

denumirea bucatelor	cantitatea gr.	proteine	lipide	glucide	val. Energetica
		DEJUN			
terci de mei cu lapte	150	7.3	15.0	31.1	285
Ou fiert	1	4.8	4.4	0.28	59.92
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	18.13	29.85	90.24	687.16
		PRINZ			
Salata din legume varza cu rosii	100	1.52	3.76	15.42	104.10
Bors cu varza proaspata /smintina	250/10	1.73	1.61	13.57	77.86
Pireu de mazare	200	23	16.0	57.40	172
Pirjoale in sos rosu	60	9.0	18.9	20.5	187
Compot din fructe proaspete	200	0.2	0.0	28.5	108
piine	100	5.82	1.05	43.85	215
	Total	41.27	41.32	179.24	863.96
		GUSTARE			
Fructe proaspete	150	0,03	0	15.0	60.01
biscuiti	75	3.1	1.1	24	250.0
suc	200	0.0	0.0	30.0	132
	Total	3.13	1.1	69	442.01
		CINA1			
Legume proaspete	50	12.8	0.0	2.8	44
Cartofi inabusiti cu carne	200/50	0.44	6.09	32.8	398.3
ceai	200	0,11	1,6	15.0	57
piine	100	5.82	1.05	43.85	215
	Total	19.17	8.74	94.45	714.3
		CINA2			
Chifla cu susan	100	0.05	0.18	24.8	101.20
chefir	150	4.5	7.5	5.7	91.2
	Total	4.55	7.68	30.5	192.4
Total pe zi		86.25	88.69	463.43	2899.83