

denumirea bucatelor	cantitatea gr.	proteine	lipide	glucide	val. Energetica
		DEJUN			
terci de gris cu lapte	150	7.3	15.0	3.1	197
cascaval	20.0	6.0	8.4	0	50
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	19.33	33.85	61.97	589.24
		PRINZ			
Salata din legume	100	0.86	15.8	2.9	157.7
Supa cu arpacas- (rasolnic)/smintin a	250/7	1.45	1.62	14.4	79.87
Terci de griu	150	0.3	4.5	19.5	120.26
Carne de pasare in sos rosu	70	22.8	11.4	0.	200.4
Compot din fructe proaspete	200	0.2	0.0	28.5	108
piine	100	5.82	1.05	43.85	215
	Total	31.43	34.37	189.15	881.23
		GUSTARE			
Fructe proaspete	150	0.09	0	14.55	58.56
biscuiti	75	3.1	1.1	24	250.0
suc	200	0.0	0.0	30.0	132
	Total	3.19	1.1	68.55	440.56
		CINA1			
Legume proaspete	50	12.8	0.0	2.8	44
Tocanita de legume	200	6.4	25.6	13.6	143
ceai cu zahar	200	0,11	1,6	15.0	57
piine	100	5.82	1.05	43.85	215
	Total	25.37	28.25	100.22	523.65
		CINA2			
Rulada cu gem	100	7.6	11.4	32.5	112
Suc	200	0	0	30	132
	Total	7.6	11.4	62.5	143.20
Total pe zi		86.92	108.97	482.39	2577.88