

SPITALUL JUDETEAN DE URGENTA BUZAU

Regim 1 – 3 ani 23 februarie-1 martie 2026

ZIUA	DIMINEATA	PRANZ	ORA16:00	SEARA
LUNI	Ceai, paine,(1) Cascaval(4)50g Unt(4) 25g gem	Ciorba de zarzavat (1,2,5)banana Friptura pui cu piure 150g(7) pandispan		Paste cu branza vaci(1,2,4) biscuit(1)
MARTI	Ceai, paine, (1)unt(4)-25g 1 ou fiert(2) gem	Supa cu galuste(1,2,5)banana Friptura pui(7) 150g* cu pilaf(1)		Fidea cu lapte, ,(1,4) ceai+biscuit(1)
MIERCURI	Ceai , paine(1), unt(4)-25g Omleta(4)-50g gem	Ciorba de zarzavat(1,2,5) Friptura pui (7)150g *cu cartofi sote salam biscuiti banana		Orez cu lapte(4) Ceai+biscuit(1)
JOI	Ceai paine,(1) unt(4)-25g 1 ou 2 b (4)-50g gem	Supa cu galuste (1,2,5) Friptura pui 150g* cu piure Prajitura cu br vaci(1,4) banana		Mamaliguta cu branza si smantana(4) Ceai+biscuit(1)
VINERI	Ceai, paine, unt-25g 1 branza telemea (4)100g gem	Ciorba de zarzavat banana Pilaf (7) cu carne pui (7)*150g		Spaghete cu branza vaci(1,2,4) Ceai+biscuit(1)
SAMBATA	Ceai, paine(1), unt-25g Cascaval(4)-50g gem	Ciorba de zarzavat(1,2,5) Friptura pui(7) 150g *cu paste(1,2) Banana		Orez cu lapte(4,1) Ceai+biscuit(1)
DUMINICA	Ceai, paine(1), unt(4)-25g Branza telemea 100g (4)- 50gem	Supa cu galuste, banana Cartofi (7) cu friptura pui (7)* 150g		Gris cu lapte(1,4) ceai+biscuit(1)

* -gramaj inainte de prepararea termica

CIFRE-LISTA ALERGENI

**paine200g

intocmit, AS diet Seitan Maria