

**MENIUL LOTULUI NATIONAL DE RUGBY SENIORI
PERIOADA 04 - 11.02.2018**



Mic dejun (pentru perioada 04 - 11.02.2018) - Se serveste in regim de bufet suedez.

Cereale musli cu fructe,
Cereale din fulgi de porumb,
Lapte cald si rece,
Iaurt cu fructe si natural,
Orez cu lapte,
Miere,
Gem (Cirese, Capsuni, Caise),
Unt,
Seminte (Caju, Alune de padure, Migdale),
Crenvursti fierti,
Selectie de mezelui(Sunca de Praga, Salam de Sibiu, Ceafa de porc Afumata, Salam Victoria),
Bacon prajit,
Branzeturi si Cascaval,
Oua(Prajite si omleta),
Paine(Neagra si alba),
Fructe proaspete(mere, banane, pere, portocale),
Ceaiuri (Verde, fructe de padure, negru),
Suc natural (portocale, mere verzi).

Duminica 04.02

CINA

Quiche Lorraine (tarta frantuzeasca) 250 g servita cu salata verde + lamaie

Pulpa dezosata de pui la gratar **250 g FINIT**

Piure de morcov **200 g**

Paine **200 g**

Clatite cu finetti 100 g (2 buc)

1 Mar

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Luni 05.02

DEJUN

Salata verde,rosii,branza Feta,ciuperci,porumb,morcov ras,masline,sunca (400g)

Frigarui de porc **300 g FINIT** cu legume(rosii,ardei gras,dovlecel)

Orez negru **250 g**

Salata coleslaw **100g**

Paine **200 g**

Budinca de vanilie **100 g**

1 Banana

CINA

Ciorba de vacuta **300 g** (cu **50 g** carne)+ smantana separat + ardei iute

File de ton la gratar **250 g FINIT** + $\frac{1}{4}$ lamaie

Cartofi gratinati **200 g**

Paine **200 g**

laurt 80 (miere separat 10g/gem de capsuni) + 10g de nuci



Marti 06.02

DEJUN

Salata cu ton **400 g** (salata verde, morcov ras, sfecla rasa,rosii,masline,1/2 ou fiert ton bucati **100 g**,telemea **50g**)

Piept de curcan la gratar **250 g FINIT**

Orez sarbesc **200g** (Cu ciuperci si legume mexicane)

Paine **200 g**

Strudel cu mere **100 g**

1 Portocala

CINA

Supa de pui (**300 g**)cu taitei si carne (**50 g**)

Antricot de vita la gratar **250 g FINIT**

Sote de legume **100 g** (morcov, fasole verde, sparenghel)

Cartofi cu rozmarin **200 g**

Paine **200 g**

Salata de fructe **100g** (Ananas, mar, kiwi, portocala, banana) + Miere **10g** + **10g** de nuci



Mercuri 07.02

DEJUN

Spaghete milaneze **250 g** cu sosul separat

Cotlet de berbecut la cuptor 250 g FINIT

Spamac cu ou (1 buc) **150 g**

Salata de muraturi **150g**

Paine 200g

Crema de zahar ars **100g**

1 mar

CINA

Supa crema de legume **300g** + crutoane **50 g**

Hamburger de vita **300g**

Cartofi prajiti **200g** (cartofii sa **NU** fie congelati)

Salata verde cu rosii chery **150g**

laurt 80 (miere separat 10g/gem de capsuni) + 10g de nuci



Joi 08.02

DEJUN

Salata Cezar **300g**

Lasagna cu carne de vita slaba **300 g**

Paine 200g

Mousse de ciocolata **100g**

1 para

CINA

Ciorba de vacuta **300 g** (cu 50 g carne)+ smantana separat + ardei iute

Iahnie de fasole **200g** + ciolan dezosat **100g** FINIT

Salata de muraturi **150g**

Paine 200g

Orez cu lapte si vanilie **100g** + Gem de fructe de padure **20g** + miere **10g**



Vineri 09.02

DEJUN

Paste carbonara **200 g**

Muschi de porc la cupotor **250g FINIT**

Piure de cartofi **150g**

Salata asortata **100g**

Paine 200g

Ecler cu vanilie

1 banana

CINA

Supa crema de rosi **300g**

Ton/Somon la gratar **250g FINIT**

Orez sarbesc **200g** + ciuperci la gratar **100g**

Paine 200g

Salata de fructe **100g**(Ananas, mar, kiwi, portocala, banana) + Miere **10g** + **10g** de nuci



Sambata 10.02

DEJUN SPORTIV

Salata verde **200g** ,rosii ,morcov ras ,telemea, masline**5**, 1 ou fiert

Piept pui la gratar **250 g FINIT**

Spaghete **300g** +sos tomat (separat)

Ciocolata Milka cu lapte

1 banana

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