

Regim 2b (dupa 3-5 zile post-operator) 15 – 21 decembrie 2025

ZIUA	DIMINEATA	PRANZ ORA 16:00	SEARA
LUNI	Ceai, paine(1)**, unt- 1buc, Branza vaci(4)-50g iaurt(4)	Supa cu fidea(1,2,5) Rasol pui(7)-150g* cu piure de cartofi	Paste cu branza vaci(1,2,4) ceai
MARTI	Ceai, paine(1)**, unt- 1buc, Branza vaci(4)-50g iaurt(4)	Supa cu galusti(1,2,5) Rasol pui(7)-150g* cu pilaf	Fidea cu lapte(1,2,4) ceai
MIERCURI	Ceai, paine(1)**, unt- 1buc, Branza vaci(4)-50g iaurt(4)	Supa cu fidea(1,2,5) Rasol pui(7)-150g*+paste cu branza vaci	Orez cu lapte(4) ceai
JOI	Ceai, paine(1)**, unt- 1buc, Branza vaci(4)-50g iaurt(4)	Supa cu galusti(1,2,5) Rasol pui(7)-150g* cu pilaf	Cartofi cu branza vaci(4) ceai
VINERI	Ceai, paine(1)**, unt- 1buc, Branza vaci(4)-50g iaurt(4)	Supa cu fidea(1,2,5) Rasol pui(7)-150g* cu cartofi	Paste cu branza vaci(1,2,4) ceai
SAMBATA	Ceai, paine(1)**, unt- 1buc, Branza vaci(4)-50g iaurt(4)	Supa cu fidea(1,2,5) Rasol pui(7)-150g*+ paste cu branza vaci(1,2)	Orez cu lapte(4) ceai
DUMINICA	Ceai, paine(1)**, unt- 1buc, Branza vaci(4)-50g iaurt(4)	Supa cu galusti(1,2,5) Rasol pui(7)-150g* cu orez	Gris cu lapte(1,4) ceai

* - gramaj inainte de prepararea termica

** -paine-300g

CIFRE- LISTA ALERGENI

INTOCMIT,
As. Diet. Olteanu Lorena