

REGIM	MIC DEJUN	ORA 10:00	FRANZ	ORA 16:00	CINA	Valoare energetică
SEMILICHIDIC	Ceai 250 ml Crema de branza vaci 100 g (4)	Compot pasat 250 g	Supa de legume 300 g Piure de morcov 250 g Pulpa pui pasata 100 g (4)	Iaurt 150 g (4)	Piure de legume 250 g Pulpa pui pasata 100 g Ceai 250 ml (4)	1238 Kca P=106 g G=108 g L=42 g
HIDRIC IA IB	Ceai fara zahar 250 ml Lapte cu faina de oreaz 150 ml (1, 4)	Iaurt 150 g (4)	Supa de legume 300 ml	Iaurt 150 g (4)	Piure legume 250 ml Ceai neindulcit 250 ml (4)	761 Kca P=28 g G=112 g L=23 g
REGIM LACTO-FAINOS 1-3 ANI	Branza vaci 50 g Unt 10 g Lapte + fulgi ovaz 120+30 g Paine 50 g (1, 4)	Lapte cu fidea 150 ml (1, 4)	Paste fierte in lapte/unt si branza vaci 200 g (1, 4)	Iaurt 150 ml (4)	Orez cu lapte 200 g Mar copt 100 g (4)	1298 Kca P=60 g G=178 g L=38 g
REGIM LACTO-FAINOS 3-6 ANI	Branza vaci 50 g Unt 10 g Lapte + fulgi ovaz 150+50 g Paine 50 g (1, 4)	Lapte cu fidea 200 ml (1, 4)	Paste fierte in lapte/unt si branza vaci 250 g (1, 4)	Iaurt 150 ml (4)	Orez cu lapte 250 g Mar copt 100 g (4)	1506 Kca P=78 g G=165 g L=59 g
HEPATIC 4A	Crema branza 50 g Sunca pui 50 g Legume (ardei, rosii) 80 g Unt 10 g Gem 20 g Paine 50 g Ceai 250 ml (1, 4)	Iaurt 150 g (4)	Ciorba taranescasca 300 g Budinca de legume 250 g Friptura de pui 90 g Paine 100 g (1, 4)		Piure cartofi 250 g Salata varza 100 g Piept pui la cuptor 60 g Paine 100 g Ceai 250 ml (1, 4)	2382 Kca P=128 g G=250 g L=89 g
ULCER 2-4-8 POSTOPERA TOR ULCER 1-3 ZILE	Omleta la cuptor 100 g Crema branza 50 g Paine prajita 50 g Unt 10 g Ceai 250 ml (1, 2, 4)	Covrigi 60 g Iaurt 150 g (1, 4)	Supa de legume cu fidea 300 g Pilaf cu legume 250 g Friptura de pui 90 g Paine prajita 100 g (1)		Piure cartofi 250 g Piept pui la cuptor 60 g Paine prajita 100 g Ceai 250 ml (1, 4)	2234 Kca P=101 g G=295 g L=76 g
COPII 1-3 ANI	Crema branza 40 g Unt 10 g Gem 20 g Legume 30 g Paine 50 g Ceai 150 ml (1, 4)	Lapte 150 ml Cereale 30 g (1, 4)	Ciorba taranescasca 150 g Paine 50 g Budinca de legume 150 g Friptura pui pasata 60 g (1, 4)	Salam de biscuiti 30 g Lapte 150 ml (1, 4)	Piure de cartofi 150 g Piept pui pasat 60 g Paine 50 g Ceai 150 ml (1, 4)	1667 Kca P=69 g G=221 g L=52 g
DIABET	Crema branza 50 g Branza topita 17,5 g Unt 10 g Pateu 30 g Legume 80 g Paine 50 g Ou 50 g Ceai neindulcit 250 ml (1, 4)	Paine 50 g Iaurt 150 g (1, 4)	Ciorba taranescasca 250 g Cartofi taranesti 250 g Friptura pui 90 g Salata varza 100 g Paine 50 g (1, 4)	Branza topita 17,5g Ora 22:00 Iaurt 150 g Paine 50 g (1,4)	Pilaf cu legume 200 g Ficat pui cu sos 200 g Ceai neindulcit 250 ml Paine 50 g (1)	2361 Kca P=173 g G=249 g L=86 g
COMUN CU SARE 9A SI FARA SARE 9B LAUZE	Icre 1 buc 100 g Ou 50 g Branza topita 17,5 g Gem 20 g Unt 10 g Pateu 30 g Legume 80 g Paine 50 g Ceai 250 ml (1, 2, 4)	Iaurt 150 g (4)	Ciorba taranescasca 300 g Mancare de mazare 250 g Friptura de pui 90 g Cartofi la cuptor 250 g/OG INSOTITORI NEFROLOGIE Paine 100 g (1, 4)	LAUZE Iaurt 150 g Turta dulce 1 buc	Mancare piept pui 250 g Mamaliga 100 g Ceai 250 ml Paine 100 g (1)	2112 Kca P=118 g G=210 g L=92 g
COPII 3-18 ANI	Crema branza 50 g Branza topita 17,5 g Gem 20 g Unt 10 g Pateu 30 g Icre 1 buc Legume 80 g Paine 50 g Ceai 250 ml (1, 4)	Lapte 250 ml Cereale 50 g (1, 4)	Ciorba taranescasca 250 g Cartofi taranesti 250 g Friptura pui 90 g Salata varza 100 g Paine 100 g (1, 4)	Salam de biscuit 30 g Lapte 250 ml (1, 4)	Mancare piept pui 250 g Mamaliga 100 g Ceai 150 ml Paine 100 g (1)	2553 Kca P=124 g G=261 g L=108 g
HIV, NEO, MEDICI, ARSI	Crema branza 50 g Branza topita 17,5 g Gem 20 g Unt 10 g Pateu 30 g Ou 50 g Legume 80 g Paine 50 g Ceai 250 ml (1, 4)	ARSI Friptura pui 90 g	Ciorba taranescasca 300 g Cartofi taranesti 250 g Friptura pui 90 g Salata varza 100 g Paine 100 g Desert (medici/turta dulce) (1, 4)	ARSI Friptura pui 90 g	Mancare piept pui 250 g Mamaliga 100 g Paine 100 g Ceai 250 ml Desert (medici/turta dulce) (1, 4)	2426 Kca P=116 g G=244 g L=105 g
REGIM VEGAN	Iahnie de fasole rosie 100 g Salata asortata 100 g Gem 40 g Ceai 250 ml Paine 50 g (1)	Biscuiti 50g Mar 150 g (1)	Ciorba taranescasca 300 g Mancare de mazare 400 g Paine 100g (1)	Eugenia 1 buc Mar 1 buc (1)	Pilaf cu legume 400 g Salata varza 100 g Paine 100 g (1)	2156 Kca P=53 g G=381 g L=52 g
HEPATIC 4B REGIM ALERGIC 1 FARA SARE	Gem 40 g Mar copt 100 g Paine 100 Sote de morcov 100 g Biscuiti 50 g Ceai de menta 250 ml (1)	Compot 250 g Covrigi 60 g (1)	Supa crema de morcov 300 g Paine 100 g Cartofi natur 400 g (1)	Mar copt 100 g Covrigi 60 g (1)	Pilaf cu legume permise 400 g Salata de varza 100 g Paine 100 g Ceai menta 250 ml (1)	2364 Kca P=72 g G=406 g L=51 g
REGIM ALERGIC 2 FARA SARE	Gem 40 g Mar copt 100 g Paine 100 g Sote de morcov 100 g Biscuiti 50 g Ceai de menta 250 ml (1)	Compot 250 g Covrigi 60 g (1)	Supa crema de dovleac si morcov 300 g Paine 100 g Cartofi natur 250 g Friptura porc 60 g (1)	Mar copt 100 g Covrigi 60 g (1)	Pilaf cu legume permise 250 g Friptura pui 90 g Salata de varza 100 g Paine 100 g Ceai menta 250 ml (1)	2572 Kca P=115 g G=393 g L=68 g
HEMODIALIZA HD	Sandwich 50 g cu cascaval 80 g Sandwich 50 g cu gatar piept 80 g, Ardei 50 g (1, 4)	Mar 1 buc Turta dulce 100 g (1)				907 Kca P=39 g G=148 g L=17 g
ENTEROCOLITA 3A 3B	Branza de vaci 50 g Sote morcov 100 g Biscuiti 50 g Ceai menta 250 ml Paine prajita 50 g (1, 4)	Mar copt 100 g (1)	Supa crema de dovleac si morcov 300 g Pilaf cu legume permise 250 g Friptura de pui 90 g Paine prajita 100 g (1)	Biscuiti 60 g Compot 250 g (1)	Paste fainoase 100 g Sote morcov 150 g Piept pui la cuptor 60 g Ceai menta 250 ml Paine prajita 100 g (1)	2483 Kca P=115 g G=393 g L=63 g
CARDIO-RENAL DESIDAT 4A SASAB (fara sare si aluzemii potasiu)	Unt 10 g Gem 20 g Crema branza 50 g Omleta 60 g Legume 80 g Ceai 250 ml Paine 50 g (1, 2, 4) SI COPII 9B!!	Iaurt 150 g (1, 4)	Ciorba taranescasca 300 g Cartofi la cuptor 250 g Friptura de pui 90 g Paine 100 g (1, 4)		Mancare piept pui 250 g Mamaliga 100 g Paine 100 g Ceai 250 g (1)	2085 Kca P=90 g G=266 g L=74 g

* Legume proaspete: castraveti, ardei gras, rosii
Meniul poate suferi modificari cauzate de factori interni/externi. Regimurile preparate pot contine alergeni (vezi cod alocat paranteza/lista alergeni) Gramajele sunt aferente produsului finit.
Intocmit: Nutritiionist Dietetician Autorizat-Bratu Ana Maria Asistent dietetica-Epure Alina/Tamas Alexandr