

Aprobat
Şef adjunct interimar DGASPF Orhei
Victoria BADICICA



Coordonat
Şef Direcția CSP Orhei
Ion BOLBOCEANU



*Meniul model
Pentru 10 zile
pentru alimentația beneficiarilor Serviciului social
specializat Centrul de Plasament temporar pentru persoane în etate și
cu dizabilități „Casa Noastră” s. Susleni, r-ul Orhei
Sezonul iarna-primăvara
cu regim de activitate 24/24 ore.*

Elaborat: Macari Elena

Macari Elena

Anul 2020

Prima zi

Nr.	Denumirea bucatelor	Masa,g	Proteine,g	Lipide,g	Glucide,g	Valoarea calorica,kcal.
Dejun						
1	Terci din orz cu sardine in ulei	250/85				
	-Crupa de orz	100	9.3	-	73.7	347
	-Ulei	12	-	0.1199	-	1.079
	-Ceapa	10	0.17	-	0.95	42
	-Morcov	10	0.03	0.01	0.07	41
	-Tomat	5	0.1	0.01	7.7	0.149
	-Sardina in ulei	85	0.133	-	-	2.023
2	Piine cu salam afumat	60/50				
	-Piine de faina de griu	60	4.26	0.66	27.84	137.4
	-Salam	50	0.6	-	0.25	611
3	Ceai cu zahar si lamiie	250				
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	0.27	-	-	99.8	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
	-Marmelada	30	0.3	-	0.248	0.98
Total dejun			14.94	0.799	210.71	1183.72
Prinz						
1	Ciorba cu carne de porc	500/100				
	-Carne	100	4.4	49.3	-	303
	-Ulei	12	-	-	-	-
	-Ceapa	10	0.17	-	0.95	42
	-Cartofi	40	0.8	0.04	0.788	0.33
	-Morcov	10	0.03	0.01	0.07	41
	-Tomat	5	0.1	0.01	7.7	0.149
	-Condiment	5	0.3	0.3	0.01	0.39
	-Bors acru	0.005	1.03	0.63	-	1.66
	-Sare	0.02			-	-
	-Varza	10	11	0.02	0.05	0.31
	-Smintina	0.02	0.58	-	0.06	3.24
2	Fasole cu fileu de pui	150/70				
	-Fasole	100	22.3	1.7	47.7	303
	-Ceapa	10	0.17	-	0.95	42
	-Morcov	10	0.03	0.01	0.07	41
	-Ulei	12	-	0.1199	-	1.079
	-Carne	70	3.4	38.3	-	203
	-Sare	0.02	-	-	-	-
	-Ou	0.5	1.26	1.16	0.07	15.7
	-Rosii marinate	30	-	-	0.12	0.36
4	Piine din faina de griu	130	16.25	2.21	62.79	286

Total prinz			61.73	93.80	121.32	1011.218
Gustare						
1	Chifir	250	7	-	10	142.5
	Chifla	100	6	-	55.75	263
Total gustare			13	-	65.75	405.5
Cina						
1	Terci din hrisca cu salam fiert	250/50				
	-Terci din hrisca	100	11.6	2.3	59.5	343
	-Ulei	12	-	0.1199	-	1.079
	-Ceapa	10	0.17	-	0.95	0.42
	-Morcov	10	0.03	0.01	0.07	0.41
	-Salam	50	0.6	-	0.25	611
2	Piine cu unt					
	-Piine din faina de griu	60	0.81	0.72	28.98	132
	-Unt	20	13.2	1.64	0.18	1.32
3	Ceai cu zahar si lamiie					
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	27	-	-	99.89	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
4	Biscuiti	30	2.6	1.48	15.05	21.13
5	Banane	50	1.1	0.3	-	89
Total cina			30.152	6.569	205.47	1200.62
Total prima zi			106.83	101.17	603.33	3801.058

A doua zi

Nr.	Denumirea bucatelor	Masa,g	Proteine,g	Lipide,g	Glucide,g	Valoarea calorica,kcal.
Dejun						
1	Terci din griu cu salam fiert	250/50				
	-Terci din griu	100	12.5	1.9	67.5	16.86
	-Ulei	12	-	0.1199	-	1.079
	-Ceapa	10	0.17	-	0.95	42
	-Morcov	10	0.03	0.01	0.07	41
	-Tomat	5	0.1	0.01	7.7	0.149
	-Salam	50	0.6	-	0.25	611
2	Piine cu magiun	60/21				
	-Piine de faina de griu	60	4.26	0.66	27.84	137.4
	-Magiun	21	-	-	0.122	0.487
3	Ceai cu zahar si lamiie	250				
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	0.27	-	-	99.8	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
	-Bomboane	30	0.03	-	0.283	1.137
Total dejun			17.74	2.699	204.67	852.195
Prinz						
1	Ciorba cu legume	500				
	-Ulei	12	-	-	-	-
	-Ceapa	10	0.17	-	0.95	42
	-Cartofi	40	0.8	0.04	0.788	0.33
	-Morcov	10	0.03	0.01	0.07	41
	-Tomat	5	0.1	0.01	7.7	0.149
	-Condiment	5	0.3	0.3	0.01	0.39
	-Bors acru	0.005	1.03	0.63	-	1.66
	-Sare	0.02			-	-
	-Varza	10	11	0.02	0.05	0.31
	-Smintina	0.02	0.56	0.04	0.64	0.324
2	Paste fainoase cu carne de porc	250/100				
	-Paste fainoase	100	10.7	1.3	47.2	322
	-Ceapa	10	0.17	-	0.95	42
	-Morcov	10	0.03	0.01	0.07	41
	-Ulei	12	-	0.1199	-	1.079
	-Carne	70	3.4	38.3	-	203
	-Sare	0.02	-	-	-	-
	-Rosii marinate	30	-	-	0.12	0.36
4	Piine din faina de griu	130	16.25	2.21	62.79	286
Total prinz			33.54	42.98	120.698	981.602

Gustare						
1	Lapte	250	0.15	-	0.43	11
	Chifla	100	6	-	55.75	263
Total gustare			6.15	-	56.18	274
Cina						
1	Fulgi de ovaz cu conserva in tomat	250/85				
	-Fulgi de ovaz	100	12.3	-	61.8	343
	-Ulei	12	-	0.1199	-	1.079
	-Ceapa	10	0.17	-	0.95	0.42
	-Morcov	10	0.03	0.01	0.07	0.41
	-Conserva in tomat	85	0.153	-	0.34	0.333
2	Piine cu pate					
	-Piine din faina de griu	60	0.81	0.72	28.98	132
	-Pate	20	0.17	-	0.124	0.22
3	Ceai cu zahar si lamiie					
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	27	-	-	99.89	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
4	Napolitane	30	0.0171	-	0.173	1.551
5	Portocale	50	0.45	0.05	-	0.235
Total cina			14.143	0.899	192.47	480.331
Total a doua zi			71.573	124.29	574.018	2588.13

A treia zi

Nr.	Denumirea bucatelor	Masa,g	Proteine,g	Lipide,g	Glucide,g	Valoarea calorica,kcal.
Dejun						
1	Paste fainoase cu cascaval	250/25				
	-Paste fainoase	100	10.7	1.3	47.2	322
	-Ulei	12	-	0.1199	-	1.079
	-Ceapa	10	0.17	-	0.95	42
	-Morcov	10	0.03	0.01	0.07	41
	-Cascaval	25	0.625	0.475	-	0.708
2	Piine cu salam afumat	60/50				
	-Piine de faina de griu	60	4.26	0.66	27.84	137.4
	-Salam	50	0.6	-	0.25	611
3	Ceai cu zahar si lamiie	250				
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	0.27	-	-	99.8	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
	-Bomboane	30	0.03	-	0.283	1.137
Total dejun			16.46	2.546	259.70	1157.41
Prinz						
1	Ciorba cu legume	500				
	-Ulei	12	-	-	-	-
	-Ceapa	10	0.17	-	0.95	42
	-Cartofi	40	0.8	0.04	0.788	0.33
	-Morcov	10	0.03	0.01	0.07	41
	-Tomat	5	0.1	0.01	7.7	0.149
	-Condiment	5	0.3	0.3	0.01	0.39
	-Bors acru	0.005	1.03	0.63	-	1.66
	-Sare	0.02			-	-
	-Varza	10	11	0.02	0.05	0.31
	-Smintina	0.02	0.56	0.04	0.64	0.324
2	Crupa de porumb cu peste hec in tomat	250/100				
	-Crupa de porumb	100	12.5	1.9	67.5	363.6
	-Peste	100	16.6	-	-	86
	-Morcov	10	0.03	0.01	0.07	41
	-Ulei	12	-	0.1199	-	1.079
	-Tomat	5	0.1	0.01	7.7	0.149
	-Sare	0.02	-	-	-	-
4	Piine din faina de griu	130	16.25	2.21	62.79	286
Total prinz			59.47	5.30	148.56	981.602

Gustare						
1	Suc de mere	250	-	-	0.28	0.1125
	Chifla	100	6	-	55.75	263
Total gustare			6	-	56.03	263.11
Cina						
1	Pireu de cartofii cu scrumbrie sarata	250/100				
	-Pireu de cartofii	400	8	0.4	78.8	330
	-Ulei	12	-	0.1199	-	1.079
	-Ceapa	10	0.17	-	0.95	0.42
	-Frunza de dafin	0.001	-	-	-	-
	-Scrumbrie sarata	100	1.60	-	-	230
2	Piine cu unt					
	-Piine din faina de griu	60	0.81	0.72	28.98	132
	-Unt	20	13.2	1.64	0.18	1.32
3	Ceai cu zahar si lamiie					
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	27	-	-	99.89	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
4	Biscuiti	30	0.15	-	-	1.365
Total cina			23.98	2.879	208.95	695.902
Total a treia zi			105.91	10.725	673.24	3098.02

A patra zi

Nr.	Denumirea bucatelor	Masa,g	Proteine,g	Lipide,g	Glucide,g	Valoarea calorica,kcal.
Dejun						
1	Terci din hrisca cu safalade	250/50				
	-Terci din hrisca	100	11.6	2.3	59.5	343
	-Ulei	12	-	0.1199	-	1.079
	-Ceapa	10	0.17	-	0.95	42
	-Morcov	10	0.03	0.01	0.07	41
	-Safalade	50	0.41	-	0.34	1.025
2	Piine cu ou fiert	60				
	-Piine de faina de griu	60	4.26	0.66	27.84	137.4
	-Ou	0.5	1.26	1.16	0.07	15.7
3	Ceai cu zahar si lamiie	250				
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	0.27	-	-	99.8	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
	-Marmelada	30	0.03	-	0.248	0.978
Total dejun			17.81	4.249	188.63	583.265
Prinz						
1	Ciorba cu carne de vita	500/100				
	-Carne	100	3.3	6.6	-	188
	-Ulei	12	-	-	-	-
	-Ceapa	10	0.17	-	0.95	42
	-Cartofi	40	0.8	0.04	0.788	0.33
	-Morcov	10	0.03	0.01	0.07	41
	-Tomat	5	0.1	0.01	7.7	0.149
	-Condiment	5	0.3	0.3	0.01	0.39
	-Bors acru	0.005	1.03	0.63	-	1.66
	-Sare	0.02			-	-
	-Varza	10	11	0.02	0.05	0.31
	-Smintina	0.02	0.56	0.04	0.64	0.324
2	Mazare uscata +fileu de peste	250/100				
	-Mazare uscata	100	30	-	56	359
	-Peste	100	16.6	-	-	86
	-Morcov	10	0.03	0.01	0.07	41
	-Ulei	12	-	0.1199	-	1.079
	-Ou	0.5	1.26	1.16	0.07	15.7
	-Sare	0.02	-	-	-	-
	-Faina de griu	0.4	0.324	0.39	2.097	10.02
4	Piine din faina de griu	130	16.25	2.21	62.79	286

Total prinz			81.69	11.54	131.235	1073.15
Gustare						
1	Suc de mere	250	-	-	0.28	0.11
	Napolitane	30	0.171	-	0.173	1.551
Total gustare			0.171	-	0.453	1.661
Cina						
1	Terci din mei cu salam fiert	250/50				
	-Terci din mei	100	12.5	1.9	67.5	357
	-Ulei	12	-	0.1199	-	1.079
	-Ceapa	10	0.17	-	0.95	0.42
	-Salam	50	0.6	-	0.25	611
	-Morcov	10	0.03	0.01	0.07	41
2	Piine cu pate					
	-Piine din faina de griu	60	0.81	0.72	28.98	132
	-pate	20	0.17	-	0.124	0.22
3	Ceai cu zahar si lamiie					
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	27	-	-	99.89	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
4	Ciocolate	30	0.45	-	20.7	120
Total cina			14.78	2.749	218.49	1262.72
Total a patra zi			114.45	18.45	538.80	2920.79

A cincia zi

Nr.	Denumirea bucatelor	Masa,g	Proteine,g	Lipide,g	Glucide,g	Valoarea calorica,kcal.
Dejun						
1	Paste fainoase cu brinza de vaci+cascaval	250/40/20				
	-Paste fainoase	100	12.3	-	71.8	322
	-Ulei	12	-	0.1199	-	1.079
	-Ceapa	10	0.17	-	0.95	42
	-Morcov	10	0.03	0.01	0.07	41
	-Cascaval	25	63	48	-	708
	-Brinza	20	0.34	-	0.36	248
2	Piine cu unt	60/20				
	-Piine de faina de griu	60	4.26	0.66	27.84	137.4
	-Unt	20	13.2	1.64	0.18	1.32
3	Ceai cu zahar si lamiie	250				
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	0.27	-	-	99.8	1.075
	-Lamiie	6	0.04	-	0.15	0.25
	-Ciocolata	30	0.45	-	20.7	120
Total dejun			93.80	50.43	221.84	1622.13
Prinz						
1	Ciorba cu carne de pasare	500/100				
	-Carne	100	4.4	49.3	-	303
	-Ulei	12	-	-	-	-
	-Ceapa	10	0.17	-	0.95	42
	-Cartofi	40	0.8	0.04	0.788	0.33
	-Morcov	10	0.03	0.01	0.07	41
	-Tomat	5	0.1	0.01	7.7	0.149
	-Condiment	5	0.3	0.3	0.01	0.39
	-Bors acru	0.005	1.03	0.63	-	1.66
	-Sare	0.02			-	-
	-Varza	10	11	0.02	0.05	0.31
	-Smintina	0.02	0.58	-	0.06	3.24
2	Sarmale cu carne de porc	150/30				
	-Orez	100	7.3	2.0	63.1	333
	-Ceapa	10	0.17	-	0.95	42
	-Morcov	10	0.03	0.01	0.07	41
	-Ulei	12	-	0.1199	-	1.079
	-Carne	30	0.342	0.150	-	0.909
	-Sare	0.02	-	-	-	-
4	Piine din faina de griu	130	16.25	2.21	62.79	286
Total prinz			42.51	54.80	136.47	1096.067

Gustare						
1	Lapte	250	0.15	-	0.43	11
	Chifla	100	6	-	55.75	263
Total gustare			6.15	-	56.18	274
Cina						
1	Terci din orz cu salam afumat	250/50				
	-Terci din orz	100	9.3	1.1	73.7	347
	-Ulei	12	-	0.1199	-	1.079
	-Ceapa	10	0.17	-	0.95	0.42
	-Morcov	10	0.03	0.01	0.07	0.41
	-Salam	50	0.6	-	0.25	611
2	Piine cu Pate					
	-Piine din faina de griu	60	0.81	0.72	28.98	132
	-Pate	20	0.17	-	0.124	0.22
3	Ceai cu zahar si lamiie					
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	27	-	-	99.89	1.075
	-Lamiie	6	0.04	-	0.15	0.25
4	Marmelada	30	0.3	-	0.248	0.98
5	Banane	50	0.75	0.15	15.5	16.4
Total cina			12.18	2.099	219.87	1110.83
Total a cincea zi			154.64	107.33	634.36	4103.28

A sasea zi

Nr.	Denumirea bucatelor	Masa,g	Proteine,g	Lipide,g	Glucide,g	Valoarea calorica,kcal.
Dejun						
1	Terci din mei pe lapte dulce	250/125				
	-Terci din mei	100	11.6	2.3	59.5	343
	-Lapte	0.25	0.15	-	0.43	11
	-Zahar	0.27	-	-	7.64	7.66
	-Unt	20	13.2	1.64	0.18	1.32
2	Piine cu unt	60				
	-Piine de faina de griu	60	4.26	0.66	27.84	137.4
	-Unt	20	13.2	1.64	0.18	1.32
3	Ceai cu zahar si lamiie	250				
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	0.27	-	-	99.8	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
	-Napolitane	30	0.0171	-	0.173	1.551
Total dejun			42.47	6.24	195.89	504.335
Prinz						
1	Ciorba cu carne de porc	500/100				
	-Carne	100	3.3	6.6	-	188
	-Ulei	12	-	-	-	-
	-Ceapa	10	0.17	-	0.95	42
	-Cartofi	40	0.8	0.04	0.788	0.33
	-Morcov	10	0.03	0.01	0.07	41
	-Tomat	5	0.1	0.01	7.7	0.149
	-Condiment	5	0.3	0.3	0.01	0.39
	-Bors acru	0.005	1.03	0.63	-	1.66
	-Sare	0.02			-	-
	-Varza	10	11	0.02	0.05	0.31
	-Smintina	0.02	0.56	0.04	0.64	0.324
2	Placinta cu brinza	250/70				
	-Faina de griu	100	10.3	1	-	364
	-Brinza	70	0.119	-	0.126	0.868
	-Ou	0.5	1.26	1.16	0.07	15.7
	-Ulei	12	-	0.1199	-	1.079
	-Sare	0.02	-	-	-	-
4	Piine din faina de griu	130	16.25	2.21	62.79	286
Total prinz			81.69	11.54	131.235	1073.15

Gustare						
1	Suc de mere	250	-	-	0.28	0.11
	Chifla	100	6	-	55.75	263
Total gustare			6	-	56.03	319.14
Cina						
1	Terci din orez cu salam	250/50				
	-Terci din orez	100	12.5	1.9	67.5	357
	-Ulei	12	-	0.1199	-	1.079
	-Ceapa	10	0.17	-	0.95	0.42
	-Salam	50	0.6	-	0.25	611
	-Morcov	10	0.03	0.01	0.07	41
2	Piine cu pate					
	-Piine din faina de griu	60	0.81	0.72	28.98	132
	-pate	20	0.17	-	0.124	0.22
3	Ceai cu zahar si lamiie					
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	27	-	-	99.89	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
4	Ciocolate	30	0.45	-	20.7	120
Total cina			14.78	2.749	218.49	1262.72
Total a sasea zi			144.94	20.529	601.65	3159.35

A saptea zi

Nr.	Denumirea bucatelor	Masa,g	Proteine,g	Lipide,g	Glucide,g	Valoarea calorica,kcal.
Dejun						
1	Paste fainoase cu lapte dulce	250/125				
	-Paste fainoase	100	12.3	-	71.8	322
	-Lapte	0.25	0.15	-	0.43	11
	-Zahar	0.27	-	-	7.64	7.66
	-Unt	20	13.2	1.64	0.18	1.32
2	Piine cu unt	60				
	-Piine de faina de griu	60	4.26	0.66	27.84	137.4
	-Unt	20	13.2	1.64	0.18	1.32
3	Ceai cu zahar si lamiie	250				
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	0.27	-	-	99.8	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
	-Ciocolata	30	0.45	-	20.7	120
Total dejun			43.61	3.94	228.72	601.79
Prinz						
1	Ciorba cu carne de vita	500/100				
	-Carne	100	3.3	6.6	-	188
	-Ulei	12	-	-	-	-
	-Ceapa	10	0.17	-	0.95	42
	-Cartofi	40	0.8	0.04	0.788	0.33
	-Morcov	10	0.03	0.01	0.07	41
	-Tomat	5	0.1	0.01	7.7	0.149
	-Condiment	5	0.3	0.3	0.01	0.39
	-Bors acru	0.005	1.03	0.63	-	1.66
	-Sare	0.02			-	-
	-Varza	10	11	0.02	0.05	0.31
	-Smintina	0.02	0.56	0.04	0.64	0.324
2	Piureu de cartofii cu peste la rola in tomat	250/100				
	-Piureu de cartofii	400	8	0.4	78.8	330
	-Peste	100	16.6	-	-	86
	-Tomat	5	0.1	0.01	7.7	0.149
	-Ulei	12	-	0.1199	-	1.079
	-Sare	0.02	-	-	-	-
4	Piine din faina de griu	130	16.25	2.21	62.79	286

Total prinz			57.85	10.39	159.50	977.41
Gustare						
1	Suc de mere	250	-	-	0.28	0.11
	Chifla	100	6	-	55.75	263
Total gustare			6	-	56.03	319.14
Cina						
1	Brinza cu smintina/ou fiert	100/50				
	-Brinza	100	16.7	9	1.3	620
	-Smintina	50	0.609	-	0.9	4.86
	-Ou	0.5	1.26	1.16	0.07	15.7
2	Piine cu pate					
	-Piine din faina de griu	60	0.81	0.72	28.98	132
	-pate	20	0.17	-	0.124	0.22
3	Ceai cu zahar si lamiie					
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	27	-	-	99.89	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
4	Bomboane	30	0.0.3	-	0.223	1.137
Total cina			19.63	10.88	102.68	775.236
Total a saptea zi			127.09	25.22	546.93	2673.58

A opta zi

Nr.	Denumirea bucatelor	Masa,g	Proteine,g	Lipide,g	Glucide,g	Valoarea calorica,kcal.
Dejun						
1	Terci din griu pe lapte cu ou fiert	250/125				
	-Terci din griu	100	12.5	1.9	67.5	357
	-Lapte	0.25	0.15	-	0.43	11
	-Zahar	0.27	-	-	7.64	7.66
	-Unt	20	13.2	1.64	0.18	1.32
	-Ou	0.5	1.26	1.16	0.07	15.7
2	Piine cu halva	60				
	-Piine de faina de griu	60	4.26	0.66	27.84	137.4
	-Halva	30	0.43	-	0.112	1.728
3	Ceai cu zahar si lamiie	250				
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	0.27	-	-	99.8	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
	-Ciocolata	30	0.45	-	20.7	120
Total dejun			32.30	5.36	228.92	652.89
Prinz						
1	Ciorba cu carne de porc	500/100				
	-Carne	100	3.3	6.6	-	188
	-Ulei	12	-	-	-	-
	-Ceapa	10	0.17	-	0.95	42
	-Cartofi	40	0.8	0.04	0.788	0.33
	-Morcov	10	0.03	0.01	0.07	41
	-Tomat	5	0.1	0.01	7.7	0.149
	-Condiment	5	0.3	0.3	0.01	0.39
	-Bors acru	0.005	1.03	0.63	-	1.66
	-Sare	0.02			-	-
	-Varza	10	11	0.02	0.05	0.31
	-Smintina	0.02	0.56	0.04	0.64	0.324
2	Placinte cu cartof /bostan	250/40				
	-Faina de griu	100	10.3	1	-	364
	-Cartof	40	0.8	0.04	0.788	0.33
	-Bostan	40	1.1	0.3	-	89
	-Ulei	12	-	0.1199	-	1.079
	-Sare	0.02	-	-	-	-
	-Piper negru	0.01	-	-	-	-
4	Piine din faina de griu	130	16.25	2.21	62.79	286

Total prinz			45.75	11.68	73.79	973.59
Gustare						
1	Chifir	250	7	-	10	142.5
	Chifla	100	6	-	55.75	263
Total gustare			13	-	65.75	405.5
Cina						
1	Fripturica de pui	250				
	-Carne	100	20.8	8.8	0.6	114
	-Ciapa	10	0.17	-	0.95	42
	-Morcov	10	0.03	0.01	0.07	41
	-Sare	0.02	-	-	-	-
	-Ulei	12	-	0.119		1.079
2	Piine cu pate					
	-Piine din faina de griu	60	0.81	0.72	28.98	132
	-pate	20	0.17	-	0.124	0.22
3	Ceai cu zahar si lamiie					
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	27	-	-	99.89	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
4	Napolitane	30	0.0171	-	0.173	1.551
5	Banane	50	1.1	0.3	-	89
Total cina			23.14	9.95	130.94	421.93
Total a opta zi			114.19	121.04	499.4	2453.91

A noua zi

Nr.	Denumirea bucatelor	Masa,g	Proteine,g	Lipide,g	Glucide,g	Valoarea calorica,kcal.
Dejun						
1	Terci din orez cu conserva in tomat	250/85				
	-Terci din orez	100	12.5	1.9	67.5	357
	-Ciapa	10	0.17	-	0.95	42
	-Morcov	10	0.03	0.01	0.07	41
	-Ulei	12	-	0.119	-	1.079
	-Conserva in tomat	85	0.153	-	0.34	0.333
2	Piine cu magiun	60				
	-Piine de faina de griu	60	4.26	0.66	27.84	137.4
	-Magiun	21	-	-	0.122	0.487
3	Ceai cu zahar si lamiie	250				
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	0.27	-	-	99.8	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
	-Bomboane	30	0.03	-	0.283	1.137
Total dejun			17.18	2.689	197.05	581.20
Prinz						
1	Ciorba cu carne de pasare	500/100				
	-Carne	100	3.3	6.6	-	188
	-Ulei	12	-	0.119	-	1.079
	-Ceapa	10	0.17	-	0.95	42
	-Cartofi	40	0.8	0.04	0.788	0.33
	-Morcov	10	0.03	0.01	0.07	41
	-Tomat	5	0.1	0.01	7.7	0.149
	-Condiment	5	0.3	0.3	0.01	0.39
	-Bors acru	0.005	1.03	0.63	-	1.66
	-Sare	0.02			-	-
	-Varza	10	11	0.02	0.05	0.31
	-Smintina	0.02	0.56	0.04	0.64	0.324
2	Pateurii cu brinza si cartof	250/40				
	-Faina de griu	100	10.3	1	-	364
	-Cartof	40	0.8	0.04	0.788	0.33
	-Brinza	40	0.119	-	0.126	0.868
	-Ulei	12	-	0.1199	-	1.079
	-Sare	0.02	-	-	-	-
	-Piper negru	0.01	-	-	-	-
4	Piine din faina de griu	130	16.25	2.21	62.79	286

Total prinz			44.76	11.19	73.91	907.38
Gustare						
1	Chifir	250	7	-	10	142.5
	Chifla	100	6	-	55.75	263
Total gustare			13	-	65.75	405.5
Cina						
1	Vinegret din legume	250				
	-Sfecla rosie	100	1.44	0.096	8.44	40.32
	-Ciapa	10	0.17	-	0.95	42
	-Morcov	10	0.03	0.01	0.07	41
	-Sare	0.02	-	-	-	-
	-Ulei	12	-	0.119		1.079
	-Mazare verde conservata	50	1.65	-	3.25	20
2	Piine cu pate					
	-Piine din faina de griu	60	0.81	0.72	28.98	132
	-pate	20	0.17	-	0.124	0.22
3	Ceai cu zahar si lamiie					
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	27	-	-	99.89	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
4	Biscuiti	30	2.6	1.48	15.05	21.13
Total cina			6.92	2.425	143.40	298.84
Total a noua zi			81.86	16.304	480.11	2192.92

A zecea zi

Nr.	Denumirea bucatelor	Masa,g	Proteine,g	Lipide,g	Glucide,g	Valoarea calorica,kcal.
Dejun						
1	Terci din griu cu safalade	250/50				
	-Terci din griu	100	12.5	1.9	67.5	357
	-Ciapa	10	0.17	-	0.95	42
	-Morcov	10	0.03	0.01	0.07	41
	-Ulei	12	-	0.119	-	1.079
	-Safalade	50	0.41	-	0.34	1.025
2	Piine cu Unt	60				
	-Piine de faina de griu	60	4.26	0.66	27.84	137.4
	-Unt	20	13.2	1.64	0.18	1.32
3	Ceai cu zahar si lamiie	250				
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	0.27	-	-	99.8	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
	-Ciocolate	30	0.45	-	20.7	120
Total dejun			31.06	4.329	217.53	701.91
Prinz						
1	Ciorba cu carne de porc	500/100				
	-Carne	100	3.3	6.6	-	188
	-Ulei	12	-	0.119	-	1.079
	-Ceapa	10	0.17	-	0.95	42
	-Cartofi	40	0.8	0.04	0.788	0.33
	-Morcov	10	0.03	0.01	0.07	41
	-Tomat	5	0.1	0.01	7.7	0.149
	-Condiment	5	0.3	0.3	0.01	0.39
	-Bors acru	0.005	1.03	0.63	-	1.66
	-Sare	0.02			-	-
	-Varza	10	11	0.02	0.05	0.31
	-Smintina	0.02	0.56	0.04	0.64	0.324
2	Chiftelute in sos de tomat	250				
	-Carne de porc	100	3.3	6.6	-	188
	-Ceapa	10	0.17	-	0.95	42
	-Tomat	5	0.1	0.01	7.7	0.149
	-Ulei	12	-	0.1199	-	1.079
	-Sare	0.02	-	-	-	-
	-Piper negru	0.01	-	-	-	-
	-Morcov	10	0.03	0.01	0.07	41
4	Piine din faina de griu	130	16.25	2.21	62.79	286
Total prinz			37.14	16.72	81.070	833.47

Gustare						
1	Chifir	250	7	-	10	142.5
	Chifla	100	6	-	55.75	263
Total gustare			13	-	65.75	405.5
Cina						
1	Terci din hrisca+scumbrie sarata	250/100				
	-Terci din hrisca	100	11.6	2.3	59.5	343
	-Ciapa	10	0.17	-	0.95	42
	-Morcov	10	0.03	0.01	0.07	41
	-Sare	0.02	-	-	-	-
	-Ulei	12	-	0.119		1.079
	-Scumbrie sarata	100	1.60	-	-	230
2	Piine cu pate					
	-Piine din faina de griu	60	0.81	0.72	28.98	132
	-pate	20	0.17	-	0.124	0.22
3	Ceai cu zahar si lamiie					
	-Ceai	0.5	0.002	-	-	0.008
	-Zahar	27	-	-	99.89	1.075
	-Lamiie	6	0.04	-	0.15	0.00099
4	Biscuiti	30	2.6	1.48	15.05	21.13
Total cina			17.022	4.629	204.72	809.52
Total a zecea zi			98.23	25.678	569.07	2750.4