

**LUNI 02.02.2026**

REGIM	MIC DEJUN	ORA 10 :00	PRANZ	ORA 16:00	CINA	Valoare energetica
<b>Oral/enteral pacient cu nevoi speciale</b>	Ceai 250 ml Pasta branza 50 g Mar copt pasat 100 g (4)	Lapte cu gris 250 g (4)	<b>Alimente destinate unor scopuri medicale speciale (soluții enterale)</b>	Iaurt 150g (4)	Piure de cartofi si morcov 250 g Pulpa pui pasata 90 g Ceai 250 ml (4)	1240,73 Kcal P=72,7 g G=106,35 g L=53,63 g
<b>HIDRIC IA IB</b>	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
<b>REGIM LACTO-FAINOS 1-3 ANI</b>	Branza vaci 50g Unt 10g Lapte+fulgi ovaz 120+30g Paine 50 g	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
<b>REGIM LACTO-FAINOS 3-6 ANI</b>	Branza vaci 50 g Unt 10 g Lapte + fulgi ovaz 150+50 g 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
<b>HEPATIC 4A</b>	Legume 80 g Telemea 50 g Pate 30 g Unt 10 g Gem 20 g Masline 30 g Paine 50 g Ceai 250 ml (1, 4)	Iaurt 150 g (4)	Ciorba taraneasca 300 g Mancare fasole verde 250 g Pulpa pui cuptor 90 g Paine 100 g (1, 7)		Pilaf cu legume 250 g Piept pui cuptor 60 g Salata varza 150 g Ceai 250 ml Paine 100 g (1,4)	2178 Kcal P=107 g G=264 g L=67 g
<b>ULCER 2A 2B POSTOPERA TOR ULCER 1-3</b>	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 legume si fidea 300 g Piure de cartofi 250 g Pulpa pui cuptor 90 g Paine prajita 100 g (1, 4)		Pilaf cu legume 250 g Piept pui cuptor 60 g Ceai 250 ml Paine prajita 100 g (1, 4)	2030 Kcal P=105 g G=253 g L=61 g
<b>COPII 1-3 ANI</b>	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 30 g(1,4)	Supa legume si fidea 150 g Piure de cartofi 150 g Piept pui cuptor pasat 60 g Paine 50 g	Lapte cu gris 150 g (4)	Pilaf cu legume 150 g Piept pui cuptor pasat 60 g Paine 50 g (4, 7)	1702 Kcal P=57 g G=176 g L=49 g
<b>DIABET</b>	Masline 30 g Unt 10 g Crenvursti 50 g Pate 30 g Cascaval 50g Legume 80 g Branza topita 17,5 g Ceai neindulcit 250 ml Paine 50 g (1, 4)	Iaurt 150 g Paine 50 g (1, 4)	Ciorba taraneasca 300 g Cartofi la cuptor cu cascaval 250 g Pulpa pui cuptor 90 g Salata varza 150 g Paine 50 g (1)	Branza topita 17,5 g <b>Ora 22:00</b> Iaurt 150g Paine 50 g (1, 4)	Risotto 250 g Piept pui cuptor 60 g Salata varza 150 g Ceai neindulcit 250 ml Paine 50 g (1, 4)	2577 Kcal P=109 g G=258 g L=98 g
<b>COMUN CU SARE 9A FARA SARE 9B</b>	<b>Cascaval 50 g /9B</b> <b>Telemea 50g 9A</b> Legume 50 g Pate 30 g Masline 30 g Unt 10g Gem 20 g Branza topita 17,5g Ceai 250 ml Paine 50 g	Iaurt 150 g (4)	Ciorba taraneasca 300 g Mancare fasole uscata 250 g Cartofi la cuptor cu cascaval 250 g /OG <b>NEFROLOGIE</b> Piept pui cuptor 60 g Paine 100 g (1)		Risotto 250 g Pulpa pui cuptor 90 g Salata varza 150 g Ceai 250 ml Paine 100 g (1, 4)	2301 Kcal P=107 g G=242 g L=99 g
<b>COPII 3-18 ANI</b>	Unt 10 g Gem 20 g Telemea 50 g Pate 30 g Crema branza 1 buc Branza topita 17,5 g Legume 80 g Ceai 250 ml Paine 50 g (1, 4)	Lapte 250 ml Biscuiti 50 g (1, 4)	Ciorba taraneasca 300 g Mancare fasole verde 250 g Pulpa pui cuptor 90 g Paine 100 g (1, 7)	Lapte cu gris 250 g (4)	Risotto 250 g Piept pui cuptor 60 g Salata varza 150 g Ceai 250 ml Paine 100 g (1, 4)	2683 Kcal P=111 g G=288 g L=106 g
<b>IMUNO, NEO, ARSI</b>	Telemea 50 g Pate 30 g Crema branza 1 buc Branza topita 17,5 g Iaurt 150 g Unt 10 g Gem 20 g Legume 80 g Ceai 250 ml Paine 50 g (1, 4)	<b>ARSI</b> Gratar piept pui 60 g	Ciorba taraneasca 300 g Mancare fasole verde 250 g Pulpa pui cuptor 90 g Paine 100 g (1, 7)	<b>ARSI</b> Gratar piept pui 60 g	Risotto 250 g Piept pui cuptor 60 g Salata varza 150 g Ceai 250 ml Paine 100 g (1, 4)	2576 Kcal P=127 g G=266 g L=110 g
<b>MEDICI</b>	Unt 10 g Gem 20 g Telemea 50 g Pate 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)		Ciorba taraneasca 300 g Paine 50 g Cartofi la cuptor cu cascaval 250 g Gratar piept pui 60 g Salata varza 150 g Croissant 1 buc		Risotto 250 g Gratar piept pui 60 g Salata varza 150 g Ceai 250 ml Paine 100 g Croissant 1 buc	2706 Kcal P=116 g G=270 g L=104 g

<b>REGIM VEGAN/ DE POST</b>	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 fasole uscata 300 g Salata varza 150 g	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
<b>ALERGIC 2 FARA SARE</b>	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 Pulpa pui cuptor 90 g Paine 100 g (1)	Compot 250 g	Cartofi copti 250 g Salata de morcov/varza 150 g Pulpa pui cuptor 90 g Paine 100 g Ceai menta 250 ml (1)	2315 Kcal P=102 g G=322 g L=32 g
<b>ALERGIC 1 FARA SARE HEPATIC 4B</b>	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 g Paine 100 g Ceai menta 250 ml (1)	2184 Kcal P=49 g G=362 g L=23 g
<b>HEMODIALI ZA HD</b>	Sandwich (cascaval 80 g ardei 50 g) Sandwich (snitel de pui 80 g) (1, 4)	Mar 1 buc Croissant 1 buc (1)			1110 Kcal P=42 g G=124 g L=39 g	
<b>ENTEROCO LITA 3A 3B</b>	Branza de vaci 50 g Telemea 50 g Biscuiti 50 g Ceai menta 250 ml Paine prajita 50 g (1, 4)	Mar copt 150 g	Supa 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 cuptor 90 g Ceai menta 250 ml Paine prajita 100 g (1, 7)	2382 Kcal P=105 g G=268 g L=56 g
<b>CARDIO -RENAL DESODAT 6A 5A5AB (fara sare si alimente procesate)</b>	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 (1, 4)	Iaurt 150 g(4)	Ciorba taraneasca 300 g Cartofi la cuptor cu cascaval 250 g Piept pui cuptor 60 g Paine 100 g (1)		Risotto 250 g Pulpa pui cuptor 90 g Salata de varza 150 g Ceai 250 ml Paine 100 g (1, 4)	2305 Kcal P=98 g G=288 g L=76 g

**Intocmit:**

- Nutritionist Dietetician Autorizat-Bratu Ana Maria/asistent dietetica-Epure Alina/Tamas Alexandra

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.

**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

