

**MENIU VARIANTA II**

17. 08. 2026

| REGIM NR.    | DIMINEATA            | ORA 10.00 | PRANZ                                   | ORA 16.00  | SEARA                                 |
|--------------|----------------------|-----------|-----------------------------------------|------------|---------------------------------------|
| 1B           | Ceai cu lamaie 250ml |           | Ciorba de vacuta 300g                   |            |                                       |
| Regim normal | Miere 20g            | Mar       | Pulpa de pui cu manc.f. verde100/200g   | iaurt 140g | Cartofi frantuzesti 300g              |
| ADULTI       | Unt 10g              |           |                                         |            |                                       |
|              | Cas 50g              |           |                                         |            |                                       |
|              | Ardei gras 50g       |           |                                         |            |                                       |
|              | Paine 250g           |           |                                         |            |                                       |
|              |                      |           |                                         |            |                                       |
|              |                      |           |                                         |            |                                       |
| D 9          | Ceai cu lamaie 250ml |           | Ciorba de vacuta 300g                   |            | Pulpa de pui cu cartofi sote 100/100g |
| DIABET       | Unt 10g              | Mar       | Gratar de pui cu manc f. verde 100/100g | Portocala  | Kefir 330ml                           |
|              | Cas 50g              |           |                                         |            |                                       |
|              | Sunca 50g            |           |                                         |            |                                       |
|              | Ardei gras 50g       |           |                                         |            |                                       |
|              | Paine 250g           |           |                                         |            |                                       |
|              |                      |           |                                         |            |                                       |

MANAGER PRODUCTIE  
ZAVADA FLORIN

BUCATAR SEF  
ANGHEL ANDREESCU CRIS  
ASIST DIETETICIAN  
NUTRITIONIST  
TANASACHE ALINA

**MENIU VARIANTA II**

18. 08. 2026

| REGIM NR.     |                      | ORA 10.00  |                                                    | ORA 16.00 |                                                 |
|---------------|----------------------|------------|----------------------------------------------------|-----------|-------------------------------------------------|
|               | <b>DIMINEATA</b>     |            | <b>PRANZ</b>                                       |           | <b>SEARA</b>                                    |
| 1B            | Ceai cu lamaie 250ml | Eugenie    | Ciorba de pui 300g                                 | Mar       | Paste cu carne de pui 300g                      |
| Regim         | Unt 10g              |            | Cotlet de porc la tava cu piure de cartofi         |           |                                                 |
| ADULTI        | Gem 20g              |            | 60/200                                             |           |                                                 |
|               | Cascaval 50g         |            | Salata de sfecla 100g                              |           |                                                 |
|               | Rosie 1 buc          |            |                                                    |           |                                                 |
|               | Paine 250g           |            |                                                    |           |                                                 |
|               |                      |            |                                                    |           |                                                 |
| <b>D 9</b>    | Ceai cu lamaie 250ml | laurt 140g | Ciorba de pui 300g                                 | Mar       | Piept de pui la gratar cu leg mexicane 100/100g |
| <b>DIABET</b> | Unt 10g              |            | Cotlet de porc la tava cu piure de cartofi 60/100g |           | Kefir 330ml                                     |
|               | Cascaval 50g         |            | Salata de varza 100g                               |           |                                                 |
|               | Muschi file 50g      |            |                                                    |           |                                                 |
|               | rosie 1 buc          |            |                                                    |           |                                                 |
|               | Paine 250g           |            |                                                    |           |                                                 |

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**MENIU VARIANTA II**

19. 08. 2026

| REGIM NR.     |                      | ORA 10.00 |                                         | ORA 16.00  |                                            |
|---------------|----------------------|-----------|-----------------------------------------|------------|--------------------------------------------|
|               | <b>DIMINEATA</b>     |           | <b>PRANZ</b>                            |            | <b>SEARA</b>                               |
| 1B            | Ceai cu lamaie 250ml | Mar       | Ciorba de legume 300g                   | Banana     | Ciocanele de pui cu pilaf de orez 100/200g |
| Regim         | Gem 20g              |           | File salau cu legume sote 80/200g       |            |                                            |
| ADULTI        | Unt 10g              |           |                                         |            |                                            |
|               | Sunca 50g            |           |                                         |            |                                            |
|               | Ardei gras 50g       |           |                                         |            |                                            |
|               |                      |           |                                         |            |                                            |
|               | Paine 250g           |           |                                         |            |                                            |
|               |                      |           |                                         |            |                                            |
| <b>D 9</b>    | Ceai cu lamaie 250ml | Mar       | Ciorba de legume 300g                   | Iaurt 140g | Pulpa de pui dezosata 100g                 |
| <b>DIABET</b> | Unt 10g              |           | Salau la cuptor cu legume sote 100/100g |            | Dovlecei la gratar 100g                    |
|               | Br topita 17.5g      |           |                                         |            | Mere 100g                                  |
|               | Salam 50g            |           |                                         |            |                                            |
|               | Ardei gras 50g       |           |                                         |            |                                            |
|               | Paine 250g           |           |                                         |            |                                            |
|               |                      |           |                                         |            |                                            |

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**MENIU VARIANTA II****20. 08. 2026**

| REGIM NR. |                      | ORA 10.00 |                                         | ORA 16.00    |                                      |
|-----------|----------------------|-----------|-----------------------------------------|--------------|--------------------------------------|
|           | <b>DIMINEATA</b>     |           | <b>PRANZ</b>                            |              | <b>SEARA</b>                         |
| 1B        | Lapte                | Mar       | Ciorba de legume cu carne de porc 300g  | laurt fructe |                                      |
| Regim     | Telemea 50g          |           | Gratar de pui cu mazare 100/200g        |              | Salata orientala cu cabanos 250/80g  |
| ADULTI    | Unt 10g              |           |                                         |              |                                      |
|           | Miere 20g            |           |                                         |              | Biscuiti 55g                         |
|           | Rosie 1 buc          |           |                                         |              |                                      |
|           | Paine 250g           |           |                                         |              |                                      |
|           |                      |           |                                         |              |                                      |
| D9        | Ceai cu lamaie 250ml | Mar       | Ciorba de legume cu carne de porc 300g  | Mar          | Rasol de pui cu mazare sote 100/100g |
| DIABET    | Telemea 50g          |           | Gratar de pui cu pilaf de orez 100/100g |              | Kefir 330ml                          |
|           | Unt 10g              |           | Salata de varza 100 g                   |              |                                      |
|           | Sunca 50g            |           |                                         |              |                                      |
|           | Rosie 1 buc          |           |                                         |              |                                      |
|           | Paine fara sare 250g |           |                                         |              |                                      |

MANAGER PRODUCTIE

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CRISTINA

ASIST DIETETICIAN NUTRITIONIST

TANASACHE ALINA

**MENIU VARIANTA II**

21. 08. 2026

| REGIM NR.     |                      | ORA 10.00 |                                                     | ORA 16.00 |                                             |
|---------------|----------------------|-----------|-----------------------------------------------------|-----------|---------------------------------------------|
|               | <b>DIMINEATA</b>     |           | <b>PRANZ</b>                                        |           | <b>SEARA</b>                                |
| 1B            | Ceai cu lamaie 250ml | Mar       | Ciorba de fasole verde 300g                         | Portocala | Orez basmati cu pulpa de pui 200/100g       |
| Regim         | Gem 20g              |           | Snitel de pui la cuptor cu cartofi natur            |           |                                             |
| ADULTI        | Mozzarella 50g       |           | 80/200g                                             |           |                                             |
|               | Unt 10g              |           |                                                     |           |                                             |
|               | Rosie 1 buc          |           |                                                     |           |                                             |
|               | Paine 250            |           |                                                     |           |                                             |
|               |                      |           |                                                     |           |                                             |
|               |                      |           |                                                     |           |                                             |
| <b>D 9</b>    | Ceai cu lamaie 250ml | Mar       | Ciorba de fasole verde 300g                         | Portocala | Ciocanele de pui cu baby morcov<br>100/100g |
| <b>DIABET</b> | Unt 10g              |           | Snitel de pui la cuptor cu cartofi natur<br>80/100g |           | Salata de varza 100g                        |
|               | Mozzarella 50g       |           |                                                     |           | Iaurt 140g                                  |
|               | Rosie 1 buc          |           |                                                     |           |                                             |
|               | Ou fier 50g          |           |                                                     |           |                                             |
|               | Paine 250 g          |           |                                                     |           |                                             |
|               |                      |           |                                                     |           |                                             |

MANAGER PRODUCTIE

ZAVADA FLORIN

BUCATAR SEF  
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 NUTRITIONIST  
 TANASACHE ALINA

S.C.AMRITA COM S.R.L.

## MENIU VARIANTA II

22. 08. 2026

| REGIM NR.     | DIMINEATA            | ORA 10.00  | PRANZ                                | ORA 16.00    | SEARA                                            |
|---------------|----------------------|------------|--------------------------------------|--------------|--------------------------------------------------|
| <b>1B</b>     | Ceai cu lamaie 250ml | laurt 140g | Ciorba de perisoare 300g             | Biscuiti 50g | Legume mexicane 200g                             |
| <b>Regim</b>  | Unt 10g              |            | Gratar de pui cu cous cous cu legume |              | Snitel de porc 80g                               |
| <b>ADULTI</b> | Miere 20g            |            | 100/200g                             |              |                                                  |
|               | Ou fiert 50g         |            | Salata de sfecla 100g                |              |                                                  |
|               | Rosie 1 buc          |            |                                      |              |                                                  |
|               | Paine 250g           |            |                                      |              |                                                  |
|               |                      |            |                                      |              |                                                  |
| <b>D 9</b>    | Ceai cu lamaie 250ml | laurt 140g | Ciorba de perisoare 300g             | Mar          | Snitel de pui la cuptor cu broccoli sote100/100g |
| <b>DIABET</b> | Unt 10g              |            | Gratar de pui cu cous cous cu legume |              |                                                  |
|               | Sunca 50g            |            | 100/100g                             |              | Kefir 330ml                                      |
|               | Cas 50g              |            |                                      |              |                                                  |
|               | Rosie 1 buc          |            | Salata de varza                      |              |                                                  |
|               | Paine 250g           |            |                                      |              |                                                  |

MANAGER PRODUCTIE  
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ASIST DIETETICIAN NUTRITIONIST  
TANASACHE ALINA

S.C.AMRITA COM S.R.L.

## MENIU VARIANTA II

23. 08. 2026

| REGIM NR.    |                      | ORA 10.00 |                                                            | ORA 16.00 |                                                 |
|--------------|----------------------|-----------|------------------------------------------------------------|-----------|-------------------------------------------------|
|              | DIMINEATA            |           | PRANZ                                                      |           | SEARA                                           |
| 1B           | Ceai cu lamaie 250ml | Mar       | Supa de zarzavat cu fidea 300g                             | Banana    | Budinca de macaroane 300g                       |
| Regim normal | Miere 20g            |           | Ciocanele de pui cu cartofi la cuptor cu rozmarin 100/200g |           |                                                 |
|              | Unt 10g              |           | Salata de varza 100g                                       |           |                                                 |
|              | Sunca 50g            |           |                                                            |           |                                                 |
| ADULTI       | Rosie 1 buc          |           |                                                            |           |                                                 |
|              | Paine 250g           |           |                                                            |           |                                                 |
|              |                      |           |                                                            |           |                                                 |
| D 9          | Ceai cu lamaie 250ml | Mar       | Supa de zarzavat cu fidea 300g                             | Mar       | Piept de pui la gratar 100g                     |
| DIABET       | Unt 10g              |           | Ciocanele de pui cu cartofi la cuptor 100/100g             |           | Salata de legume(fasole boabe,ardei gras,rosii) |
|              | Cascaval 50g         |           |                                                            |           | laurt 140g                                      |
|              | Salam 50g            |           | Salata de varza 100g                                       |           |                                                 |
|              | Rosie 1 buc          |           |                                                            |           |                                                 |
|              | Paine 250g           |           |                                                            |           |                                                 |
|              |                      |           |                                                            |           |                                                 |

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