

## MENIU 06.01.2026

| Dieta                      | Mic Dejun                                                                                                          | Pranz                                                                | Cina                                       |
|----------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------|
| CARDIAC-GL<br>Calorii:     | 1.CEAI, TELEMEDIA DESARATA<br>150G,CHEFIR 1 BUC, UNT 20G;<br>PAINE MIC DEJUN, PRANZ I,<br>CINA 100G/75G/100G;      | 1.CIORBA DE LEGUME 300G;<br>2.SARAMURA MACROU<br>150G+MAMALIGA 230G; | CHEFIR 1 BUC;<br>OMLETA CU<br>BRANZA 200G; |
| DIABET-GL<br>Calorii:      | 1.CEAI, TELEMEDIA DESARATA<br>150G, CHEFIR1 BUC, UNT 20G;<br>PAINE DIABET MIC DEJUN,<br>PRANZ I, CINA 50G/50G/50G; | 1.CIORBA DE LEGUME 300G;<br>2.SARAMURA MACROU<br>150G+MAMALIGA 230G; | CHEFIR 1 BUC;<br>OMLETA CU<br>BRANZA 200G; |
| GASTRIC-GL<br>Calorii:     | 1.CEAI, TELEMEDIA DESARATA<br>150G,CHEFIR1 BUC, UNT 20G;<br>PAINE MIC DEJUN, PRANZ I,<br>CINA 100G/75G/100G;       | 1.CIORBA DE LEGUME 300G;<br>2.SARAMURA MACROU<br>150G+MAMALIGA 230G; | CHEFIR 1 BUC;<br>OMLETA CU<br>BRANZA 200G; |
| HIDRIC-GL<br>Calorii:      | CEAI;                                                                                                              | 1.SUPA STRECURATA<br>DEGRESATA* 300G;                                | SUPA<br>STRECURATA<br>DEGRESATA*           |
| HIDROLACTAT-GL<br>Calorii: | IAURT 1 BUC;                                                                                                       | 1.SUPA HIDROL 300G;                                                  | IAURT 1 BUC;                               |
| MEDIC DE GARDA<br>Calorii: | 1.CEAI, TELEMEDIA DESARATA<br>150G, CHEFIR 1 BUC, UNT 20G;<br>PAINE MIC DEJUN, PRANZ,<br>CINA 100G/150G/100G;      | 1.CIORBA DE LEGUME 300G;<br>2.SARAMURA MACROU<br>150G+MAMALIGA 230G; | CHEFIR 1 BUC;<br>OMLETA CU<br>BRANZA 200G; |

Intocmit As Dietetica