MENIUL ZILEI 02.11.2026

Denumirea regimurilor	Mic dejun	Supliment ora 10	Pranz	Supliment ora 16	Cina	Supliment ora 21
COMUN	cascaval,50gr(al-lapte); Ceai,300ml; Gem 40g(2buc); paine cu sare 80g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 200 g(al-gluten); paste cu sos de rosii,300gr(al-gluten); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	branza cu smantana 1cut(al.lapte)180g; carnati 50g; Ghiveci de legume 300g; Paine cu sare 100g(al- gluten);	
Cardiac	Branza vaci 100 g(al-lapte); Ceai,300ml; Gem,20gr; Ou fiert 1buc; paine fara sare 80g; unt,10gr(al-lapte);	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); paste albe,300gr(al-gluten); Rasol pulpe pui220gr(155gpp); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	branza cu smantana 1cut(al.lapte)180g; Mancare de cartofi regim 300g; Paine fara sare 100g(al-gluten); rasol pulpe sup pui200g(140gpp);	
Colita	Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; paine cu sare 80g; sunca 100g;	ceai hidratare 300ml;	mar copt200gr; paine cu sare 200 g(al-gluten); paste albe,300gr(al-gluten); Rasol pulpe pui220gr(155gpp); supa alba de legume 300ml(al.glut.);	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); branza topita 2 cub(al.lapte); Paine cu sare 100g(al- gluten); Pilaf 300g; rasol pulpe sup pui200g(140gpp);	
Diabet colita	Branza vaci 100 g(al-lapte); cascaval 100g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; sunca 100g;	branza topita 2 cub(al.lapte);	Friptura pulpe pui,220gr(155g pp); mar copt200gr; paine cu sare 60g; paste 100g; supa de legume,300ml(al.telina);	Branza vaci 100 g(al-lapte);	branza topita 2 cub(al.lapte); paine cu sare 40g; pilaf 200g; rasol pulpe sup pui200g(140gpp);	
Diabet Card	branza vaci 150gr(al.lapte); Ceai fara zahar,300ml; paine fara sare60g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	Friptura pulpe pui,220gr(155g pp); mere,200gr; paine fara sare60g; supa de legume,300ml(al.telina); Tocanita de ceapa 300g(al-gluten);	laurt,140gr(al-lapte);	branza cu smantana 1cut(al.lapte)180g; cartofi natur 200g; paine fara sare 40g; rasol pulpe sup pui200g(140gpp);	
Diabet	Branza vaci 100 g(al-lapte); cascaval 100g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 60g; supa de legume,300ml(al.telina); Tocanita de ceapa 300g(al-gluten);	carnati cabanos 70g 2buc;	branza cu smantana 1cut(al.lapte)180g; cartofi natur 200g; paine cu sare 40g; rasol pulpe sup pui200g(140gpp);	
Diabet Insulina	Branza vaci 100 g(al-lapte); cascaval 100g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 60g; supa de legume,300ml(al.telina); Tocanita de ceapa 300g(al-gluten);	carnati cabanos 70g 2buc;	branza cu smantana 1cut(al.lapte)180g; cartofi natur 200g; paine cu sare 40g; rasol pulpe sup pui200g(140gpp);	sana 330(al.lapte);
Gastric	Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; Ou fiert 1buc; paine fara sare 80g;	ceai hidratare 300ml;	mar copt200gr; Paine fara sare 200g(al-gluten); paste albe,300gr(al-gluten); Rasol pulpe pui220gr(155gpp); supa alba de legume 300ml(al.glut.);	Ceai fara zahar,300ml;	branza cu smantana 1cut(al.lapte)180g; Cartofi natur,300gr; Paine fara sare 100g(al-gluten); rasol pulpe sup pui200g(140gpp);	
Hepatic	Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; Gem 40g(2buc); paine fara sare 80g;	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); paste albe,300gr(al-gluten); Rasol pulpe pui220gr(155gpp); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	corn 1 buc.60g(al.glt); laurt,140gr(al-lapte); Mancare de cartofi regim 300g; Paine fara sare 100g(al-gluten); rasol pulpe sup pui200g(140gpp);	
HIPERCALORIC	cascaval,50gr(al-lapte); Ceai,300ml; Gem 40g(2buc); paine cu sare 80g; unt 2buc(20g)al.lapte);	corn 1 buc.60g(al.glt); laurt,140gr(al-lapte);	Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 200 g(al-gluten); paste cu sos de rosii,300gr(al-gluten); supa cu fidea(al.glut.,telina)300ml;	branza topita 2 cub(al.lapte); Napolitane 35gr(al-gluten,soia,lpt, alune);	branza cu smantana 1cut(al.lapte)180g; friptura pulpe sup pui 200g(140gpp); Ghiveci de legume 300g; Paine cu sare 100g(al- gluten);	
Hipocaloric	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine cu sare 40g; sunca 100g;	laurt,140gr(al-lapte);	Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 60g; sote legume mexicane 200g; supa de legume,300ml(al.telina);	laurt,140gr(al-lapte);	cartofi natur 200g; rasol pulpe sup pui200g(140gpp);	
Speciali	cascaval,50gr(al-lapte); Ceai,300ml; Gem 40g(2buc); paine cu sare 80g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 200 g(al-gluten); paste cu sos de rosii,300gr(al-gluten); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	branza cu smantana 1cut(al.lapte)180g; mancare de cartofi 300g; Paine cu sare 100g(al- gluten); rasol pulpe sup pui200g(140gpp);	

MENIUL ZILEI 03.11.2026

Denumirea regimurilor	Mic dejun	Supliment ora 10	Pranz	Supliment ora 16	Cina	Supliment ora 21
COMUN	Gris cu lapte; Napolitane 35gr(al-gluten,soia,lpt,alune); paine cu sare 40g; sunca 50g;	ceai hidratare 300ml;	ciorba cu zdrente ou 300ml(al.telina,ou,glut.); Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 200 g(al-gluten); Pilaf 300g;	Ceai fara zahar,300ml;	cascaval,50gr(al-lapte); corn 1 buc.60g(al.glt); friptura pulpe sup pui 200g(140gpp); mancare de fasole verde 300g(al-gluten); Paine cu sare 100g(al- gluten);	
Cardiac	Gem 40g(2buc); Gris cu lapte; Napolitane 35gr(al-gluten,soia,lpt,alune); paine fara sare 40g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Pilaf 300g; Rasol pulpe pui220gr(155gpp); Supa cu zdrente ou,300ml(al.glt,ou,tel);	Ceai fara zahar,300ml;	corn 1 buc.60g(al.glt); laurt,140gr(al-lapte); mancare de fasole verde regim 300g(al.glt.); Paine fara sare 100g(al-gluten); rasol pulpe sup pui200g(140gpp);	
Colita	branza topita 2 cub(al.lapte); Branza vaci 100 g(al-lapte); Ceai,300ml; paine cu sare 80g; sunca 100g;	ceai hidratare 300ml;	mar copt200gr; paine cu sare 200 g(al-gluten); Pilaf 300g; Rasol pulpe pui220gr(155gpp); Supa alba cu zdrente ou ,300ml(al.glt,ou);	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); cascaval,50gr(al-lapte); Paine cu sare 100g(al- gluten); paste albe,300gr(al-gluten); rasol pulpe sup pui200g(140gpp);	
Diabet colita	branza topita 2 cub(al.lapte); Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g;	sunca 100g;	Friptura pulpe pui,220gr(155g pp); mar copt200gr; paine cu sare 60g; pilaf 200g; Supa alba cu zdrente ou ,300ml(al.glt,ou);	Branza vaci 100 g(al-lapte);	cascaval,50gr(al-lapte); friptura pulpe sup pui 200g(140gpp); mar copt200gr; paine cu sare 60g; Sote de fasole verde,200gr;	
Diabet Card	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine fara sare60g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	Friptura pulpe pui,220gr(155g pp); mere,200gr; paine fara sare60g; pilaf 200g; Supa cu zdrente ou,300ml(al.glt,ou,tel);	laurt,140gr(al-lapte);	Branza vaci 100 g(al-lapte); friptura pulpe sup pui 200g(140gpp); laurt,140gr(al-lapte); paine fara sare60g; Sote de fasole verde,200gr;	
Diabet	branza topita 2 cub(al.lapte); Ceai fara zahar,300ml; paine cu sare 60g; salam 100g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	ciorba cu zdrente ou 300ml(al.telina,ou,glut.); Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 60g; pilaf 200g;	laurt,140gr(al-lapte);	cascaval,50gr(al-lapte); friptura pulpe sup pui 200g(140gpp); laurt,140gr(al-lapte); paine cu sare 60g; Sote de fasole verde,200gr;	
Diabet Insulina	branza topita 2 cub(al.lapte); Ceai fara zahar,300ml; paine cu sare 60g; salam 100g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	ciorba cu zdrente ou 300ml(al.telina,ou,glut.); Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 60g; pilaf 200g;	laurt,140gr(al-lapte);	cascaval,50gr(al-lapte); friptura pulpe sup pui 200g(140gpp); laurt,140gr(al-lapte); paine cu sare 60g; Sote de fasole verde,200gr;	laurt,140gr(al-lapte);
Gastric	cascaval,50gr(al-lapte); Gris cu lapte; Napolitane 35gr(al-gluten,soia,lpt,alune); paine fara sare 40g;	ceai hidratare 300ml;	mar copt200gr; Paine fara sare 200g(al-gluten); Pilaf 300g; Rasol pulpe pui220gr(155gpp); Supa alba cu zdrente ou ,300ml(al.glt,ou);	Ceai fara zahar,300ml;	corn 1 buc.60g(al.glt); laurt,140gr(al-lapte); Paine fara sare 100g(al-gluten); paste albe,300gr(al-gluten); rasol pulpe sup pui200g(140gpp);	
Hepatic	cascaval,50gr(al-lapte); Gris cu lapte; Napolitane 35gr(al-gluten,soia,lpt,alune); paine fara sare 40g;	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Pilaf 300g; Rasol pulpe pui220gr(155gpp); Supa cu zdrente ou,300ml(al.glt,ou,tel);	Ceai fara zahar,300ml;	corn 1 buc.60g(al.glt); laurt,140gr(al-lapte); mancare de fasole verde regim 300g(al.glt.); Paine fara sare 100g(al-gluten); rasol pulpe sup pui200g(140gpp);	
HIPERCALORIC	Gris cu lapte; Napolitane 35gr(al-gluten,soia,lpt,alune); paine cu sare 40g; sunca 50g;	cascaval 100g(al-lapte);	ciorba cu zdrente ou 300ml(al.telina,ou,glut.); Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 200 g(al-gluten); Pilaf 300g;	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte);	cascaval,50gr(al-lapte); corn 1 buc.60g(al.glt); friptura pulpe sup pui 200g(140gpp); mancare de fasole verde 300g(al-gluten); Paine cu sare 100g(al- gluten);	
Hipocaloric	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 40g;	laurt,140gr(al-lapte);	ciorba cu zdrente ou 300ml(al.telina,ou,glut.); Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 40g; pilaf 200g;	laurt,140gr(al-lapte);	friptura pulpe sup pui 200g(140gpp); paine cu sare 40g; Sote de fasole verde,200gr;	
Speciali	biscuiti 70gr(alergen gluten); Gem 40g(2buc); Gris cu lapte; paine cu sare 40g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	ciorba cu zdrente ou 300ml(al.telina,ou,glut.); Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 200 g(al-gluten); Pilaf 300g;	Ceai fara zahar,300ml;	corn 1 buc.60g(al.glt); friptura pulpe sup pui 200g(140gpp); laurt,140gr(al-lapte); mancare de fasole verde 300g(al-gluten); Paine cu sare 100g(al- gluten);	

MENIUL ZILEI 04.11.2026

Denumirea regimurilor	Mic dejun	Supliment ora 10	Pranz	Supliment ora 16	Cina	Supliment ora 21
COMUN	cascaval,50gr(al-lapte); Ceai,300ml; Gem,20gr; Ou fiert 1buc; paine cu sare 80g; unt,10gr(al-lapte);	ceai hidratare 300ml;	mere,200gr; paine cu sare 200 g(al-gluten); supa cu fidea(al.glut.,telina)300ml; Varza a la Cluj 350g;	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); Macaroane cu telemea 300g(al-gluten,lapte); paine cu sare 40g; sunca 50g;	
Cardiac	Branza vaci 100 g(al-lapte); Ceai,300ml; Gem,20gr; Ou fiert 1buc; paine fara sare 80g; unt,10gr(al-lapte);	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Piure din fulgi 300g(al.lapte); rasol pulpe sup pui200g(140gpp); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte); paste cu branza vaci 300g(al-gluten,lapte);	
Colita	Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; Ou fiert 1buc; paine cu sare 80g;	ceai hidratare 300ml;	mar copt200gr; paine cu sare 200 g(al-gluten); Pilaf 300g; rasol pulpe sup pui200g(140gpp); supa alba de legume 300ml(al.glut.);	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); paine cu sare 40g; paste cu branza vaci 300g(al-gluten,lapte); sunca 50g;	
Diabet colita	Branza vaci 100 g(al-lapte); cascaval 100g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g;	sunca 100g;	friptura pulpe sup pui 200g(140gpp); mar copt200gr; paine cu sare 80g; Sote de fasole verde,200gr; supa de legume,300ml(al.telina);	telemea 100gr;	friptura pulpe pui200g(140gpp); mar copt200gr; paine cu sare 40g; pilaf 200g; sunca 50g;	
Diabet Card	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine fara sare60g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	friptura pulpe sup pui 200g(140gpp); mere,200gr; mincare de varza 300g; paine fara sare 80g; supa de legume,300ml(al.telina);	sana 330(al.lapte);	Branza vaci 100 g(al-lapte); friptura pulpe sup pui 200g(140gpp); laurt,140gr(al-lapte); paine fara sare 40g; pilaf 200g;	
Diabet	cascaval 100g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	mere,200gr; paine cu sare 80g; supa de legume,300ml(al.telina); Varza a la Cluj 350g;	telemea 100gr;	friptura pulpe pui200g(140gpp); laurt,140gr(al-lapte); paine cu sare 40g; pilaf 200g; sunca 50g;	
Diabet Insulina	cascaval 100g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	friptura pulpe sup pui 200g(140gpp); mere,200gr; mincare de varza 300g; paine cu sare 80g; supa de legume,300ml(al.telina);	telemea 100gr;	friptura pulpe pui200g(140gpp); laurt,140gr(al-lapte); paine cu sare 40g; pilaf 200g; sunca 50g;	sana 330(al.lapte);
Gastric	cascaval,50gr(al-lapte); Ceai,300ml; Ou fiert 1buc; paine fara sare 80g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Piure din fulgi 300g(al.lapte); rasol pulpe sup pui200g(140gpp); supa alba de legume 300ml(al.glut.);	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte); paste cu branza vaci 300g(al-gluten,lapte);	
Hepatic	branza topita 2 cub(al.lapte); cascaval,50gr(al-lapte); Ceai,300ml; Gem 40g(2buc); paine fara sare 80g;	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Piure din fulgi 300g(al.lapte); rasol pulpe sup pui200g(140gpp); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte); paste cu branza vaci 300g(al-gluten,lapte);	
HIPERCALORIC	cascaval,50gr(al-lapte); Ceai,300ml; Gem,20gr; Ou fiert 1buc; paine cu sare 80g; unt,10gr(al-lapte);	corn 1 buc.60g(al.glt); sana 330(al.lapte);	friptura pulpe sup pui 200g(140gpp); mere,200gr; mincare de varza 300g; paine cu sare 200 g(al-gluten); supa cu fidea(al.glut.,telina)300ml;	branza topita 2 cub(al.lapte); Napolitane 35gr(al-gluten,soia,lpt, alune);	biscuiti 70gr(alergen gluten); Macaroane cu telemea 300g(al-gluten,lapte); paine cu sare 40g; sunca 50g;	
Hipocaloric	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 40g;	laurt,140gr(al-lapte);	friptura pulpe sup pui 200g(140gpp); mere,200gr; mincare de varza 300g; paine cu sare 60g; supa de legume,300ml(al.telina);	laurt,140gr(al-lapte);	friptura pulpe sup pui 200g(140gpp); pilaf 200g;	
Speciali	branza topita 2 cub(al.lapte); Ceai,300ml; Gem 40g(2buc); paine cu sare 80g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	mere,200gr; paine cu sare 200 g(al-gluten); supa cu fidea(al.glut.,telina)300ml; Varza a la Cluj 350g;	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte); paste cu branza vaci 300g(al-gluten,lapte);	

MENIUL ZILEI 05.11.2026

Denumirea regimurilor	Mic dejun	Supliment ora 10	Pranz	Supliment ora 16	Cina	Supliment ora 21
COMUN	corn 1 buc.60g(al.glt); Gem,20gr; paine cu sare 60g; sana 330(al.lapte); sunca 50g; unt,10gr(al-lapte);	ceai hidratare 300ml;	ciorba cu zdrente ou 300ml(al.telina,ou,glut.); fript.pulpe pui 240g(155pp); mere,200gr; paine cu sare 200 g(al-gluten); pilaf cu legume mexicane 300g;	Ceai fara zahar,300ml;	branza cu smantana 1cut(al.lapte)180g; Paine cu sare 100g(al- gluten); salata orientala cu ou si masline 300g(al.ou);	
Cardiac	corn 1 buc.60g(al.glt); Gem 40g(2buc); paine fara sare60g; sana 330(al.lapte); unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Pilaf 300g; rasol pulpe pui 240g(155pp); Supa cu zdrente ou,300ml(al.glt,ou,tel);	Ceai fara zahar,300ml;	branza cu smantana 1cut(al.lapte)180g; Cartofi natur,300gr; Paine fara sare 100g(al-gluten); Rasol pulpe pui 180g(125gpp);	
Colita	Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; paine cu sare 80g; sunca 100g;	ceai hidratare 300ml;	mar copt200gr; paine cu sare 200 g(al-gluten); Pilaf 300g; rasol pulpe pui 240g(155pp); Supa alba cu zdrente ou ,300ml(al.glt,ou);	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); branza topita 2 cub(al.lapte); Paine cu sare 100g(al- gluten); paste albe,300gr(al-gluten); Rasol pulpe pui 180g(125gpp);	
Diabet colita	branza topita 2 cub(al.lapte); Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; sunca 100g;	cascaval 100g(al-lapte);	mar copt200gr; paine cu sare 60g; pilaf 200g; rasol pulpe pui 240g(155pp); Supa alba cu zdrente ou ,300ml(al.glt,ou);	Branza vaci 100 g(al-lapte);	branza topita 2 cub(al.lapte); Friptura pulpe pui 180g(125gpp); mar copt200gr; paine cu sare 40g; paste 100g;	
Diabet Card	branza vaci 150gr(al.lapte); Ceai fara zahar,300ml; paine fara sare60g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	fript.pulpe pui 240g(155pp); mere,200gr; paine fara sare 80g; Spanac cu sos,200gr; Supa cu zdrente ou,300ml(al.glt,ou,tel);	laurt,140gr(al-lapte);	branza cu smantana 1cut(al.lapte)180g; cartofi natur 200g; Friptura pulpe pui 180g(125gpp); paine fara sare 40g;	
Diabet	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; sunca 100g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	ciorba cu zdrente ou 300ml(al.telina,ou,glut.); fript.pulpe pui 240g(155pp); mere,200gr; paine cu sare 80g; Spanac cu sos,200gr;	laurt,140gr(al-lapte);	branza cu smantana 1cut(al.lapte)180g; cartofi natur 200g; Friptura pulpe pui 180g(125gpp); paine cu sare 40g;	
Diabet Insulina	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; sunca 100g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	ciorba cu zdrente ou 300ml(al.telina,ou,glut.); fript.pulpe pui 240g(155pp); mere,200gr; paine cu sare 80g; Spanac cu sos,200gr;	laurt,140gr(al-lapte);	branza cu smantana 1cut(al.lapte)180g; cartofi natur 200g; Friptura pulpe pui 180g(125gpp); paine cu sare 40g;	sana 330(al.lapte);
Gastric	cascaval,50gr(al-lapte); corn 1 buc.60g(al.glt); paine fara sare60g; sana 330(al.lapte); unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	mar copt200gr; Paine fara sare 200g(al-gluten); Pilaf 300g; rasol pulpe pui 240g(155pp); Supa alba cu zdrente ou ,300ml(al.glt,ou);	Ceai fara zahar,300ml;	branza cu smantana 1cut(al.lapte)180g; Cartofi natur,300gr; Paine fara sare 100g(al-gluten); Rasol pulpe pui 180g(125gpp);	
Hepatic	cascaval,50gr(al-lapte); corn 1 buc.60g(al.glt); Gem 40g(2buc); paine fara sare60g; sana 330(al.lapte);	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Pilaf 300g; rasol pulpe pui 240g(155pp); Supa cu zdrente ou,300ml(al.glt,ou,tel);	Ceai fara zahar,300ml;	Cartofi natur,300gr; laurt,140gr(al-lapte); Napolitane 35gr(al-gluten,soia,lpt,alune); Paine fara sare 100g(al-gluten); Rasol pulpe pui 180g(125gpp);	
HIPERCALORIC	corn 1 buc.60g(al.glt); Gem,20gr; paine cu sare 60g; sana 330(al.lapte); sunca 50g; unt,10gr(al-lapte);	cascaval 100g(al-lapte);	ciorba cu zdrente ou 300ml(al.telina,ou,glut.); fript.pulpe pui 240g(155pp); mere,200gr; paine cu sare 200 g(al-gluten); pilaf cu legume mexicane 300g;	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte);	branza cu smantana 1cut(al.lapte)180g; Friptura pulpe pui 180g(125gpp); Paine cu sare 100g(al- gluten); salata orientala cu ou si masline 300g(al.ou);	
Hipocaloric	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine cu sare 40g; sunca 100g;	laurt,140gr(al-lapte);	ciorba cu zdrente ou 300ml(al.telina,ou,glut.); fript.pulpe pui 240g(155pp); mere,200gr; paine cu sare 60g; Spanac cu sos,200gr;	laurt,140gr(al-lapte);	cartofi natur 200g; Friptura pulpe pui 180g(125gpp);	
Speciali	corn 1 buc.60g(al.glt); Gem 40g(2buc); paine cu sare 60g; sana 330(al.lapte); unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	ciorba cu zdrente ou 300ml(al.telina,ou,glut.); fript.pulpe pui 240g(155pp); mere,200gr; paine cu sare 200 g(al-gluten); pilaf cu legume mexicane 300g;	Ceai fara zahar,300ml;	branza cu smantana 1cut(al.lapte)180g; Paine cu sare 100g(al- gluten); Piure din cartofi 300g; Rasol pulpe pui 180g(125gpp);	

MENIUL ZILEI 06.11.2026

Denumirea regimurilor	Mic dejun	Supliment ora 10	Pranz	Supliment ora 16	Cina	Supliment ora 21
COMUN	cascaval,50gr(al-lapte); Ceai,300ml; Gem,20gr; Ou fiert 1buc; paine cu sare 80g; unt,10gr(al-lapte);	ceai hidratare 300ml;	carnati cabanos 80g 2buc; Ciorba cu cop. pui,300ml,120g(85pp)(al.tel); Mancare fasole alba 300g; mere,200gr; paine cu sare 200 g(al-gluten);	Ceai fara zahar,300ml;	barcuta 60g; Macaronada cu carne si sos 300g(al-gluten); Paine cu sare 100g(al- gluten);	
Cardiac	Branza vaci 100 g(al-lapte); Ceai,300ml; Gem,20gr; Ou fiert 1buc; paine fara sare 80g; unt,10gr(al-lapte);	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Piure din fulgi 300g(al.lapte); rasol pulpe pui 240g(155pp); supa cu carne pui,300ml,120g(85pp)(al.telina);	Ceai fara zahar,300ml;	barcuta 60g; Paine fara sare 100g(al-gluten); paste albe,300gr(al-gluten); Rasol pulpe pui 180g(125gpp);	
Colita	Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; Ou fiert 1buc; paine cu sare 80g;	ceai hidratare 300ml;	mar copt200gr; paine cu sare 200 g(al-gluten); Pilaf 300g; rasol pulpe pui 240g(155pp); supa alba cu cop.pui,300ml,120g(85gpp);	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); Paine cu sare 100g(al- gluten); paste albe,300gr(al-gluten); Rasol pulpe pui 180g(125gpp);	
Diabet colita	cascaval 100g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g; unt 2buc(20g)al.lapte);	sunca 100g;	fript.pulpe pui 240g(155pp); mar copt200gr; paine cu sare 60g; paste 100g; supa alba cu cop.pui,300ml,120g(85gpp);	branza topita 2 cub(al.lapte);	Friptura pulpe pui 180g(125gpp); mar copt200gr; paine cu sare 40g; pilaf 200g;	
Diabet Card	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine fara sare60g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	Ciorba cu cop. pui,300ml,120g(85pp)(al.tel); fript.pulpe pui 240g(155pp); mere,200gr; mincare de varza 300g; paine fara sare 80g;	laurt,140gr(al-lapte);	Friptura pulpe pui 180g(125gpp); laurt,140gr(al-lapte); paine fara sare 40g; pilaf 200g;	
Diabet	cascaval 100g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	Ciorba cu cop. pui,300ml,120g(85pp)(al.tel); fript.pulpe pui 240g(155pp); mere,200gr; mincare de varza 300g; paine cu sare 80g;	carnati cabanos 80g 2buc;	Friptura pulpe pui 180g(125gpp); laurt,140gr(al-lapte); paine cu sare 40g; pilaf 200g;	
Diabet Insulina	cascaval 100g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	Ciorba cu cop. pui,300ml,120g(85pp)(al.tel); fript.pulpe pui 240g(155pp); mere,200gr; mincare de varza 300g; paine cu sare 80g;	carnati cabanos 80g 2buc;	Friptura pulpe pui 180g(125gpp); laurt,140gr(al-lapte); paine cu sare 40g; pilaf 200g;	sana 330(al.lapte) ;
Gastric	cascaval,50gr(al-lapte); Ceai,300ml; Ou fiert 1buc; paine fara sare 80g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	mar copt200gr; Paine fara sare 200g(al-gluten); Piure din fulgi 300g(al.lapte); rasol pulpe pui 240g(155pp); supa alba cu cop.pui,300ml,120g(85gpp);	Ceai fara zahar,300ml;	barcuta 60g; Paine fara sare 100g(al-gluten); paste albe,300gr(al-gluten); Rasol pulpe pui 180g(125gpp);	
Hepatic	Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; Gem 40g(2buc); paine fara sare 80g;	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Piure din fulgi 300g(al.lapte); rasol pulpe pui 240g(155pp); supa cu cop. pui,300ml,120g(85pp)(al tel);	Ceai fara zahar,300ml;	corn 1 buc.60g(al.glt); Paine fara sare 100g(al-gluten); paste albe,300gr(al-gluten); Rasol pulpe pui 180g(125gpp);	
HIPERCALORIC	cascaval,50gr(al-lapte); Ceai,300ml; Gem,20gr; Ou fiert 1buc; paine cu sare 80g; unt,10gr(al-lapte);	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte);	Ciorba cu cop. pui,300ml,120g(85pp)(al.tel); fript.pulpe pui 240g(155pp); Mancare fasole alba 300g; mere,200gr; paine cu sare 200 g(al-gluten); Salata de varza alba;	branza topita 2 cub(al.lapte); Napolitane 35gr(al-gluten,soia,lpt,alune);	barcuta 60g; Friptura pulpe pui 180g(125gpp); Paine cu sare 100g(al-gluten);	
Hipocaloric	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 40g;	laurt,140gr(al-lapte);	fript.pulpe pui 240g(155pp); mere,200gr; mincare de varza 300g; paine cu sare 60g; supa cu carne pui,300ml,120g(85pp)(al.telina);	laurt,140gr(al-lapte);	Friptura pulpe pui 180g(125gpp); pilaf 200g;	
Speciali	cascaval,50gr(al-lapte); Ceai,300ml; Gem 40g(2buc); paine cu sare 80g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	Ciorba cu cop. pui,300ml,120g(85pp)(al.tel); fript.pulpe pui 240g(155pp); Mancare fasole alba 300g; mere,200gr; paine cu sare 200 g(al-gluten);	Ceai fara zahar,300ml;	corn 1 buc.60g(al.glt); Macaronada cu carne si sos 300g(al-gluten); Paine cu sare 100g(al- gluten);	

MENIUL ZILEI 07.11.2026

Denumirea regimurilor	Mic dejun	Supliment ora 10	Pranz	Supliment ora 16	Cina	Supliment ora 21
COMUN	orez cu lapte,300gr(al-lapte); paine cu sare 60g; sunca 100g;	ceai hidratare 300ml;	Gulas 300g; mere,200gr; paine cu sare 200 g(al-gluten); Rasol pulpa porc 150g; supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	cascaval,50gr(al-lapte); friptura pulpe sup pui 200g(140gpp); mancare spanac 300g; Napolitane 35gr(al-gluten,soia,lpt,alune); Paine cu sare 100g(al- gluten);	
Cardiac	Gem 40g(2buc); orez cu lapte,300gr(al-lapte); paine fara sare60g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	Cartofi natur,300gr; mere,200gr; Paine fara sare 200g(al-gluten); rasol pulpe sup pui200g(140gpp); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	laurt,140gr(al-lapte); Napolitane 35gr(al-gluten,soia,lpt,alune); Paine fara sare 100g(al-gluten); rasol pulpe sup pui200g(140gpp); Sote de fasole verde,200gr;	
Diabet colita	Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; sunca 100g;	Branza vaci 100 g(al-lapte);	friptura pulpe sup pui 200g(140gpp); mar copt200gr; paine cu sare 80g; Sote de fasole verde,200gr; supa de legume,300ml(al.telina);	branza topita 2 cub(al.lapte);	cascaval,50gr(al-lapte); friptura pulpe sup pui 200g(140gpp); mar copt200gr; paine cu sare 60g; paste 100g;	
Diabet Card	branza vaci 150gr(al.lapte); Ceai fara zahar,300ml; paine fara sare60g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	mere,200gr; paine fara sare 80g; Rasol pulpa porc 150g; Sote de fasole verde,200gr; supa de legume,300ml(al.telina);	laurt,140gr(al-lapte);	Branza vaci 100 g(al-lapte); friptura pulpe sup pui 200g(140gpp); laurt,140gr(al-lapte); paine fara sare60g; Spanac cu sos,200gr;	
Diabet	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; sunca 100g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	mere,200gr; paine cu sare 80g; Rasol pulpa porc 150g; Sote de fasole verde,200gr; supa de legume,300ml(al.telina);	branza topita 2 cub(al.lapte);	cascaval,50gr(al-lapte); friptura pulpe sup pui 200g(140gpp); laurt,140gr(al-lapte); paine cu sare 60g; Spanac cu sos,200gr;	
Diabet Insulina	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; sunca 100g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	mere,200gr; paine cu sare 80g; Rasol pulpa porc 150g; Sote de fasole verde,200gr; supa de legume,300ml(al.telina);	branza topita 2 cub(al.lapte);	cascaval,50gr(al-lapte); friptura pulpe sup pui 200g(140gpp); laurt,140gr(al-lapte); paine cu sare 60g; Spanac cu sos,200gr;	laurt,140gr(al-lapte);
Gastric	cascaval 100g(al-lapte); orez cu lapte,300gr(al-lapte); paine fara sare60g;	ceai hidratare 300ml;	Cartofi natur,300gr; mar copt200gr; Paine fara sare 200g(al-gluten); rasol pulpe sup pui200g(140gpp); supa alba de legume 300ml(al.glut.);	Ceai fara zahar,300ml;	laurt,140gr(al-lapte); Napolitane 35gr(al-gluten,soia,lpt,alune); Paine fara sare 100g(al-gluten); paste albe,300gr(al-gluten); rasol pulpe sup pui200g(140gpp);	
Hepatic	cascaval 100g(al-lapte); orez cu lapte,300gr(al-lapte); paine fara sare60g;	ceai hidratare 300ml;	Cartofi natur,300gr; mere,200gr; Paine fara sare 200g(al-gluten); rasol pulpe sup pui200g(140gpp); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	laurt,140gr(al-lapte); Napolitane 35gr(al-gluten,soia,lpt,alune); Paine fara sare 100g(al-gluten); rasol pulpe sup pui200g(140gpp); Sote de fasole verde,200gr;	
HIPERCALORIC	orez cu lapte,300gr(al-lapte); paine cu sare 60g; sunca 100g;	branza cu smantana 1cut(al.lapte)180g;	Gulas 300g; mere,200gr; paine cu sare 200 g(al-gluten); Rasol pulpa porc 150g; supa cu fidea(al.glut.,telina)300ml;	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte);	cascaval,50gr(al-lapte); friptura pulpe sup pui 200g(140gpp); mancare spanac 300g; Napolitane 35gr(al-gluten,soia,lpt,alune); Paine cu sare 100g(al- gluten);	
Hipocaloric	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine cu sare 40g; sunca 100g;	laurt,140gr(al-lapte);	friptura pulpe sup pui 200g(140gpp); mere,200gr; paine cu sare 40g; Sote de fasole verde,200gr; supa de legume,300ml(al.telina);	laurt,140gr(al-lapte);	friptura pulpe sup pui 200g(140gpp); paine cu sare 40g; Spanac cu sos,200gr;	
Speciali	Gem 40g(2buc); orez cu lapte,300gr(al-lapte); paine cu sare 60g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	Gulas 300g; mere,200gr; paine cu sare 200 g(al-gluten); Rasol pulpa porc 150g; supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); branza topita 2 cub(al.lapte); friptura pulpe sup pui 200g(140gpp); mancare spanac 300g; Paine cu sare 100g(al- gluten);	

MENIUL ZILEI 08.11.2026

Denumirea regimurilor	Mic dejun	Supliment ora 10	Pranz	Supliment ora 16	Cina	Supliment ora 21
COMUN	branza topita 2 cub(al.lapte); Ceai,300ml; Gem,20gr; paine cu sare 80g; Salam 50g; unt,10gr(al-lapte);	ceai hidratare 300ml;	Ciorba cu aripi pui(al.telina)300ml,90(60pp)g; Friptura pulpe pui cu sos rosii 240g(155gpp); mere,200gr; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte);	Ceai fara zahar,300ml;	laurt,140gr(al-lapte); Macaroane cu telemea 300g(al-gluten,lapte); paine cu sare 40g; sunca 50g;	
Cardiac	Branza vaci 100 g(al-lapte); Ceai,300ml; Gem 40g(2buc); Ou fiert 1buc; paine fara sare 80g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Piure din fulgi 300g(al.lapte); rasol pulpe pui 240g(155pp); supa cu aripi pui(al.tel.glut)300ml,90(60pp)g;	Ceai fara zahar,300ml;	aripioare pui rasol 2buc(240g); biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte); Paine fara sare 100g(al-gluten); Pilaf 300g;	
Diabet colita	branza topita 2 cub(al.lapte); Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g;	cascaval 100g(al-lapte);	fript.pulpe pui 240g(155pp); mar copt200gr; paine cu sare 60g; pilaf 200g; supa cu aripi pui(al.tel.glut)300ml,90(60pp)g;	telemea 100gr;	mar copt200gr; paine cu sare 60g; rasol pulpe sup pui200g(140gpp); Sote de fasole verde,200gr; sunca 50g;	
Diabet Card	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine fara sare60g; unt 2buc(20g)al.lapte);	laurt,140gr(al-lapte);	fript.pulpe pui 240g(155pp); mere,200gr; paine fara sare60g; pilaf 200g; supa cu aripi pui(al.tel.glut)300ml,90(60pp)g;	Branza vaci 100 g(al-lapte);	aripioare pui rasol 2buc(240g); laurt,140gr(al-lapte); mar copt200gr; paine fara sare60g; Sote de fasole verde,200gr;	
Diabet	branza topita 2 cub(al.lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g; salam 100g;	cascaval 100g(al-lapte);	Ciorba cu aripi pui(al.telina)300ml,90(60pp)g; fript.pulpe pui 240g(155pp); mere,200gr; paine cu sare 60g; pilaf 200g;	telemea 100gr;	mar copt200gr; paine cu sare 60g; rasol pulpe sup pui200g(140gpp); Sote de fasole verde,200gr; sunca 50g;	
Diabet Insulina	branza topita 2 cub(al.lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g; salam 100g;	cascaval 100g(al-lapte);	Ciorba cu aripi pui(al.telina)300ml,90(60pp)g; mere,200gr; paine cu sare 60g; pilaf 200g; Rasol pulpa porc 150g;	telemea 100gr;	mar copt200gr; paine cu sare 60g; rasol pulpe sup pui200g(140gpp); Sote de fasole verde,200gr; sunca 50g;	laurt,140gr(al-lapte);
Gastric	branza topita 2 cub(al.lapte); cascaval,50gr(al-lapte); Ceai,300ml; Ou fiert 1buc; paine fara sare 80g;	ceai hidratare 300ml;	mar copt200gr; Paine fara sare 200g(al-gluten); Piure din fulgi 300g(al.lapte); rasol pulpe pui 240g(155pp); supa alba cu aripi pui,300ml,90g;	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte); Paine cu sare 100g(al- gluten); Pilaf 300g; rasol pulpe sup pui200g(140gpp);	
Hepatic	branza topita 2 cub(al.lapte); cascaval,50gr(al-lapte); Ceai,300ml; Gem 40g(2buc); paine fara „sare 80g;	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Piure din fulgi 300g(al.lapte); rasol pulpe pui 240g(155pp); supa cu aripi pui(al.tel.glut)300ml,90(60pp)g;	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte); Paine cu sare 100g(al- gluten); Pilaf 300g; rasol pulpe sup pui200g(140gpp);	
HIPERCALORIC	branza topita 2 cub(al.lapte); Ceai,300ml; Gem,20gr; paine cu sare 80g; Salam 50g; unt,10gr(al-lapte);	corn 1 buc.60g(al.glt); laurt,140gr(al-lapte);	Ciorba cu aripi pui(al.telina)300ml,90(60pp)g; Friptura porc cu sos si piure150g/300g(al-lpt); mere,200gr; paine cu sare 200 g(al-gluten);	cascaval 100g(al-lapte);	laurt,140gr(al-lapte); Macaroane cu telemea 300g(al-gluten,lapte); paine cu sare 40g; sunca 50g;	
Hipocaloric	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 40g;	laurt,140gr(al-lapte);	Ciorba cu aripi pui(al.telina)300ml,90(60pp)g; fript.pulpe pui 240g(155pp); mere,200gr; paine cu sare 40g; pilaf 200g;	mere,200gr;	paine cu sare 40g; rasol pulpe sup pui200g(140gpp); Sote de fasole verde,200gr;	
Speciali	branza topita 2 cub(al.lapte); Ceai,300ml; Gem 40g(2buc); paine cu sare 80g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	Ciorba cu aripi pui(al.telina)300ml,90(60pp)g; Friptura pulpe pui cu sos rosii 240g(155gpp); mere,200gr; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte);	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte); paste cu branza vaci 300g(al-gluten,lapte);	