

REGIM	MIC DEJUN	ORA 10 :00	PRANZ	ORA 16:00	CINA	Valoare energetica
<b>Regim 1600 kcal</b>	Crema branza 2 buc Masline 30 g Sunca 50 g Legume 80 g Ou 1 buc Chifla 50 g Ceai fara zahar 250 ml		Ciorba de sfecla 250 g Piure de cartofi 200 g Pulpa de porc 60 g Salata de varza 150 g Paine 2 felii		Branza de vaci cu smantana 200 g Pulpa pui cuptor 90 g Mamaliga 100 g Ceai fara zahar 250 ml	1604 kcal P=92 g G=151 g L=70 g
<b>Regim 1800 kcal</b>	Crema branza 2 buc Masline 30 g Sunca 50 g Legume 80 g Ou 1 buc Chifla 50 g Ceai fara zahar 250 ml		Ciorba de sfecla 300 g Piure de cartofi 220 g Pulpa de porc 60 g Salata de varza 150 g Paine 2 felii	Iaurt 150 g	Branza de vaci cu smantana 250 g Pulpa pui cuptor 90 g Mamaliga 100 g Ceai fara zahar 250 ml	1805 kcal P=103 g G=178 g L=79 g
<b>Casexie</b>	Lapte 300 ml Ovaz 25 g Unt 15 g	1 fl (soluții enterale)	Supa crema 300 ml Carne pui 130 g Piure morcov 250 g Ulei 15 ml	Iaurt 250 g	Branza de vaci 200 g Ou 1 buc 1 fl (soluții enterale)	1983 kcal P=147 g G=116 g L=90 g
<b>Oral/enteral pacient cu nevoi speciale</b>	Ceai 250 ml Pasta branza 50 g (4)	Iaurt 150g (4)	<b>Alimente destinate unor scopuri medicale speciale (soluții enterale)</b>	Compot mar pasat 250 g	Piure de telina 250 g Rasol pulpa pui pasat 90 g Ceai 250 ml (4)	1147.5 Kcal P=74.55 g G=97.4 g L=49.7 g
<b>HIDRIC IA 1B</b>	Ceai neindulcit 250 ml Compot strecurat 250 ml	Iaurt 150 g (4)	Supa crema de legume lichida 300 ml (4)	Iaurt 150g (4)	Mucilagiu orez 300 ml Ceai neindulcit 250 ml (4)	627 Kcal P=13 g G=90 g L=13 g
<b>REGIM LACTO-FAINOS 1-3 ANI</b>	Crema branza 50 g, Unt 10 g, Iaurt 150 g Paine 50 g (1, 4)	Lapte 150 ml Fulgi ovaz 30 g (4)	Piure de legume cu smantana 200 g, Paine 30 g (1, 4)	Iaurt 150 g (4)	Piure de cartofi cu smantana 200 g Paine 30 g (1, 4)	1102 Kcal P=44 g G=130 g L=42 g
<b>REGIM LACTO-FAINOS 3-6 ANI</b>	Crema branza 50 g, Unt 10 g Iaurt 150 g Paine 50 g (1, 4)	Lapte 200 ml Fulgi ovaz 50 g (4)	Piure de legume cu smantana 250 g, Paine 60 g (1, 4)	Iaurt 150g (4)	Piure de cartofi cu smantana 250 g Paine 60 g (1, 4)	1439 Kcal P=50 g G=177 g L=45 g
<b>HEPATIC 4A</b>	Sunca de pui 50 g Legume 80 g Telemea 50g Unt 10 g Gem 20 g Crema branza 1 buc Masline 30 g Paine 50 g Ceai 250 ml (1, 4)	Iaurt 150 g (4)	Ciorba de sfecla 300 g Paine 200 g Piure cartofi 250 g Salata varza 150 g Pulpa pui cuptor 90 g (1, 4)		Branza de vaci cu smantana 250 g Piept pui cuptor 60g Mamaliga 100 g Ceai 250 ml (1, 4)	2388 Kcal P=106 g G=232 g L=94 g
<b>ULCER 2A 2B POSTOPERA TOR ULCER 1-3</b>	Crema branza 2 buc Ou 50 g Biscuiti 50 g Unt 10 g Paine prajita 50 g Ceai 250 ml (1, 4)	Iaurt 150 g (4)	Supa legume si orez 300 g Paine prajita 200 g Piure cartofi 250 g Pulpa de pui cuptor 90 g (1, 4)		Budince branza de vaci usor indulcita 300 g Mar copt 150 g Ceai 250 ml (1, 4)	2273 Kcal P=98 g G=235 g L=70 g
<b>COPII 1-3 ANI</b>	Ou 50 g Unt 10 g Crema de branza 1 buc Legume 30 g Ceai 150 ml Paine 50 g (1, 2, 4)	Lapte 150 ml Cereale 30 g (1, 4)	Supa legume si orez 150 g Paine 50 g Piure cartofi 150 g Pulpa pui pasata 60 g (1, 4)	Croissant 1buc Lapte 150 ml (1, 4)	Budince branza de vaci usor indulcita 150 g Mar copt 150 g Ceai 250 ml (1, 4)	1722 Kcal P=58 g G=174 g L=48 g
<b>DIABET</b>	Cascaval 50 g Ou 50 g Salata vinete 50 g Branza topita 17.5 g Unt 10 g Crenvursti 50 g Legume 80 g Paine 50 g Ceai neindulcit 250 ml	Iaurt 150g Paine 50 g (1, 4)	Ciorba de fasole uscata 300 g Piure de cartofi 250 g Pulpa porc cuptor 60 g Paine 50 g Salata varza 150 g (1, 2, 4)	Cascaval 50 g <b>Ora 22:00</b> Iaurt 150g Paine 30 g (1, 4)	Rizotto 250 g Piept pui cuptor 60 g Ceai neindulcit 250 ml (1, 2)	2545 Kcal P=113 g G=255 g L=97 g
<b>COMUN CU SARE 9A FARA SARE 9B</b>	Telemea 50 g Nutella 12 g Unt 10 g Branza topita 17.5 g Crenvursti 50g Masline 30 g Legume 80 g Paine 50 g Ceai 250 ml (1, 2, 4)	Iaurt 150 g (4)	Ciorba de fasole uscata 300g Mancare mazare 250 g (Sote legume mexicane 250g Ciorba de sfecla 250 g OG /NEFRO ) Pulpa porc cuptor 60 g Paine 100 g (1, 2, 4)		Branza de vaci cu smantana 200 g Pulpa pui cuptor 90 g Mamaliga 100 g Ceai 250 ml (1)	2240 Kcal P=102 g G=243 g L=96 g

<b>COPII 3-18 ANI</b>	Telemea 50g Nutella 12 g Unt 10 g Branza topita 17.5 g Crenvursti 50g Masline 30 g Legume 80g Paine 50 g Ceai 250 ml	Lapte 250 ml Cereale 50 g (1, 4)	Ciorba de fasole uscata 300 g Piure de cartofi 250 g Crispy 80 g Paine 200 g Salata varza 150 g (1, 2, 4)	Croissant 1 buc Lapte 250 ml (1, 4)	Branza de vaci cu smantana 250 g Mamaliga 100 g Pulpa pui cuptor 90 g Ceai 150 ml (1, 4)	2600 Kcal P=111 g G=268 g L=99 g
<b>IMUNO NEO, ARSI</b>	Telemea 50 g Gem 20 g Unt 10 g Branza topita 17.5 g Crenvursti 50g Masline 30 g Legume 80g Paine 50 g Ceai 250 ml	<b>ARSI</b> Gratar piept pui 60 g	Ciorba de fasole uscata 300 g Piure de cartofi 250 g Crispy 80 g Paine 200 g Salata varza 150 g	<b>ARSI</b> Gratar piept pui 60 g	Branza de vaci cu smantana 250 g Pulpa pui cuptor 90 g Mamaliga 100 g Ceai 250 ml (1, 4)	2505 Kcal P=124 g G=244 g L=102 g
<b>MEDICI</b>	Telemea 50 g Gem 20 g Unt 10 g Branza topita 17.5 g Crenvursti 50g Masline 30 g Legume 80 g Paine 50 g Ceai 250 ml		Ciorba de fasole uscata 300 g Piure de cartofi 250 g Crispy 80 g Paine 100 g Salata varza 150g Croissant 1buc		Branza de vaci cu smantana 250 g Gratar piept 80 g Mamaliga 100 g Croissant 1buc	2507 Kcal P=112 g G=269 g L=106 g
<b>REGIM VEGAN/ DE POST/</b>	Salata vinete 100 g Gem 20 g Paine 50 g Ceai 250 ml Cartofi pe gratar 100 g (1)	Eugenia 35 g Banana 1 buc (1)	Ciorba de fasole uscata 300 g Mancare mazare 300 Paine 100 g	Biscuiti 50 g Compot 250 g (1)	Cartofi natur 300 g Paine 100 g Salata de varza 150 g Ceai menta 250 ml (1)	2327 Kcal P=61 g G=304 g L=62 g
<b>ALERGIC 2 FARA SARE</b>	Gem 20 g Paine 50 g Ceai menta 250 ml Cartofi pe gratar 100 g	Biscuiti 50 g Compot 250 g (1)	Supa legume si orez 300 g Pilaf cu legume permise 250 g Pulpa pui cuptor 90 g Paine 100 g (1)	Mar copt 100 g Biscuiti 50 g (1)	Cartofi natur cu morcovi sote 300 g Paine 100 g Salata varza 150 g Piept pui cuptor 60 g Ceai menta 250 ml (1)	2517 Kcal P=100 g G=337 g L=80 g
<b>ALERGIC 1 FARA SARE HEPATIC 2 (4B)</b>	Gem 20 Paine 50 g Ceai menta 250 ml Cartofi pe gratar 100 g	Biscuiti 50 g Compot 250 g (1)	Supa legume si orez 300 g Paine 100 g Pilaf cu legume permise 400 g (1)	Mar copt 100 g Biscuiti 50 g (1)	Cartofi natur cu morcovi sote 300 g Paine 100 g Salata varza 150 g Ceai menta 250 ml (1)	2369 Kcal P=72 g G=343 g L=52 g
<b>HEMODIALIZA HD</b>	Sandwich ( cascaval 80g ardei 50 g) Sandwich (gratar piept 60 g)			Croissant 1buc Mar 150 g (1, 4)		1095 Kcal P=50 g G=116 g L=38 g
<b>ENTEROCO LITA 3A 3B</b>	Branza de vaci 50 g Morcov fiert 50 g Biscuiti 50 g Ceai menta 250 ml Paine prajita 50 g (1, 4)	Compot 250 g (1)	Supa legume si orez 300 g Paine prajita 100 g Pilaf 100 g Piure morcov 150 g Pulpa pui cuptor 90 g (1, 7)	Biscuiti 50 g (1)	Sote de legume permise 250 g Piept pui cuptor 60 g Ceai 250 ml Paine prajita 100 g (1, 7)	2224 Kcal P=102 g G=255 g L=62 g
<b>CARDIO -RENAL DESODAT 6A 5A5AB (fara sare si alimente procesate)</b>	Salata vinete 50 g Legume 80 g Ou 50 g Telemea 50g Unt 10 g Gem 20 g Ceai 250 ml Paine 50 g (1, 4)	Iaurt 150 g (1, 4)	Ciorba de sfecla 300 g Mancare de mazare 250 g Pulpa porc cuptor 60 g Paine 100 g (1, 2, 4)		Branza de vaci cu smantana 200 g Pulpa pui cuptor 90 g Mamaliga 100 g Ceai 250 ml (1)	2293 Kcal P=106 g G=242 g L=88 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 ALERGIILOR 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