Meniul zilei 28.09.2026

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;	fript.pulpe pui 240g(155pp); 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;	carnati 50g; 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 pui 240g(155pp); 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); Rasol pasare piept 200g(140gpp);	
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); paste albe,300gr(al-gluten); rasol pulpe pui 240g(155pp); supa alba de legume 300ml(al.glut.);	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); Paine cu sare 100g(al- gluten); Pilaf 300g; Rasol pasare piept 200g(140gpp);	
Diabet colita	branza topita 2 cub(al.lapte); Branza vaci 100 g(al-lapte); cascaval 100g(al-lapte); Ceai fara zahar,300ml; paine fara sare60g;	sunca 100g;	mar copt200gr; paine fara sare60g; paste 100g; rasol pulpe pui 240g(155pp); supa alba de legume 300ml(al.glut.);	Branza vaci 100 g(al-lapte);	mar copt200gr; paine fara 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);	fript.pulpe pui 240g(155pp); mere,200gr; paine fara sare 80g; supa de legume,300ml(al.telina); Tocanita de ceapa 300g(al-gluten);	laurt,140gr(al-lapte);	cartofi natur 200g; laurt,140gr(al-lapte); paine fara sare 40g; Rasol pasare piept 200g(140gpp);	
Diabet	branza topita 2 cub(al.lapte); Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; salam 100g;	laurt,140gr(al-lapte);	fript.pulpe pui 240g(155pp); mere 250g; paine cu sare 80g; supa de legume,300ml(al.telina); Tocanita de ceapa 300g(al-gluten);	carnati cabanos 70g 2buc;	ghiveci legume 200g; laurt,140gr(al-lapte); paine cu sare 40g; rasol pulpe sup pui200g(140gpp);	
Diabet Insulina	branza topita 2 cub(al.lapte); Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; salam 100g;	laurt,140gr(al-lapte);	fript.pulpe pui 240g(155pp); mere 250g; paine cu sare 80g; supa de legume,300ml(al.telina); Tocanita de ceapa 300g(al-gluten);	carnati cabanos 70g 2buc;	ghiveci legume 200g; laurt,140gr(al-lapte); paine cu sare 40g; rasol pulpe sup pui200g(140gpp);	laurt insulina 140g(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 fara sare 200g(al-gluten); paste albe,300gr(al-gluten); rasol pulpe pui 240g(155pp); supa alba de legume 300ml(al.glut.);	Ceai fara zahar,300ml;	Cartofi natur,300gr; orez cu lapte,300gr(al-lapte); Paine fara sare 100g(al-gluten); rasol pulpe sup pui200g(140gpp);	
Hepatic	branza topita 2 cub(al.lapte); Branza vaci 100 g(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 pui 240g(155pp); 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); 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);	fript.pulpe pui 240g(155pp); 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 cu smantana 1cut(al.lapte) 180g;	Ghiveci de legume 300g; orez cu lapte,300gr(al-lapte); Paine cu sare 100g(al- gluten); rasol pulpe sup pui200g(140gpp);	
Hipocaloric	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine fara sare 40g; sunca 100g;	laurt,140gr(al-lapte);	mere,200gr; paine fara sare60g; rasol pulpe pui 240g(155pp); Sote de fasole verde,200gr; supa de legume,300ml(al.telina);	laurt,140gr(al-lapte);	cartofi natur 200g; rasol pulpe sup 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;	fript.pulpe pui 240g(155pp); 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;	mancare de cartofi 300g; orez cu lapte,300gr(al-lapte); Paine cu sare 100g(al- gluten); rasol pulpe sup pui200g(140gpp);	

Meniul zilei 29.09.2026

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;	Ardei umpluti (al-ou)2buc; Ciorba legume,300ml(al-gluten,telina); mere,200gr; paine cu sare 200 g(al-gluten);	Ceai fara zahar,300ml;	branza topita 2 cub(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 sup pui200g(140gpp); supa zarzavat 300ml(al.glut);	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 vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; paine cu sare 80g; sunca 50g;	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); branza topita 2 cub(al.lapte); 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; paine fara sare60g; sunca 50g;	branza topita 2 cub(al.lapte);	mar copt200gr; paine fara sare60g; pilaf 200g; rasol pulpe sup pui200g(140gpp); supa alba de legume 300ml(al.glut.);	sunca 100g;	Branza vaci 100 g(al-lapte); mar copt200gr; paine fara sare60g; rasol pulpe sup pui200g(140gpp); 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);	Ardei umpluti (al-ou)2buc; mere,200gr; supa de legume,300ml(al.telina);	laurt,140gr(al-lapte);	Branza vaci 100 g(al-lapte); laurt,140gr(al-lapte); paine fara sare60g; paine fara sare60g; rasol pulpe sup pui200g(140gpp); 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);	cascaval 100g(al-lapte);	Ardei umpluti (al-ou)2buc; Ciorba legume,300ml(al-gluten,telina); mere,200gr; paine cu sare 60g;	laurt,140gr(al-lapte);	branza topita 2 cub(al.lapte); 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); Ceai fara zahar,300ml; paine cu sare 60g; sunca 100g; unt 2buc(20g)al.lapte);	cascaval 100g(al-lapte);	Ardei umpluti (al-ou)2buc; Ciorba legume,300ml(al-gluten,telina); mere,200gr; paine cu sare 60g;	laurt,140gr(al-lapte);	branza topita 2 cub(al.lapte); friptura pulpe sup pui 200g(140gpp); laurt,140gr(al-lapte); paine cu sare 60g; Sote de fasole verde,200gr;	laurt insulina 140g(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 sup pui200g(140gpp); supa alba de legume 300ml(al.glut.);	Ceai fara zahar,300ml;	branza topita 2 cub(al.lapte); corn 1 buc.60g(al.glt); 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 sup pui200g(140gpp); supa zarzavat 300ml(al.glut);	Ceai fara zahar,300ml;	branza topita 2 cub(al.lapte); corn 1 buc.60g(al.glt); 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;	branza cu smantana 1cut(al.lapte) 180g;	Ardei umpluti (al-ou)2buc; Ciorba legume,300ml(al-gluten,telina); mere,200gr; paine cu sare 200 g(al-gluten);	biscuiti 70gr(alergen gluten); sana 330(al.lapte);	branza topita 2 cub(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; paine fara sare 40g; sunca 100g;	laurt,140gr(al-lapte);	mere,200gr; paine fara sare 40g; pilaf 200g; rasol pulpe sup pui200g(140gpp); supa de legume,300ml(al.telina);	laurt,140gr(al-lapte);	paine fara sare 40g; rasol pulpe sup pui200g(140gpp); 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;	Ardei umpluti (al-ou)2buc; Ciorba legume,300ml(al-gluten,telina); mere,200gr; paine cu sare 200 g(al-gluten);	Ceai fara zahar,300ml;	branza topita 2 cub(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);	

Meniul zilei 30.09.2026

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;	Friptura pulpe pui,220gr(155g pp); mere,200gr; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	Macaroane cu telemea 300g(al-gluten,lapte); Napolitane 35gr(al-gluten,soia,lpt,alune); 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.220g(150gpp); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	laurt,140gr(al-lapte); Napolitane 35gr(al-gluten,soia,lpt,alune); 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.220g(150gpp); 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 vaci 100 g(al-lapte); cascaval 100g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine fara sare60g;	branza topita 2 cub(al.lapte);	mar copt200gr; paine fara sare 80g; rasol pulpe sup.220g(150gpp); Sote de fasole verde,200gr; supa alba de legume 300ml(al.glut.);	sunca 100g;	branza topita 2 cub(al.lapte); mar copt200gr; paine fara sare 40g; pilaf 200g; Rasol pulpe pui 180g(125gpp);	
Diabet Card	branza cu smantana 1cut(al.lapte)180g; Ceai fara zahar,300ml; Ou fiert 1buc; paine fara sare60g;	laurt,140gr(al-lapte);	Friptura pulpe sup.220g(150pp); mere,200gr; paine fara sare 80g; Sote de fasole verde,200gr; supa de legume,300ml(al.telina);	laurt,140gr(al-lapte);	Branza vaci 100 g(al-lapte); laurt,140gr(al-lapte); paine fara sare60g; pilaf 200g; Rasol pulpe pui 180g(125gpp);	
Diabet	Branza vaci 100 g(al-lapte); cascaval 100g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g;	laurt,140gr(al-lapte);	Friptura pulpe sup.220g(150pp); mere,200gr; paine cu sare 80g; Sote de fasole verde,200gr; supa de legume,300ml(al.telina);	telemea 100gr;	Friptura pulpe pui 180g(125gpp); laurt,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; Ou fiert 1buc; paine cu sare 60g;	laurt,140gr(al-lapte);	Friptura pulpe sup.220g(150pp); mere,200gr; paine cu sare 80g; Sote de fasole verde,200gr; supa de legume,300ml(al.telina);	telemea 100gr;	Friptura pulpe pui 180g(125gpp); laurt,140gr(al-lapte); paine cu sare 40g; pilaf 200g; sunca 50g;	laurt insulina 140g(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); rasol pulpe sup.220g(150gpp); supa alba de legume 300ml(al.glut.); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	laurt,140gr(al-lapte); Napolitane 35gr(al-gluten,soia,lpt,alune); 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 sup.220g(150gpp); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	laurt,140gr(al-lapte); Napolitane 35gr(al-gluten,soia,lpt,alune); 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);	branza topita 2 cub(al.lapte);	Friptura pulpe sup.220g(150pp); mere,200gr; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte); supa cu fidea(al.glut.,telina)300ml;	corn 1 buc.60g(al.glt); laurt,140gr(al-lapte);	Macaroane cu telemea 300g(al-gluten,lapte); Napolitane 35gr(al-gluten,soia,lpt,alune); paine cu sare 40g; sunca 50g;	
Hipocaloric	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine fara sare 40g;	laurt,140gr(al-lapte);	mere,200gr; paine fara sare60g; rasol pulpe sup.220g(150gpp); Sote de fasole verde,200gr; supa de legume,300ml(al.telina);	laurt,140gr(al-lapte);	pilaf 200g; Rasol pulpe pui 180g(125gpp);	
Speciali	cascaval,50gr(al-lapte); Ceai,300ml; Gem 40g(2buc); paine cu sare 80g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	Friptura pulpe sup.220g(150pp); mere,200gr; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte); paine cu sare 40g; paste cu branza vaci 300g(al-gluten,lapte);	

MENIUL ZILEI 01.10.2026

Denumirea regimurilor	Mic dejun	Supliment ora 10	Pranz	Supliment ora 16	Cina	Supliment ora 21
COMUN	corn 1 buc.60g(al.glt); Gem,20gr; laurt,140gr(al-lapte); paine cu sare 60g; Salam 50g; unt,10gr(al-lapte);	ceai hidratare 300ml;	Ciorba legume,300ml(al-gluten,telina); friptura pulpe pui200g(140gpp); 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); laurt,140gr(al-lapte); paine fara sare60g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Pilaf 300g; rasol pulpe pui200g(140gpp); supa zarzavat 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 pui200g(140gpp);	
Colita	Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai,300ml; paine cu sare 80g; sunca 50g;	ceai hidratare 300ml;	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); Paine cu sare 100g(al- gluten); paste albe,300gr(al-gluten); rasol pulpe pui200g(140gpp);	
Diabet colita	Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai fara zahar,300ml; paine fara sare60g; sunca 100g;	cascaval 100g(al-lapte);	mar copt200gr; paine fara sare 80g; rasol pulpe pui200g(140gpp); Sote de fasole verde,200gr; supa de legume,300ml(al.telina);	branza topita 2 cub(al.lapte);	Branza vaci 100 g(al-lapte); paine fara sare 40g; pilaf 200g; rasol pulpe pui200g(140gpp);	
Diabet Card	branza vaci 150gr(al.lapte); Ceai fara zahar,300ml; paine fara sare60g; unt 2buc(20g)al.lapte);	sana 330(al.lapte);	friptura pulpe pui200g(140gpp); mere,200gr; paine fara sare 80g; Sote de fasole verde,200gr; supa de legume,300ml(al.telina);	laurt,140gr(al-lapte);	branza cu smantana 1cut(al.lapte)180g; cartofi natur 200g; friptura pulpe pui200g(140gpp); paine fara sare 40g;	
Diabet	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; salam 100g; unt 2buc(20g)al.lapte);	sana 330(al.lapte);	Ciorba legume,300ml(al-gluten,telina); friptura pulpe pui200g(140gpp); mere,200gr; paine cu sare 80g; Sote de fasole verde,200gr;	branza topita 2 cub(al.lapte);	branza cu smantana 1cut(al.lapte)180g; cartofi natur 200g; friptura pulpe pui200g(140gpp); paine cu sare 40g;	
Diabet Insulina	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; salam 100g; unt 2buc(20g)al.lapte);	sana 330(al.lapte);	Ciorba legume,300ml(al-gluten,telina); friptura pulpe pui200g(140gpp); mere,200gr; paine cu sare 80g; Sote de fasole verde,200gr;	branza topita 2 cub(al.lapte);	branza cu smantana 1cut(al.lapte)180g; cartofi natur 200g; friptura pulpe pui200g(140gpp); paine cu sare 40g;	laurt insulina 140g(al-lapte);
Gastric	branza topita 2 cub(al.lapte); corn 1 buc.60g(al.glt); laurt,140gr(al-lapte); paine fara sare60g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Pilaf 300g; rasol pulpe pui200g(140gpp); 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 pui200g(140gpp);	
Hepatic	branza topita 2 cub(al.lapte); corn 1 buc.60g(al.glt); Gem 40g(2buc); laurt,140gr(al-lapte); paine fara sare60g;	ceai hidratare 300ml;	mere,200gr; Paine fara sare 200g(al-gluten); Pilaf 300g; rasol pulpe pui200g(140gpp); supa zarzavat 300ml(al.glut);	Ceai fara zahar,300ml;	Cartofi natur,300gr; Napolitane 35gr(al-gluten,soia,lpt,alune); Paine fara sare 100g(al-gluten); rasol pulpe pui200g(140gpp); sana 330(al.lapte);	
HIPERCALORIC	corn 1 buc.60g(al.glt); Gem,20gr; laurt,140gr(al-lapte); paine cu sare 60g; Salam 50g; unt,10gr(al-lapte);	cascaval 100g(al-lapte);	Ciorba legume,300ml(al-gluten,telina); friptura pulpe pui200g(140gpp); mere,200gr; paine cu sare 200 g(al-gluten); Pilaf 300g;	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte);	branza cu smantana 1cut(al.lapte)180g; friptura pulpe pui200g(140gpp); Paine cu sare 100g(al- gluten); Piure din cartofi 300g;	
Hipocaloric	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; paine fara sare 40g; sunca 100g;	laurt,140gr(al-lapte);	Ciorba legume,300ml(al-gluten,telina); friptura pulpe pui200g(140gpp); mere,200gr; paine fara sare60g; Sote de fasole verde,200gr;	laurt,140gr(al-lapte);	cartofi natur 200g; rasol pulpe pui200g(140gpp);	
Speciali	corn 1 buc.60g(al.glt); Gem 40g(2buc); laurt,140gr(al-lapte); paine cu sare 60g; unt 2buc(20g)al.lapte);	ceai hidratare 300ml;	Ciorba legume,300ml(al-gluten,telina); friptura pulpe pui200g(140gpp); mere,200gr; paine cu sare 200 g(al-gluten); Pilaf 300g;	Ceai fara zahar,300ml;	branza cu smantana 1cut(al.lapte)180g; Paine cu sare 100g(al- gluten); Piure din cartofi 300g; rasol pulpe pui200g(140gpp);	

MENIUL ZILEI 02.10.2026

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;	carnati cabanos 70g 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; 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,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 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 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 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; paste 100g; rasol pulpe pui200g(140gpp); supa cu carne pui,300ml,120g(85pp)(al.telina);	branza topita 2 cub(al.lapte);	mar copt200gr; paine cu sare 40g; pilaf 200g; rasol pulpe pui200g(140gpp);	
Diabet Card	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine fara sare60g; unt 2buc(20g)al.lapte);	sana 330(al.lapte);	friptura pulpe pui200g(140gpp); mere,200gr; paine fara sare 80g; Spanac cu sos,200gr; supa cu carne pui,300ml,120g(85pp)(al.telina);	laurt,140gr(al-lapte);	friptura pulpe pui200g(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);	sana 330(al.lapte);	friptura pulpe pui200g(140gpp); mere,200gr; paine cu sare 80g; Spanac cu sos,200gr; supa cu carne pui,300ml,120g(85pp)(al.telina);	carnati cabanos 70g 2buc;	friptura pulpe pui200g(140gpp); 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);	sana 330(al.lapte);	Ciorba cu cop. pui,300ml,120g(85pp)(al.tel); friptura pulpe pui200g(140gpp); mere,200gr; paine cu sare 80g; Spanac cu sos,200gr;	carnati cabanos 70g 2buc;	friptura pulpe pui200g(140gpp); laurt,140gr(al-lapte); paine cu sare 40g; pilaf 200g;	laurt,140gr(al-lapte);
Gastric	Branza vaci 100 g(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 pui200g(140gpp); supa alba cu carne pui,300ml;	Ceai fara zahar,300ml;	barcuta 60g; Paine fara sare 100g(al-gluten); paste albe,300gr(al-gluten); rasol pulpe 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); Piure din fulgi 300g(al.lapte); rasol pulpe 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 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); sana 330(al.lapte);	Ciorba cu cop. pui,300ml,120g(85pp)(al.tel); friptura pulpe pui200g(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);	friptura pulpe pui200g(140gpp); mere,200gr; paine cu sare 60g; Spanac cu sos,200gr; supa cu carne pui,300ml,120g(85pp)(al.telina);	laurt,140gr(al-lapte);	friptura pulpe sup pui 200g(140gpp); 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); friptura pulpe pui200g(140gpp); Mancare fasole alba 300g; mere,200gr; 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);	

MENIUL ZILEI 03.10.2026

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 cu piept pui,300g,200g(140pp),al-glt,lpt.,ou; 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;	Cartofi natur,300gr; mere,200gr; Paine fara sare 200g(al-gluten); Rasol pasare piept 200g(140gpp); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	laurt,140gr(al-lapte); mancare de fasole verde regim 300g(al.glt.); Napolitane 35gr(al-gluten,soia,lpt,alune); 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); Pilaf 300g; Rasol pasare piept 200g(140gpp); 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); paste albe,300gr(al-gluten); rasol pulpe sup pui200g(140gpp);	
Diabet colita	Branza vaci 100 g(al-lapte); cascaval,50gr(al-lapte); Ceai fara zahar,300ml; paine cu sare 60g; sunca 100g;	cascaval 100g(al-lapte);	mar copt200gr; paine cu sare 40g; pilaf 200g; Rasol pasare piept 200g(140gpp); 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);	sana 330(al.lapte);	cartofi natur 200g; mere,200gr; paine fara sare 40g; Rasol pasare piept 200g(140gpp); supa de legume,300ml(al.telina);	laurt,140gr(al-lapte);	Branza vaci 100 g(al-lapte); friptura pulpe sup pui 200g(140gpp); mere,200gr; paine fara sare60g; Spanac cu sos,200gr;	
Diabet	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; masline 50g; paine cu sare 60g; sunca 100g;	sana 330(al.lapte);	cartofi natur 200g; mere,200gr; paine cu sare 40g; Rasol pasare piept 200g(140gpp); supa de legume,300ml(al.telina);	branza topita 2 cub(al.lapte);	cascaval,50gr(al-lapte); friptura pulpe sup pui 200g(140gpp); mere,200gr; paine cu sare 60g; Spanac cu sos,200gr;	
Diabet Insulina	Branza vaci 100 g(al-lapte); Ceai fara zahar,300ml; masline 50g; paine cu sare 60g; sunca 100g;	sana 330(al.lapte);	cartofi natur 200g; mere,200gr; paine cu sare 40g; Rasol pasare piept 200g(140gpp); supa de legume,300ml(al.telina);	branza topita 2 cub(al.lapte);	cascaval,50gr(al-lapte); friptura pulpe sup pui 200g(140gpp); mere,200gr; 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 pasare piept 200g(140gpp); supa alba de legume 300ml(al.glut.);	Ceai fara zahar,300ml;	branza topita 2 cub(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;	barcuta 60g; Cartofi natur,300gr; Paine fara sare 200g(al-gluten); Rasol pasare piept 200g(140gpp); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	branza topita 2 cub(al.lapte); mancare de fasole verde regim 300g(al.glt.); Napolitane 35gr(al-gluten,soia,lpt,alune); Paine fara sare 100g(al-gluten); rasol pulpe sup pui200g(140gpp);	
HIPERCALORIC	orez cu lapte,300gr(al-lapte); paine cu sare 60g; sunca 100g;	cascaval 100g(al-lapte);	gulas cu piept pui,300g,200g(140pp),al-glt,lpt.,ou; mere,200gr; paine cu sare 200 g(al-gluten); supa cu fidea(al.glut.,telina)300ml;	corn 1 buc.60g(al.glt); 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);	mere,200gr; paine cu sare 60g; Rasol pasare piept 200g(140gpp); sote legume mexicane 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;	gulas cu piept pui,300g,200g(140pp),al-glt,lpt.,ou; mere,200gr; paine cu sare 200 g(al-gluten); supa cu fidea(al.glut.,telina)300ml;	Ceai fara zahar,300ml;	cascaval,50gr(al-lapte); corn 1 buc.60g(al.glt); friptura pulpe sup pui 200g(140gpp); mancare spanac 300g; Paine cu sare 100g(al- gluten);	

MENIUL ZILEI 04.10.2026

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;	Ciorba cu aripi pui(al.telina)300ml,90(60pp)g; fript.pulpe pui 240g(155pp); mere,200gr; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte);	Ceai fara zahar,300ml;	corn 1 buc.60g(al.glt); 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 pui 240g(155pp); supa cu aripi pui(al.tel.glut)300ml,90(60pp)g;	Ceai fara zahar,300ml;	corn 1 buc.60g(al.glt); paste cu branza vaci 300g(al-gluten,lapte); sana 330(al.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 pui 240g(155pp); 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 vaci 100 g(al-lapte); cascaval 100g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g;	branza topita 2 cub(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;	Aripioare pui rasol(2buc,180g); mar copt200gr; paine cu sare 60g; 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);	branza cu smantana 1cut(al.lapte) 180g;	fript.pulpe pui 240g(155pp); mere,200gr; paine fara sare60g; pilaf 200g; supa cu aripi pui(al.tel.glut)300ml,90(60pp)g;	laurt,140gr(al-lapte);	Aripioare pui rasol(2buc,180g); Branza vaci 100 g(al-lapte); laurt,140gr(al-lapte); paine fara sare60g; Sote de fasole verde,200gr;	
Diabet	cascaval 100g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g; unt 2buc(20g)al.lapte);	branza cu smantana 1cut(al.lapte) 180g;	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;	Aripioare pui rasol(2buc,180g); laurt,140gr(al-lapte); paine cu sare 60g; Sote de fasole verde,200gr; sunca 50g;	
Diabet Insulina	cascaval 100g(al-lapte); Ceai fara zahar,300ml; Ou fiert 1buc; paine cu sare 60g; unt 2buc(20g)al.lapte);	branza cu smantana 1cut(al.lapte) 180g;	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;	Aripioare pui rasol(2buc,180g); laurt,140gr(al-lapte); paine cu sare 60g; Sote de fasole verde,200gr; sunca 50g;	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); Piure din fulgi 300g(al.lapte); rasol pulpe pui 240g(155pp); supa alba cu aripi pui,300ml,90g;	Ceai fara zahar,300ml;	corn 1 buc.60g(al.glt); paste cu branza vaci 300g(al-gluten,lapte); sana 330(al.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 pui 240g(155pp); supa cu aripi pui(al.tel.glut)300ml,90(60pp)g;	Ceai fara zahar,300ml;	corn 1 buc.60g(al.glt); paste cu branza vaci 300g(al-gluten,lapte); sana 330(al.lapte);	
HIPERCALORIC	cascaval,50gr(al-lapte); Ceai,300ml; Gem,20gr; Ou fiert 1buc; paine cu sare 80g; unt,10gr(al-lapte);	branza cu smantana 1cut(al.lapte) 180g;	Ciorba cu aripi pui(al.telina)300ml,90(60pp)g; fript.pulpe pui 240g(155pp); mere,200gr; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte);	biscuiti 70gr(alergen gluten); laurt,140gr(al-lapte);	corn 1 buc.60g(al.glt); 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;	laurt,140gr(al-lapte);	Aripioare pui rasol(2buc,180g); 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;	Ciorba cu aripi pui(al.telina)300ml,90(60pp)g; fript.pulpe pui 240g(155pp); mere,200gr; paine cu sare 200 g(al-gluten); Piure din fulgi 300g(al.lapte);	Ceai fara zahar,300ml;	corn 1 buc.60g(al.glt); paste cu branza vaci 300g(al-gluten,lapte); sana 330(al.lapte);	