



CONSILIUL LOCAL AL MUNICIPIULUI BAI A MARE  
SPITALUL DE PNEUMOTIZIOLOGIE  
"Dr. Nicolae Rușdea"  
BAIA MARE



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Email: secretariat@spitalpneumobaiamare.ro

Nr. 719/06.10.2025

MENIU REGIM DIABET OCTOMBRIE 2025

Apus best  
Manger infirmitate  
Te. Cereșe

|          | Mic dejun                                                                                                                                                                  | Supliment<br>Ora 10                             | Pranz                                                                                                                                     | Supliment<br>Ora 16                          | Cina                                                                                                                               |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| Luni     | Ceai 500ml<br>Paine 100gr<br>Pate de ficat<br>50gr<br>Branza topita<br>35gr<br>Unt 20gr<br>Ardei 50gr<br>Alergeni:<br>lactoza; gluten                                      | Iaurt zuzu<br>140gr<br><br>Alergeni:<br>lactoza | Supa de cartofi-<br>500ml<br>Ostropel de pui<br>150gr-mamaliga<br>250gr<br>Paine 100gr<br>Alergeni: telina;<br>lactoza; gluten;           | Mere 150gr                                   | Spanac<br>250gr-pulpe<br>pui-150gr-1<br>lapte 200ml<br>Ceai 500ml<br>Paine 80gr<br>Alergeni:<br>gluten;<br>lactoza                 |
| Marti    | Ceai 500ml<br>Paine 100gr<br>Ochiuri de ou 2<br>buc (100gr)<br>Unt 20gr<br>rosii<br>500gr<br>Branza telemea<br>60gr<br>Masline 15gr<br>Alergeni:<br>gluten; lactoza;<br>ou | Lapte 200ml<br>Alergeni:<br>lactoza             | Supa de zarzavat<br>cu smantana<br>500ml<br>Friptura de porc<br>100gr-fasole<br>verde 250gr<br>Paine 80gr<br>Alergeni:<br>telina; lactoza | Iaurt zuzu<br>140gr<br>Alergeni:<br>Lactoza; | Ficat de pui<br>100gr-orez<br>250gr-salata<br>asortata-<br>100gr; mere<br>200gr<br>Paine 80gr<br>Ceai 500ml<br>Alergeni:<br>gluten |
| Miercuri | Ceai 500ml<br>Paine 100gr<br>Muschi azuga<br>80gr<br>Créma de<br>branza 80gr<br>Ardei 30gr<br>Unt 20gr<br>Alergeni:<br>gluten; lactoza;<br>mustar                          | Iaurt zuzu<br>140gr<br>Alergeni:<br>lactoza     | Ciorba a la grec<br>500ml<br>Carnat cabanos<br>100gr-mancare de<br>linte 250gr<br>Paine 80gr<br>Alergeni: gluten;<br>Lactoza; telina      | Lapte 200ml<br>Alergeni:<br>Lactoza;         | Tocanita de<br>cartofi cu<br>carne<br>320gr(70gr<br>carne); mere<br>200gr<br>ceai 500ml<br>Paine 100gr<br>Alergeni:<br>telina      |
| Joi      | Ceai 500ml                                                                                                                                                                 | lapte<br>200ml                                  | Supa de<br>legume 500ml                                                                                                                   | Mere 150gr<br>Alergeni:                      | Ostropel de<br>pui 150gr -                                                                                                         |

|          |                                                                                                                                                                                  |                                             |                                                                                                                                                             |                                             |                                                                                                                                                             |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Paine 100gr;unt<br>20gr<br>Branza telemea<br>60gr<br>Salata de vinete<br>60gr<br>crenwusti 150gr<br>rosii 50gr<br>mustar 20gr<br>Alergeni:<br>gluten;lactoza;                    | Alergeni :<br>lactoza                       | Orez -250gr-<br>cotlet de porc la<br>tava-100gr-<br>legume 100gr<br>Paine 80gr<br>Alergeni:gluten;<br>;telina                                               |                                             | mamaliga<br>250gr; iaurt<br>zuzu 140gr<br>Paine 100gr<br>Ceai 500ml<br>Alergeni :<br>lactoza<br>;gluten                                                     |
| Vineri   | Ceai500ml<br>Paine 100gr<br>Conserva peste<br>70gr<br>Unt20gr<br>Crema de<br>branza 80gr<br>Ou fiert 50gr<br>Masline 15gr<br>Lamaie 15gr<br>Alergeni:gluten;<br>lactoza;ou;peste | Lapte200ml                                  | Supa de varza<br>500ml<br>Ficat de pui 100gr<br>-pireu de cartofi -<br>250gr -salata de<br>varza 100gr<br>Paine 100gr<br>Alergeni:gluten;<br>Lactoza;telina | lapte 200ml<br>alergeni :<br>lactoza        | Friptura de<br>porc la tava-<br>100gr -orez<br>250gr -salata<br>de<br>varza100gr;<br>mere 200gr<br>Paine 100gr<br>Ceai 500ml<br>Alergeni:<br>gluten         |
| Sambata  | Ceai 500ml<br>Paine 100gr<br>Unt 20gr<br>Branza topita<br>35gr<br>Rosie 100g<br>Pateu 50gr<br>Alergeni:gluten<br>lactoza                                                         | Iaurt zuzu<br>140gr<br>Alergeni<br>:lactoza | Ciorba de legume<br>-500ml-cartofi<br>copti 250gr-pulpa<br>pui-150gr ;salata<br>de varza 100gr<br>Paine 100gr<br>Alergeni:gluten<br>telina                  | Mere150gr                                   | Ficat de<br>pui100gr –<br>mamaliga<br>250gr; lapte<br>200ml<br>Paine 100gr<br>Ceai 500ml<br>Alergeni :<br>lactoza;gluten                                    |
| Duminica | Ceai 500ml<br>Paine 160gr<br>Ardei<br>50gr<br>Castraveti 50gr<br>Conserva de<br>peste 70gr<br>Unt 20gr<br>Branza cu<br>smantana 140gr<br>Alergeni:gluten;<br>lactoza             | Mere 150gr                                  | Supa de carne cu<br>zdrente 500ml<br>Sarmale 300gr<br>Paine 100gr<br>Alergeni: gluten<br>Telina;lactoza; ou                                                 | Iaurt zuzu<br>140gr<br>Alergeni:<br>lactoza | cascaval<br>80gr<br>Muschi azuga<br>100gr<br>Ou fiert 50gr<br>Rosie100gr;<br>mere 200gr<br>Paine 80gr<br>Ceai 500ml<br>Alergeni:<br>lactoza ; ou;<br>gluten |

APROBAT :DIRECTOR MEDICAL

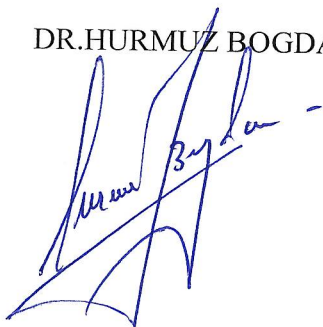
INT.

AS.SOLONEAN MARIOARA



**SOLONEAN MARIOARA**  
Asistent Medical la cabinetul de Dietetica  
si Nutritie

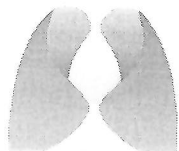
DR.HURMUZ BOGDAN

A handwritten signature in blue ink, appearing to read 'Hurmuz Bogdan', written over the printed name.

AS.BOROTA LUCICA

A handwritten signature in blue ink, appearing to read 'Borota Lucica', written over the printed name.

**BOROTA LUCICA**  
asistent medical de nutriție  
și dietetică  
Cod 359573



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MENIU COPII –OCTOMBRIE 2025

|          | Mic dejun                                                                                                                                                     | Supliment<br>Ora 10                                  | Pranz                                                                                                                                                          | Supliment<br>Ora 16                            | Cina                                                                                                                   |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| Luni     | Ceai 500ml<br>Paine 100gr<br>Unt20gr<br>Miere poliflora20gr<br>Friganele 100gr<br>Rosii 50gr<br>Alergeni :lactoza;gluten                                      | Iaurt cu fructe 140gr<br><br>Alergeni: lactoza       | Supa de cartofi- 500ml<br>Cus cus 250gr – tocanita din piept de pui- 100gr<br>Salata asortata 100gr<br>Paine 100gr<br>Alergeni :telina; lactoza;gluten;        | Budinca 250gr<br>Lactoza<br>Gluten ou          | Gratar pulpe pui 100gr – cartofi natur 250gr –salata asortata 100gr<br>Paine 100gr<br>Ceai 500ml<br>Alergeni: gluten;  |
| Marti    | Ceai 500ml<br>Paine 100gr<br>Muschi azuga 80gr<br>Unt 20gr<br>Cascaval 80gr<br>Castraveti 30gr<br>rosii 100gr<br>Alergeni: gluten;lactoza;                    | Gris in lapte 250 gr<br>Alergeni : Lactoza<br>Gluten | Supa de fasole verde 500ml<br>Orez -250gr<br>friptura de porc la cuptor<br>Salata de rosii100gr<br>Paine 100gr<br>Alergeni: lactoza;telina;gluten              | Clementine 100gr                               | Pulpa de pui la cuptor 150gr –cus cus 250gr – salata de sfecla100gr<br>Paine 100gr<br>Ceai 500 ml<br>Alergeni : gluten |
| Miercuri | Ceai 500ml<br>Paine 100gr<br>Salam din piept de pui 80gr<br>Rosii 50gr<br>Miere poliflora 20gr<br>Unt 20gr<br>Branza telemea 60gr<br>Alergeni :gluten;lactoza | Iaurt cu fructe 140gr                                | Ciorba a la grec 500ml<br>Tocanita din pulpe pui 100gr- pireu de cartofi- 250gr<br>Salata asortata 100gr<br>Paine 100gr<br>Alergeni:gluten; Lactoza ;ou;telina | Croissant 80gr<br>Alergeni: Gluten; Lactoza ou | Snitel natur din piept de pui 100gr – orez 250gr – legume 100gr<br>paine 100gr ;ceai 500ml<br>Alergeni: gluten         |
| Joi      | Ceai 500ml                                                                                                                                                    | Banane 200gr                                         | Supa de carne cu fidea 500ml                                                                                                                                   | Gris in lapte 300gr                            | Cartofi copti 250gr                                                                                                    |

|          |                                                                                                                                                                       |                                                                  |                                                                                                                                                                                 |                                                           |                                                                                                                                                                 |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Paine 100gr;unt<br>20gr<br>Crenwusti<br>150gr<br>Mustar 20gr<br>iaurt cu fructe<br>140gr<br>Alergeni:<br>gluten;lactoza;                                              |                                                                  | Cus cus 250gr-<br>tocanita din piept<br>de pui100gr-<br>salata de rosii<br>100gr<br>Paine 100gr<br>Alergeni:gluten;<br>Ou;telina                                                | Alergeni:<br>Lactoza<br>gluten                            | Pulpe de pui<br>la cuptor<br>150gr-salata<br>asortata 100gr<br>Ceai 500ml<br>Paine 100gr<br>Alergeni:glut<br>en                                                 |
| Vineri   | Ceai500ml<br>Paine 100gr<br>Salam din piept<br>de pui 80gr<br>Unt20gr<br>Gem 50gr<br>Branza cu<br>smantana 140gr<br>Alergeni:gluten;<br>lactoza;                      | Iaurt cu<br>fructe 140gr<br>Alergeni :<br>Lactoza ;              | Supa de varza<br>500ml<br>Snitel natur din<br>piept de pui 100gr<br>;orez 250gr –<br>legume 100gr<br>Paine 100gr<br>Alergeni:gluten;<br>Lactoza;telina                          | Brioase 60gr<br>Alergeni:<br>Gluten;<br>Lactoza<br>ou     | Cus cus<br>250gr-<br>tocanita din<br>pulpe pui<br>100gr<br>Salata<br>asortata 100gr<br>Ceai 500ml<br>Paine 100gr<br>Alergeni:<br>gluten                         |
| Sambata  | Ceai 500ml<br>Paine 100g<br>Unt 20gr<br>Rosie 100gr<br>Miere poliflora<br>20g<br>Branza topita<br>35gr<br>Sunca presata<br>60gr<br>Alergeni:gluten<br>lactoza         | Prajitura<br>150gr<br>Alergeni :<br>Gluten ;<br>ou;lactoza       | Supa de carne cu<br>galuste 500ml-<br>pulpe pui la<br>cuptor 150gr-<br>cartofi copti<br>250gr ;salata de<br>varza 100gr<br>Paine 100gr<br>Alergeni:gluten<br>Telina; lactoza;ou | banane<br>200gr                                           | Orez- 250gr –<br>tocanita din<br>piept de pui<br>100gr<br>;broccoli<br>100gr<br>Ceai 500ml<br>Paine 100gr<br>Alergeni:<br>Telina;gluten                         |
| Duminica | Ceai 500ml<br>Paine 100gr<br>rosii<br>100gr<br>Gem 50gr<br>20gr<br>Unt 20gr<br>Branza cu<br>smantana 140gr<br>Iaurt cu fructe<br>140gr<br>Alergeni:gluten;<br>lactoza | Cereale cu<br>lapte<br>300ml<br>Alergeni :<br>Gluten;<br>lactoza | Supa de carne cu<br>taietei 500ml<br>Sarmale 300gr<br>paine 100gr<br>Alergeni: gluten<br>Telina;ou                                                                              | Croissant<br>80gr<br>Alergeni:<br>Gluten<br>Lactoza<br>ou | cascaval<br>80gr<br>Muschi azuga<br>100gr<br>Ou fiert 50gr<br>Rosie100gr<br>Biscuiti 100gr<br>Ceai 500ml<br>Paine 100gr<br>Alergeni:<br>lactoza ; ou;<br>gluten |

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INT. AS.SOLONEAN MARIOARA

SOLONEAN MARIOARA  
Centru medical de nutriție și dietetică  
grad principal  
Cod 137465

DR : HURMUZ BOGDAN

A handwritten signature in blue ink, appearing to read 'Hurmuz Bogdan', written over a faint grid pattern.

AS.BOROTA LUCICA

**BOROTA LUCICA**  
asistent medical de nutriție  
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MENIU ADULTI COMUN –OCTOMBRIE 2025

|          | Mic dejun                                                                                                                                                                     | Pranz                                                                                                                                                   | Cina                                                                                                                          |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| Luni     | Ceai 500ml<br>Branza topita 35gr<br>Unt 20gr<br>Miere poliflora 20gr<br>Paine 100gr<br>Castraveti 30gr<br>Ardei 30g<br>pateu 50gr<br>Alergeni :lactoza;gluten                 | Supa de gulyas cu carne si galuste-500ml<br>Ostropel de pui 150gr-<br>mamaliga 250gr<br>Paine 100gr<br>Alergeni :telina;<br>lactoza;gluten;ou           | Macaroane 250gr+branza 80gr<br>Iaurt zuzu 140gr<br>paine 100gr<br>Ceai 500ml<br>Alergeni:<br>gluten;lactoza                   |
| Marti    | Ceai 500ml<br>Paine 140gr<br>Oua ochiuri 2 buc (100gr)<br>Unt 20gr<br>rosii 50gr<br>Branza telemea 60gr<br>Eugenia 36gr<br>Masline 15gr<br>Alergeni:<br>gluten;lactoza;<br>ou | Supa de fasole verde 500ml<br>Cartofi gratinati 170gr-friptura de porc -100gr-salata de varza 100gr<br>Paine 100gr<br>Alergeni: lactoza;telina;gluten   | Ficat de pui 100gr –orez 250gr salata de sfecla 100gr<br>Clementine 100gr<br>Paine 80gr<br>Ceai 500ml<br>Alergeni:<br>Gluten; |
| Miercuri | Ceai 500ml<br>Paine 100gr<br>Muschi azuga 80gr<br>Crema de branza 80gr<br>Unt 20gr<br>Ardei 30gr<br>Banana 1 buc<br>Prajitura 50gr                                            | Ciorba a la grec 500ml<br>Carnat cabanos 100gr –iahnice de fasole -250gr-salata asortata 100gr<br>Paine 100gr<br>Alergeni:gluten;<br>Lactoza ;ou;telina | Salata orientala -300gr<br>Croissant 80gr<br>Paine 80gr<br>;ceai 500ml<br>Alergeni: gluten; lactoza ;ou                       |

|          |                                                                                                                                                                                          |                                                                                                                                                                 |                                                                                                                                                               |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Alergeni<br>:gluten;lactoza;                                                                                                                                                             |                                                                                                                                                                 |                                                                                                                                                               |
| Joi      | Ceai 500ml<br>Paine 100gr;<br>Crenwusti<br>150gr<br>Branza telemea<br>60gr<br>Salata de vinete<br>60gr<br>Rosii 50gr<br>Mustar 20gr<br>Unt 20gr<br>Alergeni:<br>gluten;lactoza;<br>peste | Supa de carne cu fidea 500ml<br>Orez 250gr –cotlet de<br>porc100gr-legume 100gr<br>Paine 100gr<br>Alergeni:gluten;telina;ou                                     | Mamaliga 250 gr +branza<br>de vaca 80gr<br>Paine 100gr<br>Iaurt zuzu 140gr<br>Ceai 500ml<br>Alergeni:<br>Gluten;<br>Lactoza;                                  |
| Vineri   | Ceai500ml<br>Paine 100gr<br>Conserva peste<br>70gr<br>Unt20gr<br>Gem 50 gr<br>Ou fiert 50gr<br>Cascaval 80gr<br>Masline 15gr<br>Lamaie 15gr<br>Alergeni:gluten;<br>lactoza;ou;           | Supa de varza 500ml<br>Pireu de cartofi 250gr –ficat<br>de pui 100gr –salata de sfecla<br>100gr<br>Paine 100gr<br>Alergeni:gluten;<br>Lactoza;telina            | Musaca de macaroane<br>350gr (sos cu carne 100gr<br>Paine 100gr<br>Mere 150gr<br>Ceai 500ml<br>Alergeni:<br>gluten                                            |
| Sambata  | Ceai 500ml<br>Paine 160gr<br>Unt 20gr<br>Bulete de<br>cascaval 40gr<br>Pateu 50gr<br>Rosie 50gr<br>Briose 60gr<br>Iaurt zuzu<br>140gr<br>Alergeni:gluten<br>lactoza                      | Supa de carne cu galuste -<br>500ml –pulpe de pui la cuptor<br>150gr –cartofi copti 250gr-<br>salata de varza 100gr<br>Paine 100gr<br>Alergeni:gluten<br>telina | Cus cus 250gr –aripioare<br>de pui la cuptor150gr-<br>salata de varza 100gr<br>Ceai 500ml<br>Paine 100gr<br>Banana 1bucata<br>Alergeni:<br>Lactoza;<br>Gluten |
| Duminica | Ceai 500ml<br>Paine 100gr<br>Ardei<br>50gr<br>Castraveti 50gr<br>Gem 50gr                                                                                                                | Supa de carne cu taietei 500ml<br>Sarmale 300gr (varza a la cluj<br>)300gr<br>Paine 100gr<br>Alergeni: gluten<br>telina                                         | cascaval<br>80gr<br>Sunca presata<br>100gr<br>Ou fiert 50gr Rosie100gr<br>Croissant 80gr                                                                      |

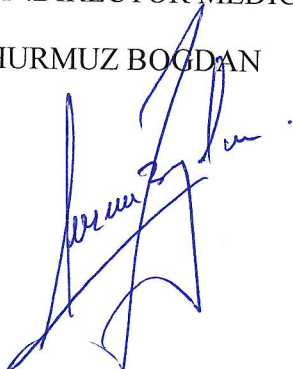
|  |                                                                                          |  |                                                              |
|--|------------------------------------------------------------------------------------------|--|--------------------------------------------------------------|
|  | Branza cu<br>smantana 140gr<br>Unt 20gr<br>Prajitura 50gr<br>Alergeni:gluten;<br>lactoza |  | Paine 80gr<br>Ceai 500ml<br>Alergeni:<br>lactoza ; ou;gluten |
|--|------------------------------------------------------------------------------------------|--|--------------------------------------------------------------|

APROBAT :DIRECTOR MEDICAL

INT.

AS.SOLONEAN MARIOARA

DR.HURMUZ BOGDAN



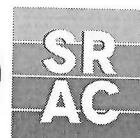
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grad principal  
Cod 137465



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MENIU REGIM FARA SARE OCTOMBRIE 2025

|          | Mic dejun                                                                                                                                                                        | Pranz                                                                                                                                                                 | Cina                                                                                                                                                         |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Luni     | Ceai 500ml<br>Paine 100gr<br>Biscuiti 80gr<br>Salam din piept de pui 80gr<br>Unt20gr<br>Miere poliflora20gr<br>Ardei 30gr<br>Castraveti 30gr<br>Alergeni :lactoza;gluten         | Supa de cartofi-500ml<br>Ostropel de pui 150gr –<br>mamaliga 250gr<br>Paine 100gr<br>Alergeni :telina;<br>lactoza;gluten;                                             | Macaroane<br>250gr(branza<br>80gr)<br>Ceai 500ml<br>Paine 100gr<br>Iaurt zuzu<br>140gr<br>Alergeni;<br>gluten;<br>lactoza                                    |
| Marti    | Ceai 500ml<br>Paine 100gr<br>Ochiuri de ou 2 buc (100gr)<br>Unt 20gr<br>rosii<br>100gr<br>Branza telemea 60gr<br>Eugenia 36gr<br>Masline 15gr<br>Alergeni: gluten;lactoza;<br>ou | Supa de fasole verde<br>500ml<br>Cartofi gratinati 170gr –<br>friptura de porc 100gr-salata<br>de varza 100gr<br>Paine 100gr<br>Alergeni:<br>lactoza;ou;telina;gluten | Ficat de pui<br>100gr –orez<br>250 gr –salata<br>de sfecla<br>100gr<br>Paine 100gr<br>Ceai 500ml<br>Clementine<br>100gr<br>Alergeni:<br>Lactoza ;<br>gluten; |
| Miercuri | Ceai 500ml<br>Paine 100gr<br>Muschi azuga 80gr<br>Crema de branza 80gr<br>Ardei 30gr<br>Unt 20gr<br>Banana 1 buc<br>Prajitura 50gr<br>Alergeni :gluten;lactoza;                  | Ciorba a la grec 500ml<br>Carnat cabanos 100gr –iahnie<br>de fasole -250gr<br>Salata asortata 100gr<br>Paine 100gr<br>Alergeni:gluten;<br>Lactoza ;ou;telina; gluten  | Salata<br>orientala<br>300gr<br>ceai 500ml<br>Paine 100gr<br>Croissant<br>80gr<br>Alergeni:<br>Lactoza;<br>Gluten;ou                                         |
| Joi      | Ceai 500ml<br>Paine 100gr;unt 20gr<br>Branza telemea 60gr<br>Rosii chery 50gr<br>Crenwusti 150gr                                                                                 | Supa de carne cu fidea500ml<br>Orez 250gr – cotlet de porc la<br>tava 100gr-legume 100gr<br>Paine 100gr<br>Alergeni:gluten;telina                                     | Mamaliga<br>250gr<br>+branza de<br>vaca 80gr                                                                                                                 |

|          |                                                                                                                                                                                   |                                                                                                                                                                     |                                                                                                                                                                    |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Salata de vinete 60gr<br>Mustar 20gr<br>Unt 20gr<br>Alergeni: gluten;lactoza;                                                                                                     | Ou;telina                                                                                                                                                           | Paine 100gr<br>Ceai 500ml<br>Iaurt zuzu<br>140gr<br>Alergeni:<br>Telina;gluten;<br>lactoza                                                                         |
| Vineri   | Ceai500ml<br>Paine 100gr<br>Cascaval 80gr<br>Unt20gr<br>Gem 50 gr<br>Ou fiert 50gr<br>Masline 15 gr<br>Rosii chery 50gr<br>Alergeni:gluten;lactoza;ou;<br>peste                   | Supa de varza 500ml ; pireu de<br>cartofi 250gr –ficat de pui<br>100gr -salata de sfecla100gr<br>Paine 100gr<br>Alergeni:gluten;<br>Lactoza;telina                  | Musaca de<br>macaroane<br>350gr( sos cu<br>carne 100gr )<br>Paine 100gr<br>Mere 200gr<br>Ceai 500ml<br>Alergeni:<br>gluten                                         |
| Sambata  | Ceai 500ml<br>Paine 100gr<br>Unt 20gr<br>Bulete de cascaval 40gr<br>Castraveti 50gr<br>miere poliflora 20gr<br>iaurt zuzu140gr<br>sunca de pui 80gr<br>Alergeni:gluten<br>lactoza | Supa de carne cu galuste -<br>500ml<br>Cartofi copti -250gr<br>Pulpa de pui la cuptor-150gr<br>salata de varza 100gr<br>Paine 100gr<br>Alergeni:gluten<br>Telina;ou | Cus cus 250gr<br>aripioare de<br>pui la cuptor<br>150gr- salata<br>de varza<br>100gr<br>Paine 100gr<br>Ceai 500ml<br>Banana 200gr<br>Alergeni<br>Gluten            |
| Duminica | Ceai 500ml<br>Paine 100gr<br>Ardei 50gr<br>Castraveti 50gr<br>Gem 50gr<br>20gr<br>Unt 20gr<br>Branza cu smantana 140gr<br>Prajitura 50gr<br>Alergeni:gluten;lactoza               | Supa de carne cu taitei 500ml<br>Sarmale 300gr (varza a la cluj<br>)300gr<br>Paine 100gr<br>Alergeni: gluten<br>Telina;lactoza; ou                                  | Cascaval<br>80gr<br>Muschi azuga<br>100gr<br>Ou fiert 50gr<br>Rosie100gr<br>Paine 100gr<br>Ceai 500ml<br>Croisant<br>100gr<br>Alergeni:<br>lactoza ; ou;<br>gluten |

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