MENIU COMUN
30.11.2026 – 06.12.2026

DATA	MIC DEJUN	PRÂNZ	CINA
LUNI 30.11.2026	Ceai 250ml Paine 300gr/zi Sunca pui 50gr Sana 330ml Branza topita 1 buc	Ciorba fasole vede si carnat 300ml Pilaf orez cu pulpa pui 200/110g Compot prune 320ml	Ceai 250ml Sunca praga 50gr Unt 10gr Branza telemea 50gr
MARTI 1.12.2026	Ceai 250ml Paine 300gr/zi Cascaval 50gr unt 10gr/gem 50gr Salam victoria 50gr	Ciorba fasole cu costita300ml Piure fulgi/ chiftele/ sos rosii 200/75gr Strudel cu mere 100 gr	Ceai 250ml Pate 100gr Masline 30gr Branza topita 1 buc
MIERCURI 2.12.2026	Ceai 250ml Paine 300gr/zi Sunca porc 50gr Ou 1 buc Branza telemea 50gr	Supa pui cu fidea 300ml Papricas cartofi /carne porc 200/100gr Castraveti acri 80gr Croisssant 1 buc	Ceai 250ml Spaghete cu carne macinata/sos rosii 300gr
JOI 3.12.2026	Ceai 250ml Paine 300gr/zi Salata boef 250 gr Sunca curcan 50gr	Ciorba legume cu carne porc 300ml Mancare varza cu costita afumta 300gr Branzoaica 100gr	Lapte 250 ml Macaroane cu branza si smantana 300gr/50gr
VINERI 4.12.2026	Ceai 250ml Paine 300gr/zi Salata vinete 250 gr Salam victoria 50gr Telemea 50gr	Ciorba pui a la grec 300ml Sarmalute/mamaliga/ Smantana150/150gr/40gr Mar 1buc	Ceai 250ml Gris cu lapte si dulceata 300gr/.50gr Salam vara 50gr Branza topita 1 buc
SAMBATA 5.12.2026	Ceai 250 ml Paine 300gr/zi Salam italian50gr Branza telemea 50gr Ardei 1 buc	Supa rosii cu fidea 300ml Iahnie fasole cu carnat 300gr Salata varza 100gr banana 1 buc	Ceai 250 ml Pate 100gr Cascaval 50gr Masline 50gr
DUMINICA 6.12.2026	Ceai 250 ml Paine 300gr/zi Ou 1 buc Unt 10gr/gem50 gr Crenvusti 1 buc	Supa pui cu fidea 300ml Mazare cu snitel piept pui 200/100gr croissant 1 buc	Ceai 250 ml Branza cu smantana 140gr Sunca praga 50gr

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
30.11.2026 – 06.12.2026

DATA	MIC DEJUN	PRÂNZ	CINA
LUNI 30.11.2026 Supliment Cascaval 50gr	Ceai 250ml-fara zahar Paine 150gr/zi Sunca pui 50gr Sana 330ml Branza topita 1 buc	Ciorba fasole vede si carnat 300ml Pilaf orez cu pulpa pui 200/110g Biscuiti fara zahar 25gr	Ceai 250ml Sunca praga 50gr Unt 10gr Branza telemea 50gr
MARTI 1.12.2026 supliment branza topita 1 buc	Ceai 250ml-fara zahar Paine 150gr/zi Cascaval 50gr unt 10gr Salam victoria 50gr	Ciorba fasole cu costita300ml Piure fulgi/ chiftele/ sos rosii 200/75gr Napolitana fara zahar 20gr	Ceai fara zahar250ml Pate 100gr Masline 30gr Branza topita 1 buc
MIERCURI 3.12.2026 supliment pate 100gr	Ceai fara zahar 250ml Paine 150gr/zi Sunca porc 50gr Ou 1 buc Branza telemea 50gr	Supa pui cu fidea 300ml Papricas cartofi /carne porc 200/100gr Castraveti acri 80gr Ciocolata fara zahar 25 gr	Ceai fara zahar250ml Spaghete cu carne macinata/sos rosii 300gr
JOI 3.12.2026 Supliment Kefir 330ml	Ceai fara zahar 250ml Paine 150gr/zi Salata boef 250 gr Sunca curcan 50gr	Ciorba legume cu carne porc 300ml Mancare varza cu costita afumta 300gr Briosa fara zahar 1 buc	Lapte 250 ml Macaroane cu branza si smantana 300gr50gr
VINERI 4.12.2026 supliment ou 1 buc	Ceai 250ml-fara zahar Paine 150gr/zi Salata vinete 250 gr Salam victoria 50gr Telemea 50gr	Ciorba pui a la grec 300ml Sarmalute/mamaliga/ Smantana150/150gr/40gr Mar 1buc	Ceai fara zahar 250ml Pate 100gr Salam vara 50gr Branza topita 1 buc
SAMBATA 5.12.2026 supliment branza topita 1 buc	Ceai 250 ml fara zahar Paine 150gr/zi Salam italian50gr Branza telemea 50gr Ardei 1 buc	Supa rosii cu fidea 300ml Iahnie fasole cu carnat 300gr Salata varza 100gr banana 1 buc	Ceai fara zahar 250ml Pate 100gr Cascaval 50gr Masline 50gr
DUMINICA 6.12.2026 supliment cascaval 50gr	Ceai 250 ml fara zahar Paine 150gr/zi Ou 1 buc Unt 10gr/ Crenvusti 1 buc	Supa pui cu fidea 300ml Mazare cu snitel piept pui 200/100gr Mar 1 buc	Ceai 250 ml fara zahar Paine 150gr/zi Branza cu smantana 140gr Sunca praga 50gr

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 HEPATIC
30.11.2026 – 06.12.2026

DATA	MIC DEJUN	PRÂNZ	CINA
LUNI 30.11.2026	Ceai 250ml Paine 300gr/zi Sunca pui 50gr Sana 330ml Branza topita 1 buc	Ciorba legume cu piept pui300ml Pilaf orez cu pulpa pui 200/110g Compot prune 320ml	Ceai 250ml Sunca praga 50gr Unt 10gr Branza telemea 50gr
MARTI 1.12.2026	Ceai 250ml Paine 300gr/zi Cascaval 50gr unt 10gr/gem 50gr Salam victoria 50gr	Supa pui 300ml Piure fulgi cu pulpa pui cuptor 200/100 gr Strudel cu mere 100 gr	Ceai 250ml Pate 100gr Masline 30gr Branza topita 1 buc
MIERCURI 2.12.2026	Ceai 250ml Paine 300gr/zi Sunca porc 50gr Ou 1 buc Branza telemea 50gr	Supa pui cu fidea 300ml Papricas cartofi /carne porc 200/100gr Castraveti acri 80gr Croisssant 1 buc	Ceai 250ml Spaghete cu carne macinata/sos rosii 300gr
JOI 3.12.2026	Ceai 250ml Paine 300gr/zi Salata boef 250 gr Sunca curcan 50gr	Ciorba legume cu carne porc 300ml Legume la cuptor cu piept de pui 200gr/100 gr. Branzoaica 100gr	Lapte 250 ml Macaroane cu branza si smantana 300gr/50gr
VINERI 4.12.2026	Ceai 250ml Paine 300gr/zi Salata vinete 250 gr Salam victoria 50gr Telemea 50gr	Ciorba pui a la grec 300ml Sarmalute/mamaliga/ Smantana150/150gr/40gr Mar 1buc	Ceai 250ml Gris cu lapte si dulceata 300gr/.50gr Salam vara 50gr Branza topita 1 buc
SAMBATA 5.12.2026	Ceai 250 ml Paine 300gr/zi Salam italian50gr Branza telemea 50gr Ardei 1 buc	Supa rosii cu fidea 300ml Pilaf de orez cu carnat 300gr Salata de sfecla rosie 80gr banana 1 buc	Ceai 250 ml Pate 100gr Cascaval 50gr Masline 50gr
DUMINICA 6.12.2026	Ceai 250 ml Paine 300gr/zi Ou 1 buc Unt 10gr/gem50 gr Crenvusti 1 buc	Supa pui cu fidea 300ml Mazare cu snitel piept pui 200/100gr Croissant 1 buc	Ceai 250 ml Branza cu smantana 140gr Sunca praga 50gr

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 GASTRIC
30.11.2026 – 06.12.2026

DATA	MIC DEJUN	PRÂNZ	CINA
LUNI 30.11.2026	Ceai 250ml Paine 300gr/zi Sunca pui 50gr Sana 330ml Branza topita 1 buc	Ciorba legume cu piept pui300ml Pilaf orez cu pulpa pui 200/110g Compot prune 320ml	Ceai 250ml Sunca praga 50gr Unt 10gr Branza telemea 50gr
MARTI 1.12.2026	Ceai 250ml Paine 300gr/zi Cascaval 50gr unt 10gr/gem 50gr Salam victoria 50gr	Supa pui 300ml Piure fulgi cu pulpa pui cuptor 200/100 gr Strudel cu mere 100 gr	Ceai 250ml Pate 100gr Masline 30gr Branza topita 1 buc
MIERCURI 2.12.2026	Ceai 250ml Paine 300gr/zi Sunca porc 50gr Ou 1 buc Branza telemea 50gr	Supa pui cu fidea 300ml Papricas cartofi /carne porc 200/100gr Croisssant 1 buc	Ceai 250ml Spaghete cu carne macinata/sos rosii 300gr
JOI 3.12.2026	Ceai 250ml Paine 300gr/zi Salata boef 250 gr Sunca curcan 50gr	Ciorba legume cu carne porc 300ml Legume la cuptor cu piept de pui 200gr/100 gr. Branzoaica 100gr	Lapte 250 ml Macaroane cu branza si smantana 300gr/50gr
VINERI 4.12.2026	Ceai 250ml Paine 300gr/zi Salata vinete 250 gr Salam victoria 50gr Telemea 50gr	Ciorba pui a la grec 300ml Sarmalute/mamaliga/ Smantana150/150gr/40gr Mar 1buc	Ceai 250ml Gris cu lapte si dulceata 300gr/.50gr Salam vara 50gr Branza topita 1 buc
SAMBATA 5.12.2026	Ceai 250 ml Paine 300gr/zi Salam italian50gr Branza telemea 50gr Ardei 1 buc	Supa rosii cu fidea 300ml Pilaf de orez cu carnat 300gr banana 1 buc	Ceai 250 ml Pate 100gr Cascaval 50gr Masline 50gr
DUMINICA 6.12.2026	Ceai 250 ml Paine 300gr/zi Ou 1 buc Unt 10gr/gem50 gr Crenvusti 1 buc	Supa pui cu fidea 300ml Mazare cu snitel piept pui 200/100gr Croissant 1 buc	Ceai 250 ml Branza cu smantana 140gr Sunca praga 50gr

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 FARA GLUTEN
30.11.2026 – 06.12.2026

DATA	MIC DEJUN	PRÂNZ	CINA
LUNI 30.11.2026	Ceai 250ml Paine 300gr/zi Sunca pui 50gr Sana 330ml Branza topita 1 buc	Ciorba fasole vede si carnat 300ml Pilaf orez cu pulpa pui 200/110g Compot prune 320ml	Ceai 250ml Sunca praga 50gr Unt 10gr Branza telemea 50gr
MARTI 1.12.2026	Ceai 250ml Paine 300gr/zi Cascaval 50gr unt 10gr/gem 50gr Salam 50gr	Ciorba fasole cu costita300ml Piure fulgi/ chiftele/ sos rosii 200/75gr Strudel cu mere 100 gr	Ceai 250ml Pate 100gr Masline 30gr Branza topita 1 buc
MIERCURI 2.12.2026	Ceai 250ml Paine 300gr/zi Sunca porc 50gr Ou 1 buc Branza telemea 50gr	Supa pui cu fidea 300ml Papricas cartofi /carne porc 200/100gr Castraveti acri 80gr Croisssant 1 buc	Ceai 250ml Spaghete cu carne macinata/sos rosii 300gr
JOI 3.12.2026	Ceai 250ml Paine 300gr/zi Salata boef 250 gr Sunca curcan 50gr	Ciorba legume cu carne porc 300ml Mancare varza cu costita afumta 300gr Branzoaica 100gr	Lapte 250 ml Macaroane cu branza si smantana 300gr/50gr
VINERI 4.12.2026	Ceai 250ml Paine 300gr/zi Salata vinete 250 gr Salam 50gr Telemea 50gr	Ciorba pui a la grec 300ml Sarmalute/mamaliga/ Smantana150/150gr/40gr Mar 1buc	Ceai 250ml Gris cu lapte si dulceata 300gr/.50gr Salam vara 50gr Branza topita 1 buc
SAMBATA 5.12.2026	Ceai 250 ml Paine 300gr/zi Salam 50gr Branza telemea 50gr Ardei 1 buc	Supa rosii cu fidea 300ml Iahnie fasole cu carnat 300gr Salata varza 100gr banana 1 buc	Ceai 250 ml Pate 100gr Cascaval 50gr Masline 50gr
DUMINICA 6.12.2026	Ceai 250 ml Paine 300gr/zi Ou 1 buc Unt 10gr/gem50 gr Crenvusti 1 buc	Supa pui cu fidea 300ml Mazare cu snitel piept pui 200/100gr croissant 1 buc	Ceai 250 ml Branza cu smantana 140gr Sunca praga 50gr

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„
NOTA-PAINEA,PASTELE,MEZELURILE,dulciurile-SUNT PRODUSE FARA GLUTEN

COMISIA DE MENIU:

[redacted]

MENIU REGIM HIPOSODAT
30.11.2026 – 06.12.2026

DATA	MIC DEJUN	PRÂNZ	CINA
LUNI 30.11.2026	Ceai 250ml Paine 300gr/zi Sunca pui 50gr Sana 330ml Branza topita 1 buc	Ciorba fasole vede si carnat 300ml Pilaf orez cu pulpa pui 200/110g Compot prune 320ml	Ceai 250ml Sunca praga 50gr Unt 10gr Branza telemea 50gr
MARTI 1.12.2026	Ceai 250ml Paine 300gr/zi Cascaval 50gr unt 10gr/gem 50gr Salam victoria 50gr	Ciorba fasole cu costita300ml Piure fulgi/ chiftele/ sos rosii 200/75gr Strudel cu mere 100 gr	Ceai 250ml Pate 100gr Masline 30gr Branza topita 1 buc
MIERCURI 2.12.2026	Ceai 250ml Paine 300gr/zi Sunca porc 50gr Ou 1 buc Branza telemea 50gr	Supa pui cu fidea 300ml Papricas cartofi /carne porc 200/100gr Castraveti acri 80gr Croisssant 1 buc	Ceai 250ml Spaghete cu carne macinata/sos rosii 300gr
JOI 3.12.2026	Ceai 250ml Paine 300gr/zi Salata boef 250 gr Sunca curcan 50gr	Ciorba legume cu carne porc 300ml Mancare varza cu costita afumta 300gr Branzoaica 100gr	Lapte 250 ml Macaroane cu branza si smantana 300gr/50gr
VINERI 4.12.2026	Ceai 250ml Paine 300gr/zi Salata vinete 250 gr Salam victoria 50gr Telemea 50gr	Ciorba pui a la grec 300ml Sarmalute/mamaliga/ Smantana150/150gr/40gr Mar 1buc	Ceai 250ml Gris cu lapte si dulceata 300gr/.50gr Salam vara 50gr Branza topita 1 buc
SAMBATA 5.12.2026	Ceai 250 ml Paine 300gr/zi Salam italian50gr Branza telemea 50gr Ardei 1 buc	Supa rosii cu fidea 300ml Iahnie fasole cu carnat 300gr Salata varza 100gr banana 1 buc	Ceai 250 ml Pate 100gr Cascaval 50gr Masline 50gr
DUMINICA 6.12.2026	Ceai 250 ml Paine 300gr/zi Ou 1 buc Unt 10gr/gem50 gr Crenvusti 1 buc	Supa pui cu fidea 300ml Mazare cu snitel piept pui 200/100gr croissant 1 buc	Ceai 250 ml Branza cu smantana 140gr Sunca praga 50gr

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]