

Valoare nutritiionala/portie

| 5-Feb | Preparat | cantitate | Calorii/100gr | Etjide/100gr | Proteine/100gr | Glucide/100gr | Fibre/100gr | Sare/100gr |
|----------|--|-----------|---------------|--------------|----------------|---------------|-------------|------------|
| LUNI | Ciorba de rosii cu taitei (rosii decojite in sos,ceapa,morcovi,ardei rosu,telina,sare) | 300 ml | 108.9 | 3.46 | 9.24 | 14.84 | 1.8 | 0.11 |
| | Pilaf sarbesc cu carne de curcan (piept curcan,orez,ulei de floarea soarelui,cimbru,cartofi,ceapa,ardei rosu,boia dulce,sare) | 250gr | 126.8 | 0.44 | 2.02 | 21.03 | 0.76 | 1.44 |
| | 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 |
| 6-Feb | Preparat | cantitate | Calorii/100gr | Etjide/100gr | Proteine/100gr | Glucide/100gr | Fibre/100gr | Sare/100gr |
| MARTI | Ciorba de vacuta (pulpa de vita,ceapa,morcovi,telina,dovlecei,ardei rosu,suc de rosii,cartofi,patrunjel verde,.sare) | 300ml | 199.3 | 1.53 | 15.39 | 34.26 | 6.42 | 0.23 |
| | Paste primavera cu parmezan (Paste penne,morcov,mazare,dovlecei,ardei rosu,parmezan) | 250gr | 297 | 54 | 11.33 | 54.78 | 6.04 | 0.97 |
| | Bagheta | 60gr | 23.85 | 0.21 | 1.48 | 3.12 | 2.49 | 0.09 |
| | Placinta cu branza dulce si stafide (aluat foietaj,branza,oua,lapte,stafide,zahar,) | 60gr | 140 | 1.03 | 1.05 | 14.63 | 0.96 | 0.16 |
| 7-Feb | Preparat | cantitate | Calorii/100gr | Etjide/100gr | Proteine/100gr | Glucide/100gr | Fibre/100gr | Sare/100gr |
| MIERCURI | Ciorba de legume cu zdrente de ou (ulei de floarea soarelui,pasta de tomate,bors,dovlecei,cartofi,morcovi,ceapa,telina,ardei rosu,fasole verde,oua,sare) | 300 ml | 66.33 | 0.39 | 0.46 | 2.65 | 0.46 | 0.39 |
| | Chiftelute de pui cu piure de cartofi (pulpa de porc,ulei de floarea soarelui,cimbru,cartofi,rosii in sos,ardei rosu,boia dulce,sare) | 250gr | 326.2 | 7.37 | 14.41 | 18.1 | 4.3 | 0.26 |
| | Cornulete (faina,untura de porc,oua,drojdie,rahat,smantana,zahar vanilat,sare) | 60gr | 274 | 13 | 3.8 | 43.3 | 0.98 | 0.01 |
| | Bagheta | 60gr | 23.85 | 0.21 | 1.48 | 3.12 | 2.49 | 0.09 |
| 8-Feb | Preparat | cantitate | Calorii/100gr | Etjide/100gr | Proteine/100gr | Glucide/100gr | Fibre/100gr | Sare/100gr |
| JOI | Ciorba taraneasca de porc (pulpa de porc,rosii decojite,cartofi,ceapa,morcovi,ardei rosu,leustean,telina,dovlecei,patrunjel,sare) | 300ml | 223.7 | 8.6 | 15.31 | 22.28 | 4.52 | 1.82 |
| | Burger de pui cu cartofi prajiti (piept de pui,ceapa,patrunjel,ulei de masline,usturoi,salata coteslaw,cartofi prajiti) | 250gr | 295.81 | 21.53 | 13.3 | 15.6 | 0.95 | 2.3 |
| | Galusti cu prune (prune,scortisoara,faiana,ou,zahar,fulgi de cartofi) | 60gr | 166 | 1.3 | 3 | 38 | 0 | 0.1 |
| | Bagheta | 60gr | 23.85 | 0.21 | 1.48 | 3.12 | 2.49 | 0.09 |
| 9-Feb | Preparat | cantitate | Calorii/100gr | Etjide/100gr | Proteine/100gr | Glucide/100gr | Fibre/100gr | Sare/100gr |
| VINERI | Ciorba de cartofi (cartofi,pastarnac,telina,bors,ceapa,sare,piper) | 300ml | 182.18 | 2.57 | 17.47 | 120.51 | 22.23 | 0.39 |
| | Piept de pui la gratar cu cartofi la cuptor (piept de pui,orez basmati,ulei de floarea soarelui,telinceapa,morcovi,ardei) | 250gr | 170.1 | 3.46 | 9.24 | 14.84 | 1.8 | 0.11 |
| | Salata de varza (varza alba,ulei de floarea soarelui,otet,sare) | 60gr | 11 | 0.2 | 0.33 | 2.26 | 1.2 | 3.03 |
| | Tort de biscuiti (biscuiti populari,unt,zahar,faina,lapte,oua) | 60gr | 321 | 9 | 13.21 | 19.33 | 6 | 0.39 |
| | 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