

## Model Meniu

### Ziua 1

Supa Zeama 300 ml (326Kkal)  
Salata Vitamin 100 gr (90,2Kkal)  
Aripi de pui coapte 70gr (260 Kkal)  
Terci de griu cu legume 200 gr (327,1 Kkal)  
Piine asortiment 100 gr (286,2 Kkal)  
Ceai din ierburi cu zahar 200 ml (102,2 Kkal)  
Biscuiti asortiment 50gr (156,2 Kkal)  
Fructe de sezon 75gr (24 Kkal)

**Total 1571 Kkal**

### Ziua 2

Bors rosu 300 ml (260,8 Kkal)  
Salata Pechin 100 gr (93,2 Kkal)  
Paste cu sos Bolognese (sosul cu carne de vita si porc) 260gr (586,9 Kkal)  
Kefir 2,5% 200 ml (92,6 Kkal)  
Piine asortiment 100gr (286,2 Kkal)  
Biscuiti asortiment 50gr (156,2 Kkal)  
Legume de sezon 50gr (30 Kkal)

**Total 1505,9 Kkal**

### Ziua 3

Supa de legume 300 ml (289,6 Kkal)  
Salata din morcov corean 100 gr (92,9 Kkal)  
Pulpe de pui coapte 70gr (236,2 Kkal)  
Orez cu legume 200 gr (386,6 Kkal)  
Piine asortiment 100 gr (286,2 Kkal)  
Ceai din ierburi 200 ml (53,65 Kkal)  
Fructe de sezon 50gr (24 Kkal)  
Biscuiti asortiment 50gr (156,2 Kkal)

**Total 1506,55 Kkal**

### Ziua 4

Supa de mazare 300 ml (260,3 Kkal)  
Salata din varza 100 gr (92,6 Kkal)  
Peste hec in sos de legume 70 gr (268,9 Kkal)  
Hrisca cu legume 200 gr (369,2 Kkal)  
Piine asortiment 100 gr (286,2 Kkal)  
Ceai din ierburi cu zahar 200 ml (102,2 Kkal)  
Biscuiti asortiment 50gr (156,2 Kkal)  
Legume de sezon 50gr (30 Kkal)

**Total 1565,6 Kkal**

### Ziua 5

Bors cu varza 300 ml (285 Kkal)  
Salata din sfecla 100 gr (96,6 Kkal)  
Pulpe de gaina in sos 50/25 gr (192,6 Kkal)  
Mamaliga 200 gr (388,6 Kkal)  
Piine asortiment 100 gr (286,2 Kkal)  
Kefir 2,5% 200 ml (92,6 Kkal)  
Biscuiti asortiment 50gr (156,2 Kkal)  
Fructe de sezon 50gr (24 Kkal)

**Total 1521,8 Kkal**

