

denumirea bucatelor	cantitatea gr.	proteine	lipide	glucide	val. Energetica
		DEJUN			
terci de orez de ovas cu lapte	150	1.62	0	31.3	129.60
Budinca din brinza cu sirop	50.0	25.7	14.9	27.3	104
unt	10	0.1	7.8	0.01	70.24
Ceai cu zahar	200	0.11	1.6	15	57
piine	100	5.82	1.05	43.85	215
	Total	33.35	25.35	117.46	575.84
		PRINZ			
Salata din legume	100	0.86	15.8	2.9	157.7
Svecolnic cu smintina	200/7	3.52	1.72	24.9	183.1
Cartofi fierti cu unt	150	3.8	4.4	34.92	200.3
Gulas din carne de gaina	70	20.6	13.59	5.54	228.86
Compot din fructe	200	0.2	0.0	28.5	108
piine	100	5.82	1.05	43.85	215
	Total	34.8	36.56	140.61	1092.96
		GUSTARE			
Fructe proaspete	150	0.09	0	14.55	58.56
biscuiti	75	3.1	1.1	24	250.0
Cacao cu lapte	180	6.3	6.5	18.68	161.8
	Total	9.49	7.6	57.23	470.36
		CINA1			
Legume proaspete	50	12.8	0.0	2.8	44
Mamaliga cu unt	160	4.52	5.96	27.13	170.3
Peste in sos rosu	70	23.23	6.42	1.84	161.22
ceai cu zahar	200	0.11	1.6	15.0	57
piine	100	5.82	1.05	43.85	244.20
	Total	64.42	30.23	73.43	676.72
		CINA2			
Pateu cu gem	100	0.05	0.18	24.8	101.02
compot	200	0.2	0	28.5	108
	Total	0.25	0.18	53.3	209.02
Total pe zi		141.31	99.92	442.03	3024.90