

Diabet zaharat

	Pâine	MIC DEJUN	10:00	PRÂNZ	16:00	CINA
Luni	Paine Graham feliata[300g]	Omleta [100g] Ceai [250ml] Branza de vaci [100g] Ceai [250ml]	laurt 3,5% [140g]	Ciorba de PERISOARE Pulpe pui [130g] + Legume la cuptor [200g]	Mere [150g]	Paste cu Ton [300g] Ceai [250ml]
Marti	Paine Graham feliata[300g]	Branza topita [2bc] OU fiert [50g] Unt ambalat [1bc] Lapte cu cacao [250g]	laurt 3,5% [140g]	Supa de PUI cu fidea [400ml] Pulpe pui [130g]+ pilaf sarbesc [250g] Salata de varza [100g]	Mere [150g]	Salata orientala cu OU [300g] Telemea [50g] Lapte cu cacao [250g]
Miercuri	Paine Graham feliata[300g]	Unt ambalat [2bc] Telemea [50g] cu Rosii [50g] Ceai [250ml]	laurt 3,5% [140g]	Supa de ZARZAVAT [400ml] Pulpa de pui [130g]+ cuscus cu broccoli [250g]	Mere [150g]	Paste cu legume [300g] Sunca de pui [50g] Ceai [250ml]
Joi	Paine Graham feliata[300g]	Unt ambalat [2bc] Sunca de Praga [50g] + Cascaval [50g] Ceai [250ml]	laurt 3,5% [140g]	Supa LEGUME cu FIDEA [400g] Saramura de PUI [200g] + mamaliga [150g]	Compot fructe FZ [200ml]	Fasole verde sote [200g]+ friptura de pui [100g] Ceai [250ml]
Vineri	Paine Graham feliata[300g]	OU fiert [50g] Branza de vaci [100g] Ceai [250ml]	laurt 3,5% [140g]	Ciorba de PUI [400ml] Gratar de pui [120g] + Pilaf sarbesc [250g]	Mere [150g]	Piure de spanac [250g] + OU ochi + Telemea [50g] Ceai [250ml]
Sambata	Paine Graham feliata[300g]	Unt ambalat [2bc] Mozzarella [50g] Lapte cu cacao [250g]	laurt 3,5% [140g]	Bors de SFECLA [400ml] Bulgur cu morcov (baby) + friptura de pui [120g]	Mere [150g]	Lapte cu OREZ [300g] Sunca de Praga [50g] Ceai [250ml]
Duminica	Paine Graham feliata[300g]	Unt ambalat [2bc] Sunca de Praga [50g] + Cascaval [50g] Ceai [250ml]	laurt 3,5% [140g]	Ciorba de legume [400ml] CHIFTELE sos [120g] + Cartofi COPTI [250g]	Mere [150g]	Branza cu smantana [200g] + Mamaliga [150g] OU ochi [50g] Ceai [250ml]