

## Saptamina II Joi

Denumirea produselor	Gramaj, g	Proteine, g	Lipide, g	Glucide, g	Valoarea energetica, Kcall
Dejun					
Fructe proaspete (mere, citrice, structuri, banane)	1/100	0.40		15.80	62.00
Iaurt natural (2,6% grasime)	1/100	2.80	0.10	18.90	88.00
Terci din hrisca cu unt (82,5% grasime), zahar	1/130/5/10	8.90	5.90	12.30	267.50
Tartina cu unt Taranesc (82,5% grasime)	1/10/35	2.38	9.14	19.10	163.80
Ceai cu zahar si lamaie	1/200/7	0.10		15.00	59.00
		14.58	15.14	81.10	640.30

## Saptamina II Vineri

Denumirea produselor	Gramaj, g	Proteine, g	Lipide, g	Glucide, g	Valoarea energetica, Kcall
Dejun					
Banane	1/100	0.40		15.80	66.00
Budinca din brinza cu magiun (brinza 9% grasime)	1/70	12.50	8.70	13.80	180.00
Terci porumb pe lapte natural (2,5% grasime)	1/100	3.13	7.67	21.33	157.00
Tartina cu unt Taranesc (unt-82,5%, paine de faina integrala/griu fortificata cu acid folic)	1/10//30	2.00	9.00	18.00	149.00
Ceai cu lapte (lapte 2,5 % grasime)	1/150	1.60	1.60	17.30	86.00
		19.63	26.97	86.23	638.00

