

denumirea bucatelor	cantitatea gr.	proteine	lipide	glucide	val. Energetica
		DEJUN			
Ou fiert	1	4.8	4.4	0.28	59.92
unt	10	0,1	7.8	0,01	70.24
terci din ovas cu lapte	150	3.99	10.6	12.2	160.17
ceai cu zahar	200	0.11	1.6	15	57
piine	100	5.82	1.05	43.85	215
	Total	14.82	25.25	71.34	562.33
		PRINZ			
salata din legume morcov /varza	100	0.86	15.8	2,9	157.7
zama cu taietei/smintina	250/7	7.4	4.7	23.2	150.1
Pilaf cu gaina	200/70	23.8	17.04	0.62	257.2
compot	200	0	0	32	70
piine	100	5.82	1.05	43.85	215
	Total	37.88	41.59	232.7	850
		GUSTARE			
biscuiti	75	3,1	1,1	24	250
Fructe proaspete	150	0.003	0	15	60.01
Compot din fructe proaspete	200	0.2	0	28.5	108
	Total	3.3	1.1	67.5	418.01
		CINA1			
Pirjoala in sos alb	70	6.6	6.58	42.0	247.40
Piure de cartofi	200	4.0	14.6	14.6	218
legume	100	1.2	0	0	15.0
Cacao cu lapte	200	5.6	6.4	9.4	134.7
piine	100	5.82	1.05	43.85	215
	Total	23.22	28.63	121.25	830.1
		CINA2			
pateu cu majiun	100	0.05	0.18	24.8	101.02
chefir	150	4.5	7.5	5.7	91.2
	Total	4.55	7.68	30.5	192.22
Total pe zi		83.77	104.45	393.16	2852.66