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# MENIU COMUN
## 18.05.2026 – 24.05.2026

| | MIC DEJUN | PRÂNZ | CINA |
|---|---|---|---|
| **LUNI**<br>18.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Sunca pui 50gr<br>kefir 330gr | Ciorba de legume cu carne porc 300ml<br>fasole verde cu gordon bleou 150/100gr<br>mandarina1 buc | Ceai 250ml<br>macaroane cu branza 300gr<br>eugenia 1 buc |
| **MARTI**<br>19.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Salam victoria 50gr<br>icre peste 140gr | supa pui cu paste 300ml<br>Mancare cartofi cu gulas vita 300gr<br>prajitura cu mere1 buc | Ceai 250ml<br>gris cu lapte 300 gr<br>sunca praga 50gr |
| **MIERCURI**<br>20.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>salata boef 250gr<br>cascaval 50gr | ciorba pui a la grec 300ml<br>mancare varza cu carne porc 300gr<br>Croissant 1 buc | Ceai 250ml<br>orez cu pulpa pui la cuptor200/120 gr<br>compot prune 360 gr |
| **JOI**<br>21.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>crenvusti porc 1 buc<br>sana 330gr | ciorba varza cu carne porc 300ml<br>piure cartofi cu chiftele in sos de rosii 300gr<br>mar 1 buc | lapte 250 ml<br>salata vinete 250 gr<br>telemea 50gr |
| **VINERI**<br>22.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Ou 1 buc<br>salam vara 50gr<br>lapte batut 330gr | supa de rosii cu paste 300ml<br>lahnie fasole cu carnat 200/150gr<br>castraveti murati 120gr<br>mandarina 1buc | Ceai 250ml<br>spaghete cu carne macinata si sos rosii 300gr |
| **SAMBATA**<br>23.05.2026 | Ceai 250 ml<br>Paine 300gr/zi<br>salam italian 50gr<br>iaurt de baut 330 gr | ciorba legume cu carne porc 300ml<br>mancare mazare si piept pui 150gr120gr<br>portocala 1 buc | Ceai 250 ml<br>salam victoria 50gr<br>branza cu smantana 140gr |
| **DUMINICA**<br>24.05.2026 | Ceai 250 ml<br>Paine 300gr/zi<br>ou 1 buc unt 10gr<br>gem 50gr | supa pui cu paste 300ml<br>Piure carfofi fulgi cu snitel pui 200/100gr<br>banana 1 buc | Ceai 250 ml<br>sunca porc 50gr<br>iaurt fructe 140gr |

**NOTA-acest meniu poate suferi modificari/preparatele se pregatesc fara adaos de sare**
**Gramajul reprezinta produsul finit +/- 10%**
**Alergeni-ou, lapte,gluten,peste,telina**
***-produs din produs congelat**
**„O alimentatie cumpatata si echilibrata creste speranta de viata„**

**COMISIA DE MENIU**

[redacted]

# MENIU REGIM DIABET
# 18.05.2026 – 24.05.2026

| DATA | MIC DEJUN | PRÂNZ | CINA |
|---|---|---|---|
| **LUNI**<br>18.05.2026<br>ou 1buc | Ceai 250ml<br>Paine 150gr/zi<br>Sunca pui 50gr<br>kefir 330gr | Ciorba de legume cu carne porc 300ml<br>fasole verde cu gordon bleou 150/100gr<br>mandarina1 buc | Ceai 250ml<br>macaroane cu branza 300gr<br>biscuiti fara zahar 1 buc |
| **MARTI**<br>19.05.2026<br>branza topita 1 buc | Ceai 250ml<br>Paine 150gr/zi<br>Salam victoria 50gr<br>icre peste 140gr | supa pui cu paste 300ml<br>Mancare cartofi cu gulas vita 300gr<br>ciocolata fara zahar 70gr | Ceai 250ml<br>gris cu lapte cu indulcitor 300 gr<br>sunca praga 50gr |
| **MIERCURI**<br>20.05.2026<br>sunca praga 50gr | Ceai 250ml<br>Paine 150gr/zi<br>salata boef 250gr<br>cascaval 50gr | ciorba pui a la grec 300ml<br>mancare varza cu carne porc 300gr<br>mandarina 1 buc | Ceai 250ml<br>orez cu pulpa pui la cuptor200/120 gr<br>compot prune 360gr |
| **JOI**<br>21.05.2026<br>sunca pui | Ceai 250ml<br>Paine 150gr/zi<br>crenvusti porc 1 buc<br>sana 330gr | ciorba varza cu carne porc 300ml<br>piure cartofi cu chiftele in sos de rosii 300gr<br>mar 1 buc | lapte 250 ml<br>salata vinete 250 gr<br>telemea 50gr |
| **VINERI**<br>**22**.05.2026<br>pate porc 100gr | Ceai 250ml<br>Paine 150gr/zi<br>Ou 1 buc<br>salam vara 50gr<br>lapte batut 330gr | supa de rosii cu paste 300ml<br>Iahnie fasole cu carnat 200/150gr<br>castraveti murati 120gr<br>mandarina 1buc | Ceai 250ml<br>spaghete cu carne macinata si sos rosii 300gr |
| **SAMBATA**<br>**23**.05.2026<br>masline 50gr | Ceai 250 ml<br>Paine 150gr/zi<br>salam italian 50gr<br>iaurt de baut 330 gr | ciorba legume cu carne porc 300ml<br>mancare mazare si piept pui 150gr120gr<br>portocala 1 buc | Ceai 250 ml<br>salam victoria 50gr<br>branza cu smantana 140gr |
| **duminica**<br>24.05.2026<br>crenvusti 50gr | Ceai 250 ml<br>Paine 150gr/zi<br>ou 1 buc<br>unt 10gr/ gem 50gr | supa pui cu paste 300ml<br>Piure carfofi fulgi cu snitel pui 200/100gr<br>banana 1 buc | Ceai 250 ml<br>sunca porc 50gr<br>iaurt simplu 330gr |

**NOTA-acest meniu poate suferi modificari/preparatele se pregatesc fara adaos de sare**
**Gramajul reprezinta produsul finit +/- 10%**
**Alergeni-ou, lapte,gluten,peste,telina**
***-produs din produs congelat**
**„O alimentatie cumpatata si echilibrata creste speranta de viata„**

**COMISIA DE** [redacted]

# MENIU REGIM HEPATIC
## 18.05.2026 – 24.05.2026

| DATA | MIC DEJUN | PRÂNZ | CINA |
|---|---|---|---|
| **LUNI**<br>18.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Sunca pui 50gr<br>kefir 330gr | Ciorba de legume cu carne porc 300ml<br>fasole verde cu gordon bleou la cuptor 150/100gr<br>mandarina1 buc | Ceai 250ml<br>macaroane cu branza 300gr<br>eugenia 1 buc |
| **MARTI**<br>19.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Salam victoria 50gr<br>icre peste 140gr | supa pui cu paste 300ml<br>Mancare cartofi cu gulas vita 300gr<br>prajitura cu mere1 buc | Ceai 250ml<br>gris cu lapte 300 gr<br>sunca praga 50gr |
| **MIERCURI**<br>20.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>salata boef 250gr<br>cascaval 50gr | ciorba pui a la grec 300ml<br>legume la cuptor cu pulpa pui 200/120gr<br>Croissant 1 buc | Ceai 250ml<br>orez cu pulpa pui la cuptor200/120 gr<br>compot prune 360 gr |
| **JOI**<br>21.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>crenvusti porc 1 buc<br>sana 330gr | ciorba varza cu carne porc 300ml<br>piure cartofi cu chiftele la cuptor 300gr<br>mar 1 buc | lapte 250 ml<br>salata vinete 250 gr<br>telemea 50gr |
| **VINERI**<br>22.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Ou 1 buc<br>salam vara 50gr<br>lapte batut 330gr | supa de rosii cu paste 300ml<br>cartofi natur cu pulpa pui 150/120 gr<br>castraveti murati 120gr<br>mandarina 1buc | Ceai 250ml<br>spaghete cu carne macinata si sos rosii 300gr |
| **SAMBATA**<br>23.05.2026 | Ceai 250 ml<br>Paine 300gr/zi<br>salam italian 50gr<br>iaurt de baut 330 gr | ciorba legume cu carne porc 300ml<br>mancare mazare si piept pui 150gr120gr<br>portocala 1 buc | Ceai 250 ml<br>salam victoria 50gr<br>branza cu smantana 140gr |
| **DUMINICA**<br>24.05.2026 | Ceai 250 ml<br>Paine 300gr/zi<br>ou 1 buc unt 10gr<br>gem 50gr | supa pui cu paste 300ml<br>Piure carfofi fulgi cu snitel pui la cuptor 200/100gr<br>banana 1 buc | Ceai 250 ml<br>sunca porc 50gr<br>iaurt fructe 140gr |

**NOTA-acest meniu poate suferi modificari/preparatele se pregatesc fara adaos de sare**
**Gramajul reprezinta produsul finit +/- 10%**
**Alergeni-ou, lapte,gluten,peste,telina**
***-produs din produs congelat**
**„O alimentatie cumpatata si echilibrata creste speranta de viata„**

**COMISIA** [redacted]

# MENIU REGIM GASTRIC
# 18.05.2026 – 24.05.2026

| DATA | MIC DEJUN | PRÂNZ | CINA |
|---|---|---|---|
| **LUNI**<br>18.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Sunca pui 50gr<br>kefir 330gr | Ciorba de legume cu carne porc 300ml<br>fasole verde cu gordon bleou la cuptor 150/100gr<br>mandarina1 buc | Ceai 250ml<br>macaroane cu branza 300gr<br>eugenia 1 buc |
| **MARTI**<br>19.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Salam victoria 50gr<br>icre peste 140gr | supa pui cu paste 300ml<br>Mancare cartofi cu gulas vita 300gr<br>prajitura cu mere1 buc | Ceai 250ml<br>gris cu lapte 300 gr<br>sunca praga 50gr |
| **MIERCURI**<br>20.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>salata boef 250gr<br>cascaval 50gr | ciorba pui a la grec 300ml<br>legume la cuptor cu pulpa pui200/120gr<br>Croissant 1 buc | Ceai 250ml<br>orez cu pulpa pui la cuptor200/120 gr<br>compot prune 360 gr |
| **JOI**<br>21.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>crenvusti porc 1 buc<br>sana 330gr | ciorba varza cu carne porc 300ml<br>piure cartofi cu chiftele la cuptor 300gr<br>mar 1 buc | lapte 250 ml<br>salata vinete 250 gr<br>telemea 50gr |
| **VINERI**<br>22.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Ou 1 buc<br>salam vara 50gr<br>lapte batut 330gr | supa de rosii cu paste 300ml<br>cartofi natur cu pulpa pui 150/120 gr<br>castraveti murati 120gr<br>mandarina 1buc | Ceai 250ml<br>spaghete cu carne macinata si sos rosii 300gr |
| **SAMBATA**<br>23.05.2026 | Ceai 250 ml<br>Paine 300gr/zi<br>salam italian 50gr<br>iaurt de baut 330 gr | ciorba legume cu carne porc 300ml<br>mancare mazare si piept pui 150gr120gr<br>portocala 1 buc | Ceai 250 ml<br>salam victoria 50gr<br>branza cu smantana 140gr |
| **DUMINICA**<br>24.05.2026 | Ceai 250 ml<br>Paine 300gr/zi<br>ou 1 buc unt 10gr<br>gem 50gr | supa pui cu paste 300ml<br>Piure carfofi fulgi cu snitel pui la cuptor 200/100gr<br>banana 1 buc | Ceai 250 ml<br>sunca porc 50gr<br>iaurt fructe 140gr |

**NOTA-acest meniu poate suferi modificari/preparatele se pregatesc fara adaos de sare**
**Gramajul reprezinta produsul finit +/- 10%**
**Alergeni-ou, lapte,gluten,peste,telina**
***-produs din produs congelat**
**„O alimentatie cumpatata si echilibrata creste speranta de viata„**

**COMISIA** [redacted]

# MENIU REGIM FARA SARE
# 18.05.2026 – 24.05.2026

| | MIC DEJUN | PRÂNZ | CINA |
|---|---|---|---|
| **LUNI**<br>18.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Sunca pui 50gr<br>kefir 330gr | Ciorba de legume cu carne porc 300ml<br>fasole verde cu gordon bleou 150/100gr<br>mandarina1 buc | Ceai 250ml<br>macaroane cu branza 300gr<br>eugenia 1 buc |
| **MARTI**<br>19.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Salam victoria 50gr<br>icre peste 140gr | supa pui cu paste 300ml<br>Mancare cartofi cu gulas vita 300gr<br>prajitura cu mere1 buc | Ceai 250ml<br>gris cu lapte 300 gr<br>sunca praga 50gr |
| **MIERCURI**<br>20.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>salata boef 250gr<br>cascaval 50gr | ciorba pui a la grec 300ml<br>mancare varza cu carne porc 300gr<br>Croissant 1 buc | Ceai 250ml<br>orez cu pulpa pui la cuptor200/120 gr<br>compot prune 360 gr |
| **JOI**<br>21.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>crenvusti porc 1 buc<br>sana 330gr | ciorba varza cu carne porc 300ml<br>piure cartofi cu chiftele in sos de rosii 300gr<br>mar 1 buc | lapte 250 ml<br>salata vinete 250 gr<br>telemea 50gr |
| **VINERI**<br>22.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Ou 1 buc<br>salam vara 50gr<br>lapte batut 330gr | supa de rosii cu paste 300ml<br>Iahnie fasole cu carnat 200/150gr<br>castraveti murati 120gr<br>mandarina 1buc | Ceai 250ml<br>spaghete cu carne macinata si sos rosii 300gr |
| **SAMBATA**<br>23.05.2026 | Ceai 250 ml<br>Paine 300gr/zi<br>salam italian 50gr<br>iaurt de baut 330 gr | ciorba legume cu carne porc 300ml<br>mancare mazare si piept pui 150gr120gr<br>portocala 1 buc | Ceai 250 ml<br>salam victoria 50gr<br>branza cu smantana 140gr |
| **DUMINICA**<br>24.05.2026 | Ceai 250 ml<br>Paine 300gr/zi<br>ou 1 buc unt 10gr<br>gem 50gr | supa pui cu paste 300ml<br>Piure carfofi fulgi cu snitel pui 200/100gr<br>banana 1 buc | Ceai 250 ml<br>sunca porc 50gr<br>iaurt fructe 140gr |

**NOTA-acest meniu poate suferi modificari/preparatele se pregatesc fara adaos de sare**
**Gramajul reprezinta produsul finit +/- 10%**
**Alergeni-ou, lapte,gluten,peste,telina**
***-produs din produs congelat**
**„O alimentatie cumpatata si echilibrata creste speranta de viata„**

**COMISI** [redacted]

# MENIU REGIM FARA GLUTEN
## 18.05.2026 -- 24.05.2026

| | MIC DEJUN | PRÂNZ | CINA |
|---|---|---|---|
| **LUNI**<br>18.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Sunca presata 50gr<br>kefir 330gr | Ciorba de legume cu carne porc 300ml<br>fasole verde cu gordon bleou 150/100gr<br>mandarina1 buc | Ceai 250ml<br>macaroane cu branza 300gr<br>eugenia 1 buc |
| **MARTI**<br>19.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Salam sasesc 50gr<br>icre peste 140gr | supa pui cu paste 300ml<br>Mancare cartofi cu gulas vita 300gr<br>prajitura cu mere1 buc | Ceai 250ml<br>macaroane fara gluten cu lapte cu lapte 300 gr<br>sunca presata50gr |
| **MIERCURI**<br>20.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>salata boef 250gr<br>cascaval 50gr | ciorba pui a la grec 300ml<br>mancare varza cu carne porc 300gr<br>Croissant 1 buc | Ceai 250ml<br>orez cu pulpa pui la cuptor200/120 gr<br>compot prune 360 gr |
| **JOI**<br>21.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>crenvusti porc fara gluten 1 buc<br>sana 330gr | ciorba varza cu carne porc 300ml<br>piure cartofi cu chiftele in sos de rosii 300gr<br>mar 1 buc | lapte 250 ml<br>salata vinete 250 gr<br>telemea 50gr |
| **VINERI**<br>22.05.2026 | Ceai 250ml<br>Paine 300gr/zi<br>Ou 1 buc<br>salam sasesc 50gr<br>lapte batut 330gr | supa de rosii cu paste 300ml<br>lahnie fasole cu carnat 200/150gr<br>castraveti murati 120gr<br>mandarina 1buc | Ceai 250ml<br>spaghete cu carne macinata si sos rosii 300gr |
| **SAMBATA**<br>23.05.2026 | Ceai 250 ml<br>Paine 300gr/zi<br>salam sasesc 50gr<br>iaurt de baut 330 gr | ciorba legume cu carne porc 300ml<br>mancare mazare si piept pui 150gr120gr<br>portocala 1 buc | Ceai 250 ml<br>sunca presata 50gr<br>branza cu smantana 140gr |
| **DUMINICA**<br>24.05.2026 | Ceai 250 ml<br>Paine 300gr/zi<br>ou 1 buc unt 10gr<br>gem 50gr | supa pui cu paste 300ml<br>Piure carfofi fulgi cu snitel pui 200/100gr<br>banana 1 buc | Ceai 250 ml<br>sunca presata 50gr<br>iaurt fructe 140gr |

**NOTA-acest meniu poate suferi modificari/preparatele se pregatesc fara adaos de sare**
**Gramajul reprezinta produsul finit +/- 10%**
**Alergeni-ou, lapte,gluten,peste,telina**
***-produs din produs congelat**
**„O alimentatie cumpatata si echilibrata creste speranta de viata„**

**COMISIA** [redacted]