		50 gr	5	25	0	120
		salata de fructe-100 gr	banane	40	0	7.2	0	28.8
			mere	40	0	4	0	16
			kiwi	20	0	1	0	4
					0	12.2	0	48.8
				TOTAL	26.7	80	19.6	581.2

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~~CORINA LISIUTNA-ROXANA~~

Roxana

CINA RENAL				SUBS/PRODUS			
				PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA	3	piept pui gratar-100 gr	piept pui 100 gr	20	0	5	125
			piper 2 gr	0	0	0	0
			ulei 5 ml	0	0	5	45
				20	0	10	170
		spanac sote-200 gr	spanac 200 gr	0	6	4	60
			ulei 10 ml	0	0	0	0
				0	6	4	60
		paine	50 gr	5	25	0	120
		placinta cu branza dulce	faina 40	4	30	0	136
		100gr	margarina 15	0	0	12	108
			branza vaci 50	8.5	2	0.5	46.5
			zahar 20	0	20	0	80
			ou 15	2.1	0	1.8	24.6
				14.6	52	14.3	395.1
TOTAL				39.6	83	28.3	745.1

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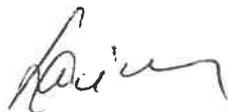
CORNEA USCIANTA ROXANA

Roxana

MIC DEJUN		CORTIZON-PEDIATRIE (fara sare)	SUBS/PRODUS			
			PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA 1	branza de vaci	50 gr	8.5	2	0.5	46.5
	ou fiert	50 gr	7	0	6	82
	ceai cu lamaie	100 ml	0	0	0	0
	paine prajita regim	50 gr	5	25	0	120
	iaurt/ORAI0	100 gr	3	4	2	46
	TOTAL		23.5	31	8.5	294.5
VARIANTA 2	ceai cu lamaie	100 ml				
	paine prajita regim	50 gr				
	unt	10 gr	0.8	0.3	8	76.4
	gem	20 gr	0	14	0	56
	branza de vaci	70 gr	11.9	2.8	0.7	65.1
	iaurt/ORAI0	100 gr	3	4	2	46
TOTAL		15.7	21.1	10.7	243.5	
VARIANTA 3	oua ochiuri romanesti	100 buc	14	0	12	164
	paine prajita regim	50 gr	5	25	0	120
	ceai cu lamaie	100 ml	0	0	0	0
	iaurt/ORAI0	100 gr	3	4	2	46
	TOTAL		22	29	14	330

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CORNEA LUCIANKA - ROXANA



PRANZ CORTIZON-PEDIATRIE (fara sare)				SUBS/PRODUS			
				PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA 1	supa cu galuste-200 gr	morcov	20 gr	0	2	0	8
		ceapa	10 gr	0	1	0	4
		telina	10 gr	0	1	0	4
		ardei gras	10 gr	0	0.5	0	2
		patrunjel radacini	10 gr	0	1	0	4
		gris	30 gr	3	22.5	0	102
		ou	15 gr	2.1	0	1.8	24.6
		verdeata	5 gr	0	0	0	0
		ulei	5 ml	0	0	5	45
					5.1	28	6.8
	pulpe pui la tava-70 gr	pulpe pui	70 gr	14	0	3.5	87.5
		ulei	5 ml	0	0	5	45
				14	0	8.5	132.5
	piure cartofi-150 gr	cartofi	130 gr	0	26	0	104
		lapte	20 ml	0.6	1	0.4	10
		unt	10 gr	0.8	0.3	8	76.4
				1.4	27.3	8.4	190.4
	salata castraveti proaspeti-70 gr	castraveti	70 gr	0	2.1	0	8.4
		ulei	5 ml	0	0	5	45
		marar	5 gr	0	0	0	0
				0	2.1	5	53.4
	paine regim		50 gr	5	25	0	120
	desert-crema de zahar ars 70gr	lapte	50 ml	1.5	2.5	1	25
ou		25 gr	3.5	0	3	41	
zahar		20 gr	0	20	0	80	
			5	22.5	4	146	
TOTAL				30.5	104.9	32.7	835.9

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CORINA LUCIANA ROXANA



PRANZ CORTIZON-PEDIATRIE (fara sare)				SUBS/PRODUS				
VARIANTA				PROTEINE	GLUCIDE	LIPIDE	CALORII	
2	supa crema de legume-200 gr	morcov	30 gr	0	3	0	12	
		ceapa	10 gr	0	1	0	4	
		telina	10 gr	0	1	0	4	
		unt	10 gr	0.8	0.3	8	76.4	
		lapte	10 ml	0.3	0.5	0.2	5	
		verdeata	5 gr	0	0	0	0	
		galbenus ou	18 buc	0.72	0	1.08	12.6	
					1.82	5.8	9.28	114
	piept pui gratar-70 gr	piept pui	70 gr	14	0	3.5	87.5	
		ulei	5 ml	0	0	5	45	
				14	0	8.5	132.5	
	spaghete in sos de rosii cu ciuperci-200-gr	spaghete	100 gr	3	20	0	92	
		rosii	50 gr	0	2	0	8	
		ulei	10 ml	0	0	10	90	
		ciuperci	50 gr	2.5	1	0	14	
				5.5	23	10	204	
	crutoane		50 gr	5	25	0	120	
	desert-mandarine 200gr	mandarine	200	0	20	0	80	
				TOTAL	26.32	73.8	27.78	650.5

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CORNEA LUCIANA - ROXANA

Lucina

PRANZ CORTIZON-PEDIATRIE (fara sare)					SUBS/PRODUS				
					PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA 3	ciorba vacuta-200 gr	ardei	10 gr	0	0.5	0	2		
		ceapa	10 gr	0	1	0	4		
		morcov	10 gr	0	1	0	4		
		telina	10 gr	0	1	0	4		
		patrunjel radacin:	10 gr	0	1	0	4		
		fasole pastai	20 gr	0.4	1	0	5.6		
		cartofi	30 gr	0	6	0	24		
		smantana	10 gr	0.3	0.3	2	20.4		
		rosii in bulion	40 gr	1.6	4.8	0	25.6		
		carne vita	30 gr	6	0	0.9	32.1		
		patrunjel	5 gr	0	0	0	0		
		bors magic	5 gr	0	0	0	0		
						8.3	16.6	2.9	125.7
		antricot vita-70 gr	antricot vita	70 gr	14	0	2.1	74.9	
	ulei		5 ml	0	0	5	45		
	bulion		5 gr	0	0	0	0		
					14	0	7.1	119.9	
	piure cartofi-150 gr	cartofi	130 gr	0	26	0	104		
		lapte	20 ml	0.6	1	0.4	10		
		unt	10 gr	0.8	0.3	8	76.4		
					1.4	27.3	8.4	190.4	
	salata varza proaspata-70 gr	varza	70 gr	1.4	3.5	0	19.6		
		ulei	5 ml	0	0	5	45		
		marar	5 gr	0	0	0	0		
					1.4	3.5	5	64.6	
	paine regim		50 gr	5	25	0	120		
	desert-papanasi cu branza de vaci-70gr	faina	10 gr	1	7.5	0	34		
		gris	30 gr	3	22.5	0	102		
		branza de vaci	50 gr	8.5	2	0.5	46.5		
		ou	20 gr	2.8	0	2.4	32.8		
		unt	5 gr	0.4	0.15	4	38.2		
					15.7	32.15	6.9	253.5	
	TOTAL					45.8	104.55	30.3	874.1

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DOCTORA LUCIANA - RORANA

Luciana

CINA CORTIZON-PEDIATRIE (fara sare)				SUBS/PRODUS			
VARIANTA				PROTEINE	GLUCIDE	LIPIDE	CALORII
1	ficatului pui la gratar-70 gr	ficatului pui	70 gr	14	2.8	4.2	105
				14	2.8	4.2	105
	pilaf-150 gr	orez	110 gr	3.3	22	0	101.2
		ceapa	10 gr	0	1	0	4
		morcovi	10 gr	0	1	0	4
		ardei	10 gr	0	0.5	0	2
		verdeata	5 gr	0	0	0	0
		ulei	10 gr	0	0	10	90
				3.3	24.5	10	201.2
	salata de rosii -70 gr	rosii	70 gr	0	2.8	0	11.2
		ulei	5 ml	0	0	5	45
				0	2.8	5	56.2
	paine regim		50 gr	5	25	0	120
	salata de fructe-70 gr	portocale	20 gr	0	2	0	8
		mere	30 gr	0	3	0	12
		kiwi	20 gr	0	1	0	4
				0	6	0	24
			TOTAL	22.3	61.1	19.2	506.4

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CORNEA LUCIANA-ROXANA



				SUBS/PRODUS			
CINA CORTIZON-PEDIATRIE (fara sare)				PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA 2	file de pangasius cu lamaie-70 g pangasius		70 gr	10.5	0	2.8	67.2
		lamaie	15 gr	0	0	0	0
				10.5	0	2.8	67.2
	cartofi natur-150 gr	cartofi	150 gr	0	30	0	120
		unt	5 gr	0.4	0.15	4	38.2
		verdeata	5 gr	0	0	0	0
				0.4	30.15	4	158.2
	paine regim		50 gr	5	25	0	120
	desert-mere	mere	200 gr	0	20	0	80
	TOTAL				15.9	75.15	6.8

VARIANTA 3	piept pui gratar-70 gr	piept pui	70 gr	14	0	3.5	87.5
		ulei	5 ml	0	0	5	45
				14	0	8.5	132.5
	spanac sote-150 gr	spanac	150 gr	4.5	3	0	30
		ulei	5 ml	0	0	5	45
				4.5	3	5	75
	placinta cu branza dulce 70 gr	faina	30	3	22.5	0	102
		margarina	10	0	0	8	72
		branza vaci	30	5.1	1.2	0.3	27.9
		zahar	10	0	10	0	40
		ou	10	1.4	0	1.2	16.4
				9.5	33.7	9.5	258.3
	paine regim		50 gr	5	25	0	120
TOTAL				33	61.7	23	585.8

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CORNEA LUCIANA-ROXANA



MIC DEJUN			SUBS/PRODUS			
			PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA 1	ou fiert	50 gr	7	0	6	82
	paine alba	50 gr	5	25	0	120
	iaurt	100 gr	3	4	2	46
	TOTAL		15	29	8	248
VARIANTA 2	rulada din piept de pui	50 gr	9	0	13	153
	lapte cu gris	100 ml	5	19	2	114
	paine alba	50 gr	5	25	0	120
	TOTAL		19	44	15	387
VARIANTA 3	branza topita	30 gr	8.7	0	9	115.8
	unt	10 gr	0.8	0.3	8	76.4
	gem	20 gr	0	14	0	56
	ceai fructe	100 ml	0	0	0	0
	paine alba	50 gr	5	25	0	120
	TOTAL		14.5	39.3	17	368.2
VARIANTA 4	sunca de pasare	40 gr	7.2	0	10.4	122.4
	biscuiti	20 gr	2	14.8	0	67.2
	lapte	100 ml	3	5	2	50
	paine alba	50 gr	5	25	0	120
	TOTAL		17.2	44.8	12.4	359.6
VARIANTA 5	cascaval	30 gr	6	0.3	6	79.2
	unt	10 gr	0.8	0.3	8	76.4
	miere	20 gr	0	14	0	56
	lapte	100 ml	3	5	2	50
	paine alba	50 gr	5	25	0	120
	TOTAL		14.8	44.6	16	381.6

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~~CORNEA~~ LUCIANA - ROXANA


					SUBS/PRODUS			
PRANZ PEDIATRIE-pesto 1 an					PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA 1	supa crema de legume-200 gr	morcov	20 gr		0	2	0	8
		ceapa	10 gr		0	1	0	4
		telina	10 gr		0	1	0	4
		unt	10 gr		0.8	0.3	8	76.4
		lapte	10 ml		0.3	0.5	0.2	5
		sare	3 gr		0	0	0	0
		verdeata	5 gr		0	0	0	0
		galbenus ou	18 gr		0.72	0	1.08	12.6
						1.82	4.8	9.28
	vita fiarta-70 gr	antricot vita	70 gr		14	0	2.1	74.9
		sare.	2 gr		0	0	0	0
					14	0	2.1	74.9
	pilaf-150 gr	orez	130 gr		3.9	26	0	119.6
		ceapa	10 gr		0	1	0	4
		morcov	10 gr		0	1	0	4
		ardei	10 gr		0	0.5	0	2
		verdeata	5 gr		0	0	0	0
		sare	2 gr		0	0	0	0
		ulei	5 ml		0	0	5	45
					3.9	28.5	5	174.6
	salata legume crude-70 gr	rosii	25 gr		0	1	0	4
		castraveti	25 gr		0	0.75	0	3
		ardei	25 gr		0	1.25	0	5
		sare	2 gr		0	0	0	0
					0	3	0	12
	paine alba		50 gr		5	25	0	120
	crutoane		20 gr		2	10	0	48
placinta cu branza dulce 100gr	faina	40		4	30	0	136	
	margarina	15		0	0	12	108	
	branza vaci	50		8.5	2	0.5	46.5	
	zahar	20		0	20	0	80	
	ou	15		2.1	0	1.8	24.6	
				14.6	52	14.3	395.1	
TOTAL MENU					41.32	123.3	30.68	934.6

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CORNEA LUCIANA-ROXANA

Ducers

PRANZ PEDIATRIE-pesto 1 an				SUBS/PRODUS					
				PROTEINE	GLUCIDE	LIPIDE	CALORII		
VARIANTA 2	ciorba vacuta-200 gr	ardei	10 gr	0	0.5	0	2		
		ceapa	10 gr	0	1	0	4		
		morcov	10 gr	0	1	0	4		
		telina	10 gr	0	1	0	4		
		patrunjel radac	10 gr	0	1	0	4		
		fasole pastai	10 gr	0.2	0.5	0	2.8		
		cartofi	30 gr	0	6	0	24		
		smantana	10 gr	0.3	0.3	2	20.4		
		rosii in bulion	30 gr	1.2	3.6	0	19.2		
		carne vita	30 gr	6	0	0.9	32.1		
		patrunjel	5 gr	0	0	0	0		
		bors magic	5 gr	0	0	0	0		
		sare	2 gr	0	0	0	0		
						7.7	14.9	2.9	116.5
		ficatului de pui-70 gr la gratar	ficatului pui	70 gr	14	2.8	4.2	105	
	sare		2 gr	0	0	0	0		
					14	2.8	4.2	105	
	cartofi natur-150gr	cartofi	150 gr	0	30	0	120		
		unt	5 gr	0.4	0.15	4	38.2		
		verdeata	5 gr	0	0	0	0		
sare		2 gr	0	0	0	0			
				0.4	30.15	4	158.2		
ardei gras crud-70 gr			0	0	0	0			
paine alba		50 gr	5	25	0	120			
desert-mere	mere	200 gr	0	20	0	80			
TOTAL				27.1	92.85	11.1	579.7		

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CORINA LUCIUTA - ROXANA



PRANZ		PEDIATRIE-pesto 1 an		SUBS/PRODUS				
				PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA 3	supa pui-200 gr	morcov	20 gr	0	2	0	8	
		ceapa	10 gr	0	1	0	4	
		telina	10 gr	0	1	0	4	
		taitei	10 gr	1	7.5	0	34	
		ardei gras	10 gr	0	0.5	0	2	
		carne pui	30 gr	6	0	1.5	37.5	
		sare	2 gr	0	0	0	0	
		verdeata	5 gr	0	0	0	0	
					7	12	1.5	89.5
	piept pui gratar-70 gr	piept pui	70 gr	14	0	3.5	87.5	
		sare	2 gr	0	0	0	0	
		ulei	5 ml	0	0	5	45	
				14	0	8.5	132.5	
	piure din radacinoase-150 gr	morcov	40 gr	0	4	0	16	
		telina	40 gr	0	4	0	16	
		pastarnac	40 gr	0	4	0	16	
		sare	2 gr	0	0	0	0	
		unt	10 gr	0.8	0.3	8	76.4	
		lapte	20 gr	0.6	1	0.4	10	
					1.4	13.3	8.4	134.4
	rosii-70 gr	rosii	70 gr	0	2.8	0	11.2	
	paine alba		50 gr	5	25	0	120	
	clatite cu gem	faina	20	2	15	0	68	
ou		25	3.5	0	3	41		
lapte		50	1.5	2.5	1	25		
gem		20	0	14	0	56		
ulei		10	0	0	10	90		
				7	31.5	14	280	
TOTAL MENU				34.4	84.6	32.4	767.6	

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CORNEA LILOANA - ROXANA

Lucifer

PRANZ PEDIATRIE-peste 1 an				SUBS/PRODUS			
VARIANTA				PROTEINE	GLUCIDE	LIPIDE	CALORII
4	supa de rosii cu taitei de casa-200 gr	morcov	20 gr	0	2	0	8
		ceapa	10 gr	0	1	0	4
		telina	10 gr	0	1	0	4
		taitei	20 gr	2	15	0	68
		ardei gras	10 gr	0	0.5	0	2
		rosii in bulion	40 gr	1.6	4.8	0	25.6
		verdeata	5 gr	0	0	0	0
		sare	2 gr	0	0	0	0
					3.6	24.3	0
	pulpa pui gratar-70 gr	pulpa pui	70 gr	14	0	3.5	87.5
		sare	2 gr	0	0	0	0
		ulei	5 ml	0	0	5	45
				14	0	8.5	132.5
	spaghete cu cascaval si smantana-150	spaghete	100 gr	3	20	0	92
		cascaval	30 gr	6	0	6	78
		smantana	20 gr	0.6	0.6	4	40.8
		sare	2 gr	0	0	0	0
					9.6	20.6	10
	paine alba		50 gr	5	25	0	120
	salata de fructe-70 gr	portocale	20 gr	0	2	0	8
		mere	30 gr	0	3	0	12
		kiwi	20 gr	0	1	0	4
					0	0	0
			0	6	0	24	
TOTAL MENU				32.2	75.9	18.5	598.9

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CORNEA LINDA - ROXANA

Roxana

VARIANTA	PRANZ - PEDIATRIE-peste 1 an	SUBS/PRODUS				
		PROTEINE	GLUCIDE	LIPIDE	CALORII	
5	supa cu galuste-200 gr	morcov 20 gr	0	2	0	8
		ceapa 10 gr	0	1	0	4
		telina 10 gr	0	1	0	4
		ardei gras 10 gr	0	0.5	0	2
		patrunjel radac 10 gr	0	1	0	4
		gris 20 gr	2	15	0	68
		ou 15 gr	2.1	0	1.8	24.6
		verdeata 5 gr	0	0	0	0
		ulei 5 ml	0	0	5	45
			4.1	20.5	6.8	159.6
	tocanita de cartofi cu pui 150/70gr	ciocanel pui 70 gr	14	0	3.5	87.5
		cartofi 100 gr	0	20	0	80
		ceapa 10 gr	0	1	0	4
		ardei gras 10 gr	0	0.5	0	2
		ulei 5 ml	0	0	5	45
		sare 2 gr	0	0	0	0
		suc rosii 30 gr	1.2	3.6	0	19.2
		verdeata 5 gr	0	0	0	0
				15.2	25.1	8.5
	castraveti proaspeti-70 gr	castraveti 70 gr	0	2.1	0	8.4
	paine alba					
		50 gr	5	25	0	120
	desert-chec-100 gr	faina 50	5	37.5	0	170
		ulei 10	0	0	10	90
		ou 30	4.2	0	3.6	49.2
		zahar 20	0	20	0	80
cacao 5		0	2	0	8	
			9.2	59.5	13.6	397.2
TOTAL MENIU		33.5	132.2	28.9	922.9	

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CORINEA LISCIANA-ROXANA

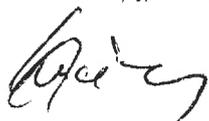


CINA PEDIATRIE-peste 1 an				SUBS/PRODUS				
VARIANTA				PROTEINE	GLUCIDE	LIPIDE	CALORII	
1	rasol de peste-70 gr (salau, stiuca, biban, pastrav, somn, cod, calcan, stavrid)	salau	70 gr	13.3	0	0	53.2	
		sare	2 gr	0	0	0	0	
		ulei	5 ml	0	0	5	45	
					13.3	0	5	98.2
	mamaliguta cu branza de vaci100/50g	mamaliga	100 gr	2	15	0	68	
		branza vaci	50 gr	8.5	2	0.5	46.5	
		unt	10 gr	0.8	0.3	8	76.4	
					11.3	17.3	8.5	190.9
	desert-placinta cu mere-50gr	faina	25 gr	2.5	18.75	0	85	
		margarina	5 gr	0	0	4	36	
		mere	50 gr	0	5	0	20	
		scortisoara	5 gr	0	0	0	0	
		zahar	10 gr	0	10	0	40	
						2.5	33.75	4
	TOTAL				27.1	51.05	17.5	470.1

2	piept de pui la gratar-70 gr	piept pui	70 gr	14	0	3.5	87.5	
		sare	2 gr	0	0	0	0	
		ulei	5 ml	0	0	5	45	
					14	0	8.5	132.5
	piure de legume-150 gr	morcov	50 gr	0	5	0	20	
		pastarnac	20 gr	0	2	0	8	
		cartofi	50 gr	0	10	0	40	
		unt	10 gr	0.8	0.3	8	76.4	
		lapte	20 ml	0.6	1	0.4	10	
		sare	2 gr	0	0	0	0	
					1.4	18.3	8.4	154.4
	paine alba		50 gr	5	25	0	120	
	desert-portocale-150gr	portocale	150 gr	0	15	0	60	
	TOTAL				20.4	58.3	16.9	466.9

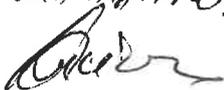
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CORNELIA LIVIANA - ROKANA



CINA PEDIATRIE-peste 1 an				SUBS/PRODUS			
				PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA 3	pulpa pui -70 gr	pulpa pui	70 gr	14	0	3.5	87.5
		sare	2 gr	0	0	0	0
		ulei	5 ml	0	0	5	45
				14	0	8.5	132.5
	legume sote -150 gr	ardei	40 gr	0	2	0	8
		dovlecei	50 gr	0	1.5	0	6
		ciuperci	50 gr	2.5	1	0	14
		vinete	30 gr	0.3	1.5	0	7.2
		rosii	30 gr	0	1.2	0	4.8
		sare	2 gr	0	0	0	0
		unt	5 ml	0.4	0.15	4	38.2
				3.2	7.35	4	78.2
	paine alba	50 gr	5	25	0	120	
	desert-mar copt	mere	150 gr	0	15	0	60
		TOTAL		22.2	47.35	12.5	390.7
VARIANTA 4	copanele de pui la cuptor-70 gr	copanele pui	70 gr	14	0	3.5	87.5
		sare	2 gr	0	0	0	0
		ulei	5 ml	0	0	5	45
				14	0	8.5	132.5
	cartofi gratinati-150 gr	cartofi	120 gr	0	24	0	96
		cascaval	30 gr	6	0	6	78
		sare	2 gr	0	0	0	0
		ou	15 gr	2.1	0	1.8	24.6
					8.1	24	7.8
	paine alba	50 gr	5	25	0	120	
	compot de piersici-100 ml	piersici	70 gr	0	10.5	0	42
		zahar	10 gr	0	10	0	40
					0	20.5	0
		TOTAL		27.1	69.5	16.3	533.1

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CORNEA LILOANA ROXANA


CINA PEDIATRIE-peste 1 an					SUBS/PRODUS			
					PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA 5	piept pui gratar-70 gr	piept pui	70 gr	14	0	3.5	87.5	
		ulei	5 ml	0	0	5	45	
		sare	2 gr	0	0	0	0	
					14	0	8.5	132.5
	spaghete cu branza telemea-200gr	spaghete	150 gr	4.5	30	0	138	
		telemea	40 gr	6.8	0.4	6.8	90	
		zahar	10 gr	0	10	0	40	
		unt	5 gr	0.4	0.15	4	38.2	
					11.7	40.55	10.8	306.2
	salata de fructe-70gr	mere	30 gr	0	3	0	12	
		portocale	30 gr	0	3	0	12	
		kiwi	10 gr	0	0.5	0	2	
						0	6.5	0
	TOTAL				25.7	47.05	19.3	464.7

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CORNEA LUCIANA - ROXANA



meniu - lehuze		SUBS/PRODUS				
		PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA	1	regim hidric-apa plata,	0	0	0	0
ZI -1		suc din compot	0	0	0	0
[regim pentru		1.5l/zi	0	0	0	0
evitarea balonarii]		[fara zahar]	0	0	0	0
TOTAL			0	0	0	0

VARIANTA	2	supa de legume strecurat	patrunjel	radacina	30 gr	0	3	0	12
ZI -1		250 ml	ceapa		20 gr	0	2	0	8
[regim pentru			morcovi		50 gr	0	5	0	20
evitarea balonarii]			ardei		20 gr	0	1	0	4
			telina		20 gr	0	2	0	8
			sare		5 gr	0	0	0	0
			verdeata		5 gr	0	0	0	0
		suc din compot				0	0	0	0
		[fara zahar]				0	0	0	0
TOTAL						0	13	0	52

VARIANTA	zi- 2	telemea-mic dejun	60 gr	10.2	0.6	10.2	135
		ceai de anason si chimen	200 ml	0	0	0	0
[dupa reluarea		paine cu tarate	50 gr	4	25	0	116
tranzitului intestinal]		iaurt-ora 10	200 gr	6	8	0	56
[regim pentru		pranz-					
stimularea lactatiei]		supa crema de legume- morcov	50 gr	0	5	0	20
		250 ml					
		ceapa	20 gr	0	2	0	8
		telina	20 gr	0	2	0	8
		cartofi	50 gr	0	10	0	40
		ardei	20 gr	0	1	0	4
		dovlecei	20 gr	0	0.6	0	2.4
		sare	5 gr	0	0	0	0
		verdeata	5 gr	0	0	0	0
		compot de mere 200 m mere	150 gr	0	15	0	60
		zahar	15 gr	0	15	0	60
		paine cu tarate-cruetoane	50 gr	4	25	0	116
		seara-					
		piept de pui la gratar-10 piept pui	100 gr	20	0	5	125
		salata verde-100 gr salata verde	100 gr	1	3	0	16
		ulei de masline	10 ml	0	0	10	90
		paine cu tarate	50 gr	4	25	0	116
TOTAL				49.2	137.2	25.2	972.4

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CORNEA LILOIANA ROXANA



meniu		lehuze		SUBS/PRODUS			
				PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA ZI -3 [regim pentru calitatea laptelui]	mic dejun-ou fiert moale	50 gr	7	0	6	82	
	telemea	50 gr	8.5	0.5	8.5	112.5	
	ceai de anason si chimen	200 ml	0	0	0	0	
	paine cu tarate	50 gr	4	25	0	116	
	iaurt-ora 10	200 gr	6	8	4	92	
	supa de pui cu galuste- morcov	30 gr	0	3	0	12	
	300 ml	ceapa	10 gr	0	1	0	4
		telina	20 gr	0	2	0	8
		ardei gras	20 gr	0	1	0	4
		carne pui	50 gr	10	0	2.5	62.5
		patrunjel radacina	10 gr	0	1	0	4
		gris	30 gr	3	22.5	0	102
		ou	15 gr	2.1	0	1.8	24.6
		verdeata	5 gr	0	0	0	0
		ulei	5 ml	0	0	5	45
	compot de piersici	piersici	150 gr	0	22.5	0	90
	200 ml	zahar	15 gr	0	15	0	60
	paine cu tarate		60 gr	4.8	30	0	139.2
	seara-gratar din piept de pui	piept de pui	100 gr	20	0	5	125
	pui +salata verde+	salata verde	100 gr	1	3	0	16
	piure de cartofi-200gr	cartofi	160 gr	0	32	0	128
		lapte	30 ml	0.9	1.5	0.6	15
		unt	10 gr	0.8	0.3	8	76.4
	sare	5 gr	0	0	0	0	
		TOTAL	68.1	168.3	41.4	1318.2	

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CORNEA LIBĂŢINA - ROXANA

