

# MENIUL ZILEI 26.07.2026

| Denumirea regimurilor | Mic dejun                                                                                                                      | Supliment ora 10               | Pranz                                                                                                                                                           | Supliment ora 16                                                   | Cina                                                                                                                    | Supliment ora 21               |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| COMUN                 | branza cu smantana 1cut(al.lapte)180g; Ceai,300ml; Gem,20gr; paine cu sare 80g; unt,10gr(al-lapte);                            | ceai hidratare 300ml;          | friptura pulpe sup pui 200g(140gpp); mere,200gr; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte); supa cu aripi pui(al.tel.glut)300ml,90(60pp)g; | Ceai fara zahar,300ml;                                             | biscuiti 70gr(alergen gluten); macaroane cu telemea si branza 300g(al-gluten,lapt; paine cu sare 40g; sunca 50g;        |                                |
| Cardiac               | branza cu smantana 1cut(al.lapte)180g; Ceai,300ml; Gem,20gr; 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 aripi pui(al.tel.glut)300ml,90(60pp)g;    | Ceai fara zahar,300ml;                                             | biscuiti 70gr(alergen gluten); lourt,140gr(al-lapte); paste cu branza vaci 300g(al-gluten,lapte);                       |                                |
| Colita                | branza topita 2 cub(al.lapte); Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; paine fara sare 80g;          | ceai hidratare 300ml;          | mar copt200gr; Paine fara sare 200g(al-gluten); Pilaf 300g; rasol pulpe sup pui200g(140gpp); supa alba cu aripi pui,300ml,90g;                                  | Ceai fara zahar,300ml;                                             | biscuiti 70gr(alergen gluten); mar copt200gr; paste cu branza vaci 300g(al-gluten,lapte);                               |                                |
| Diabet colita         | branza topita 2 cub(al.lapte); Branza vaci 100 g(al-lapte); cascaval 100g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; | sunca 100g;                    | mar copt200gr; paine cu sare 60g; pilaf 200g; rasol pulpe sup pui200g(140gpp); supa alba cu aripi pui,300ml,90g;                                                | Branza vaci 100 g(al-lapte);                                       | mar copt200gr; paine cu sare 60g; rasol pulpe sup180g; Sote de fasole verde,200gr; sunca 50g;                           |                                |
| Diabet Card           | branza cu smantana 1cut(al.lapte)180g; Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g;                                | lourt,140gr(al-lapte);         | friptura pulpe sup pui 200g(140gpp); mere,200gr; paine cu sare 60g; pilaf 200g; supa cu aripi pui(al.tel.glut)300ml,90(60pp)g;                                  | lourt,140gr(al-lapte);                                             | Branza vaci 100 g(al-lapte); lourt,140gr(al-lapte); paine cu sare 60g; rasol pulpe sup180g; Sote de fasole verde,200gr; |                                |
| Diabet                | branza cu smantana 1cut(al.lapte)180g; Ceai fara zahar,300ml; paine cu sare 60g; salam 100g;                                   | lourt,140gr(al-lapte);         | friptura pulpe sup pui 200g(140gpp); mere,200gr; paine cu sare 80g; pilaf 200g; supa cu aripi pui(al.tel.glut)300ml,90(60pp)g;                                  | telemea 100gr;                                                     | lourt,140gr(al-lapte); paine cu sare 40g; rasol pulpe sup180g; Sote de fasole verde,200gr; sunca 50g;                   |                                |
| Diabet Insulina       | branza cu smantana 1cut(al.lapte)180g; Ceai fara zahar,300ml; paine cu sare 60g; salam 100g;                                   | lourt,140gr(al-lapte);         | friptura pulpe sup pui 200g(140gpp); mere,200gr; paine cu sare 80g; pilaf 200g; supa cu aripi pui(al.tel.glut)300ml,90(60pp)g;                                  | telemea 100gr;                                                     | lourt,140gr(al-lapte); paine cu sare 40g; rasol pulpe sup180g; Sote de fasole verde,200gr; sunca 50g;                   | lourt insulina 140g(al-lapte); |
| Gastric               | branza cu smantana 1cut(al.lapte)180g; branza topita 2 cub(al.lapte); Ceai,300ml; paine fara sare 80g;                         | ceai hidratare 300ml;          | mar copt200gr; Paine fara sare 200g(al-gluten); Piure din fulgi 300g(al.lapte); rasol pulpe sup pui200g(140gpp); supa alba cu aripi pui,300ml,90g;              | Ceai fara zahar,300ml;                                             | biscuiti 70gr(alergen gluten); lourt,140gr(al-lapte); paste cu branza vaci 300g(al-gluten,lapte);                       |                                |
| Hepatic               | Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; Gem 40g(2buc); paine cu sare 80g;                            | ceai hidratare 300ml;          | friptura pulpe sup pui 200g(140gpp); mere,200gr; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte); supa cu aripi pui(al.tel.glut)300ml,90(60pp)g; | Ceai fara zahar,300ml;                                             | biscuiti 70gr(alergen gluten); lourt,140gr(al-lapte); paste cu branza vaci 300g(al-gluten,lapte);                       |                                |
| HIPERCALORIC          | branza cu smantana 1cut(al.lapte)180g; Ceai,300ml; Gem,20gr; paine cu sare 80g; unt,10gr(al-lapte);                            | branza topita 2 cub(al.lapte); | friptura pulpe sup pui 200g(140gpp); mere,200gr; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte); supa cu aripi pui(al.tel.glut)300ml,90(60pp)g; | lourt,140gr(al-lapte); Napolitane 35gr(al-gluten,soia,lpt, alune); | biscuiti 70gr(alergen gluten); macaroane cu telemea si branza 300g(al-gluten,lapt; paine cu sare 40g; sunca 50g;        |                                |
| Hipocaloric           | Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine cu sare 40g; sunca 100g;                                             | lourt,140gr(al-lapte);         | mere,200gr; paine cu sare 40g; pilaf 200g; rasol pulpe sup pui200g(140gpp); supa cu aripi pui(al.tel.glut)300ml,90(60pp)g;                                      | lourt,140gr(al-lapte);                                             | paine cu sare 40g; rasol pulpe sup180g; Sote de fasole verde,200gr;                                                     |                                |
| Speciali              | branza cu smantana 1cut(al.lapte)180g; Ceai,300ml; Gem,20gr; paine cu sare 80g; unt,10gr(al-lapte);                            | ceai hidratare 300ml;          | friptura pulpe sup pui 200g(140gpp); mere,200gr; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte); supa cu aripi pui(al.tel.glut)300ml,90(60pp)g; | Ceai fara zahar,300ml;                                             | biscuiti 70gr(alergen gluten); lourt,140gr(al-lapte); paste cu branza vaci 300g(al-gluten,lapte);                       |                                |

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| 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;    | friptura pulpe sup pui 200g(140gpp); Gulas 300g; mere,200gr; paine cu sare 200 g(al-gluten); 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;    | mere,200gr; Paine fara sare 200g(al-gluten); paste albe,300gr(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; |                        |
| 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); paste albe,300gr(al-gluten); rasol pulpe sup pui200g(140gpp); supa alba de legume 300ml(al.glut.); | Ceai fara zahar,300ml;                                | biscuiti 70gr(alergen gluten); cascaval,50gr(al-lapte); Paine cu sare 100g(al- gluten); Pilaf 300g; rasol pulpe sup pui200g(140gpp);                             |                        |
| 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); | friptura pulpe sup pui 200g(140gpp); mar copt200gr; paine cu sare 60g; pilaf 200g; supa de legume,300ml(al.telina);                               | 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 150gr(al.lapte); Ceai fara zahar,300ml; paine fara sare60g; unt 2buc(20g)al.lapte);                   | laurt,140gr(al-lapte);   | friptura pulpe sup pui 200g(140gpp); mere,200gr; paine fara sare60g; pilaf 200g; supa de legume,300ml(al.telina);                                 | laurt,140gr(al-lapte);                                | Branza vaci 100 g(al-lapte); laurt,140gr(al-lapte); paine fara sare60g; rasol pulpe sup pui200g(140gpp); 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);   | friptura pulpe sup pui 200g(140gpp); mere,200gr; paine cu sare 60g; pilaf 200g; supa de legume,300ml(al.telina);                                  | laurt,140gr(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);   | friptura pulpe sup pui 200g(140gpp); mere,200gr; paine cu sare 60g; pilaf 200g; supa de legume,300ml(al.telina);                                  | laurt,140gr(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 cu sare 60g;                                        | ceai hidratare 300ml;    | mar copt200gr; paine cu sare 200 g(al-gluten); paste albe,300gr(al-gluten); rasol pulpe sup pui200g(140gpp); supa alba de legume 300ml(al.glut.); | Ceai fara zahar,300ml;                                | Cartofi natur,300gr; laurt,140gr(al-lapte); Napolitane 35gr(al-gluten,soia,lpt,alune); Paine cu sare 100g(al- gluten); rasol pulpe sup pui200g(140gpp);          |                        |
| Hepatic               | cascaval 100g(al-lapte); orez cu lapte,300gr(al-lapte); paine cu sare 60g;                                        | ceai hidratare 300ml;    | mere,200gr; paine cu sare 200 g(al-gluten); paste albe,300gr(al-gluten); rasol pulpe sup pui200g(140gpp); supa cu fidea(al.glut.,telina)300ml;    | Ceai fara zahar,300ml;                                | barcuta 60g; laurt,140gr(al-lapte); Paine cu 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;                                                     | cascaval 100g(al-lapte); | friptura pulpe sup pui 200g(140gpp); Gulas 300g; mere,200gr; paine cu sare 200 g(al-gluten); 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 60g; pilaf 200g; 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;    | friptura pulpe sup pui 200g(140gpp); Gulas 300g; mere,200gr; paine cu sare 200 g(al-gluten); supa cu fidea(al.glut.,telina)300ml;                 | Ceai fara zahar,300ml;                                | biscuiti 70gr(alergen gluten); cascaval,50gr(al-lapte); friptura pulpe sup pui 200g(140gpp); mancare spanac 300g; Paine cu sare 100g(al-gluten);                 |                        |

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| 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;                              | banane 200g; carnati cabanos 100g(2buc); Ciorba cu cop. pui,300ml,120g(85pp)(al.tel); Mancare fasole alba 300g; paine cu sare 200 g(al-gluten);              | Ceai fara zahar,300ml;         | barcuta 60g; friptura pulpe sup pui 200g(140gpp); Paine cu sare 100g(al- gluten); paste cu sos de rosii,300gr(al-gluten);                   |                     |
| Cardiac               | Branza vaci 100 g(al-lapte); Ceai,300ml; Gem 40g(2buc); 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 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 sup pui200g(140gpp);                                 |                     |
| 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 cu carne pui,300ml;                                    | Ceai fara zahar,300ml;         | biscuiti 70gr(alergen gluten); Paine cu sare 100g(al- gluten); paste albe,300gr(al-gluten); rasol pulpe sup pui200g(140gpp);                |                     |
| 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;                                        | mar copt200gr; paine cu sare 60g; pilaf 200g; rasol pulpe sup pui200g(140gpp); supa alba cu carne pui,300ml;                                                 | branza topita 2 cub(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);                             | mere,200gr; paine fara sare 80g; rasol pulpe sup pui200g(140gpp); supa cu carne pui,300ml,120g(85pp)(al.telina); Tocanita de ceapa 300g(al-gluten);          | laurt,140gr(al-lapte);         | friptura pulpe sup pui 200g(140gpp); laurt,140gr(al-lapte); paine fara sare60g; Sote de fasole verde,200gr;                                 |                     |
| 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);                             | Ciorba taraneasca pui(al.telina),300ml,90g; mere,200gr; paine cu sare 80g; rasol pulpe sup pui200g(140gpp); Tocanita de ceapa 300g(al-gluten);               | carnati cabanos 100g(2buc);    | friptura pulpe sup pui 200g(140gpp); laurt,140gr(al-lapte); paine cu sare 60g; Sote de fasole verde,200gr;                                  |                     |
| 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);                             | Ciorba taraneasca pui(al.telina),300ml,90g; mere,200gr; paine cu sare 80g; rasol pulpe sup pui200g(140gpp); Tocanita de ceapa 300g(al-gluten);               | carnati cabanos 100g(2buc);    | friptura pulpe sup pui 200g(140gpp); laurt,140gr(al-lapte); paine cu sare 60g; Sote de fasole verde,200gr;                                  | sana 330(al.lapte); |
| Gastric               | Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; paine cu sare 80g; unt 2buc(20g)(al.lapte);            | ceai hidratare 300ml;                              | banane 200g; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte); rasol pulpe sup pui200g(140gpp); supa alba cu carne pui,300ml;                  | Ceai fara zahar,300ml;         | barcuta 60g; Paine cu sare 100g(al- gluten); paste albe,300gr(al-gluten); rasol pulpe sup pui200g(140gpp);                                  |                     |
| Hepatic               | Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; Gem 40g(2buc); paine cu sare 80g;                      | ceai hidratare 300ml;                              | mere,200gr; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte); rasol pulpe sup pui200g(140gpp); supa cu cop. pui,300ml,120g(85pp)(al.tel);      | Ceai fara zahar,300ml;         | barcuta 60g; Paine cu sare 100g(al- gluten); paste albe,300gr(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);                          | biscuiti 70gr(alergen gluten); sana 330(al.lapte); | Ciorba taraneasca pui(al.telina),300ml,90g; friptura pulpe sup pui 200g(140gpp); Mancare fasole alba 300g; mere,200gr; paine cu sare 200 g(al-gluten);       | branza topita 2 cub(al.lapte); | barcuta 60g; friptura pulpe sup pui 200g(140gpp); Paine cu sare 100g(al- gluten); paste cu sos de rosii,300gr(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 taraneasca pui(al.telina),300ml,90g; mere,200gr; paine cu sare 60g; rasol pulpe sup pui200g(140gpp); sote legume mexicane 200g;                       | laurt,140gr(al-lapte);         | friptura pulpe sup pui 200g(140gpp); paine cu sare 40g; Sote de fasole verde,200gr;                                                         |                     |
| Speciali              | cascaval,50gr(al-lapte); Ceai,300ml; Gem 40g(2buc); paine cu sare 80g; unt 2buc(20g)(al.lapte);                          | ceai hidratare 300ml;                              | banane 200g; Ciorba taraneasca pui(al.telina),300ml,90g; Mancare fasole alba 300g; paine cu sare 200 g(al-gluten); rasol pulpe sup pui200g(140gpp);          | Ceai fara zahar,300ml;         | biscuiti 70gr(alergen gluten); friptura pulpe sup pui 200g(140gpp); Paine cu sare 100g(al- gluten); paste cu sos de rosii,300gr(al-gluten); |                     |

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| Denumirea regimurilor | Mic dejun                                                                                                                     | Supliment ora 10         | Pranz                                                                                                                                                          | Supliment ora 16               | Cina                                                                                                                              | Supliment ora 21       |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------|
| COMUN                 | biscuiti 70gr(alergen gluten); Gem,20gr; paine cu sare 60g; sana 330(al.lapte); sunca 50g; unt, 10gr(al.lapte);               | ceai hidratate 300ml;    | banane 200g; ciorba cu zdrente ou 300ml(al.telina,ou,glut.); Friptura pulpe pui,220gr(155g pp); paine cu sare 200 g(al-gluten); pilaf cu legume mexicane 300g; | Ceai fara zahar,300ml;         | branza cu smantana 1cut(al.lapte)180g; mancare de cartofi 300g; Paine cu sare 100g(al- gluten);                                   |                        |
| Cardiac               | biscuiti 70gr(alergen gluten); Gem 40g(2buc); paine fara sare60g; sana 330(al.lapte); unt 2buc(20g)al.lapte);                 | ceai hidratate 300ml;    | banane 200g; 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;         | branza cu smantana 1cut(al.lapte)180g; Mancare de cartofi regim 300g; Paine fara sare 100g(al-gluten);                            |                        |
| Colita                | Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; paine cu sare 80g; sunca 100g;                              | ceai hidratate 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;         | 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); | 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);   | 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);                               | sana 330(al.lapte);      | ciorba cu zdrente ou 300ml(al.telina,ou,glut.); Friptura pulpe pui,220gr(155g pp); mere,200gr; paine fara 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 fara sare 40g;                  |                        |
| Diabet                | branza topita 2 cub(al.lapte); Ceai fara zahar,300ml; paine cu sare 60g; sunca 100g; unt 2buc(20g)al.lapte);                  | sana 330(al.lapte);      | ciorba cu zdrente ou 300ml(al.telina,ou,glut.); Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 80g; Spanac cu sos,200gr;                         | laurt,140gr(al-lapte);         | branza cu smantana 1cut(al.lapte)180g; cartofi natur 200g; paine cu sare 40g; Rasol pulpe pui 180g(125gpp);                       |                        |
| Diabet Insulina       | branza topita 2 cub(al.lapte); Ceai fara zahar,300ml; paine cu sare 60g; sunca 100g; unt 2buc(20g)al.lapte);                  | sana 330(al.lapte);      | ciorba cu zdrente ou 300ml(al.telina,ou,glut.); Friptura pulpe pui,220gr(155g pp); 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;                    | laurt,140gr(al-lapte); |
| Gastric               | biscuiti 70gr(alergen gluten); branza topita 2 cub(al.lapte); paine fara sare60g; sana 330(al.lapte); unt 2buc(20g)al.lapte); | ceai hidratate 300ml;    | banane 200g; 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;         | branza cu smantana 1cut(al.lapte)180g; cartofi cu branza,300gr,100gr(al-lapte); Paine fara sare 100g(al-gluten);                  |                        |
| Hepatic               | biscuiti 70gr(alergen gluten); branza topita 2 cub(al.lapte); Gem 40g(2buc); paine fara sare60g; sana 330(al.lapte);          | ceai hidratate 300ml;    | banane 200g; 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;         | laurt,140gr(al-lapte); Mancare de cartofi regim 300g; Napolitane 35gr(al-gluten,soia,lpt,alune); Paine fara sare 100g(al-gluten); |                        |
| HIPERCALORIC          | biscuiti 70gr(alergen gluten); Gem,20gr; paine cu sare 60g; sana 330(al.lapte); sunca 50g; unt,10gr(al-lapte);                | cascaval 100g(al-lapte); | banane 200g; ciorba cu zdrente ou 300ml(al.telina,ou,glut.); Friptura pulpe pui,220gr(155g pp); paine cu sare 200 g(al-gluten); pilaf cu legume mexicane 300g; | branza topita 2 cub(al.lapte); | branza cu smantana 1cut(al.lapte)180g; mancare de cartofi 300g; Paine cu sare 100g(al- gluten); Rasol pulpe pui 180g(125gpp);     |                        |
| 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.); Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 60g; Spanac cu sos,200gr;                         | laurt,140gr(al-lapte);         | cartofi natur 200g; Friptura pulpe pui 180g(125gpp);                                                                              |                        |
| Speciali              | biscuiti 70gr(alergen gluten); Gem 40g(2buc); paine cu sare 60g; sana 330(al.lapte); unt 2buc(20g)al.lapte);                  | ceai hidratate 300ml;    | banane 200g; ciorba cu zdrente ou 300ml(al.telina,ou,glut.); Friptura pulpe pui,220gr(155g pp); paine cu sare 200 g(al-gluten); Pilaf 300g;                    | Ceai fara zahar,300ml;         | branza cu smantana 1cut(al.lapte)180g; mancare de cartofi 300g; Paine cu sare 100g(al- gluten);                                   |                        |

# MENIUL ZILEI 22.07.2026

| 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 pui200g(140gpp); mere,200gr; mincare de varza 300g; paine cu sare 200 g(al-gluten); supa cu fidea(al.glut.,telina)300ml;        | 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 40g(2buc); 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 pui200g(140gpp); supa cu fidea(al.glut.,telina)300ml; | Ceai fara zahar,300ml;         | biscuiti 70gr(alergen gluten); lourt,140gr(al-lapte); paste cu branza vaci 300g(al-gluten,lapte);                     |                        |
| Colita                | branza topita 2 cub(al.lapte); Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; paine cu sare 80g;            | ceai hidratare 300ml;                                              | mar copt200gr; paine cu sare 200 g(al-gluten); Pilaf 300g; rasol pulpe pui200g(140gpp); supa alba de legume 300ml(al.glut.);                   | Ceai fara zahar,300ml;         | biscuiti 70gr(alergen gluten); mar copt200gr; paste cu branza vaci 300g(al-gluten,lapte);                             |                        |
| Diabet colita         | branza topita 2 cub(al.lapte); Branza vaci 100 g(al-lapte); cascaval 100g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; | sunca 100g;                                                        | mar copt200gr; paine cu sare 80g; paste 100g; rasol pulpe pui200g(140gpp); supa de legume,300ml(al.telina);                                    | telemea 100gr;                 | Friptura pulpe pui 180g(125gpp); mar copt200gr; paine cu sare 40g; pilaf 200g; sunca 50g;                             |                        |
| Diabet Card           | branza vaci 150gr(al.lapte); Ceai fara zahar,300ml; paine fara sare60g; unt 2buc(20g)al.lapte);                                | lourt,140gr(al-lapte);                                             | friptura pulpe pui200g(140gpp); mere,200gr; mincare de varza 300g; paine fara sare 80g; supa de legume,300ml(al.telina);                       | lourt,140gr(al-lapte);         | Branza vaci 100 g(al-lapte); Friptura pulpe pui 180g(125gpp); lourt,140gr(al-lapte); paine fara sare 40g; pilaf 200g; |                        |
| Diabet                | Branza vaci 100 g(al-lapte); cascaval 100g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; unt 2buc(20g)al.lapte);        | lourt,140gr(al-lapte);                                             | friptura pulpe pui200g(140gpp); mere,200gr; mincare de varza 300g; paine cu sare 80g; supa de legume,300ml(al.telina);                         | telemea 100gr;                 | Friptura pulpe pui 180g(125gpp); lourt,140gr(al-lapte); paine cu sare 40g; pilaf 200g; sunca 50g;                     |                        |
| 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);        | lourt,140gr(al-lapte);                                             | friptura pulpe pui200g(140gpp); mere,200gr; mincare de varza 300g; paine cu sare 80g; supa de legume,300ml(al.telina);                         | telemea 100gr;                 | Friptura pulpe pui 180g(125gpp); lourt,140gr(al-lapte); paine cu sare 40g; pilaf 200g; sunca 50g;                     | lourt,140gr(al-lapte); |
| Gastric               | Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; 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 pui200g(140gpp); supa alba de legume 300ml(al.glut.); | Ceai fara zahar,300ml;         | biscuiti 70gr(alergen gluten); lourt,140gr(al-lapte); paste cu branza vaci 300g(al-gluten,lapte);                     |                        |
| 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 pui200g(140gpp); supa cu fidea(al.glut.,telina)300ml; | Ceai fara zahar,300ml;         | biscuiti 70gr(alergen gluten); lourt,140gr(al-lapte); paste cu branza vaci 300g(al-gluten,lapte);                     |                        |
| HIPERCALORIC          | cascaval,50gr(al-lapte); Ceai,300ml; Gem 40g(2buc); paine cu sare 80g; unt 2buc(20g)al.lapte);                                 | lourt,140gr(al-lapte); Napolitane 35gr(al-gluten,soia,lp t,alune); | friptura pulpe pui200g(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); | 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;                                          | lourt,140gr(al-lapte);                                             | friptura pulpe pui200g(140gpp); mere,200gr; mincare de varza 300g; paine cu sare 60g; supa de legume,300ml(al.telina);                         | lourt,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;                                              | friptura pulpe pui200g(140gpp); mere,200gr; mincare de varza 300g; paine cu sare 200 g(al-gluten); supa cu fidea(al.glut.,telina)300ml;        | Ceai fara zahar,300ml;         | biscuiti 70gr(alergen gluten); lourt,140gr(al-lapte); paste cu branza vaci 300g(al-gluten,lapte);                     |                        |

# MENIUL ZILEI 21.07.2026

| 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 pui200g(140gpp); mere,200gr; paine cu sare 200 g(al-gluten); Pilaf 300g; | Ceai fara zahar,300ml;                  | biscuiti 70gr(alergen gluten); cascaval,50gr(al-lapte); friptura pulpe pui 160g(110pp); 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 pui200g(140gpp); Supa cu zdrente ou,300ml(al.glt,ou,tel);          | Ceai fara zahar,300ml;                  | biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte); mancare de fasole verde regim 300g(al.glt.); Paine fara sare 100g(al-gluten); Rasol pulpe pui 160g(110gpp); |                        |
| Colita                | Branza vaci 100 g(al-lapte); cascaval 100g(al-lapte); Ceai,300ml; paine cu sare 80g;                                  | ceai hidratare 300ml;          | mar copt200gr; paine cu sare 200 g(al-gluten); Pilaf 300g; rasol pulpe pui200g(140gpp); 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 pui 160g(110gpp);                |                        |
| Diabet colita         | Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; sunca 100g;           | branza topita 2 cub(al.lapte); | friptura pulpe pui200g(140gpp); 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); mar copt200gr; paine cu sare 60g; Rasol pulpe pui 160g(110gpp); Sote de fasole verde,200gr;                                              |                        |
| Diabet Card           | Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; Ou fierit 1buc; paine fara sare60g; unt 2buc(20g)al.lapte);       | laurt,140gr(al-lapte);         | friptura pulpe pui200g(140gpp); mere,200gr; paine fara sare60g; pilaf 200g; Supa alba cu zdrente ou ,300ml(al.glt,ou);                  | laurt,140gr(al-lapte);                  | Branza vaci 100 g(al-lapte); friptura pulpe pui 160g(110pp); laurt,140gr(al-lapte); paine fara sare60g; Sote de fasole verde,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);         | ciorba cu zdrente ou 300ml(al.telina,ou,glut.); friptura pulpe pui200g(140gpp); mere,200gr; paine cu sare 60g; pilaf 200g;              | laurt,140gr(al-lapte);                  | cascaval,50gr(al-lapte); friptura pulpe pui 160g(110pp); laurt,140gr(al-lapte); paine cu sare 60g; Sote de fasole verde,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);         | ciorba cu zdrente ou 300ml(al.telina,ou,glut.); friptura pulpe pui200g(140gpp); mere,200gr; paine cu sare 60g; pilaf 200g;              | branza topita 2 cub(al.lapte);          | cascaval,50gr(al-lapte); friptura pulpe pui 160g(110pp); 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 pui200g(140gpp); Supa alba cu zdrente ou ,300ml(al.glt,ou);     | Ceai fara zahar,300ml;                  | biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte); Paine fara sare 100g(al-gluten); paste albe,300gr(al-gluten); Rasol pulpe pui 160g(110gpp);                 |                        |
| 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 pui200g(140gpp); Supa cu zdrente ou,300ml(al.glt,ou,tel);          | Ceai fara zahar,300ml;                  | biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte); mancare de fasole verde regim 300g(al.glt.); Paine fara sare 100g(al-gluten); Rasol pulpe pui 160g(110gpp); |                        |
| 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 pui200g(140gpp); mere,200gr; paine cu sare 200 g(al-gluten); Pilaf 300g; | branza cu smantana 1cut(al.lapte) 180g; | biscuiti 70gr(alergen gluten); cascaval,50gr(al-lapte); friptura pulpe pui 160g(110pp); mancare de fasole verde 300g(al-gluten); 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);         | ciorba cu zdrente ou 300ml(al.telina,ou,glut.); friptura pulpe pui200g(140gpp); mere,200gr; paine cu sare 40g; pilaf 200g;              | laurt,140gr(al-lapte);                  | friptura pulpe pui 160g(110pp); 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 pui200g(140gpp); mere,200gr; paine cu sare 200 g(al-gluten); Pilaf 300g; | Ceai fara zahar,300ml;                  | biscuiti 70gr(alergen gluten); cascaval,50gr(al-lapte); friptura pulpe pui 160g(110pp); mancare de fasole verde 300g(al-gluten); Paine cu sare 100g(al- gluten);  |                        |

# MENIUL ZILEI 20.07.2026

| 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;                              | banane 200g; Friptura pulpe sup.220g(150pp); 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;       | Ghiveci de legume 300g; orez cu lapte,300gr(al-lapte); Paine cu sare 100g(al- gluten);                                 |                    |
| Cardiac               | Branza vaci 100 g(al-lapte); Ceai,300ml; Gem 40g(2buc); paine fara sare 80g; unt 2buc(20g)al.lapte);                           | ceai hidratare 300ml;                              | mere,200gr; Paine fara sare 200g(al-gluten); paste albe,300gr(al-gluten); rasol pulpe sup.220g(150gpp); supa cu fidea(al.glut.,telina)300ml;                 | Ceai fara zahar,300ml;       | Mancare de cartofi regim 300g; orez cu lapte,300gr(al-lapte); Paine fara sare 100g(al-gluten);                         |                    |
| Diabet colita         | branza topita 2 cub(al.lapte); Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; | sunca 100g;                                        | 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); | friptura pulpe pui200g(140gpp); mar copt200gr; paine cu sare 40g; pilaf 200g;                                          |                    |
| 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; mincare de varza 300g; paine fara sare 80g; supa de legume,300ml(al.telina);                                  | laurt,140gr(al-lapte);       | cartofi natur 200g; friptura pulpe pui200g(140gpp); laurt,140gr(al-lapte); paine fara sare 40g;                        |                    |
| Diabet                | branza topita 2 cub(al.lapte); cascaval,50gr(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; salam 100g;                  | laurt,140gr(al-lapte);                             | Friptura pulpe sup.220g(150pp); mere,200gr; mincare de varza 300g; paine cu sare 80g; supa de legume,300ml(al.telina);                                       | carnati cabanos 100g(2buc);  | cartofi natur 200g; friptura pulpe pui200g(140gpp); laurt,140gr(al-lapte); paine cu sare 40g;                          |                    |
| Diabet Insulina       | branza topita 2 cub(al.lapte); cascaval,50gr(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; salam 100g;                  | laurt,140gr(al-lapte);                             | Friptura pulpe pui,220gr(155g pp); mere,200gr; mincare de varza 300g; paine cu sare 80g; supa de legume,300ml(al.telina);                                    | carnati cabanos 100g(2buc);  | cartofi natur 200g; friptura pulpe pui200g(140gpp); laurt,140gr(al-lapte); paine cu sare 40g;                          | sana 330(al.lapte) |
| Gastric               | branza topita 2 cub(al.lapte); Branza vaci 100 g(al-lapte); Ceai,300ml; paine fara sare 80g; unt 2buc(20g)al.lapte);           | 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;       | cartofi cu branza,300gr,100gr(al-lapte); orez cu lapte,300gr(al-lapte); Paine fara sare 100g(al-gluten);               |                    |
| 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 cu sare 200 g(al-gluten); paste albe,300gr(al-gluten); Rasol pulpe pui220gr(155gpp); supa cu fidea(al.glut.,telina)300ml;                  | Ceai fara zahar,300ml;       | Mancare de cartofi regim 300g; orez cu lapte,300gr(al-lapte); Paine cu sare 100g(al- gluten);                          |                    |
| HIPERCALORIC          | branza topita 2 cub(al.lapte); Ceai,300ml; Gem,20gr; paine cu sare 80g; Salam 50g; unt,10gr(al-lapte);                         | biscuiti 70gr(alergen gluten); sana 330(al.lapte); | banane 200g; Friptura pulpe pui,220gr(155g pp); paine cu sare 200 g(al-gluten); paste cu sos de rosii,300gr(al-gluten); supa cu fidea(al.glut.,telina)300ml; | cascaval 100g(al-lapte);     | friptura pulpe pui200g(140gpp); Ghiveci de legume 300g; orez cu lapte,300gr(al-lapte); 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; mincare de varza 300g; paine cu sare 60g; supa de legume,300ml(al.telina);                                    | laurt,140gr(al-lapte);       | cartofi natur 200g; friptura pulpe pui200g(140gpp);                                                                    |                    |
| Speciali              | branza topita 2 cub(al.lapte); Ceai,300ml; Gem 40g(2buc); paine cu sare 80g; unt 2buc(20g)al.lapte);                           | ceai hidratare 300ml;                              | banane 200g; Friptura pulpe sup.220g(150pp); 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;       | mancare de cartofi 300g; orez cu lapte,300gr(al-lapte); Paine cu sare 100g(al- gluten);                                |                    |