

S

1	Luni	Marti	Miercuri	Joi	Vineri
	Mic dejun: Omleta³ cu telemea, Rosie, Paine¹ , Ceai de plante cu lamaie (80g/20g/40g/40g/250ml)	Mic dejun: Lapte⁷ cu cacao si biscuit¹ Petit Beurre (250ml,40g)	Mic dejun: Tartine¹ cu crema de branza⁷ , rosie, ardei rosu, Ceai de plante cu lamaie (40g/60g/40g/250ml)	Mic dejun: Lapte⁷ cu taitei^{1,3} de casa (250ml)	Mic dejun: Toast¹ cu sunca de curcan, Salata verde, Rosie, Ceai de plante cu lamaie (40g/40g/20g/20g/250ml)
	Calorii: 333.96	Calorii: 298.36	Calorii: 378	Calorii: 218.75	Calorii: 205.6
	Prânz: Supa crema de linte, Crutoane¹ , Legume mexicane cu piept de pui la gratar (200ml/40g/175g/75g)	Prânz: Bors^{1,9} de perisoare³ , Paine¹ , Orez Rizi Bizi, Rulada de curcan, Salata de varza si morcov (200ml/40g/175g/75g/100g)	Prânz: Ciorba⁹ de vacuta, Paine¹ , Cartofi gratinati⁷ cu ciocanele de pui (200ml/40g/175g/75g/100g)	Prânz: Ciorba⁹ de legume, Paine¹ , Somon⁴ cu piure de cartofi si telina⁹ (200/40g/250g)	Prânz: Supa crema de rosii, Crutoane¹ , Spaghete^{1,3} cu sos de rosii si chiftelute³ de curcan la cuptor (200ml/40g/175g/75g)
	Calorii: 411.15	Calorii: 612.14	Calorii: 690.05	Calorii: 567.45	Calorii: 741.62
	Desert: Strudel cu mere¹ (150g)	Desert: Tarta^{1,3} cu fructe (150g)	Desert: Salata de fructe de sezon (150g)	Desert: Salam de biscuit^{1,7,8} (150g)	Desert: Gogosi la cuptor^{1,3,7}
	Calorii: 376.95	Calorii: 426	Calorii: 85.6	Calorii: 438.75	Calorii: 329.1

Produsele subliniate contin alergeni conform anexei II din Regulamentul UE Nr.1169/2011. Medic Nutritionist: **Dr. Cristina Cojocaru**

W1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <u>Cheese omelette</u> ³ , tomato, <u>bread</u> ¹ , herbal tea with lemon (80g/20g/40g/40g/250ml)	Breakfast: <u>Cocoa milk</u> ⁷ and Petit Beurre <u>biscuits</u> ¹ (250ml,40g)	Breakfast: <u>Cream cheese canapé</u> ^{1,7} , tomato, red pepper, herbal tea with lemon (40g/60g/40g/250ml)	Breakfast: <u>Milk</u> ⁷ with <u>homemade noodles</u> ^{1,3} (250ml)	Breakfast: <u>Turkey ham toast</u> ¹ , lettuce, tomato, herbal tea with lemon (40g/40g/20g/20g/250ml)
Calories: 333.96	Calories: 298.36	Calories: 378	Calories: 218.75	Calories: 205.6
Lunch: Lentil cream soup, <u>Cruotons</u> ¹ , Mexican mix with grilled chicken breast (200ml/40g/175g/75g)	Lunch: <u>Meatball soup</u> ^{1,9} , <u>Bread</u> ¹ , Rizzi Bizi rice, Turkey roll, Cabbage and carrot salad (200ml/40g/175g/75g/100g)	Lunch: <u>Beef soup</u> ⁹ , <u>Bread</u> ¹ , <u>potatoes gratin</u> ⁷ with chicken drumsticks (200ml/40g/175g/75g/100g)	Lunch: <u>Vegetable soup</u> ⁹ , <u>Bread</u> ¹ , <u>Salmon</u> ⁴ with mashed potatoes and <u>celery</u> ⁹ (200/40g/250g)	Lunch: Tomato cream soup, <u>Cruoutons</u> ¹ , <u>Spaghetti</u> ^{1,3} with red sauce and oven cooked turkey <u>meatballs</u> ³ (200ml/40g/175g/75g)
Calories: 411.15	Calories: 612.14	Calories: 690.05	Calories: 567.45	Calories: 741.62
Dessert: <u>Apple strudel</u> ¹ (150g)	Dessert: <u>Fruit tart</u> ^{1,3} (150g)	Dessert: Season fruit salad (150g)	Dessert : <u>Biscuit cake</u> ^{1,7,8} (150g)	Dessert : <u>Oven cooked doughnuts</u> ^{1,3,7}
Calories: 376.95	Calories: 426	Calories: 85.6	Calories: 438.75	Calories: 329.1

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Luni	Marti	Miercuri	Joi	Vineri
Mic dejun: <u>Gris¹ cu lapte⁷</u> , Dulceata (200ml/30g)	Mic dejun: <u>Toast¹ cu unt⁷</u> , <u>Telemea⁷</u> , Rosie, Ceai de plante cu lamaie (40g/20g/40g/40g/2 50ml)	Mic dejun: <u>Iaurt⁷</u> , <u>Cereale¹</u> (200ml/60g)	Mic dejun: <u>Tartine¹ cu unt⁷</u> , <u>Cascaval⁷</u> , Castravete, Ceai de plante cu lamaie (40g/20g/60g/40g/250 ml)	Mic dejun: <u>Tartine¹ cu unt⁷</u> , Dulceata, Ceai de plante cu lamaie (40g/20g/30g/250ml)
Calorii: 354.8	Calorii: 414.4	Calorii: 214.4	Calorii: 526.6	Calorii: 387.8
Prânz: Supa de curcan cu <u>taitei^{1,3}</u> de casa, <u>Scalopina¹</u> de pui si cartofi cu rozmarin, Salata de varza, sfecla si morcovi (200ml/40g/75g/175g /100g)	Prânz: Supa crema de legume cu <u>smantana⁷</u> , <u>Crutoane¹</u> , <u>Snitel^{1,3}</u> de pui la cuptor si cartofi taranesti, Salata verde cu lamaie (200ml/40g/75g/175 g/100g)	Prânz: <u>Ciorba⁹</u> de pui a la Grec, <u>Paine¹</u> , <u>Spaghetate^{1,3}</u> cu sos Bolognese(vita) (200ml/40g/250g)	Prânz: <u>Ciorba⁹</u> de vacuta, <u>Paine¹</u> , Mancarica de mazare cu piept de pui la cuptor, Salata de castraveti cu lamaie (200ml/40/250g/100g)	Prânz: <u>Bors^{1,9}</u> de legume, <u>Paine¹</u> , <u>Pizza^{1,7}</u> (Piept de pui, porumb, ciuperci, mozzarella, cascaval, ardei si rosii) (200ml/40g/250g)
Calorii: 784.35	Calorii: 738.9	Calorii: 670.66	Calorii: 544.6	Calorii: 884.2
Desert: <u>Rulada cu gem¹</u> (150g)	Desert: <u>Tarta cu fructe^{1,3}</u> (150g)	Desert: <u>Briose cu ciocolata^{1,3}</u> (150g)	Desert: <u>Poale'n brau^{1,3,7}</u> (150g)	Desert: Salata de fructe de sezon (150g)
Calorii: 432	Calorii: 426	Calorii: 366.7	Calorii: 430.5	Calorii: 85.6

Produsele subliniate contin alergeni conform anexei II din Regulamentul UE Nr.1169/2011. Medic Nutritionist: **Dr. Cristina Cojocaru**

W 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: <u>Semolina pudding</u>^{1,7} Jam (200ml/30g)</p>	<p>Breakfast: <u>Butter toast</u>^{1,7}, <u>Cheese</u>⁷, Tomato, Herbal tea with lemon (40g/20g/40g/40g/250ml)</p>	<p>Breakfast: <u>Yoghurt</u>⁷, <u>Cereals</u>¹ (200ml/60g)</p>	<p>Breakfast: <u>Butter toast</u>^{1,7}, <u>Cheese</u>⁷, Cucumber, Herbal tea with lemon (40g/20g/60g/40g/250ml)</p>	<p>Breakfast: <u>Butter toast</u>^{1,7} Jam, Herbal tea with lemon (40g/20g/30g/250ml)</p>
Calories: 354.8	Calories: 414.4	Calories: 214.4	Calories: 526.6	Calories: 387.8
<p>Lunch: <u>Turkey soup with homemade noodles</u>^{1,3}, Chicken <u>Scalopini</u>¹ with rosemary potatoes, Cabbage, beetroot and carrot salad (200ml/40g/75g/175g/100g)</p>	<p>Lunch: <u>Cream soup with sour cream</u>⁷, <u>Croutons</u>¹, Oven cooked Chicken <u>Shnitzel</u>^{1,3} with rustic potatoes, Green lettuce salad with lemon (200ml/40g/75g/175g/100g)</p>	<p>Lunch: <u>Chicken soup a la Greque</u>⁹, <u>Bread</u>¹, <u>Spaghetti</u>^{1,3} Bolognese(beef) (200ml/40g/250g)</p>	<p>Lunch: <u>Beef soup</u>⁹, <u>Bread</u>¹, Mancarica de mazare cu piept de pui la cuptor Peas stew with chicken, Cucumber salad with lemon (200ml/40/250g/100g)</p>	<p>Lunch: <u>Vegetable soup</u>^{1,9}, <u>Bread</u>¹, <u>Pizza</u>^{1,7}(Chicken, corn, mushrooms, mozzarella, cheese, peppers and tomatoes) (200ml/40g/250g)</p>
Calories: 784.35	Calories: 738.9	Calories: 670.66	Calories: 544.6	Calories: 884.2
<p>Dessert: <u>Jam roll</u>¹ (150g)</p>	<p>Dessert: <u>Fruit tart</u>^{1,3} (150g)</p>	<p>Dessert: <u>Chocolate muffins</u>^{1,3} (150g)</p>	<p>Dessert: <u>“Poale’n brau” pie</u>^{1,3,7} (150g)</p>	<p>Dessert: Seasonal fruit salad (150g)</p>
Calories: 432	Calories: 426	Calories: 366.7	Calories: 430.5	Calories: 85.6

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Luni	Marti	Miercuri	Joi	Vineri
Mic dejun: <u>Lapte⁷</u> cu cacao, <u>Covrigei¹</u> (250ml/40g)	Mic dejun: <u>Ou³ fiert</u> , <u>Paine¹</u> , <u>Telemea⁷</u> , Castravete, Ceai de plante cu lamaie (60g/40g/60g/40g /250ml)	Mic dejun: <u>Tartine¹</u> cu pate de ficat de casa, Ardei rosu, Ceai de plante cu lamaie (40g/60g/40g/250ml)	Mic dejun: <u>Tartina¹</u> cu crema de <u>branza⁷</u> , Rosie, Ceai de plante cu lamaie (40g/60g/40g/250ml)	Mic dejun: Orez cu <u>lapte⁷</u> si scortisoara (250ml)
Calorii: 336	Calorii: 397.6	Calorii: 370	Calorii: 358	Calorii: 563
Prânz: Supa crema de broccoli, <u>Crutoane¹</u> , Orez sarbesc cu pulpa de pui, Salata de castraveti cu lamaie (200ml/40g/175g/75g /100g)	Prânz: Supa de pui cu <u>galusti^{1,3}</u> , <u>Paine¹</u> , <u>Kus Kus¹</u> cu ostropel de curcan (200ml/40g/100g/ 150g)	Prânz: Supa crema de praz, <u>Crutoane¹</u> , <u>Piure⁷</u> de cartofi cu antricot de vita la cuptor, Salata de varza rosie si alba (200ml/40g/175g/75g /100g)	Prânz: <u>Ciorba⁹</u> de curcan cu <u>taitei^{1,3}</u> , <u>Paine¹</u> , <u>Salau⁴</u> la cuptor cu morcovi baby si broccoli (200ml/40g/75g/175g)	Prânz: <u>Ciorba⁹</u> de <u>perisoare³</u> , <u>Paine¹</u> , <u>Paste^{1,3}</u> cu sos de rosii, busuioc si <u>mozzarella⁷</u> (200ml/40g/250g)
Calorii: 690.7	Calorii: 709.66	Calorii: 738	Calorii: 386	Calorii: 545.66
Desert: <u>Negresa cu finetti si</u> <u>fulgi cocos^{3,7}</u> (150g)	Desert: Salata de fructe de sezon (150g)	Desert: <u>Chec^{1,3}</u> (150g)	Desert: <u>Lintzer^{1,3,7}</u> (150g)	Desert: <u>Fantezii cu rahat^{1,7}</u> (150g)
Calorii: 430.5	Calorii: 85.6	Calorii: 445.5	Calorii: 400.8	Calorii: 447.5

Produsele subliniate contin alergeni conform anexei II din Regulamentul UE Nr.1169/2011. Medic Nutritionist: **Dr. Cristina Cojocaru**

W 3 Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <u>Cocoa Milk</u> ⁷ , <u>Pretzels</u> ¹ (250ml/40g)	Breakfast: Boiled <u>Egg</u> ³ , <u>Bread</u> ¹ , <u>Cheese</u> ⁷ , Cucumber, Herbal Tea with Lemon(60g/40g/6 0g/40g/250ml)	Breakfast: <u>Toast</u> ¹ , Homemade Liver Pate, Red Paprika , Herbal Tea with Lemon (40g/60g/40g/250ml)	Breakfast: Cream <u>Cheese</u> ⁷ <u>Toast</u> ¹ , Tomatoes, Herbal Tea with Lemon (40g/60g/40g/250ml)	Breakfast: Rice <u>Milk</u> ⁷ Pudding with Cinnamon (250ml)
Calories: 336	Calories: 397.6	Calories: 370	Calories: 358	Calories: 563
Lunch: Broccoli Cream Soup, <u>Crutons</u> ¹ , Vegetable Rice with Chicken Drumsticks, Cucumber Salad with Lemon (200ml/40g/175g/75g /100g)	Lunch: Chicken Soup with <u>Dumplings</u> ^{1,3} , <u>Bread</u> ¹ , Turkey Stew with <u>Kus Kus</u> ¹ (200ml/40g/100g/ 150g)	Lunch: Leek Cream Soup, <u>Crutons</u> ¹ , Oven Cooked Beef Steak with <u>Mashed</u> <u>Potatoes</u> ⁷ , Mixed Cabbage Salad (200ml/40g/175g/75g/ 100g)	Lunch: <u>Turkey Soup</u> ⁹ with <u>Noodles</u> ^{1,3} , <u>Bread</u> ¹ , Oven Cooked <u>Zander</u> ⁴ Fillet with Baby Carrots and Broccoli (200ml/40g/75g/175g)	Lunch: <u>Meatballs</u> ³ <u>Soup</u> ⁹ , <u>Bread</u> ¹ , <u>Pasta</u> ^{1,3} With Tomatoes Sauce, Basil and <u>Mozzarella</u> ⁷ (200ml/40g/250g)
Calories: 690.7	Calories: 709.66	Calories: 738	Calories: 386	Calories: 545.66
Dessert: <u>Finetti Brownie with</u> <u>Coconut Flakes</u> ^{3,7} (150g)	Dessert: Seasonal Fruit Salad (150g)	Dessert: <u>Cake</u> ^{1,3} (150g)	Dessert: <u>Lintzer</u> ^{1,3,7} (150g)	Dessert: <u>Turkish Delight Pastry</u> ^{1,7} (150g)
Calories: 430.5	Calories: 85.6	Calories: 445.5	Calories: 400.8	Calories: 447.5

Produsele sublinate contin alergeni conform anexei II din Regulamentul UE Nr.1169/2011. Medic Nutritionist: **Dr. Cristina Cojocaru**

S 4

Luni	Marti	Miercuri	Joi	Vineri
<p><u>Mic dejun:</u> <u>Omleta</u>³ cu sunca si telemea <u>Paine</u>¹,Castravete, Ceai de fructe de padure cu lamaie (40g/80g/10g/10g/40g/ 250ml)</p>	<p><u>Mic dejun:</u> <u>Tartina</u>¹ cu pasta de <u>branza</u>⁷, Ardei rosu, Ceai de plante cu lamaie (40g/60g/40g/250 ml)</p>	<p><u>Mic dejun:</u> <u>Toast</u>¹ cu sunca din piept de pui, Castravete, Ceai de plante cu lamaie (40g/60g/40g/250ml)</p>	<p><u>Mic dejun:</u> <u>Lapte</u>⁷ cu <u>taitei</u>^{1,3} de casa (250ml)</p>	<p><u>Mic dejun:</u> <u>Chec</u>^{3,7} aperitiv(sunca, <u>cascaval</u>⁷ si ciuperci), Ceai de plante cu lamaie (60g/250ml)</p>
<u>Calorii:</u> 345.36	<u>Calorii:</u> 366	<u>Calorii:</u> 248.6	<u>Calorii:</u> 218.75	<u>Calorii:</u> 331.6
<p><u>Prânz:</u> <u>Ciorba</u>⁹ de vacuta, <u>Paine</u>¹, Mancarica de fasole verde cu piept de pui, Salata de castraveti cu lamaie (200ml/40g/200g/50g/1 00g)</p>	<p><u>Prânz:</u> Supa poloneza de rosii, <u>Crutoane</u>¹, <u>Burgher</u>^{1,3} de vita (200ml/40g/250g)</p>	<p><u>Prânz:</u> <u>Ciorba</u>^{3,7,9} de pui a la Grec, <u>Paine</u>¹, Ostropel de pui cu cartof natur, Salata de varza rosie (200ml/40g/250g/100 g)</p>	<p><u>Prânz:</u> Supa crema de linte rosie, <u>Crutoane</u>¹, <u>Ardei umpluti</u>³ cu carne de curcan la cuptor si <u>iaurt</u>⁷ (200ml/40g/250g)</p>	<p><u>Prânz:</u> <u>Ciorba</u>⁹ de legume, <u>Paine</u>¹, Pilaf de orez cu ciocanele de pui la cuptor, Salata de varza alba (200ml/40g/175g/75g/ 100g)</p>
<u>Calorii:</u> 570	<u>Calorii:</u> 742	<u>Calorii:</u> 651	<u>Calorii:</u> 884.9	<u>Calorii:</u> 765.9
<p><u>Desert:</u> <u>Briose cu fructe</u>^{1,3} (150g)</p>	<p><u>Desert:</u> Salata de fructe de sezon (150g)</p>	<p><u>Desert:</u> <u>Cornuri cu rahat</u>^{1,7} (150g)</p>	<p><u>Desert:</u> <u>Salam de biscuiti</u>^{1,3,8} (150g)</p>	<p><u>Desert:</u> <u>Strudel cu mere</u>¹ (150g)</p>
<u>Calorii:</u> 366.7	<u>Calorii:</u> 85.6	<u>Calorii:</u> 432	<u>Calorii:</u> 438.75	<u>Calorii:</u> 376.95

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Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Cheese and ham omelette^{3,1} , Cucumber, Forest fruit tea with lemon (40g/80g/10g/10g/40g/250ml)	Breakfast: Tartina Cream cheese toast^{1,7} , Red pepper, Herbal tea with lemon (40g/60g/40g/250ml)	Breakfast: Chicken ham toast¹ , Cucumber, Herbal tea with lemon (40g/60g/40g/250ml)	Breakfast: Milk with homemade noodles^{7,1,3} (250ml)	Breakfast: Cheese, ham and mushroom buns^{3,7,7} , Herbal tea with lemon (60g/250ml)
Calories: 345.36	Calories: 366	Calories: 248.6	Calories: 218.75	Calories: 331.6
Lunch: Beef soup⁹, Bread¹ , Green beans stew with chicken, Cucumber salad with lemon (200ml/40g/200g/50g/100g)	Lunch: Polish tomato soup, Croutons¹, Beef Burger^{1,3} (200ml/40g/250g)	Lunch: Chicken soup a la Greque^{3,7,9}, Bread¹ , Ostropel de pui cu cartof natur de pui Chicken stew with boiled potatoes , Red cabbage salad (200ml/40g/250g/100g)	Lunch: Red lentil cream soup, Croutons¹, Turkey meat stuffed peppers³ and yoghurt⁷ (200ml/40g/250g)	Lunch: Vegetable soup⁹, Bread¹ , Serbian rice with chicken drumsticks, Cabbage salad (200ml/40g/175g/75g/100g)
Calories: 570	Calories: 742	Calories: 651	Calories: 884.9	Calories: 765.9
Dessert: Fruit muffins^{1,3} (150g)	Dessert: Seasonal fruit salad (150g)	Dessert: Turkish delight croissants^{1,7} (150g)	Dessert: Biscuit cake^{1,3,8} (150g)	Dessert: Apple strudel¹ (150g)
Calories: 366.7	Calories: 85.6	Calories: 432	Calories: 438.75	Calories: 376.95