

22-Jan	Preparat	cantitate	Calorii/100gr	Lipide/100gr	Proteine/100gr	Glucide/100gr	Fibre/100gr	Sare/100gr
LUNI	Ciorba de pui cu patrunjel proaspat (piept de pui, ceapa, morcov, ardei gras rosu, ardei gras galben, telina, cartofi, fasole verde, dovlecei, rosii decojite in sos, patrunjel, sare)	300 ml	312	18.2	38.41	7.9	1.53	1.42
	Cotlet de porc la cuptor cu orez basmati cotlet de porc, orez basmati, usturoi, boia dulce, ulei de floarea soarelui, sare, piper)	250gr	378	22.11	43.23	54.3	8.97	0.36
	Salata de varza (varza alba, ulei de floarea soarelui, otet, sare)	60gr	11	0.2	0.33	2.26	1.2	3.03
	Fruct	60gr	10.04	0.03	0.05	2.76	1.44	0
	Bagheta	60gr	23.85	0.21	1.48	3.12	2.49	0.09
23-Jan	Preparat	cantitate	Calorii/100gr	Lipide/100gr	Proteine/100gr	Glucide/100gr	Fibre/100gr	Sare/100gr
MARTI	Ciorba de cartofi (ceapa, morcovi, cartofi, telina, pastarnac, ulei de masline, oua, sare, piper)	300ml	244.9	2.13	27.3	41.23	7.3	0.22
	Piept de curcan la cuptor cu legume (piept de curcani, morcovi, telina, ardei rosu, dovlecei, ceapa, orez, ulei de floarea soarelui, sare, piper)	250gr	111	36.3	26.5	72.1	0.15	3.03
	Bagheta	60gr	23.85	0.21	1.48	3.12	2.49	0.09
	Cornulete (faina, untura de porc, oua, drojdie, rahat, smantana, zahar vanilat, sare)	60gr	274	13	3.8	43.3	0.98	0.01
24-Jan	Preparat	cantitate	Calorii/100gr	Lipide/100gr	Proteine/100gr	Glucide/100gr	Fibre/100gr	Sare/100gr
MIERCURI								
25-Jan	Preparat	cantitate	Calorii/100gr	Lipide/100gr	Proteine/100gr	Glucide/100gr	Fibre/100gr	Sare/100gr
JOI	Ciorba de rosii cu taitei (rosii decojite in sos, ceapa, morcovi, ardei rosu, telina, sare)	300ml	512	13.38	14.1	6.4	0.98	0.57
	Ostropel de pui (piept de pui, ceapa, usturoi, rosii decojite in sos, sare, malai, piper, ulei de floarea soarelui)	300gr	204.8	4.11	4.1	8.43	2.8	0.22
	Placinta cu branza (aluat foietaj, branza dulce de vaci, stafide, zahar, oua, lamaie)	60gr	214	9.8	17.89	9.11	2.2	0.28
	Bagheta	60gr	23.85	0.21	1.48	3.12	2.49	0.09
26-Jan	Preparat	cantitate	Calorii/100gr	Lipide/100gr	Proteine/100gr	Glucide/100gr	Fibre/100gr	Sare/100gr
VINERI	Ciorba taraneasca de pui (piept de pui, rosii decojite, cartofi, ceapa, morcovi, ardei rosu, leustean, telina, dovlecei, patrunjel, sare)	300ml	244.9	2.13	27.3	41.23	7.3	0.22
	Bourguignon de vita (vita cu sos rosu, ciuperci si legume) pulpa de vita, rosii dec in sos, cartofi, ciuperci, ceapa, ardei gras galben, ardei rosu, pasta de tomate, boia dulce, usturoi, patrunjel, ulei de floarea soarelui, sare) 300gr	250gr	421	21.96	47.52	79.05	8.52	0.63
	Gris cu lapte (gris de grau, lapte, zahar, scortisoara)	60gr	65.7	1.03	1.05	14.63	0.96	0.16
	Bagheta	60gr	23.85	0.21	1.48	3.12	2.49	0.09

Alergeni: CEREALE (continut gluten), CRUSTACEE si produse, OUA si produse derivate PESTE si produse derivate, ARAHIDE si produse derivate, SOIA si produse derivate, LAPTE si produse derivate FRUCTE cu coaja, TELINA si produse derivate, MUSTAR si produse derivate, SEMINTE si produse derivate, SEMINTE DE SUSAN si produse derivate, dioxid de sulf sau sulfiti

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Hawi