

**Luni I**

Regim	Mic dejun	Ora 10	Pranz	Ora 16	Cina
<b>1A-1B HIDRIC</b>	Ceai 250 ml , laurt 150 g	Compot 200 ml	Supa strecurata de legume 250 ml	Ceai 250 ml laurt 150 g	Piure de legume 250 ml Ceai 250 ml
<b>1C SEMILICHID</b>	laurt 150 g Ceai 250 ml Paine 100 g	Compot 200 ml Branza vaci 100g	Supa strecurata de legume 250 ml Rasol pui 100 g Pilaf dietetic 250 g	Piure de mar copt 100 ml laurt 150 g	Branza vaci 50 g Piure cartofi 250 g Paine 100 Ceai 250 ml
<b>2A-2B SPECIAL ULCER</b>	laurt 150 g Masline 30 g Telemea 50 g Crema branza 50 g Ceai 250 ml Paine 100 g	<b>Copii</b> Napolitane 60 g Lapte 250ml	Supa de pui cu taietei 250 ml Budinca de cartofi 250 g Friptura pui 90 g Paine 100 g	<b>Copii</b> Lapte cu fidea 250 ml	Risotto 250 g Gratar piept pui 60 g Paine 100 g Ceai 250 ml
<b>HEPATIC 4A</b>	laurt 150 Unt 20 g Miere de albine 20 g Crema branza 50 g Paine 100 g Ceai 250 ml				
<b>HEPATIC 2 4B</b>	Branza de vaci 50 g, Biscuiti populari 50 g Paine 100 g Ceai 250 ml		Supa legume cu fidea 250g Cartofi cu legume 250 g Paine 100 g		Paste cu branza de vaci 250 g Ceai 250 ml
<b>ENTEROCOLITA 3A-3B</b>	Branza de vaci 50 g Biscuiti populari 50 g Ceai 250 ml Paine 100 g	Paste cu branza 150 g Mar copt 100 g	Supa de legume cu fidea 250 ml, Pilaf dietetic 250 g Gratar piept pui 60 g Paine 100 g	Biscuiti populari 50 g Br de vaci 50 g Paine 100 g	Piure de telina 250 g Paste cu branza de vaci 150 g Gratar piept pui 60 g Paine 100 g Ceai 250ml
<b>DIABET</b>	Crema branza 50 g, Ou fier 50 g Ceai 250 ml Paine 100g Castraveti 30 g, Rosii 30 g	Telemea 50 g laurt 150 g Paine 50 g <b>Copii</b> Gratar piept pui 60 g Lapte 250 ml	Ciorba pui cu taietei 250 ml Papricas de pui cu galusti 100 g /100 g Pilaf cu legume 200 g Paine 100 g	Branza topita 20 g Paine 50 g Mar 120 g <b>Ora 22:00</b> laurt 150 g Paine 50g	Cartofi frantuzesti 250 g Salata varza 100 g Snitel piept pui 110 g Paine 100 Ceai 250 ml
<b>HIV PALEATIVE ONCOLOGIE MEDICI ARSI COPII 3-18 ANI (9A)</b>	Unt 20 g, Ou fier 50 g laurt 150 g Miere de albine 20 g, Crochete de cascaval 50 g Rosii 30 g , Castraveti 30 g Ceai 250 ml, Paine 100 g	<b>Arsi</b> Gratar piept pui 60 g Paine 50 g <b>Copii</b> Napolitane 60 g Lapte 250 ml	Ciorba cu perisoare 250 ml Ostropel pui 100 g/150 sos g Mamaliga 70 g Paine 100 g Desert (medici)	<b>Arsi</b> Rasol pui 100 g Paine 50 g <b>COPII</b> Lapte 250 ml Cornuri cu rahat 100 g	Cartofi frantuzesti 250 g Snitel piept pui 110 g Salata 100 g Paine 100 g Ceai 250 ml Desert (medici)
<b>COMUN CU SARE 9A COMUN FARA SARE 9B CARDIOLOGIE 6A NEFROLOGIE 5A-5B</b>	Ou fier 50 g Crema branza 50 g Castraveti 30 g laurt 150 g Masline 30 g (fara 5a5b6a copii) Paine 100g Ceai 250 ml Unt 20 g Miere de albine 20 g	<b>Copii 9B</b> Napolitane 60 g Compot 200 ml	Ciorba de pui cu taietei 250 ml , Ciulama de pui 300 g Mamaliga 100 g	<b>Copii 9B</b> Lapte 250 ml Cornuri cu rahat 100 g	Salata orientala 250 g Snitel piept pui 110 g Paine 100 g Ceai 250 ml
<b>HEMODIALIZA HD</b>	Biscuiti Eugenia 1 buc Bruschete 200 g Crema branza 50 g laurt 150 g Castraveti 30 g	Friptura pui 90 g Paine 200 g Ou fier 50 g			
<b>Alergic</b>	Ceai 250 ml Paine fara sare 100 g Mar 120 g Gem 20 g		Supa de legume 250 ml Cartofi natur 250 g Paine fara sare 100 g	Compot 200 ml	Pilaf 250 g Compot 200 ml Paine fara sare 100 g

**-Meniul poate suferi modificari cauzate de factori interni/externi . Regimurile preparate pot contine alergeni ca gluten,lactoza,peste,nuca,telina,ou, ciuperci (vezi lista alergeni)**

**-Gramajele sunt aferente produsului finit**

**Intocmit Asistent dietetica : Epure Alina, Tamas Alexandra**

Marti I

Regim	Mic dejun	Ora 10:00	Pranz	Ora 16:00	Cina
<b>1A-1B HIDRIC</b>	Ceai 250 ml , laurt 150 g	Compot 200 ml	Supa strecurata de legume 250 ml	Ceai 250 ml laurt 150 g	Piure de legume apos 250 g Ceai 250 ml
<b>SEMILICHID 1C</b>	laurt 150 g Ceai 250 ml Paine 200 g	Compot 200 ml Branza de vaci 100g	Supa strecurata de legume 250 ml Rasol pui 100 g Pilaf dietetic 250 g	Compot 200 ml laurt 150 g	Branza vaci 50 g Piure morcov 250 g Paine 100 g Ceai 250 ml
<b>ULCER SPECIAL 2A 2B</b>	Telemea 50 g laurt 150 g Crema branza 50 g Paine 100 g, Ceai 250 ml	<b>Copii</b> Budinca de gris cu lapte 250g	Supa cu galusti 250 ml Gratar piept pui 60 g, Pilaf cu leg 250 g Paine 100 g	<b>COPII</b> Lapte 250 ml Negresa 50 g	Cartofi in crusta de malai 250 g Gratar piept de pui 60 g Ceai 250 ml Paine 100 g
<b>HEPATIC 4A</b>	Unt 20 g Telemea 50 g, laurt 150 g, Masline 30g Ceai 250 g Paine 100 g		Ciorba de legume 250 ml Rasol pui 100 g Legume mexicane 250 g Paine 100g		
<b>HEPATIC 2 4B</b>	Branza vaci 50 g Ceai 250ml Paine 200 g Mar copt 100 g		Supa de legume 250 ml Legume mexicane 250g		Cartofi natur 250 g Ceai 250 ml Paine 100 g
<b>ENTEROCOLITA 3A-3B</b>	Bruschete 200 g, Ceai 250 ml Branza vaci 50 g , Mar copt 100 g	Biscuiti populari 50 g	Supa de legume 250 ml, Piure de morcov 250 g Pifttele piept pui 100 g	<b>Copii</b> Budinca de orez cu mar 200g	Pilaf dietetic 250 g Rasol pui 100 g Ceai 250 ml Paine 100g
<b>DIABET</b>	Unt 20 g, laurt 150 g Omleta 50 g Rosii 30 g Castraveti 30 g Ceai 250 ml Paine 200 g	Telemea 50 g Paine 50 g <b>Copii</b> Gratar piept pui 60 g	Ciorba de cartofi si smantana 250 ml Musaca cu carne de porc 300 g Salata varza 100 g	Crochete de cascaval70g Branza topita 25 g Paine 50 g <b>Ora 22:</b> Paine 50g laurt 150 g	Risotto 250 g Snitel piept pui 110 g Paine 100 g Ceai 250 ml
<b>HIV PALEATIVE ONCOLOGIE MEDICI ARSI COPII 3-18 ANI (9A)</b>	Branza topita 20 g, Omleta 100 g Telemea 50 g laurt 150 g, Mar 120 g Rosii 30 g Castraveti 30 g Ceai 250 ml ,Paine 200 g Unt 20 g ,Gem 20 g	<b>Arsi</b> Gratar piept pui 60 g Paine 50 g <b>Copii</b> Budinca de gris cu lapte 250 g	Ciorba taraneasca 250 ml Ratatouille 250 g Friptura de porc 50 g Desert (medici)	<b>Arsi</b> Rasol pui 100 g Paine 50 g <b>Copii</b> Lapte 250 g Negresa 50 g	Snitel piept pui 110 g Risotto 250 Salata varza 100g Ceai 250 ml Paine 100 g Desert (medici)
<b>CARDIOLOGIE 6A NEFROLOGIE 5A-5B</b>	Ou fierat 50 laurt 150g Castraveti 30g Telemea 50g Gem 20 g Unt 20g Ceai 250 ml Paine 200 g	<b>Copii</b> Budinca de gris cu lapte 250 g	Ciorba de cartofi si smantana 250 ml, Sote legume mexicane 250g, Rasol pui 100 g Paine 100g	<b>Copii</b> Lapte 250 ml Negresa 50 g	Paste cu sos si carne toccata 300 g Ceai 250 ml
<b>COMUN CU SARE 9A COMUN FARA SARE 9B</b>	Gem 20 g Unt 20 g laurt 150 g Telemea 50 g , Branza topita 25 g Paine 200 g, Ceai 250 ml Castraveti 30 g Rosii 30 g		Ciorba cu cartofi si smantana 250 ml, Mancare de fasole uscata 250g Rasol pui 100 g Paine 100g		Paste cu ton si cascaval 250 g (9a)
<b>LEHUZE INSOTITOARE</b>			Ciorba de cartofi si smantana 250 ml, Sote de legume mexicane 250 g, Rasol pui 100 g Paine100 g		Paste cu sos si carne tocata 250 g (9b) Ceai 250 ml
<b>HEMODIALIZA HD</b>	Telemea 50 g,Paine 100 g, Ou posat 50 g , Castraveti 30 g laurt 150 g	Gratar piept pui 60 g Biscuiti Eugenia 1 buc Paine 100g			
<b>ALERGIC</b>	Ceai 250 ml Paine fara sare 100 g, Mar copt 100 g		Supa de legume 250 ml Pilaf 250 g Paine fara sare 100 g	Paste 200 g Compot 200 ml	Cartofi copti 250 g Compot 200 ml Paine fara sare 100 g
<b>COPII 0-3 ani</b>	Ceai 250 ml Paine 100 g Unt 20 g, Gem 20 g Omleta 50 g Cascaval 50 g Rosii 30g, Castraveti 30 g	Budinca de gris cu lapte 250 g	Ciorba taraneasca 250 ml Piure de cartofi 250 g Pifttele 100 g Paine 100 g	Negresa 50 g Lapte 250 ml	Rizotto 250 g Piept de pui 80 g Ceai 250 ml Paine 100 g

Meniul poate suferi modificari cauzate de factori interni/externi . Regimurile preparate pot contine alergeni ca gluten,lactoza,peste,nuca,telina,ou, ciuperci Gramajele sunt aferente produsului finit

**Miercuri I**

Regim	Mic dejun	Ora 10:00	Pranz	Ora 16:00	Cina
<b>HIDRIC 1A-1B</b>	laurt 150 g Ceai 250 ml	Compot 200 ml	Supa strecurata de legume 250 ml	Ceai 250 ml laurt 150 g	Piure de legume 250 g Ceai 250 ml
<b>SEMILICHID 1C</b>	laurt 150 g Ceai 250 ml Paine 200 g	Compot 200 ml Branza vaci 100 g	Supa strecurata de legume 250 ml Rasol pui 100 g Pilaf dietetic 250 g	Compot 200 ml laurt 150 g	Branza vaci 50 g Piure cartofi 250 g Paine 100 g Ceai 250 ml
<b>ULCER SPECIAL 2A-2A</b>	Biscuiti populari 50 g, Crema branza 50 g Telemea 50 g laurt 150 ml Ceai 250 ml, Paine 100 g	<b>Copii</b> Lapte 250ml Biscuiti Eugenia 1 buc.	Supa leg cu fidea 250 ml Rulada de pui cu legume 200 g Risotto 200 g Paine 100 g	<b>Copii</b> Lapte 250 ml Chec 100 g	Budinca dovlecel 250 g Gratar piept pui 60 g Ceai 250 ml Paine 100 g
<b>HEPATIC 4A</b>	Gem 20 g Unt 20g laurt 150 g ,Telemea 50 g, Masline 30 g Ceai 250 ml,Paine 100 g		Ciorba taraneasca 250ml Rulada de pui cu legume 200g Risotto 200 g Paine 100g		
<b>HEPATIC 2 4B</b>	Branza de vaci 50 g , Mar copt 100 g Biscuiti populari 50 g , Paine 100 g, Ceai 250 ml		Ciorba taraneasca 250 ml Orez cu leg 250 g Paine 100 g		Paste cu branza de vacii 250 g Ceai 250 ml Paine 100 g
<b>ENTEROCOLITA 3A-3B</b>	Branza de vaci 50 g Mar copt 100 g Biscuiti populari 50 g Ceai 250 ml Paine 100 g	Compot 200 ml	Supa de legume cu fidea 250 ml Paste fainoase cu legume 250 g Gratar piept pui 60 g Paine 100 g	Budinca dietetica de orez cu mar 120 g	Rasol de pui 100 g Legume inabusite 250 g Ceai 250 ml, Paine 100 g
<b>DIABET</b>	Cascaval 50 g laurt 150 g Ou fiert 50 g Masline 30 g Castraveti 30 g Paine 100 g Ceai 250 ml	Telemea 50 g Paine 50 g <b>Copii 3-18</b> Gratar piept pui 60 g	Ciorba taraneasca 250 ml, Legume mexicane 150 g Orez sarbesc 100 g Piept de pui 80 g Paine 100 g	Paine 50 g , Branza topita 20 g Castraveti 30 g <b>Ora 22:00</b> laurt 150 g Paine 50 g	Salata orientala 250 g Gratar piept pui 60 g Ceai 250 ml Paine 100 g
<b>HIV PALEATIVE ONCOLOGIE MEDICI ARSI COPII 3-18 ANI (9A)</b>	Miere de albine 20 g Unt 50 Castraveti 30 g Ou fiert 50 g laurt 150 g Cascaval pane 50 g Ceai 250 ml Paine 100 g Masline 30 g	<b>Arsi</b> Gratar piept pui 60 g Paine 50 g <b>Copii</b> Lapte 250 ml Biscuiti Eugenia 1 buc	Ciorba radauteana 250 ml Piftetele cu sos 120 g Piure cartofi 250 g Salata sfecla 100 g Desert ( medici ) Paine 200 g	<b>Arsi</b> Friptura pui 90 g Paine 100 g <b>Copii</b> Lapte 250 ml Chec 100 g	Ficatei cu sos 250 g Mamaliga 100 g Ceai 250 ml Desert (medici)
<b>COMUN CU SARE 9A COMUN FARA SARE 9B CARDIOLOGIE 6A NEFROLOGIE 5a-5b</b>	Ou fiert 50 g Telemea 50 g laurt 150 g Castraveti 30 g Ceai 250 ml Paine 100 g Unt 20 g Miere de albine 20 g	<b>Copii</b> Lapte 250 ml Eugenie 1 buc	Ciorba taraneasca 250 ml Ghiveci 250 g Friptura de pui 90 g Paine 100 g	<b>Copii</b> Lapte 250 ml Chec 100 g	Budinca de gris cu sos caramel si stafide 250 g Ceai 250 g Paine 100 g
<b>HEMODIALIZA HD</b>	Crema branza 50 g laurt 150 g, Ou fiert 50 g Mar 120 g Paine 100 g Castraveti 30 g	Friptura de pui 90 g Biscuiti Eugenia 1 buc Paine 100 g			
<b>COPII 0-3 ani</b>	Crema branza 50 g Telemea 50 g laurt 150 g Miere de albine 20 g Mar 120 g, Unt 20 g Ceai 250 ml Paine 100 g	Lapte 250 ml Biscuiti Eugenia 1 buc	Ciorba radauteana 250 ml Piftetele cu sos 120 g Piure cartofi 250 g	<b>Copii 3-18 ani</b> Lapte 250 ml Chec 100 g	Ficatei cu sos 250 g Mamaliga 100 g Ceai 250 ml
<b>ALERGIC</b>	Ceai 250 ml Paine fara sare 100 g Biscuiti populari 50 g Mar copt 100 g		Supa de legume 250 ml Pilaf 250 g Paine fara sare 100 g Mar 120 g	Compot 200 ml Mar 120 g	Cartofi copti 250 g Ceai 250 g Paine fara sare 100 g

Meniul poate suferi modificari cauzate de factori interni/externi . Regimurile preparate pot contine alergeni ca gluten,lactoza,peste,nuca,telina,ou, ciuperci . Gramajele sunt aferente produsului finit .

Intocmit Asistent dietetica : Epure Alina ,Tamas Alexandra

**Joi I**

Regim	Mic dejun	Ora 10 :00	Pranz	Ora 16:00	Cina
<b>HIDRIC 1A-1B</b>	laurt 150 g Ceai 250 ml	Compot 200 ml	Supa strecurata de legume 250 ml	Ceai 250 ml laurt 150 g	Piure de legume 200 g Ceai 250 ml
<b>SEMILICHID 1C</b>	laurt 150 g Ceai 250 ml Paine 200 g	Compot 200ml Branza vaci 100 g	Supa strecurata de legume 250ml Rasol pui 100 g Pilaf dietetic 250 g	Compot 200 ml laurt 150 g	Branza de vaci 50 g Piure cartofi 250 g Paine 100 g Ceai 250 ml
<b>GASTRIC ULCER 2A-2B</b>	Crema branza 50 g laurt 150 g, Biscuiti populari 50 g Masline 30 g Telemea 50 g Paine 200 g Ceai 250 ml	<b>Copii</b> Lapte 250 ml Napolitane 60g	Supa de legume si fidea 250 ml Budinca de cartofi la cuptor cu telemea 250 g Gratar piept pui 60 g Paine 100 g	<b>Copii 3-18</b> Lapte 250 ml Branzoaice 100 g	Ficatei de pui 150 g Mamaliga 100 g Ceai 250 ml Paine 100 g
<b>HEPATIC 4A</b>	laurt 150 g, Telemea 50 g Gem 20 g, Unt 20 g Crema branza 50 g Paine 200 g Ceai 250 ml		Supa de legume si fidea 250 g Cartofi aurii 250 g Paine 100g		Paste cu branza de vacii 250 g Ceai 250 ml Paine 100 g
<b>HEPATIC 2 4B</b>	Branza de vaci 50 g laurt 150 g Compot 200 ml Paine 200 g, Ceai 250 ml		Supa de legume 250 ml Gratar piept pui 60 g Pilaf dietetic 250 g Paine 100 g		<b>Copii 0-18</b> Paste cu branza de vacii 250 g
<b>ENTEROCOLITA 3A-3B</b>	Branza vaci 50 g, Biscuitii populari 50 g Paine 200 g Ceai 250 ml	Mar copt 100 g	Supa de legume 250 ml Gratar piept pui 60 g Pilaf dietetic 250 g Paine 100 g	<b>Copii 0-18</b> Paste cu branza de vacii 250 g	Piure telina 200 g Rasol pui 100 g Ceai 250 ml Paine 100g
<b>DIABET</b>	Ou fierț 50 g, Unt 20g Branza topita 20 g, (fara 5a/5b/6a) Castraveti 30g Paine 100 g Ceai 250 ml	Telemea 50 g laurt 150g Paine 50 g <b>Copii 0-18</b> Gratar piept pui 60g	Supa cu galusti 250 ml Rulada de pui cu Legume 200 g Risotto 100 g, Salata sfecla 100 g Paine 100g	Chec aperitiv 100g,Paine 50 g laurt 150 g <b>Ora 22:00</b> Telemea 50 g Paine 50 g laurt 150g	Paste cu sos si carne tocata piept pui 300 g Ceai 250 ml Paine 100 g
<b>HIV PALEATIVE ONCOLOGIE MEDICI ARSI COPII 3-18 ANI (9A)</b>	Crochete de cascaval 70 g Masline 30 g Ou la cuptor 50 g,Unt 20 g , Castraveti 30g, Rosii 30 g Ceai 250 ml Paine 100 g Miere de albine 20 g	<b>Arsi</b> Friptura pui 90 g Paine 50 g <b>Copii</b> Lapte 250 g Napolitane 60 g	Ciorba de pui cu taietei 250 ml Cartofi pai cu cascaval 250 g Snitel piept pui 110 g Salata varza 100g Paine 100g Desert (medici)	<b>Arsi</b> Friptura pui 90 g Paine 50 g Mar 120 g <b>Copii</b> Branzoaice 100 g Lapte 250 ml	Branza de vaci cu smantana 200 g Mamaliga 100 g Ficat pui 150 g Ceai 250 ml Paine 100 g Desert (medici)
<b>COMUN CU SARE 9A COMUN FARA SARE 9B CARDIOLOGIE 6A NEFROLOGIE 5A-5B</b>	Unt 20 g Masline 30 g laurt 150 g Castraveti 30 g Miere de albine 20 g, Paine 200 g Ceai 250 ml Crema branza 50 g	<b>Copii</b> Lapte 250 ml Napolitane 60 g	Ciorba taraneasca 250 ml Sote de fasole verde 250 g Friptura porc 50 g Paine 100 g	<b>Copii 0-18</b> Lapte 250 ml Branzoaice 100 g	Branza vaci 100 g cu Smantana 100 g si Mamaliga 100 g Ceai 250 ml Ficatei sote 150 g
<b>COPII 0-3 ani</b>	Ceai 250 ml Paine 100 g Crochete de cascaval 100 g Gem 20 g laurt 150 g Unt 20 g Ou la cuptor 50 g	Orez cu lapte 250 g	Ciorba de pui cu taietei 250 ml Rizotto 250 g Snitel piept pui 110 g Paine 100 g	Branzoaice 100g Lapte 250 ml	Branza de vaci cu smantana 250 g Mamaliga 100 g Gratar piept pui 60 g Ceai 250 ml Paine 100 g
<b>ALERGIC</b>	Ceai 250 ml Gem 20 g Paine fara sare 100 g	Compot 200 g Mar copt 100 g	Supa legume si fidea 250 ml Pilaf dietetic 250 g Paine fara sare 100 g	Paste 250 g Gem 20 g	Cartofi natur 250 g Ceai 250 ml Paine fara sare 100 g
<b>HEMODIALIZA HD</b>	Biscuiti Eugenia 1 buc Crema branza 50 g Ou posat 50 g Paine 100 g Castraveti 30 g	Gratar piept pui 60 g Mar 120 g laurt 150 g Paine 100 g			

Meniul poate suferi modificari cauzate de factori interni/externi . Regimurile preparate pot contine alergeni ca gluten,lactoza,peste,nuca,telina,ou, ciuperci

Gramajele sunt aferente produsului finit

Intocmit Asistent dietetica : Epure Alina ,Tamas Alexandra

## Vineri I

Regim	Mic dejun	Ora 10 :00	Pranz	Ora 16:00	Cina
<b>HIDRIC 1A1B</b>	Ceai 250 ml laurt 150 g	Compot 200 ml	Supa strecurata de legume 250 ml	Ceai 250 ml laurt 150 g	Piure de legume 250 ml Ceai 250 ml
<b>SEMILICHID 1C</b>	laurt 150 g Ceai 250 ml Paine 100 g	Compot 200 ml Branza vaci 100 g	Supa strecurata de legume 250 ml Rasol pui 100 g Pilaf dietetic 250 g	Compot 200 ml laurt 150 g	Branza vaci 50 g Piure cartofi 250 g Paine 100 g Ceai 250 ml
<b>ULCER SPECIAL 2A-2B</b>	Masline 30 g, laurt 150 g Crema branza 50 g Telemea 50 g, Mar copt 100 g (2a2b)	<b>Copii</b> Lapte cu fidea 250 g	Supa cu legume si taitei 250 ml, Musaca cu piept de pui 300 g Salata de sfecla 100 g Paine 100 g	<b>Copii</b> Lapte 250 ml Cornuri cu nuca 100 g	Mar copt 100 g Pilaf cu legume 250 g Piept pui 80 g Salata sfecla 100 g Ceai 250 ml Paine 100 g
<b>HEPATIC 4A</b>	Paine 100 g Ceai 250 ml Mar ( 4a ) 120g				
<b>HEPATIC 2 4B</b>	Branza vaci 50 g Biscuiti populari 50 g Paine 200 g Ceai 250 ml		Supa cu legume si taitei 250 ml Cartofi natur 250 g		Pilaf cu legume 250 g Ceai 250 ml Paine 100 g
<b>ENTEROCOLITA 3A3B</b>	Branza vaci 50 g, Biscuiti populari 50 g Ceai 250 ml Paine 100 g	Mar copt 100 g	Supa de morcov 250 ml Pilaf dietetic 250 g Gratar piept pui 60 g Paine 100 g	<b>Copii</b> Biscuiti populari 50 g Compot 200 ml	Gratar piept pui 60 g Paste cu branza 250 g Paine 100 g
<b>DIABET</b>	Branza topita 20 g Telemea 50 g Unt 20 g Masline 30 g(fara 5a 6a) Paine 100 g Ceai 250 ml Castraveti 30 g	Omleta 50 g laurt 150 g Paine 50 g <b>Copii</b> Gratar piept pui 60 g	Bors de sfecla 250 ml Gnocchi 250 g Friptura de pui 90 g Paine 100 g	Mar 120 g Cascaval 50 g Paine 50 g <b>Ora 22: 00</b> laurt 150 g Paine 50 g	Cartofi frantuzesti 200 g Snitel piept pui 110 g Salata varza 100 g Paine 100 g, Ceai 250 ml
<b>HIV PALEATIVE ONCOLOGIE MEDICI ARSI COPII 3-18 ANI (9A)</b>	Crema branza 50 g Unt 20 g, Gem 20 g laurt 150 g Omleta 50 g Ceai 250 ml Paine 100 g Castraveti 30 g	<b>Arsi</b> Gratar piept pui 60 g Paine 50 g <b>Copii</b> Lapte cu fidea 250 ml	Supa cu galusti 250 ml Piftetele cu sos 120 g Cartofi la cuptor cu cascaval 150 g Salata 100 g Desert (medici) Paine 100 g	<b>Arsi</b> Rasol pui 100 g Mar 120 g Paine 50 g <b>Copii 3-18</b> Cornuri cu nuca 100 g Lapte 250 ml	Ostropel pui 250 g Rizotto 100 g Ceai 250 ml Paine 100 g Desert (medici)
<b>COMUN 9A CU SARE COMUN FARA SARE 9B CARDIOLOGIE 6A NEFROLOGIE 5A-5B</b>	laurt 150 g Masline 30 g Castraveti 30 g Ou fier 50 g Unt 20 g Gem 20 g Telemea 50 g laurt 150 g Ceai 250 ml Paine 100 g	<b>Copii</b> Lapte cu fidea 250 ml	Bors de sfecla 250 ml Cartofi taranesti 250 g Piept pui cu sos 120 g Paine 100 g	<b>Copii</b> Cornuri cu nuca 100 g Lapte 250 m	Mancarica de ciuperci cu piept de pui 300 g Mamaliga 100 g Ceai 250 ml Paine 100 g
<b>COPII 0-3 ANI</b>	Crema branza 50 g Unt 20 g, Gem 20 g laurt 150 g Omleta 50 g Ceai 250 ml Paine 100 g	Fidea cu lapte 250 ml	Supa cu galusti 250 ml Piftetele cu sos 120 g Cartofi la cuptor cu cascaval 150 g Paine 100 g	Cornuri cu nuca 100 g Lapte 250 ml	Piept pui 80 g Rizotto 100 g Ceai 250 ml Paine 100 g
<b>ALERGIC</b>	Ceai 250 ml Paine fara sare 100 g Gem 20 g	Mar copt 100 g	Supa crema de legume si cruetoane 250 ml Pilaf 250 ml Paine fara sare 100 g	Compot 200 ml Cartof copt 150 g	Paste 250g Mar copt 100 g Gem 20 g Ceai 250 ml Paine fara sare 100 g
<b>HEMODIALIZA HD</b>	Ou fier 50 g laurt 150 g Crema branza 50 g Paine 100 g Castraveti 30 g	Mar 120 g Biscuiti Eugenia 1 buc Rasol pui 100 g Paine 100 g			

Meniul poate suferi modificari cauzate de factori interni/externi . Regimurile preparate pot contine alergeni ca gluten,lactoza,peste,nuca,telina,ou, ciuperci

Gramajele sunt aferente produsului finit

Intocmit Asistent dietetica : Epure Alina ,Tamas Alexandra

**SAMBATA I**

Regim	Mic dejun	Ora 10:00	Pranz	Ora 16:00	Cina
<b>HIDRIC 1A 1B</b>	Ceai 250 ml Iaurt 150 g	Compot 200 ml	Supa strecurata de legume 250 ml	Ceai 250 ml Iaurt 150 g	Piure de legume apos 250 ml Ceai 250 ml
<b>SEMILICHID 1C</b>	Iaurt 150 g Ceai 250 ml Paine 100 g	Compot 200 ml Branza de vaci 100 g	Supa strecurata de legume 250 ml Rasol pui 100 g Pilaf dietetic 250 g	Compot 200 ml Iaurt 150 g	Branza vaci 50 g Piure cartofi 250 g Paine 100 g Ceai 250 ml
<b>2A-2B SPECIAL ULCER</b>	Telemea 50 g, Iaurt 150 g Crema branza 50 g Paine 100 g Ceai 250 ml	<b>Copii</b> Lapte 250ml Biscuiti Eugenia 1 buc	Supa de legume si orez 250 ml Budinca dovlecel 250 g Gratar piept de pui 60 g Paine 100 g	<b>Copii</b> Lapte 250 ml Chec 100 g	Piure 250g Gratar piept pui 60 g Salata sfecla 100 g Ceai 250 ml Paine 100 g
<b>HEPATIC 4A</b>	Crema branza 50 g Masline 30g Iaurt 150 g Gem 20 g Unt 20g Ceai 250 ml Paine 100 g				
<b>HEPATIC 2 4B</b>	Branza de vaci 50 g , Compot 200 ml Paine 100 g , Ceai 250 ml		Supa de leg si orez 250 ml Pilaf dietetic 250 g Paine 100 g		Sote de legume 250 g Ceai 250 ml Paine 100 g
<b>ENTEROCOLITA 3A-3B</b>	Biscuiti populari 50 g Compot 200 g Branza vaci 50 g Ceai 250 ml Paine 100 g	Mar copt 100 g	Supa de leg si orez 250 g Piure telina si morcov 250 g Paine 100 g Piftetele dietetice 100 g	Paste cu branza de vacii 150 g	Pilaf dietetic 250 g Rasol pui 100 g Ceai 250 ml Paine 100 g
<b>DIABET</b>	Unt 20 g Ou fierat 50 g Rosii 30 g, Castraveti 30 g Crochete de casaval 50 g Masline 30 g (fara 5a 6a) Ceai 250 ml Paine 100 g	Iaurt 150 g Paine 50 g Crema branza 50 g <b>Copii</b> Gratar piept pui 60 g	Supa de legume si orez 250 ml Musaca carne pui 250 g Salata 100 g Paine 100 g	Mar 120 g Paine 50 g Telemea 50 g <b>Ora 22:00</b> Iaurt 150 g Paine 50 g	Risotto 200 g Snitel piept pui 110 g Salata 100 g Ceai 250 ml Paine 100 g
<b>HIV PALEATIVE ONCOLOGIE MEDICI ARSI COPII 3-18 ANI (9A)</b>	Miere de albine 20 g , Unt 20 g Iaurt 150 g Branza topita 20 g Chec aperitiv 50 g Ceai 250 ml Paine 100 g Castraveti 30 g Rosii 30g	<b>Arsi</b> Gratar piept 60 g Paine 50 g  <b>Copii</b> Lapte 250 ml Biscuiti Eugenia 1 buc	Ciorba de cartofi cu smantana 250 ml Friptura pui 90 g Salata 100 g Risotto 100 g Paine 100 g Desert ( medici )	<b>Arsi</b> Friptura pui 90 g Paine 50 g Biscuiti populari 50 g <b>Copii</b> Chec 100g Lapte 250ml	Piure cartofi 250 g Friptura pui 90 g Salata 100 g Ceai 250 ml Paine 100 g Desert medici
<b>COMUN 9A CU SARE COMUN FARA SARE 9B CARDIOLOGIE 6A NEFROLOGIE 5A5B</b>	Telemea 50 g Iaurt 150 g Unt 20 g Gem 20 g Castraveti 30 g Crema banza 50g Ceai 250 ml Paine 100 g	<b>Copii</b> Lapte cu fidea 250 ml	Ciorba taraneasca 250 ml Rizotto 150 g , Ficat pui cu sos 200 g Paine 100 g	<b>Copii</b> Chec 100 g Lapte 250 ml	Rasol pui 100 g Cartofi natur cu unt si telemea 250 g Ceai 250 ml Paine 100 g
<b>HEMODIALIZA HD</b>	Iaurt 150 g, Rosii 30 g Ou fierat 50 g Telemea 50 g Paine 100 g	Mar 120 g Biscuiti Eugenia 1 buc Friptura de pui 90 g Paine 100 g			
<b>ALERGIC</b>	Ceai 250 ml Gem 20 g Paine fara sare 100 g Mar 120 g		Supa dietetica 250 g Pilaf 250 g Mar 120 g Paine fara sare 100 g	Cartofi copti 150 g Compot 200 g	Paste 250 g Mar copt 100 g Paine fara sare 100 g

**Meniul poate suferi modificari cauzate de factori interni/externi . Regimurile preparate pot contine alergeni ca gluten,lactoza,peste,nuca,telina,ou, ciuperci**

**Gramajele sunt aferente produsului finit**

**Intocmit Asistent dietetica : Epure Alina ,Tamas Alexandra**

**DUMINICA I**

Regim	Mic dejun	Ora 10:00	Pranz	Ora 16:00	Cina
<b>HIDRIC 1A 1B</b>	Ceai 250 ml Iaurt 150 g	Compot 200 ml	Supa strecurata de legume 250 ml	Ceai 250 ml Iaurt 150 g	Piure de legume 250g Ceai 250 ml
<b>SEMILICHID 1 C</b>	Iaurt 150 g Ceai 250 ml Paine 100 g	Compot 200 ml Branza vaci 100 g	Supa strecurata de legume 250ml Rasol pui 100 g Pilaf dietetic 250 g	Compot 200 ml Iaurt 150 g	Branza vaci 50 g Piure cartofi 250 g Paine 100 g Ceai 250 ml
<b>SPECIAL ULCER 2A 2B</b>	Iaurt 150 g Telemea 50 g Paine 100 g Ceai 250 ml Biscuiti populari 50 g Crema branza 50 g	<b>Copii</b> Biscuiti populari 50 g Lapte 250 ml	Supa galusti 250 ml Risotto 150 g Rasol pui 100 g Paine 100 g	<b>Copii</b> Placinta cu mere 100 g Lapte 250 ml	Budinca de cartofi 250 g Gratar piept pui 60 g Ceai 250 ml Paine 100 g
<b>HEPATIC 4A</b>	Telemea 50 g Iaurt 150 g Masline 30g Ceai 250 ml Paine 100 g Crema branza 50 g		Supa galusti 250 ml Ostropel de pui 150 g Risotto 150 g Paine 100 g		
<b>HEPATIC 2 4B</b>	Branza vaci 50 g Biscuiti populari 50 g Mar copt 100 g Paine 100 g Ceai 250 ml		Supa galusti 250 g Pilaf dietetic 250 g Paine 100 g		Cartofi natur 250 g Ceai 250 ml Paine 100 g
<b>ENTEROCOLITA 3A3B</b>	Branza vaci 50 g Biscuiti populari 50 g Ceai 250 ml Paine 100 g	Mar copt 100 g	Supa legume cu fidea 250 ml Piure de morcov 250 g Piept pui 80 g Paine 100 g	Biscuiti populari 50 g Compot 200 ml	Paste fainoase cu legume 100 g Rasol pui 100 g Ceai 250 ml Paine 100g
<b>DIABET</b>	Ou fiert 50 g Masline 30 g Branza topita 20 g Paine 100 g Ceai 250 ml Castraveti 30 g Rosii 30 g	Telemea 50 g Iaurt 150 g Paine 50 g <b>Copii 3-18</b> Gratar piept pui 60 g	Ciorba de perisoare 250 ml Musaca piept pui 250 g Salata varza 100 g Paine 100 g	Crema branza 50 g Paine 50 g <b>Ora 22:00</b> Iaurt 150 g Paine 150 g	Paste bologneze cu carne porc 250 g Ceai 250 ml Paine 50 g
<b>HIV PALEATIVE ONCOLOGIE MEDICI ARSI COPII 3-18 ANI (9A)</b>	Crochete de cascaval 100 g Castraveti 30 g, Rosii 30 g Iaurt 150 g Crema branza 50g Unt 20 g Gem 20 g Ceai 250 ml Paine 100 g	<b>Arsi</b> Gratar piept pui 60 g Paine 50 g <b>Copii</b> Lapte 250 ml Biscuiti Eugenia 1 buc	Supa de legume si fidea 250 ml Ostropel pui 150 g Cartofi cu smantana si cascaval la cuptor 200 g Paine 100 g Desert ( medici )	<b>Arsi</b> Rasol pui 100 g Paine 100 g <b>Copii 0-18</b> Placinta cu mere 100 g Lapte 250 ml	Friptura pui 90 g Placinta omleta cu leg mexicane 200 g Ceai 250 ml Paine 100 g
<b>COMUN CU SARE 9A</b>	Branza topita 20 g Cascaval 50 g Iaurt 150 g Castraveti 30 g Unt 20 g Miere de albine 20 g Paine 100 g Ceai 250 ml	<b>Copii</b> Lapte 250 ml Biscuiti Eugenia 1 buc	Ciorba de legume cu fidea 250 ml Ostropel de pui 250 g Mamaliga 100 g	<b>Copii</b> Placinta cu mar 100 g Lapte 250 ml	Salata orientala 250 g Piept de pui 80 g Ceai 250 ml Paine 100 g
<b>COMUN FARA SARE 9B NEFROLOGIE 5A-5B CARDIOLOGIE 6A</b>	Iaurt 150 g, Unt 20 g Telemea 50 g , Ou fiert 50 g Miere de albine 20 g Ceai 250 ml Paine 100 g				
<b>COPII 0-3 ani</b>	Ceai 250 ml Paine 100 g Crochete de cascaval 100 g Crema branza 50 g Gem 20 g Unt 20 g Iaurt 150 g	Lapte 250 ml Biscuiti populari 50 g	Supa de legume si fidea 250 ml Ostropel pui 150 g Piure cartofi 100 g Paine 100 g	Placinta cu mar 100 g Lapte 250 ml	Clatita cu carne 250 g Paine 100 g Ceai 250 ml Orez cu lapte 150 g
<b>Alergic</b>	Ceai 250 ml Paine fara sare 100 g Gem 20 g Mar 120 g	Compot 200 ml	Supa de legume 250 ml Piure dietetic 250 ml Paine fara sare 100 g Mar 120 g	Compot 200 ml Mar copt 100 g	Orez cu mar 250 g Paine fara sare 100 g Ceai 250 ml

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