


**MENIU ZILNIC - PEDIATRIE**
**27.01.2026**

|                |                  |                                                               |
|----------------|------------------|---------------------------------------------------------------|
| 1 AN - 6 ANI   | MIC DEJUN        | Gris cu lapte 300 ml.                                         |
|                |                  | Unt 20 gr.Gem 40 gr                                           |
|                |                  | Telemea 70 gr                                                 |
|                |                  | Paine 60 gr                                                   |
|                |                  | Cascaval 70 gr.Paine 30 gr                                    |
|                | SUPLIMENT ORA 10 |                                                               |
|                | DEJUN            | Supa de legume 300 gr                                         |
|                |                  | Ficatei de pasare sote 90 gr                                  |
|                |                  | Orez cu legume 200 gr                                         |
|                |                  | Paine 60 gr                                                   |
|                | SUPLIMENT ORA 16 | Gogosi cu gem 150 gr                                          |
|                | CINA             | Budince de paste fainoase cu branza de vaci si unt 270 gr     |
|                |                  | Lapte 150 ml                                                  |
|                |                  | Paine 60 gr,                                                  |
|                |                  | Ceai                                                          |
| 6 ANI - 18 ANI | MIC DEJUN        | Lapte 250 ml                                                  |
|                |                  | Unt 30 gr,Gem 60 gr                                           |
|                |                  | Telemea 100 gr, Sunca 50 gr                                   |
|                |                  | Paine 100 gr, Ceai                                            |
|                |                  | Iaurt 1 buc, Eugenia 1 pac                                    |
|                | SUPLIMENT ORA 10 |                                                               |
|                | DEJUN            | Ciorba taraneasca cu legume 400 gr                            |
|                |                  | Ficatei de pasare sote 110 gr                                 |
|                |                  | Orez cu legume 300 gr.Gogosari in otet 50 gr                  |
|                |                  | Paine 100 gr                                                  |
|                | SUPLIMENT ORA 16 | Gogosi cu gem 150 gr                                          |
|                | CINA             | Mamaliguta 300 gr cu branza de vaci 200 gr si smantana 100 gr |
|                |                  | Cremw.60 gr                                                   |
|                |                  | Ceai                                                          |
|                |                  | Paine 100 gr                                                  |
| INSOTITOARE    | MIC DEJUN        | Unt 30 gr, Gem 60 gr                                          |
|                |                  | Telemea 100 gr                                                |
|                |                  | Sunca 50 gr                                                   |
|                |                  | Paine 100 gr, Ceai                                            |
|                |                  | Iaurt 1 buc, Eugenia 1 pac                                    |
|                | SUPLIMENT ORA 10 |                                                               |
|                | DEJUN            | Ciorba taraneasca cu legume 400 gr                            |
|                |                  | Ficatei de pasare sote 110 gr                                 |
|                |                  | Orez cu legume 300 gr.Gogosari in otet 50 gr                  |
|                |                  | Paine 100 gr                                                  |
|                | SUPLIMENT ORA 16 | Gogosi cu gem 150 gr                                          |
|                | CINA             | Mamaliguta 300 gr cu branza de vaci 200 gr si smantana 100 gr |
|                |                  | Cremw.60 gr                                                   |
|                |                  | Ceai                                                          |
|                |                  | Paine 100 gr                                                  |
| MEDICI GARDA   | MIC DEJUN        | 2 Oua ochiuri. Masline 100 gr                                 |
|                |                  | Cascaval 100 gr                                               |
|                |                  | Sunca presata 100 gr                                          |
|                |                  | Paine 100 gr, Ceai                                            |
|                |                  |                                                               |
|                | DEJUN            | Ciorba taraneasca cu legume 400 gr                            |
|                |                  | Pulpa de pui la tava 90 gr                                    |
|                |                  | Orez cu legume 300 gr.Gogosari in otet 50 gr                  |
|                |                  | Paine 100 gr,                                                 |
|                | CINA             | Snitel din pulpa de pui 100 gr                                |
|                |                  | Mamaliguta 300 gr cu branza de vaci 200 gr si smantana 100 gr |
|                |                  | Paine 100 gr                                                  |
|                |                  | Ceai ,                                                        |

Intocmit,

as.Loghin Luiza