

REGIM	MIC DEJUN	ORA 10 :00	PRANZ	ORA 16:00	CINA	Valoare energetica
Oral/ enteral pacient cu nevoi speciale	Ceai 250 ml Pasta branza 50 g Mar copt pasat 100 g (4)	Lapte cu gris 250 g (4)	Alimente destinate unor scopuri medicale speciale (soluții enterale)	Iaurt 150 g (4)	Piure de cartofi si morcov 250g Rasol pulpa pui pasat 90 g Ceai 250 ml	1240.73 Kcal P=72.7 g G=106.35 g L=53.63 g
HIDRIC 1A 1B	Ceai neindulcit 250 ml	Iaurt 150 g (4)	Supa de legume 300 ml (7)	Compot 250 g	Zeama orez 250 g Ceai neindulcit 250 ml	705 Kcal P=23 g G=142 g L=22 g
REGIM LACTO- FAINOS 1-3 ANI	Branza vaci 50 g Unt 10 g Lapte+fulgi ovaz 120+30g Paine 50 g (1, 4)	Iaurt 150 ml (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 Kcal 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+50g Paine 50 g (1, 4)	Iaurt 150 ml (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 Kcal P=78 g G=165 g L=59 g
HEPATIC 4A	Legume 80g Telemea 50g Pate 30 g Unt 10 g Gem 20 g Masline 30 g Paine 50 g Ceai 250 ml	Iaurt 150 g (4)	Ciorba taraneasca 300 g Mancare de fasole verde 250g Pulpa pui cuptor 90 g Paine 100 g (1, 7)		Pilaf cu legume 250g Piept pui la cuptor 60 g Salata de varza 150 g Ceai 250 ml Paine 100g (1,4)	2178 Kcal P=114 g G=244 g L=67 g
ULCER 2A 2B POSTOPERA TOR ULCER 1-3	Crema de branza 2 buc Mar copt 100 g Biscuiti 50 g Unt 10 g Paine prajita 50 g Ceai 250 ml (1, 4)	Iaurt 150 g (1)	Supa de legume si fidea 300g Piure de cartofi 250 g Pulpa pui cuptor 90 g Paine prajita 100 g (1, 4)		Pilaf cu legume 250g Piept pui la cuptor 60 g Ceai 250 ml Paine prajita 100 g (1, 4)	2030 Kcal P=115 g G=253 g L=61 g
COPII 1-3 ANI	Ou fiert 50 g Unt 10 g Crema de branza 1 buc Paine 50 g Legume 30 g Ceai 150 ml (1, 2, 4)	Lapte 150 ml Biscuiti 30g (1, 4)	Supa de legume si fidea 150 g Piure de cartofi 150 g Paine 50 g Piept pui la cuptor pasat 60 g	Lapte cu gris 150 g (4)	Pilaf cu legume 150g Piept pui la cuptor pasat 60 g Ceai 150 ml (4, 7)	2001 Kcal P=112 g G=242 g L=63 g
DIABET	Masline 30 g Unt 10 g Crenvursti 50 g Paine 50 g Cascaval 50 g Branza topita 17,5g Legume 80 g Pateu 30 g Ceai neindulcit 250 ml	Iaurt 150 g Paine 50 g (1, 4)	Ciorba taraneasca 300 g Paine 50 g Cartofi cuptor cu cascaval 250 g Pulpa de pui cuptor 90 g Salata de varza 150 g (1)	Branza topita 17,5 g Ora 22:00 Iaurt 150 g Paine 50 g (1, 4)	Risotto 250 g Piept de pui la cuptor 60 g Salata de varza 150 g Ceai neindulcit 250 ml Paine 50 g (1, 4)	2677 Kcal P=127 g G=2862 g L=98 g
COMUN CU SARE 9A FARA SARE 9B	Cascaval 50 g 9b Telemea 50g 9a Legume 50 g Masline 30g Unt 10g Gem 20 g Branza topita 17,5g Pate 30 g Ceai 250 ml	Iaurt 150 g (4)	Ciorba taraneasca 300 g Paine 100 g Mancare de fasole uscata 250g Cartofi cuptor cu cascaval 250 g OG, NEFROLOGIE Piept de pui la cuptor 60 g (1)		Risotto 250 g Pulpa pui la cuptor 90g Salata de varza 150 g Ceai 250 ml	2301 Kcal P=107 g G=242 g L=99 g

	Paine 50 g				Paine 100 g (1, 4)	
COPII 3-18 ANI	Unt 10 g Gem 20 g Telemea 50 g Pateu 30 g Crema de branza 1 buc Branza topita 17,5g Legume 80 g Ceai 250 ml Paine 50 g (1, 4)	Lapte 250 ml Biscuiti 50 g (1, 4)	Ciorba taraneasca 300 g Mancare de fasole verde 250 g Pulpa pui cuptor 90 g Paine 100 g (1, 7)	Lapte cu gris 250 g (4)	Risotto 250 g Piept de pui la cuptor 60 g Salata de varza 150 g Ceai 250 ml Paine 100 g (1, 4)	2683 Kcal P=131 g G=258 g L=108 g
IMUNO, NEO, ARSI	Unt 10 g Gem 20 g Telemea 50 g Pateu 30 g Crema de branza 1 buc Branza topita 17,5g Iaurt 150 g Legume 80 g Ceai 250 ml Paine 50 g (1, 4)	ARSI Gratar piept pui 60 g	Ciorba taraneasca 300 g Mancare de fasole verde 250 g Pulpa pui cuptor 90 g Paine 100 g (1, 7)	ARSI Gratar piept pui 60 g	Risotto 250 g Piept de pui la cuptor 60 g Salata de varza 150 g Ceai 250 ml Paine 100 g (1, 4)	2676 Kcal P=130 g G=262 g L=111 g
MEDICI	Unt 10 g Gem 20 g Telemea 50 g Pateu 30 g Crema de branza 1 buc Branza topita 17,5g Iaurt 150 g Paine 50 g Legume 80 g Ceai 250 ml		Ciorba taraneasca 300 g Paine 50 g Cartofi cuptor cu cascaval 250 g Gratar piept de pui 60 g Salata de varza 150 g (1) Croissant 1 buc		Risotto 250 g Gratar piept de pui 60g Salata de varza 150 g Ceai 250 ml Paine 100 g (1, 4) Croissant 1 buc	2776 Kcal P=123 g G=270 g L=115 g
REGIM VEGAN / DE POST	Salata asortata 100 g Salata de vinete 100 g Gem 20 g Paine 50 g Ceai 250 ml (1)	Eugenia 35 g Mar 1 buc (1)	Ciorba taraneasca 300 g Paine 100 g Mancare de fasole uscata 300g Salata de varza 150g	Biscuiti 50 g Compot 250 g (1)	Cartofi copti 300 g Salata de morcov/varza 150 g Paine 100 g Ceai 250 ml (1, 7)	2302 Kcal P=58 g G=287 g L=52 g
ALERGIC 2 FARA SARE	Compot 250 g Gem 40 g Paine 100 g Ceai menta 250 ml Sote de morcov 100 g (1)	Biscuiti 50 g Mar copt 100 g (1)	Supa de legume 300 g (conform lista alimente premise) Pilaf cu legume 250 g Paine 100 g Pulpa pui cuptor 90 g (1)	Compot 250 g	Cartofi copti 250 g Salata de morcov/varza 150 g Pulpa pui la cuptor 90 g Paine 100 g Ceai menta 250 ml (1)	2315 Kcal P=58 g G=322 g L=32 g
ALERGIC 1 FARA SARE HEPATIC 4B	Compot 250 g Ceai menta 250 ml Gem 40 g Paine 50 g Sote de morcov 100 g (1)	Biscuiti 50g Mar copt 100 g (1)	Supa de legume 300 g (conform lista alimente premise) Pilaf cu legume 300 g Paine 100 g (1, 7)	Compot 250 g	Cartofi copti 300 g Salata de morcov/varza 150 Paine 100 g Ceai menta 250 ml (1)	2184 Kcal P=49 g G=362 g L=23 g
HEMODIALIZA HD	Sandwich 50 g cu cascaval 80 g ardel 50 g Sandwich 50 g cu snitel de pui 80 g (1, 4)	Mar 1 buc Croissant 1 buc (1)			1110 Kcal P=38 g G=124 g L=39 g	
ENTEROCOLITA 3A 3B	Branza de vaci 50 g Telemea 50 g Biscuiti 50 g Ceai menta 250 ml	Mar copt 150 g	Supa de legume si fidea 300 g Pilaf cu legume 250 g Pulpa pui cuptor 90 g Paine prajita 100 g (1, 7)	Biscuiti 50 g (1)	Sote legume permise 150 g Paste fierte 100 g Pulpa pui la cuptor	2382 Kcal P=111 g G=268 g L=56 g

	Paine prajita 50 g (1, 4)				90 g Ceai menta 250 ml Paine prajita 100 g(1,7)	
CARDIO -RENAL DESODAT 6A 5A5AB (fara sare si alimente procesate)	Unt 10 g Gem 20 g Omleta 60 g Salata de vinete 50 g Legume 80 g Crema de branza 50 g Paine 50 g Ceai 250 ml	Iaurt 150 g (4)	Ciorba taraneasca 300 g Paine 100 g Cartofi cuptor cu cascaval 250 g Piept de pui la cuptor 60 g (1)		Risotto 250 g Pulpa pui la cuptor 90g Salata de varza 150 g Ceai 250 ml Paine 100 g (1, 4)	2305 Kcal P=98 g G=288 g L=76 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:**
- Nutritionist Dietetician Autorizat-Bratu Ana Maria/asistent dietetica-Epure Alina/Tamas Alexandra

SUBSTANTE CARE CAUZEAZA ALERGII SAU INTOLERANTE ALIMENTARE

(1) Cereale care contin gluten (grau, secara, orz, ovaz) si produse derivate,
(2) Oua si produse derivate
(3) Peste si produse derivate
(4) Lapte si produse derivate (inclusiv lactoza)
(5) Telina si produse derivate
(6) Mustar si produse derivate
(7) Produs congelat
(8) Soia si produse derivate