

Denumirea Bucatelor	Masa Gr	Proteine	Lipide	Glucide	Valoarea energetica
Mic dejun 1					
Paste fainoase cu lapte de vaci 2.5 %	1//200				
Paste Fainoase	50	5.2	0.68	38.48	187.2
Lapte 2,5%	150	9	6	15	156
Zahar	10	-	-	9.9	34.8
Prinz: 1					
Supa zilei Zeama	1//200				
Cartofi	120	1.73	0.09	16.42	69.12
Morcov	25	0.26	0.02	1.4	8.2
ceapa	25	0.36	-	2	8.82
Verdeata	2	0.34	0.07	0.85	0.62
radacina de telina	10	0.05	0.01	0.21	1.12
sare	2	-	-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Taietei	10	1	0.13	7.4	36
Salata din Telina	1//50				
radacina de telina	10	0.05	0.01	0.21	1.12
Varza Proaspata	37.5	0.24	-	1.62	9.3
Ardei gras	10	0.08	-	0.45	2.25
Sare	1	-	-	-	-
Ulei vegetal	5	-	4.95	-	44.95
Mamaliga	1//100				
Faina de porumb	25	2.49	1	16.65	80.85
sare	1	-	-	-	-
Ulei vegetal	5	-	4.95	-	44.95
Tocanita de pui cu legume	1//50				
File de gaina	55	11.7	4.95	3.38	66.94
ceapa	25	0.36	-	2	8.82
Morcov	25	0.26	0.02	1.4	8.2
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Pine	1//70	5.68	0.82	33.6	186.9
Cina: 1					
Salata din varza cu morcov	1//50				
Varza Proaspata	37.5	0.24	-	1.62	9.3
Morcov	12.5	0.13	0.01	0.7	4.1
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Hrisca cu legume	1//100				
Morcov	12.5	0.13	0.01	0.7	4.1
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Crupa de hrisca	35	4.02	0.7	20.45	118
Pulpe de pui coapte	1//50				
Pulpe de pui	75	11.7	4.95	3.38	66.94
Sare	1	-	-	-	-
Ulei vegetal	5	-	4.95	-	44.95
Pine	1//70	5.68	0.82	33.6	186.9

Denumirea Bucatelor	Masa Gr	Proteine	Lipide	Glucide	Valoarea energetica
Mic dejun:2					
Oua de gaina fierte 1buc	60	5.09	3.92	0.39	55.98
Pine	30	2.43	0.36	14.4	80.1
Prinz:2					
Supa zilei Bors rosu	1//200				
Cartofi	120	1.73	0.09	16.42	69.12
Morcov	25	0.26	0.02	1.4	8.2
ceapa	25	0.36	-	2	8.82
Verdeata	2	0.34	0.07	0.85	0.62
sare	2	-	-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Sfecla	20	0.26	-	1.66	6.6
Salata din cartofi	1//50				
Cartofi	60	0.86	0.045	8.21	34.91
sare	2	-	-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Orez cu legume	1//100				
Orez	30	2.16	0.6	18.72	108.4
Morcov	25	0.26	0.02	1.4	8.2
sare	2	-	-	-	-
Batuta de pui	1//50				



File de gaina	55	11.7	4.95	3.38	66.94
sare	0.5		-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Ou de gaina	10	1.12	0.8	0.075	13.5
Faina de griu	7.5	0.61	0.09	3.6	20.03
Pine	1//70	5.68	9	33.6	186.9
Cina:2					
Salata din sfecla fiarta	1//50				
Sfecla	50	0.68	-	4.32	17.2
Sare	0.5		-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Pireu din cartofi	1//100				
Cartofi	120	1.73	0.09	16.42	69.12
sare	0.5		-	-	-
Guleas de pui	1//50				
File de gaina	55	11.7	4.95	3.38	66.94
ceapa	25	0.36	-	2	8.82
Morcov	25	0.26	0.02	1.4	8.2
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Pine	1//70	5.68	9	33.6	186.9

Denumirea Bucatelor	Masa Gr	Proteine	Lipide	Glucide	Valoarea energetica
Mic dejun:3					
Brinza cu cheag tare 45%	10	2.5	2.6	-	37.25
Pine asortiment	30	2.43	0.36	14.4	80.1
Unt 82,5%	10	0.06	8.2	0.09	74.8
Prinz:3					
Supa zilei Supa cu fasole	1//200				
Cartofi	50	0.72	0.04	6.84	28.8
fasole uscate	20	4.38	0.2	10.75	60.3
Morcov	10	0.1	0.01	0.56	3.28
ceapa	10	0.14	-	0.8	3.53
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Sare	2	-	-	-	-
Verdeata	2	0.03	-	0.1	0.44
Salata Vitamin	1//50				
Varza proaspata	45	0.24	-	1.92	11.05
Ceapa	5	0.1	-	0.5	2.25
Ulei vegetal nerafinat	2.5	-	2.48	-	22.48
Ardei gras	10	0.08	-	0.45	2.25
Crupa de griu cu sos	1//100				
Crupa de griu	50	5.58	0.66	43.64	183.22
sare	2	-	-	-	-
Morcov	10	0.1	0.01	0.56	3.28
Ulei vegetal nerafinat	10	-	9.92	-	89.92
pasta de tomat	3	0.16	-	0.45	2.55
Peste in sos de legume	1//50				
Peste merlociu	65	6.3	1.24	-	54.2
sare	2	-	-	-	-
Morcov	10	0.1	0.01	0.56	3.28
Ulei vegetal nerafinat	10	-	9.92	-	89.92
pasta de tomat	3	0.16	-	0.45	2.55
Pine	1//70	5.68	9	33.6	186.9
Cina:3					
Salata varza cu mazare	1//50				
Varza pechin	40	0.3	-	1.1	8.9
Mazare verde	10	0.5	0.02	1.3	4
sare	2	-	-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Hrisca cu legume	1//100				
Morcov	12.5	0.13	0.01	0.7	4.1
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Crupa de hrisca	35	4.02	0.7	20.45	118
Chiftelute de pui in sos de legume	1//50				
File de gaina	40	8.32	3.52	2.4	47.6
pine	7	0.57	0.08	3.36	18.69
oua de gaina	6	0.68	0.52	0.05	7.46
ceapa	10	0.3	-	1.8	6.8
pasta de tomat	3	0.15	0.06	0.45	2.85
sare	1	-	-	-	-
faina de griu	10	1	0.1	7.3	35.8
Ulei vegetal nerafinat	5	-	4.95	-	44.95



Pine	1//70	5.68	9	33.6	186.9
Denumirea Bucatelor	Masa Gr	Proteine	Lipide	Glucide	Valoarea energetica
Mic dejun:4					
Tartina cu unt 82,5% si cascaval 45%	1//50				
Pine faina integrala Fortificata cu acid folic si fier	30	4.05	0.6	24	133.5
Unt 82,5%	10	0.06	8.2	0.09	74.8
Cascaval 45%	10	1.95	2.05		29.8
Prinz:4					
Supa zilei Supa cu legume	1//200				
Cartofi	120	1.73	0.09	16.42	69.12
Morcov	25	0.26	0.02	1.4	8.2
ceapa	25	0.36	-	2	8.82
Verdeata	2	0.34	0.07	0.85	0.62
radacina de telina	10	0.05	0.01	0.21	1.12
pasta de tomat	3	0.16	-	0.45	2.55
sare	2	-	-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Salata Vinegred	1//50				
Sfecla	30	0.36	-	1.86	8.5
Morcov	10	0.15	0.02	0.75	4.1
Cartofi	10	0.2	0.01	1.26	5.64
ceapa	10	0.26	-	1.45	6.32
Ulei vegetal nerafinat	5	-	4.95	-	44.95
sare	2	-	-	-	-
Cartofi inabusiti	1//100				
Cartofi	120	1.73	0.09	16.42	69.12
pasta de tomat	3	0.16	-	0.45	2.55
ceapa	15	0.21	-	1.2	5.29
Morcov	25	0.7	5	0.8	50
Ulei vegetal nerafinat	10	-	9.92	-	89.92
sare	1	-	-	-	-
Tocanita de pui cu legume	1//50				
File de gaina	55	11.7	4.95	3.38	66.94
ceapa	25	0.36	-	2	8.82
Morcov	25	0.26	0.02	1.4	8.2
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Pine	1//70	5.68	9	33.6	186.9
Cina:4					
Rosii murate	1//50				
Rosii murate	50	0.5	0.1	1.5	6
Cartofi copti	1//100				
Cartofi	120	1.73	0.09	16.42	69.12
sare	1	-	-	-	-
Ulei vegetal	5	-	4.95	-	44.95
Pulpe de pui coapte	1//50				
Pulpe de pui	75	11.7	4.95	3.38	66.94
Sare	1	-	-	-	-
Ulei vegetal	5	-	4.95	-	44.95
Pine	1//70	5.68	9	33.6	186.9

Denumirea Bucatelor	Masa Gr	Proteine	Lipide	Glucide	Valoarea energetica
Mic dejun:5					
Crupa de griu cu lapte de vaci 2.5 %	1//200				
Crupa de griu	60	7.13	0.59	24	133.5
Lapte de vaci 2,5%	150	4.5	3	7.5	78
Zahar	10	-	-	9.9	17.4
Prinz:5					
Supa zilei cu mazare uscata	1//200				
Cartofi	50	0.72	0.04	6.84	28.8
Mazare uscata	20	4.38	0.2	10.75	60.3
Morcov	10	0.1	0.01	0.56	3.28
ceapa	10	0.14	-	0.8	3.53
Ulei vegetal nerafinat	2.5	-	2.48	-	22.48
Sare	2	-	-	-	-
Verdeata	2	0.03	-	0.1	0.44
Salata din legume Fierate	1//50				
Sfecla	30	0.36	-	1.86	8.5
Morcov	10	0.15	0.02	0.75	4.1
Cartofi	10	0.2	0.01	1.26	5.64
Ulei vegetal nerafinat	5	-	4.95	-	44.95



sare	2	-	-	-	-
Orez cu legume	1//100				
Orez	30	2.16	0.6	18.72	108.4
Morcov	25	0.26	0.02	1.4	8.2
sare	2	-	-	-	-
Friptura de pui cu legume	1//50				
File de gaina	55	11.7	4.95	3.38	66.94
ceapa	25	0.36	-	2	8.82
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Pine	1//70	5.68	9	33.6	186.9
Cina:5					
Salata vitamin	1//50				
Varza proaspata	45	0.24	-	1.92	11.05
Ceapa	5	0.1	-	0.5	2.25
Ulei vegetal nerafinat	2.5	-	2.48	-	22.48
Ardei gras	10	0.08	-	0.45	2.25
Terzi de arnaut	1//100				
Crupa de arnaut	50	5.58	0.66	43.64	183.22
sare	2	-	-	-	-
Morcov	10	0.1	0.01	0.56	3.28
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Fiile de gaina in sos alb	1//50				
File de gaina	55	11.7	4.95	3.38	66.94
ceapa	25	0.36	-	2	8.82
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Faina de griu	10	0.57	0.08	3.36	18.69
Pine	1//70	5.68	9	33.6	186.9

Denumirea Bucatelor	Masa Gr	Proteine	Lipide	Glucide	Valoarea energetica
Mic dejun:6					
Brinza cu cheag tare 45%	10	2.5	2.6	-	37.25
Pine asortiment	30	2.43	0.36	14.4	80.1
Unt 82,5%	10	0.06	8.2	0.09	74.8
Prinz:6					
Supa zilei Cu fasole	1//200				
Cartofi	50	0.72	0.04	6.84	28.8
fasole uscate	20	4.38	0.2	10.75	60.3
Morcov	10	0.1	0.01	0.56	3.28
ceapa	10	0.14	-	0.8	3.53
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Sare	2	-	-	-	-
Verdeata	2	0.03	-	0.1	0.44
Salata de morcov	1//50				
Morcov	50	0.52	0.04	2.8	16.4
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Sare	2	-	-	-	-
Paste fierte	1//100				
Paste fanoase	50	5.2	0.68	38.48	187.2
Sare	2	-	-	-	-
Tocanita de pui cu sos alb	1//50				
File de gaina	55	11.7	4.95	3.38	66.94
ceapa	25	0.36	-	2	8.82
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Faina de griu	10	0.57	0.08	3.36	18.69
Pine	1//70	5.68	9	33.6	186.9
Cina: 6					
Salata din morcov picant	1//50				
Morcov picant	40	0.52	0.04	2.8	16.4
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Sare	2	-	-	-	-
Cartofi fierti cu verdeata	1//100				
Cartofi	120	1.73	0.09	16.42	69.12
Verdeata	2	0.03	-	0.1	0.44
Sare	2	-	-	-	-
Pirjoale de pui	1//50				
File de gaina	55	11.7	4.95	3.38	66.94
oua de gaina	6	0.68	0.52	0.05	7.46
ceapa	35	0.5	-	2.79	12.35
sare	1	-	-	-	-



Ulei vegetal nerafinat	5	-	4.95	-	44.95
Pine	1//70	5.68	9	33.6	186.9

Denumirea Bucatelor	Masa Gr	Proteine	Lipide	Glucide	Valoarea energetica
---------------------	---------	----------	--------	---------	---------------------

Mic dejun:7

Oua de gaina fierte 1buc	1//60	5.09	3.92	0.39	55.98
Pine	30	2.43	0.36	14.4	80.1

Prinz:7

Supa zilei Cu varza	1//200				
Varza proaspata	37.5	0.24	-	1.62	9.3
Cartofi	66.5	0.96	0.05	9.1	38.3
Morcov	12.5	0.13	0.01	0.7	4.1
ceapa	12	0.17	-	0.96	4.23
Sare	2	-	-	-	-
Ulei vegetal nerafinat	5	-	4.95	-	44.95
Salata din telina si morcov	1//50				
radacina de telina	10	0.05	0.01	0.21	1.12
Morcov	50	0.52	0.04	2.8	16.4
Sare	1	-	-	-	-
Ulei vegetal	5	-	4.95	-	44.95
Tocanita de pui cu legume	1//50				
File de gaina	55	11.7	4.95	3.38	66.94
ceapa	25	0.36	-	2	8.82
Morcov	25	0.26	0.02	1.4	8.2
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Pine	1//70	5.68	9	33.6	186.9

Cina:7

Salata din varza cu morcov	1//50				
Varza Proaspata	37.5	0.24	-	1.62	9.3
Morcov	12.5	0.13	0.01	0.7	4.1
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Crupa de griu cu sos	1//100				
Crupa de griu	50	5.58	0.66	43.64	183.22
sare	2	-	-	-	-
Morcov	10	0.1	0.01	0.56	3.28
Ulei vegetal nerafinat	10	-	9.92	-	89.92
pasta de tomat	3	0.16	-	0.45	2.55
Aripi de pui coapte	1//50				
Aripi de pui	75	11.7	4.95	3.38	66.94
Sare	1	-	-	-	-
Ulei vegetal	5	-	4.95	-	44.95
Pine	1//70	5.68	9	33.6	186.9

Denumirea Bucatelor	Masa Gr	Proteine	Lipide	Glucide	Valoarea energetica
Mic dejun:8					
Crupa de gris cu lapte de vaci 2.5 %	1//200				
crupa de gris	20	2.81	0.17	18.16	85.32
Zahar	5	-	-	4.95	17.4
Lapte de vaci 2,5%	150	4.5	3	7.5	78
Mic dejun:8					
Supa zilei Zeama	1//200				
Cartofi	120	1.73	0.09	16.42	69.12
Morcov	25	0.26	0.02	1.4	8.2
ceapa	25	0.36	-	2	8.82
Verdeata	2	0.34	0.07	0.85	0.62
radacina de telina	10	0.05	0.01	0.21	1.12
sare	2	-	-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Taietei	10	1	0.13	7.4	36
Salata din v. pechin si mazare	1//50				
Varza pechin	40	0.3	-	1.1	8.9
Mazare verde	10	0.5	0.02	1.3	4
sare	2	-	-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Pireu de cartofi	1//100				
Cartofi	120	1.73	0.09	16.42	69.12
sare	0.5	-	-	-	-



Tocanita de pui cu legume	1//50				
File de gaina	55	11.7	4.95	3.38	66.94
ceapa	25	0.36	-	2	8.82
Morcov	25	0.26	0.02	1.4	8.2
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Pine	1//70	5.68	9	33.6	186.9
Cina:8					
Salata din varza cu morcov	1//50				
Varza Proaspata	37.5	0.24	-	1.62	9.3
Morcov	12.5	0.13	0.01	0.7	4.1
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Orez cu legume	1//100				
Orez	30	2.16	0.6	18.72	108.4
Morcov	25	0.26	0.02	1.4	8.2
sare	2	-	-	-	-
Tiftele de pui in sos rosu	1//50				
File de gaina	40	8.32	3.52	2.4	47.6
pine	7	0.57	0.08	3.36	18.69
oua de gaina	6	0.68	0.52	0.05	7.46
ceapa	10	0.3	-	1.8	6.8
pasta de tomat	3	0.15	0.06	0.45	2.85
sare	1	-	-	-	-
faina de griu	10	1	0.1	7.3	35.8
Ulei vegetal nerafinat	5	-	4.95	-	44.95
Pine	1//70	5.68	9	33.6	186.9

Denumirea Bucatelor	Masa Gr	Proteine	Lipide	Glucide	Valoarea energetica
Mic dejun 9					
Tartina cu unt 82,5% si cascaval 45%	1//50				
Pine faina integrala Fortificata cu acid folic si fier	30	4.05	0.6	24	133.5
Unt 82,5%	10	0.06	8.2	0.09	74.8
Cascaval 45%	10	1.95	2.05	-	29.8

Prinz:9					
Supa zilei Bors rosu	1//200				
Cartofi	120	1.73	0.09	16.42	69.12
Morcov	25	0.26	0.02	1.4	8.2
ceapa	25	0.36	-	2	8.82
Verdeata	2	0.34	0.07	0.85	0.62
sare	2	-	-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Sfecla	20	0.26	-	1.66	6.6
Salata din morcov si radacina telina	1//50				
radacina de telina	10	0.05	0.01	0.21	1.12
Morcov	50	0.52	0.04	2.8	16.4
Sare	1	-	-	-	-
Ulei vegetal	5	-	4.95	-	44.95
Cartofi pireu	1//100				
Cartofi	120	1.73	0.09	16.42	69.12
sare	0.5	-	-	-	-
Carne de pui in sos de ciuperci	1//50				
File de gaina	55	11.7	4.95	3.38	66.94
ceapa	25	0.36	-	2	8.82
Ciuperci	25	0.26	0.02	1.4	8.2
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Pine	1//70	5.68	9	33.6	186.9

Cina:9					
Salata Sfecla fiarta	1//50				
Sfecla	50	0.68	-	4.32	17.2
Sare	0.5	-	-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Hrisca cu legume	1//100				
Morcov	12.5	0.13	0.01	0.7	4.1
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Crupa de hrisca	35	4.02	0.7	20.45	118
Batuta de pui	1//50				
File de gaina	55	11.7	4.95	3.38	66.94
sare	0.5	-	-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92



Ou de gaina	10	1.12	0.8	0.075	13.5
Faina de griu	7.5	0.61	0.09	3.6	20.03
Pine	1//70	5.68	9	33.6	186.9

Denumirea Bucatelor	Masa Gr	Proteine	Lipide	Glucide	Valoarea energetica
---------------------	---------	----------	--------	---------	---------------------

Mic Dejun 10

Omleta cu brinza tare 45%	1//75				
Oua de gaina	60	5.09	3.92	0.39	55.98
Brinza tare 45%	10	1.95	2.05	-	29.8
Ulei vegetal nerafinat	10	-	9.92	-	89.92

Prinz:10

Supa zilei Supa cu fasole	1//200				
Cartofi	50	0.72	0.04	6.84	28.8
fasole uscate	20	4.38	0.2	10.75	60.3
Morcov	10	0.1	0.01	0.56	3.28
ceapa	10	0.14	-	0.8	3.53
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Sare	2	-	-	-	-
Verdeata	2	0.03	-	0.1	0.44
Castraveti murati	1//50				
Castraveti murati	50	0.5	0.1	1.5	6
Terci de bulgur	1//100				
Crupa de griu	50	5.58	0.66	43.64	183.22
sare	2	-	-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
pasta de tomat	3	0.16	-	0.45	2.55
Tocanita de pui cu legume	1//50				
File de gaina	55	11.7	4.95	3.38	66.94
ceapa	25	0.36	-	2	8.82
Morcov	25	0.26	0.02	1.4	8.2
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Pine	1//70	5.68	9	33.6	186.9

Cina:10

Salata din varza cu mazare	1//50				
Varza Proaspata	40	0.3	-	1.1	8.9
Mazare verde	10	0.5	0.02	1.3	4
sare	2	-	-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
Pilaf cu legume si sos rosu	1//100				
Orez	50	5.58	0.66	43.64	183.22
sare	2	-	-	-	-
Ulei vegetal nerafinat	10	-	9.92	-	89.92
pasta de tomat	3	0.16	-	0.45	2.55
ceapa	25	0.36	-	2	8.82
Morcov	25	0.26	0.02	1.4	8.2
Friptura de pui cu sos	1//50				
File de gaina	55	11.7	4.95	3.38	66.94
ceapa	25	0.36	-	2	8.82
Morcov	25	0.26	0.02	1.4	8.2
Ulei vegetal	5	-	4.95	-	44.95
sare	1	-	-	-	-
Pine	1//70	5.68	9	33.6	186.9

