

REGIM SP SIDA 11 - 17 dec 2017

| ZIUA     | DIMINEATA  | ORA 10 | PRANZ   | ORA 16 | SEARA   |
|----------|--|--------|---|--------|---|
| LUNI     | Ceai,paine ,<br>Cascaval-100g, unt 25g,<br>Branza topita-2buc        | IAURT  | Supa de legume<br>Friptura la cuptor cu fasole verde        | banana | Friptura la cuptor<br>Spaghete cu branza vaci<br>ceai |
| MARTI    | Ceai , paine,<br>Cascaval-100g, unt-25g,<br>Branza topita-2buc       | IAURT  | Supa de zarzavat<br>Friptura la cuptor cu pilaf             | banana | Friptura la cuptor<br>Fidea cu lapte<br>ceai          |
| MIERCURI | Lapte-250ml ,paine,<br>Cascaval-100g, unt 25g,<br>Branza topita-2buc | IAURT  | Supa cu legume<br>Friptura la cuptor cu piure de<br>cartofi | banana | Friptura la cuptor cu pilaf<br>ceai                   |
| JOI      | Lapte-250ml, paine,<br>Cascaval-100g, unt 25g,<br>Branza topita-2buc | IAURT  | Supa de zarzavat<br>Friptura la cuptor cu cartofi sote      | banana | Friptura la cuptor cu spaghete<br>ceai                |
| VINERI   | Ceai paine,<br>Cascaval-100g, unt-25g,<br>Branza topita-2buc         | IAURT  | Supa de zarzavat<br>Friptura la cuptor cu fasole verde      | banana | Friptura la cuptor<br>Spaghete cu branza vaci<br>ceai |
| SAMBATA  | Ceai, paine,<br>Cascaval-100g, unt 25g,<br>Branza topita-2buc        | IAURT  | Supa de legume<br>Friptura la cuptor cu spaghete            | banana | Mancare de cartofi cu carne pui<br>Orez cu lapte      |
| DUMINICA | Ceai, paine,<br>Cascaval-100g, unt 25g,<br>Branza topita-2buc        | IAURT  | Supa de zarzavat<br>Friptura cu cartofi                     | banana | Friptura pui cu pilaf<br>ceai+biscuiti-100g           |

Intocmit, As. Diet.

Olteanu Lorena

Dr. ~~ERASENINA ZOICAN~~  
Medic Specialist Diabet Nutritie  
si Bolii Metabolice  
E18845