



**MENIUL LOTULUI NATIONAL DE RUGBY SENIORI
PERIOADA 25.02 - 04.03.2018**

Mic dejun (25.02 - 04.03.2018) - 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 25.02

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 26.02

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

Budincea 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 + ¼ lamaie

Cartofi gratinati 200 g

Paine 200 g

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



Marti 27.02

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 28.02

DEJUN

Spaghetete 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 01.03

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 02.03

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 03.03

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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