



BY SAPTE PIPERI

Valoare nutritiionala/portie

8-Apr	Preparat	cantitate	Calorii/100gr	Lipide/100gr	Proteine/100gr	Glucide/100gr	Fibre/100gr	Sare/100gr
LUNI	Ciorba de curcan cu patrunjel (piept de curcan,ceapa,morcov,ardei gras rosu,ardei gras galben,telina,cartofi,fasole verde,dovlecei,rosii decojite in sos,sare)	300ml	135.93	1.89	26.04	4.2	1.38	0.27
	Paste carbonara (Paste penne,bacon,smantana,mozzarella,oua,sare)	250gr	578	36.3	26.5	72.1	0.15	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
9-Apr	Preparat	cantitate	Calorii/100gr	Lipide/100gr	Proteine/100gr	Glucide/100gr	Fibre/100gr	Sare/100gr
MARTI	Ciorba taraneasca de porc (pulpa de porc,rosii decojite,cartofi,ceapa,morcov,ardei rosu,leustean,telina dovlecei,patrunjel,sare)	300ml	244.9	2.13	27.3	41.23	7.3	0.22
	Piept de pui la gratar cu cartofi wedges (piept de pui,boia dulce,ulei de floarea soarelui,cartofi,sare,)	250gr	170.1	3.46	9.24	14.84	1.8	0.11
	Salata de mixta de varza (varza alba,ulei de floarea soarelui,otet,sare)	60gr	11	0.2	0.33	2.26	1.2	3.03
	Pandispan cu visine (oua,zahar,ulei de floarea soarelui,faina,zahar vanilat,visine)	60gr	184	0.03	0.05	2.76	1.44	0
	Bagheta	60gr	23.85	0.21	1.48	3.12	2.49	0.09
10-Apr	Preparat	cantitate	Calorii/100gr	Lipide/100gr	Proteine/100gr	Glucide/100gr	Fibre/100gr	Sare/100gr
MIERCURI	Ciorba de rosii cu taitei (rosii decojite in sos,ceapa,morcov,ardei rosu,telina,sare)	300 ml	624	321.25	22.51	64.66	4.44	2.57
	Pulpa de pui la gratar cu orez basmati (pulpa pui,orez basmati,ulei de floarea soarelui,telina,ceapa,morcov,ardei rosu,sare,)	250gr	170.1	3.46	9.24	14.84	1.8	0.11
	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
11-Apr	Preparat	cantitate	Calorii/100gr	Lipide/100gr	Proteine/100gr	Glucide/100gr	Fibre/100gr	Sare/100gr
JOI	Ciorba de legume cu taitei (dovlecei,ceapa,morcov,fasole verde,telina,ardei rosu,rosii decojite in sos,usturoi,taitei,ulei de masline,patrunjel,sare,piper)	300ml	230.07	1.77	17.76	39.54	7.41	0.27
	Chiftelute de pui marinate 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
	Cheesecake (crema de branza,unt,zahar,zahar pudra,oua,smantana,biscuiti,)	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
12-Apr	Preparat	cantitate	Calorii/100gr	Lipide/100gr	Proteine/100gr	Glucide/100gr	Fibre/100gr	Sare/100gr
VINERI	Ciorba taraneasca de vacuta (pulpa de vita,ceapa,morcov,telina,dovlecei,ardei rosu,suc de rosii,cartofi,patrunjel verde,,sare)	300ml	199.3	1.53	15.39	34.26	6.42	0.23
	Snitel de pui cu cartofi la cuptor (piept de pui,faina,oua,pesmet,cartofi,lapte,unt,ulei de floarea soarelui,sare,)	250gr	170.1	3.46	9.24	14.84	1.8	0.11
	Salata de varza cu morcov (varza alba,morcov,ulei de floarea soarelui,otet,sare)	60gr	11	0.2	0.33	2.26	1.2	3.03
	Orez cu lapte si scortisoara (lapte,zahar tos,orez,scortisoara)	60gr	70.75	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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