

denumirea bucatelor	cantitatea gr.	proteine	lipide	glucide	val. Energetica
		DEJUN			
terci de fulgi de ovas cu lapte	150	3.99	10.6	12.2	160.17
omleta	40.0	10.5	6.2	2.65	71.0
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	20.52	27.25	73.71	573.41
		PRINZ			
legume proaspete	100	12.8	0	2.8	44
Bors cu varza proaspata si smintina	250/10	1.73	1.61	13.57	77.86
Orez fiert	150	3.0	6.0	31.5	192.0
Gaina in sos alb	70	22.8	11.4	0	200.4
Compot	200	0.2	0.0	28.5	108
piine	100	5.82	1.05	43.85	215
	Total	46.35	20.06	120.22	958.26
		GUSTARE			
Fructe proaspete	150	0,09	0	14.55	58.56
biscuiti	75	3.1	1.1	24	250.0
suc	150	0.45	7.5	5.7	91.2
	Total	3.64	8.6	44.25	399.76
		CINA1			
Salata din afecla fiarta	50	12.8	0.0	2.8	44
Paste fainoase cu unt	200	6.4	25.6	13.6	143
Rulada din carne de gaina	70	6.6	6.58	42.0	247.4
ceai cu zahar	200	0,11	1,6	15.0	57
piine	100	5.82	1.05	43.85	215
	Total	16.01	28.81	132.13	800.56
		CINA2			
Corn cu magiun	100	7.6	11.2	56.2	112
Suc de poama	200	0	0	30	132
	Total	7.6	11.2	86.2	244.0
Total pe zi		94.12	95.92	456.51	2975.99