

Valori energetice și nutritive					Valori energetice și nutritive						
Denumire produs	Valoare nutritivă	per 100 g	per porție	% din DZR per porție	Denumire produs	Valoare nutritivă	per 100 g	per porție	% din DZR per porție		
PULPE DE PUI DESIRATE DE PE OS, LA GRATAR	Valoare energetică	kJ/ kcal	193,76 / 813,8	581,28/2441,37	29.06	SNITZELWICH	Valoare energetică	kJ/ kcal	193.07	965.35	48.27
	Grăsimi	g	13.45	40.35	57.64		Grăsimi	g	7.84	39.18	55.97
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	8.50	25.50	127.50		* saturate	g	0.00	0.00	0.00
	Glucide	g		0.00	0.00		Glucide	g	21.38	106.90	41.12
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g		0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Proteine	g	16.75	50.25	100.50		Proteine	g	7.94	39.68	79.36
Sare	g	0.33	1.00	16.67	Sare	g	0.11	0.55	9.17		
PIEPT DE PUI PE BAT	Valoare energetică	kJ/ kcal	116 / 487,2	348 /1462	17.40	OMLETOWICH	* cu chabatta inclusă				
	Grăsimi	g	6.46	19.40	27.71		Valoare energetică	kJ/ kcal	191.28	573.84	28.69
	<i>Din care</i>						Grăsimi	g	6.17	18.51	26.44
	* saturate	g	1.38	4.16	20.80		<i>Din care</i>				
	Glucide	g	1.60	4.81	1.85		* saturate	g	0.00	0.00	0.00
	<i>Din care</i>						Glucide	g	24.10	72.30	27.81
	*zaharuri	g	0.00	0.00	0.00		<i>Din care</i>				
	Proteine	g	11.85	35.55	71.10		*zaharuri	g	0.00	0.00	0.00
Sare	g	0.14	0.43	7.17	Proteine	g	8.56	25.69	51.38		
MARI MITITEI	Valoare energetică	kJ/ kcal	116 / 487,2	779,2 / 3272,64	38.96	GRECOWICH	Sare	g	0.34	1.01	16.83
	Grăsimi	g	19.00	60.80	86.86		* cu chabatta inclusa				
	<i>Din care</i>		0.00				Valoare energetică	kJ/ kcal	214.70	644.11	32.21
	* saturate	g	19.00	60.80	304.00		Grăsimi	g	8.44	25.31	36.15
	Glucide	g	2.30	7.36	2.83		<i>Din care</i>				
	<i>Din care</i>		0.00				* saturate	g	0.00	0.00	0.00
	*zaharuri	g	2.30	7.36	8.18		Glucide	g	25.22	75.65	29.10
	Proteine	g	14.00	44.80	89.60		<i>Din care</i>				
Sare	g	0.93	2.98	49.67	*zaharuri	g	0.00	0.00	0.00		
PUR SI SIMPLU GRATAR DE PUI	Valoare energetică	kJ/ kcal	116 / 487,2	581,28 / 2441,37	29.064	PESTO PASTO	Proteine	g	8.02	24.05	48.10
	Grăsimi	g	16.14	40.35	57.64		Sare	g	0.34	1.01	16.83
	<i>Din care</i>		0				* cu chabatta inclusa				
	* saturate	g	10.2	25.5	127.50		Valoare energetică	kJ/ kcal	441.08	1323.23	66.16
	Glucide	g	0	0	0.00		Grăsimi	g	22.40	67.20	96.00
	<i>Din care</i>		0				<i>Din care</i>				
	*zaharuri	g	0	0	0.00		* saturate	g	0.00	0.00	0.00
	Proteine	g	20.1	50.25	100.50		Glucide	g	46.24	138.73	53.36
Sare	g	0.4	1	16.67	<i>Din care</i>						
PIEPT CURCAN INVARTIT IN SALSĂ	Valoare energetică	kJ/ kcal	121,75 / 511,36	365,25 / 1534	18.26	SUNCA SI CIUPERCI INNEBUNITE DUPA SPAGHETE	*zaharuri	g	0.00	0.00	0.00
	Grăsimi	g	9.10	22.76	32.51		Proteine	g	10.53	31.58	63.16
	<i>Din care</i>						Sare	g	0.67	2.01	33.50
	* saturate	g	0.36	0.90	4.50		Valoare energetică	kJ/ kcal	209.34	732.70	36.64
	Glucide	g	4.42	11.06	4.25		Grăsimi	g	6.21	21.72	31.03
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.24	0.60	0.67		* saturate	g	0.00	0.00	0.00
	Proteine	g	10.56	26.40	52.80		Glucide	g	28.58	100.02	38.47
Sare	g	0.40	1.00	16.67	<i>Din care</i>						
CARNATI FUMURI GRATAR CU PE	Valoare energetică	kJ/ kcal	116 / 487,2	792,3 / 3327,66	39.615	CARBONARA	*zaharuri	g	0.00	0.00	0.00
	Grăsimi	g	11.47	51.6	73.71		Proteine	g	8.41	29.42	58.84
	<i>Din care</i>		0.00				Sare	g	0.00	0.01	0.17
	* saturate	g	11.47	51.6	258.00		Valoare energetică	kJ/ kcal	359.16	1257.05	62.85
	Glucide	g	11.27	50.7	19.50		Grăsimi	g	15.10	52.86	75.51
	<i>Din care</i>		0.00				<i>Din care</i>				
	*zaharuri	g	0.00	0	0.00		* saturate	g	0.00	0.00	0.00
	Proteine	g	5.67	25.5	51.00		Glucide	g	41.75	146.12	56.20
Sare	g	1.00	4.5	75.00	<i>Din care</i>						
ARIPIOARE PICANT VIGUROASE	Valoare energetică	kJ/ kcal	116 / 487,2	293,7 / 2493,7	29.68775	INTALNIRE DE FARFALLE CU BROCCOLI, CIUPERCI, ROSII, ARDEI SI GRAS BUSUIOC	*zaharuri	g	0.00	0.00	0.00
	Grăsimi	g	11.95	35.85	51.21		Proteine	g	11.59	40.58	81.15
	<i>Din care</i>						Sare	g	0.00	0.01	0.17
	* saturate	g	10.20	30.6	153.00		Valoare energetică	kJ/ kcal	176.45	617.59	30.88
	Glucide	g	0.90	2.7	1.04		Grăsimi	g	4.65	16.29	23.27
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.00	0	0.00		* saturate	g	0.00	0.00	0.00
	Proteine	g	7.67	23	46.00		Glucide	g	27.54	96.40	37.08
Sare	g	0.67	2	33.33	<i>Din care</i>						
	Valoare energetică	kJ/ kcal	209,4 / 879,5	628,2 / 2638,5	31.41		*zaharuri	g	0.00	0.00	0.00
	Grăsimi	g	10.10	30.31	43.30		Proteine	g	4.94	17.28	34.56

NUGGETS FRAGEDE DE PUI	<i>Din care</i>						Sare	g	0.00	0.01	0.17	
	* saturate	g	4.97	14.92	74.60	SNITEL DE PUI ECHIPAT IN PESMET AURIU	Valoare e	kJ/ kcal	295.47	886.40	44.32	
	Glucide	g	19.03	57.09	21.96		Grăsimi	g	13.97	41.91	59.87	
	<i>Din care</i>						<i>Din care</i>					
	*zaharuri	g	8.00	24.00	26.67		* saturat	g	1.68	5.05	25.25	
Proteine	g	9.13	27.39	54.78	Glucide		g	26.09	78.28	30.11		
Sare	g	1.47	4.40	73.33	<i>Din care</i>							
CIULAMA DE PUI IN CARE A PLONJAT O MAMALIGUTA (fara mamaliga)	Valoare energeti	kJ/ kcal	194,74 / 818	584,24 / 2453,8	29.21	SNITEL DE CURCAN CU OU, IUBITOR DE CASCAVAL SI VERDEATA	*zaharuri	g	0.00	0.00	0.00	
	Grăsimi	g	10.23	30.68	43.83		Proteine	g	14.28	42.85	85.70	
	<i>Din care</i>						Sare	g	0.18	0.54	9.00	
	* saturate	g	1.39	4.16	20.80		Valoare e	kJ/ kcal	228.46	456.92	22.85	
	Glucide	g	13.45	40.34	15.52		Grăsimi	g	6.19	12.39	17.69	
<i>Din care</i>					<i>Din care</i>							
*zaharuri	g	0.10	0.29	0.32	* saturat	g	1.82	3.64	18.18			
Proteine	g	10.86	32.57	65.14	Glucide	g	17.91	35.82	13.78			
Sare	g	0.34	1.03	17.17	<i>Din care</i>							
MUSCHI PORC FERMECAT CU SOS DE PIPER	Valoare energeti	kJ/ kcal	443,2 / 1861,4	1108,8 / 4627	55.02	CRUTOANE	*zaharuri	g	0.00	0.00	0.00	
	Grăsimi	g	15.85	39.63	56.61		Proteine	g	23.77	47.53	95.06	
	<i>Din care</i>						Sare	g	1.17	2.34	39.00	
	* saturate	g	7.89	19.73	98.65		Valoare e	kJ/ kcal	328.82	164.41	8.22	
	Glucide	g	3.74	9.35	3.60		Grăsimi	g	7.76	3.88	5.54	
<i>Din care</i>					<i>Din care</i>							
*zaharuri	g	0.40	1.00	1.11	* saturat	g	0.00	0.00	0.00			
Proteine	g	18.63	46.57	93.14	Glucide	g	124.80	62.40	24.00			
Sare	g	0.40	1.00	16.67	<i>Din care</i>							
PIEPT CURCAN VOPSIT CU SOS DE ROSII SMANTANA	Valoare energeti	kJ/ kcal	121,75 / 511,36	365,25 / 1534	18.26	CREMA DE LEGUME CU CRUTOANE	*zaharuri	g	0.00	0.00	0.00	
	Grăsimi	g	9.10	22.76	32.51		Proteine	g	18.00	9.00	18.00	
	<i>Din care</i>						Sare	g	4.00	2.00	33.33	
	* saturate	g	0.36	0.90	4.50		Valoare e	kJ/ kcal	40.93	163.71	8.19	
	Glucide	g	4.42	11.06	4.25		Grăsimi	g	1.19	4.77	6.81	
<i>Din care</i>					<i>Din care</i>							
*zaharuri	g	0.24	0.60	0.67	* saturat	g	0.00	0.00	0.00			
Proteine	g	10.56	26.40	52.80	Glucide	g	6.40	25.58	9.84			
Sare	g	0.40	1.00	16.67	<i>Din care</i>							
SARMALE INFOLITE-N FOI DE VARZA	Valoare energeti	kJ/ kcal	143,50 / 602,7	717,52 / 3013	35.88	CIORBA SATIOASA DE FASOLE	*zaharuri	g	0.00	0.00	0.00	
	Grăsimi	g	7.00	35.00	50.00		Proteine	g	0.88	3.53	7.07	
	<i>Din care</i>						Sare	g	0.00	0.01	0.14	
	* saturate	g	1.74	8.70	43.50		Valoare e	kJ/ kcal	90.14	360.55	18.03	
	Glucide	g	13.56	67.80	26.08		Grăsimi	g	5.79	23.15	33.07	
<i>Din care</i>					<i>Din care</i>							
*zaharuri	g	0.00	0.00	0.00	* saturat	g	1.04	4.16	20.79			
Proteine	g	4.56	22.80	45.60	Glucide	g	4.83	19.33	7.43			
Sare	g	0.40	2.00	33.33	<i>Din care</i>							
SARMALE FARA PACATE	Valoare energeti	kJ/ kcal	117,7 / 494,34	588,5 / 2471,7	29.43	CIORBA VACUTA INDOPATA BINE	*zaharuri	g	0.00	0.00	0.00	
	Grăsimi	g	4.34	21.68	30.97		Proteine	g	4.03	16.11	32.21	
	<i>Din care</i>						Sare	g	0.33	1.33	22.22	
	* saturate	g	0.00	0.00	0.00		Valoare e	kJ/ kcal	75.66	302.66	15.13	
	Glucide	g	16.29	81.44	31.32		Grăsimi	g	3.52	14.09	20.12	
<i>Din care</i>					<i>Din care</i>							
*zaharuri	g	0.00	0.00	0.00	* saturat	g	0.18	0.73	3.63			
Proteine	g	2.58	12.92	25.84	Glucide	g	3.42	13.68	5.26			
Sare	g	0.40	2.00	33.33	<i>Din care</i>							
						*zaharuri	g	0.00	0.00	0.00		
						Proteine	g	7.05	28.18	56.37		
						Sare	g	0.33	1.33	22.22		
						Valoare e	kJ/ kcal	67.90	271.59	13.58		
						Grăsimi	g	3.32	13.27	18.95		
CURCAN SALTARET SOS ROSSE	Valoare energeti	kJ/ kcal	107.00	321.00	18.26	CURCAN LEGAT TAITEI CASA INECAT SUPA	<i>Din care</i>					
	Grăsimi	g	6.81	20.42	29.17		* saturat	g	0.06	0.23	1.16	
	<i>Din care</i>						Glucide	g	2.43	9.71	3.73	
	* saturate	g	0.10	0.30	1.50		<i>Din care</i>					
	Glucide	g	3.62	10.85	4.17		*zaharuri	g	0.00	0.00	0.00	
<i>Din care</i>					Proteine	g	6.61	26.45	52.89			
*zaharuri	g	1.33	4.00	4.44	Sare	g	0.35	1.42	23.61			
Proteine	g	7.09	21.28	42.56	Valoare e	kJ/ kcal	46.15	184.60	9.23			
Sare	g	0.67	2.00	33.33	Grăsimi	g	3.02	12.07	17.24			
MI-AI MANCAT FICATII SUNCA CIUPERCI	Valoare energeti	kJ/ kcal	143.04	429.12	18.26	SUPA DE ROSII PARFUMATA CU BUSUIOC cu crutoane	<i>Din care</i>					
	Grăsimi	g	8.39	25.17	35.96		* saturat	g	0.00	0.00	0.00	
	<i>Din care</i>						Glucide	g	2.40	9.59	3.69	
	* saturate	g	1.64	4.91	24.55		<i>Din care</i>					
	Glucide	g	2.24	6.71	2.58		*zaharuri	g	0.00	0.00	0.00	
<i>Din care</i>												
*zaharuri	g	0.00	0.00	0.00								

	Proteine	g	2.24	6.71	13.42			*zaharuri	g	0.00	0.00	0.00
	Sare	g	0.67	2.00	33.33			Proteine	g	2.02	8.07	16.13
ARDEI COPT DE DRAGUL PUIULUI	Valoare energeti	kJ/ kcal	113,9 / 478,4	341,71 / 1435,2	18.26			Sare	g	0.35	1.42	23.61
	Grăsimi	g	6.90	20.70	29.57	BRANZA STAFIDE INVELITE-N CLATITA		Valoare e	kJ/ kcal	100.15	143.08	7.15
	<i>Din care</i>							Grăsimi	g	2.94	4.20	6.00
	*saturate	g	0.01	0.03	0.15			<i>Din care</i>				
	Glucide	g	4.30	12.90	4.96			*saturat	g	2.37	3.38	16.91
	<i>Din care</i>							Glucide	g	11.22	16.04	6.17
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	7.83	23.49	46.98			*zaharuri	g	1.75	2.50	2.78
Sare	g	0.33	1.00	16.67			Proteine	g	6.53	9.34	18.67	
CASTRAVECIORI MURATI SMANTANITI CU PUI	Valoare energeti	kJ/ kcal	158.33	475.00	18.26			Sare	g	0.00	0.00	0.00
	Grăsimi	g	11.85	35.54	50.77	CIOCOLATA LA CLATITA		Valoare e	kJ/ kcal	331.69	473.85	23.69
	<i>Din care</i>							Grăsimi	g	9.56	13.65	19.50
	*saturate	g	0.01	0.03	0.15			<i>Din care</i>				
	Glucide	g	2.21	6.64	2.55			*saturat	g	1.56	2.23	11.14
	<i>Din care</i>							Glucide	g	46.72	66.75	25.67
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	10.29	30.87	61.74			*zaharuri	g	55.65	79.50	88.33
Sare	g	0.33	1.00	16.67			Proteine	g	12.51	17.87	35.73	
MASA JUPANULUI	Valoare energeti	kJ/ kcal	164,3 / 690	493 / 2070	18.26			Sare	g	0.00	0.00	0.00
	Grăsimi	g	8.59	25.78	36.83	DULCEATA DE VISINE LA CLATITA		Valoare e	kJ/ kcal	267.15	381.65	19.08
	<i>Din care</i>							Grăsimi	g	3.78	5.40	7.71
	*saturate	g	0.01	0.03	0.15			<i>Din care</i>				
	Glucide	g	2.01	6.02	2.32			*saturat	g	1.56	2.23	11.14
	<i>Din care</i>							Glucide	g	45.25	64.65	24.86
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	18.62	55.85	111.70			*zaharuri	g	50.75	72.50	80.56
Sare	g	1.00	3.00	50.00			Proteine	g	11.33	16.19	32.38	
PUI INVELIT CU VINETE	Valoare energeti	kJ/ kcal	222,91 / 936,22	668,75 / 2808,75	18.26			Sare	g	0.00	0.00	0.00
	Grăsimi	g	17.70	53.09	75.84	DULCEATA DE LA AFINE CLATITA		Valoare e	kJ/ kcal	361.58	516.54	25.83
	<i>Din care</i>							Grăsimi	g	3.78	5.40	7.71
	*saturate	g	1.42	4.26	21.30			<i>Din care</i>				
	Glucide	g	2.84	8.51	3.27			*saturat	g	1.56	2.23	11.14
	<i>Din care</i>							Glucide	g	68.28	97.55	37.52
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	11.39	34.18	68.36			*zaharuri	g	57.75	82.50	91.67
Sare	g	0.33	1.00	16.67			Proteine	g	11.33	16.19	32.38	
FIECARE FASOLE PUIUL EI	Valoare energeti	kJ/ kcal	155,10 / 651,42	465,32 / 1954,34	18.26			Sare	g	0.00	0.00	0.00
	Grăsimi	g	10.81	32.44	46.34	PAPANASI INDOPATI CU BRANZA DE VACI DULCEATA		Valoare e	kJ/ kcal	161.78	647.13	32.36
	<i>Din care</i>							Grăsimi	g	3.65	14.60	20.86
	*saturate	g	0.02	0.06	0.30			<i>Din care</i>				
	Glucide	g	4.55	13.66	5.25			*saturat	g	1.09	4.36	21.78
	<i>Din care</i>							Glucide	g	23.63	94.52	36.35
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	8.75	26.25	52.50			*zaharuri	g	0.00	0.00	0.00
Sare	g	0.33	1.00	16.67			Proteine	g	7.55	30.20	60.40	
CRAPUL TRAGE LA SARAMURA	Valoare energeti	kJ/ kcal	111,79 / 469,4	391,27 / 1643,3	18.26			Sare	g	0.25	1.00	16.67
	Grăsimi	g	3.97	13.91	19.87	PAPANASUL DIVORTAT		Valoare e	kJ/ kcal	161.78	323.57	16.18
	<i>Din care</i>							Grăsimi	g	3.65	7.30	10.43
	*saturate	g	0.36	1.26	6.30			<i>Din care</i>				
	Glucide	g	7.21	25.25	9.71			*saturat	g	1.09	2.18	0.44
	<i>Din care</i>							Glucide	g	23.63	47.26	18.18
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	11.02	38.57	77.14			*zaharuri	g	0.00	10.00	11.11
Sare	g	0.57	2.00	33.33			Proteine	g	7.55	15.10	30.20	
SALAU SEF LA HREAN	Valoare energeti	kJ/ kcal	219.67	439.35	18.26			Sare	g	0.25	0.50	8.33
	Grăsimi	g	11.16	22.32	31.89	FARFALLE DULCI CA-N BUCURESTI		Valoare e	kJ/ kcal	284.91	712.28	35.61
	<i>Din care</i>							Grăsimi	g	2.02	5.04	7.20
	*saturate	g	0.00	0.00	0.00			<i>Din care</i>				
	Glucide	g	5.75	11.50	19.04			*saturat	g	0.00	0.00	0.00
	<i>Din care</i>							Glucide	g	56.93	142.32	54.74
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	22.52	45.03	90.06			*zaharuri	g	20.80	52.00	57.78
	Sare	g	1.00	2.00	33.33			Proteine	g	7.99	19.98	39.96
	**fara cartofi fierti							Sare	g	0.00	0.01	0.17
Valoare energeti	kJ/ kcal	148.75	595.00	18.26				Valoare e	kJ/ kcal	518.39	1036.79	51.84
Grăsimi	g	5.58	22.32	31.89	MERE PASE-N		Grăsimi	g	20.58	41.15	58.79	
<i>Din care</i>							<i>Din care</i>					
							*saturat	g	0.00	0.00	0.00	

	* saturate	g	0.00	0.00	0.00	MENIU PENTRU FOI PUFOASE	Glucide	g	76.34	152.69	58.73
	Glucide	g	12.38	49.50	19.04		<i>Din care</i>				
	<i>Din care</i>						*zaharuri	g	15.00	30.00	33.33
	*zaharuri	g	0.00	0.00	0.00		Proteine	g	3.43	6.85	13.70
	Proteine	g	11.26	45.03	90.06		Sare	g	0.00	0.00	0.00
	Sare	g	0.50	2.00	33.33		Valoare energetică	kJ/ kcal	120.80	362.41	18.12
	*** cu portia de cartofi inclusa						Grăsimi	g	1.53	4.59	6.55
CEAFA RASFATATA CU MAMALIGUTA	Valoare energetice	kJ/ kcal	386.26	772.52	18.26	GRISULET DE LA BUNICA	<i>Din care</i>				
	Grăsimi	g	33.77	67.54	96.49		* saturate	g	0.47	1.40	7.01
	<i>Din care</i>						Glucide	g	21.90	65.71	25.27
	* saturate	g	6.21	12.41	62.05		<i>Din care</i>				
	Glucide	g	1.26	2.52	0.97		*zaharuri	g	8.33	25.00	27.78
	<i>Din care</i>						Proteine	g	1.64	4.91	9.82
	*zaharuri	g	0.00	0.00	0.00		Sare	g	0.08	0.25	4.21
	Proteine	g	16.35	32.70	65.40	Valoare energetică	kJ/ kcal	1236.50	1112.85	55.64	
	Sare	g	0.50	1.00	16.67	Grăsimi	g	83.82	75.44	107.77	
	mamaliga, 150 g					<i>Din care</i>					
	Valoare energetică	kJ/ kcal	45.22	67.83	3.39	NEGRESSINI	* saturate	g	27.37	24.63	123.15
	Grăsimi	g	0.06	0.09	0.06		Glucide	g	918.28	826.45	317.87
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00		*zaharuri	g	159.72	143.75	159.72
Glucide	g	9.61	14.42	37.49	Proteine		g	9.02	8.12	16.23	
<i>Din care</i>					Sare		g	0.00	0.00	0.00	
*zaharuri	g	0.00	0.00	0.00	Valoare energetică		kJ/ kcal	199.06	398.12	19.91	
Proteine	g	1.28	1.92	0.96	Grăsimi	g	5.41	10.82	15.45		
Sare	g	0.67	1.00	0.06	<i>Din care</i>						
VITANOFF	Valoare energetice	kJ/ kcal	134.15	402.45	18.26	SNITEL DE PORC FERICIT PRIN IARBA	* saturate	g	1.56	3.12	15.59
	Grăsimi	g	9.30	27.91	39.87		Glucide	g	17.76	35.52	13.66
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	1.67	5.02	25.10		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	4.00	12.00	4.62		Proteine	g	18.53	37.05	74.10
	<i>Din care</i>						Sare	g	0.27	0.54	9.00
	*zaharuri	g	0.00	0.00	0.00		Valoare energetică	kJ/ kcal	68.22	204.66	10.23
Proteine	g	7.62	22.85	45.70	Grăsimi	g	3.60	10.80	15.43		
Sare	g	0.33	1.00	16.67	<i>Din care</i>						
CIUPERCI INFOLITE	Valoare energetice	kJ/ kcal	122,74 / 515,5	368,23 / 1546,5	18.26	SALATA SANATOASA DE CRUDITATI	* saturate	g	0.00	0.00	0.00
	Grăsimi	g	0.93	2.80	4.00		Glucide	g	6.37	19.10	7.35
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	21.83	65.50	25.19		Proteine	g	2.11	6.32	12.64
	<i>Din care</i>						Sare	g	0.33	1.00	16.67
	*zaharuri	g	0.00	0.00	0.00		Valoare energetică	kJ/ kcal	378.90	1136.70	56.84
Proteine	g	5.99	17.96	35.92	Grăsimi	g	13.52	40.57	57.96		
Sare	g	0.18	0.54	9.00	<i>Din care</i>						
VINETE IMBRATISATE CU ROSII	Valoare energetice	kJ/ kcal	64,8 / 287,3	162 / 680	18.26	FARFALLE HOT	* saturate	g	1.45	4.34	21.70
	Grăsimi	g	4.17	10.43	14.90		Glucide	g	46.41	139.24	53.55
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	5.06	12.64	4.86		Proteine	g	15.33	45.98	91.96
	<i>Din care</i>						Sare	g	0.34	1.01	16.83
	*zaharuri	g	0.00	0.00	0.00		MENIU PENTRU COPII STRENGARI				
Proteine	g	1.29	3.23	6.46	Valoare energetică	kJ/ kcal	242.18	363.27	18.16		
CLATITE SATURATE CU PUI SI CIUPERCI GRATINATE	Valoare energetice	kJ/ kcal	512,65 / 2150	1281,64 / 5380,2	64.08	NUGGETS FRAGEDE DE PUI	Grăsimi	g	5.50	8.25	11.78
	Grăsimi	g	40.46	101.15	144.50		<i>Din care</i>				
	<i>Din care</i>						* saturate	g	1.72	2.58	12.89
	* saturate	g	3.28	8.20	41.00		Glucide	g	32.28	48.41	18.62
	Glucide	g	10.15	25.38	9.76		<i>Din care</i>				
	<i>Din care</i>						*zaharuri	g	2.00	3.00	3.33
	*zaharuri	g	0.00	0.00	0.00		Proteine	g	14.32	21.48	42.96
Proteine	g	21.56	53.90	107.80	Sare	g	0.36	0.54	9.00		
Sare	g	0.01	0.03	0.50	Valoare energetică	kJ/ kcal	316.78	633.56	42.24		
MAMALIGUTA CU UNT SI BRANZA DE VACI ALINTATA CU SMANTANA CREMOASA	Valoare energetice	kJ/ kcal	88,69 / 372,5	443,45 / 1883,45	22.17	CARTOFI SMILEY	Grăsimi	g	26.90	40.35	76.86
	Grăsimi	g	4.13	20.63	29.47		<i>Din care</i>				
	<i>Din care</i>						* saturate	g	0.00	0.00	0.00
	* saturate	g	2.65	13.26	66.30		Glucide	g	38.00	57.00	29.23
	Glucide	g	5.99	29.95	11.52		<i>Din care</i>				
	<i>Din care</i>						*zaharuri	g	0.00	0.00	0.00
	*zaharuri	g	0.00	0.00	0.00		Proteine	g	4.00	6.00	16.00
Proteine	g	5.71	28.57	57.14	Sare	g	0.00	0.00	0.00		
					Valoare energetică	kJ/ kcal	256.42	427.37	35.61		



RASPUADERE	Din care					Sare	g	0.02	0.06	1.00	
	*zaharuri	g	0.00	0.00	0.00	Valoare e	kJ/ kcal	155.78	467.35	23.37	
	Proteine	g	5.10	15.30	30.60	Grăsimi	g	10.46	31.39	44.84	
	Sare	g	1.00	3.00	50.00	Din care					
CARTOFI GRATINATI DESAVARSIT	Valoare energeti	kJ/ kcal	336.46	1009.38	50.47	SALATA ZORBA	* saturat	g	1.34	4.03	20.16
	Grăsimi	g	18.03	54.08	77.26		Glucide	g	6.54	19.63	7.55
	Din care						Din care				
	* saturate	g	0.71	2.14	10.69		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	35.53	106.60	41.00	Proteine	g	7.72	23.16	46.31	
	Din care					Sare	g	0.02	0.06	9.33	
	*zaharuri	g	0.00	0.00	0.00	Valoare e	kJ/ kcal	62.01	186.02	9.30	
	Proteine	g	5.64	16.92	33.84	Grăsimi	g	3.49	10.48	14.97	
Sare	g	0.67	2.00	33.33	Din care						
CARTOFI PRAJITI CA-N AMERICA	Valoare energeti	kJ/ kcal	422.37	844.74	42.24	SALATA SANATOASA DE VARZA ALBA	* saturat	g	0.00	0.00	0.00
	Grăsimi	g	26.90	53.80	76.86		Glucide	g	5.62	16.86	6.48
	Din care						Din care				
	* saturate	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	38.00	76.00	29.23	Proteine	g	1.58	4.74	9.48	
	Din care					Sare	g	0.33	1.00	16.67	
	*zaharuri	g	0.00	0.00	0.00	Valoare e	kJ/ kcal	49.39	148.18	7.41	
	Proteine	g	4.00	8.00	16.00	Grăsimi	g	3.34	10.03	14.33	
Sare	g	1.00	2.00	33.33	Din care						
FASOLE MOLESTATA, CU CEAPA CALITA	Valoare energeti	kJ/ kcal	296.22	592.44	29.62	SALATA SANATOASA DE SFECLA ROSIE CU HREAN	* saturat	g	0.00	0.00	0.00
	Grăsimi	g	20.22	40.44	57.77		Glucide	g	3.90	11.70	4.50
	Din care						Din care				
	* saturate	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	19.12	38.24	14.71	Proteine	g	0.56	1.69	3.38	
	Din care					Sare	g	0.00	0.00	0.00	
	*zaharuri	g	0.00	0.00	0.00	Valoare e	kJ/ kcal	51.04	153.11	7.66	
	Proteine	g	7.27	14.54	29.08	Grăsimi	g	3.52	10.56	15.09	
Sare	g	0.75	1.50	25.00	Din care						
CARTOFII ROZMARIEI	Valoare energeti	kJ/ kcal	376.34	752.67	37.63	SALATA SANATOASA ASORTATA DE VARA	* saturat	g	0.00	0.00	0.00
	Grăsimi	g	21.95	43.90	62.71		Glucide	g	3.22	9.65	3.71
	Din care						Din care				
	* saturate	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	38.00	76.00	29.23	Proteine	g	1.25	3.74	7.48	
	Din care					Sare	g	0.67	2.00	33.33	
	*zaharuri	g	0.00	0.00	0.00	Valoare e	kJ/ kcal	22.69	68.06	3.40	
	Proteine	g	4.00	8.00	16.00	Grăsimi	g	0.66	1.98	2.83	
Sare	g	1.50	3.00	50.00	Din care						
INTALNIRE INTRE MAZARE SI BLENDER	Valoare energeti	kJ/ kcal	139.69	419.08	20.95	SALATA SANATOASA DE ARDEI CAPIATI	* saturat	g	0.00	0.00	0.00
	Grăsimi	g	6.90	20.70	29.57		Glucide	g	0.00	0.00	0.00
	Din care						Din care				
	* saturate	g	2.15	6.44	32.18		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	11.40	34.20	13.15	Proteine	g	0.36	1.08	2.16	
	Din care					Sare	g	0.00	0.00	0.00	
	*zaharuri	g	0.00	0.00	0.00	Valoare e	kJ/ kcal	111.01	277.53	13.88	
	Proteine	g	7.02	21.06	42.12	Grăsimi	g	6.87	17.18	24.54	
Sare	g	0.67	2.00	33.33	Din care						
LEGUME NAZDRAVANE TRASE IN TIGAIE	Valoare energeti	kJ/ kcal	97.10	242.76	12.14	PUI IN GRADINA	* saturat	g	1.08	2.69	13.46
	Grăsimi	g	5.38	13.45	19.21		Glucide	g	3.95	9.87	3.80
	Din care						Din care				
	* saturate	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	9.28	23.20	8.92	Proteine	g	7.54	18.85	37.70	
	Din care					Sare	g	0.40	1.00	16.67	
	*zaharuri	g	0.00	0.00	0.00	Valoare e	kJ/ kcal	68.29	170.72	8.54	
	Proteine	g	2.20	5.50	11.00	Grăsimi	g	4.47	11.18	15.97	
Sare	g	0.60	1.50	25.00	Din care						
OREZ ORIENTAL DANSANT	Valoare energeti	kJ/ kcal	164.23	410.58	20.53	VITA E BELLA	* saturat	g	0.09	0.22	1.09
	Grăsimi	g	8.20	20.51	29.30		Glucide	g	2.44	6.11	2.35
	Din care						Din care				
	* saturate	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	20.74	51.84	19.94	Proteine	g	4.07	10.17	20.34	
	Din care					Sare	g	0.80	2.00	33.33	
	*zaharuri	g	0.00	0.00	0.00	Valoare e	kJ/ kcal	128.80	322.00	16.10	
	Proteine	g	0.71	1.78	3.56	Grăsimi	g	9.83	24.57	35.10	
Sare	g	1.00	2.50	41.67	Din care						
	Valoare energeti	kJ/ kcal	119.21	357.62	17.88	SALATA INSAMANTATA	* saturat	g	0.79	1.98	9.90
	Grăsimi	g	6.38	19.14	27.34		Glucide	g	3.61	9.02	3.47
	Din care						Din care				

SALATA LUI JUAN CARLOS	* saturate	g	0.90	2.69	13.46
	Glucide	g	7.12	21.37	8.22
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	7.48	22.44	44.89
	Sare	g	0.33	1.00	16.67

SALATA DE-TI DAU LACRIMILE	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	5.51	13.78	27.56
	Sare	g	0.80	2.00	33.33
	Valoare e	kJ/ kcal	59.22	59.22	2.96
	Grăsimi	g	2.18	2.18	3.11
	<i>Din care</i>				
	* saturat	g	0.00	0.00	0.00
	Glucide	g	8.00	8.00	3.08
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
Proteine	g	1.50	1.50	3.00	
Sare	g	1.00	1.00	16.67	