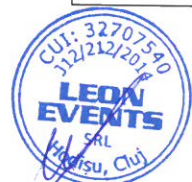


ZIUA	Meniu propus 1 clasele I-IV /V-XII respectiv 200gr/300gr	Nr calorii/ Proteine /Lipide/Glucide (in grame)
Luni	Sandwich cu Paine integrala 80gr/120gr, Piept pui 30gr/45 gr, rosii 30gr/40g ,salata 20g/30g, cascaval 30g/45g, unt 5g/10g fruct sezonier	Aprox 245 /P-20-40g/L 22-35g/G 80-120 g
Marti	Sandwich cu Paine integrala 80gr/120gr, Carne vita 30g/45g mozzarella 30g/45g,ardei copt 30g/40g, unt 5g/10g fruct sezonier	Aprox 267 //P-20-40g/L 22-35g/G 80-120 g
Miercuri	Sandwich cu Paine integrala 80g/120g Piept de curcan 30g/45 g cheddar 30g/45g,Sos de rosii 30g/40g, spanac baby 20g/30g, ulei masline extra virigin 5g/10g Fruct sezonier	Aprox 220//P-20-40g/L 22-35g/G 80-120 g
JOI	Sandwich cu Paine integrala 80g/120g Ton 40g/55g ardei 30g/45 g , salata 30g/45 g sos de rosii 20g/35g fruct sezonier	Aprox 210//P-20-40g/L 22-35g/G 80-120 g
Vineri	Sandwich cu Paine integrala 80g/120g Friptura de porc 30g/45g castraveti verzi 30g/40g, cascaval 30g/45g Iaurt 10g/20g salata 20g/30g fruct sezonier	Aprox 271//P-20-40g/L 22-35g/G 80-120 g



Jr. Madalina Indrie
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Luni	Sandwich cu Paine integrala 80g/120g ,muschi file porc 30g/45g . rosii 30g/40g , mozzarella 30g/45g ,salata 20g/30g, sos mustar dulce 10g/20g fruct sezonier	Aprox 210//P-20-40g/L 22-35g/G 80-120 g
Marti	Sandwich cu Paine integrala 80g/120g, piept de pui la gratar 30g/45g, ardei copt 30g/40g, varza alba 20g/30g, cedar 30g/45g , Unt 5g/10g fruct sezonier	Aprox 245 /P-20-40g/L 22-35g/G 80-120 g
Miercuri	Sandwich cu Paine integrala 80g/120g omleta 30g/45g, cascaval 30g/45g Rosii 30g/45g, Salata cruditati (Morcov ,telina ,mar,lamaie) 30g/50g fruct sezonier	Aprox 220//P-20-40g/L 22-35g/G 80-120 g
Joi	Sandwich cu Paine integrala 80g/120g Pulpa de pui 40g/55g cedar 20/25 g castraveti 30g/40g sos de mustar dulce 20g/40g salata 10g/20g fruct sezonier	Aprox 271//P-20-40g/L 22-35g/G 80-120 g
Vineri	Sandwich cu Paine integrala 80g/120g Prosciuto crudo 30g/45g cascaval edamer 30g/45g unt5g/10g salata 20g/30g Rosii 30g/40g fruct sezonier	Aprox 245 /P-20-40g/L 22-35g/G 80-120 g



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