

REGIM	MIC DEJUN	ORA 10 :00	PRANZ	ORA16:00	CINA	Valoare energetica
<i>Regim 1600 kcal</i>	Crema de branza 2 buc Pate 30 g Legume 80 g Chifla 50 g Ceai fara zahar 250 ml		Supa de legume 250 g Mancare fasole verde 300g Piept pui cuptor 60 g Paine 2 felii		Pilaf cu legume 220g Pulpa pui cuptor 90 g Castraveti in otet 100 g Ceai fara zahar 250 ml	1588 kcal P=78 g G=166 g L=54 g
<i>Regim 1800 kcal</i>	Crema de branza 2 buc Pate 30 g Legume 80 g Chifla 50 g Ceai fara zahar 250 ml		Supa de legume 300 g Mancare fasole verde 300g Piept pui cuptor60 g Paine 2 felii	Iaurt 150 g	Pilaf cu legume 250 g Pulpa pui cuptor 90 g Castraveti in otet 100 g Paine 1 felie Ceai fara zahar 250 ml	1797 kcal P=89 g G=195 g L=69 g
<i>Casexie</i>	Lapte (300 ml) cu Taitei (50 g) si Unt (15 g)	1 fl (soluții enterale)	Supa crema legume 300 ml Pulpa pui cuptor 150 g Piure cartofi 250g (cu ulei 15ml)	Iaurt 250 g	Branza de vaci 200 g 1 fl (soluții enterale)	2198 kcal P=135 g G=158 g L=98 g
<i>Oral/ventral pacient cu nevoi speciale</i>	Compot mere pasat 250 g Ceai 250 ml	Iaurt 150 g (4)	Alimente destinate unor scopuri medicale speciale (soluții enterale)	Iaurt 150 g (4)	Piure de legume 250 g Piept pui pasat 60 g Ceai 250 ml (4)	911 Kcal P=59.95 g G=111.05 g L=22.4 g
<i>HIDRIC IA IB</i>	Iaurt 150 g Ceai neindulcit 250 ml	Compot 250 g (4)	Supa legume strecurata 350 ml	Compot 250 g	Piure de legume lichid 300 g Ceai neindulcit 250 ml (4)	679 Kcal P=17 g G=125 g L=14 g
<i>REGIM LACTO-FAINOS 1-3 ANI</i>	Ou fiert moale 50 g Unt 10 g Crema branza 30 g Iaurt 150 g Paine 50 g (1, 4)	Lapte cu gris 150 ml (1, 4)	Piure de legume 250 g Paine 60 g (1, 4)	Lapte cu faina de orez 150 ml (1, 4)	Lapte cu gris 200 g (4)	1262 Kcal P=44 g G=176 g L=42 g
<i>REGIM LACTO-FAINOS 3-6 ANI</i>	Ou fiert moale 50 g Crema de branza 50 g Unt 10g Iaurt 150 g Paine 50 g	Lapte cu gis 200 ml (1, 4)	Piure de legume 300 g Paine 60 g (1, 4)	Lapte cu faina de orez 200 ml (1, 4)	Lapte cu gris 250 g (4)	1657 Kcal P=60 g G=234 g L=53 g
<i>HEPATIC 4 A</i>	Pate 30 g Legume 80 g Cascaval 50g Telemea 50 g Unt 10 g Gem 20 g Paine 50 g Ceai 250 ml	Iaurt 150 g (4)	Ciorba taraneasca 300 g Sote mix legume 250 g Piept pui cuptor 60 g Paine 100 (1, 7)		Pilaf cu masline 250 g Pulpe pui cuptor 90 g Paine 100 g Ceai 250 ml (1, 7)	2104 Kcal P=105 g G=208 g L=70 g
<i>ULCER 2A 2B POST OPERATOR ULCER 1-3</i>	Crema branza vaci 50 g Biscuiti 50 g Ou posat 50 g Unt 10 g Paine prajita 50 g Ceai 250 ml (1, 2, 4)	Iaurt 150 g (4)	Supa de legume cu fidea 300g Sote mix legume 250 g Piept pui cuptor 60 g Paine prajita 100 g (1, 7)		Piure de cartofi 250 g Pulpe pui cuptor 90 g Paine prajita 100 g Ceai 250 ml (1)	2111 Kcal P=109 g G=245 g L=71 g
<i>COPII 1-3 ANI</i>	Crema branza 34 g (2 buc) Unt 10 g Ou posat 50 g Legume 30 g Paine 50 g (1, 2, 4)	Lapte cu gris 150g 150 g (1)	Supa de legume cu fidea 150 g Sote mix legume 150 g Piept pui cuptor pasat 60 g Paine 50 g (1, 7)	Lapte 150 ml Eugenia 1buc(1,4)	Piure de cartofi 150 g Piept pui cuptor pasat 60 g Paine 50 g Ceai 250 ml (1)	1515 Kcal P=69 g G=168 g L=53 g
<i>DIABET</i>	Branza topita 17,5g Pate 30g Unt 10 g Cascaval 50g Ou50g Unt10g Legume 80 g Paine 50 g Ceai neindulcit 250 ml (1, 2, 4)	Iaurt 150 g Paine 50 g (1, 4)	Ciorba taraneasca 300 g Sote mix legume 250 g Piept pui cuptor 60 g Paine 50 g (1)	Cascaval 50 g Ora 22:00 Iaurt 150 g Paine 50 g (1, 4)	Pilaf cu masline 250 g Pulpe pui cuptor 90 g Paine 50 g Ceai neindulcit 250 ml (1, 7)	2210 Kcal P=114 g G=215 g L=94 g
<i>COMUN CU SARE 9A FARA SARE 9B</i>	Branza topita 17,5g Pate30g Ou 50 g Cascaval 50 g Unt 10 g Miere 20 g Legume 80 g Paine 50 g Ceai 250 ml (1, 2, 4)	Iaurt 150 g (4)	Ciorba taraneasca 300 g Mancare fasole verde 250 g Piept pui cuptor 60 g Paine 100 g (1)		Pilaf cu masline 250 g Pulpe pui cuptor 90 g Paine 100 g Ceai 250 ml (1, 7)	2218 Kcal P=101 g G=246 g L=94 g
<i>COPII 3-18 ANI</i>	Branza topita 17,5 g Ou 50 g Pate 30 g Cascaval 50 g Ceai 250 ml Unt 10 g Miere 20 g Legume 80g Paine50g(1,2,4)	Lapte cu gris 250 g (1, 4)	Ciorba taraneasca 300 g Sote mix legume 250 g Piept pui cuptor 60 g Paine 100 g (1)	Lapte 150 ml Eugenia 1 buc (1, 2, 4)	Pilaf cu masline 250 g Pulpe pui cuptor 90 g Paine 100 g Ceai 250 ml (1, 7)	2423 Kcal P=101 g G=274 g L=97 g
<i>IMUNO NEO, ARSI</i>	Branza topita 17,5 g Ou 50g Pate 30g Cascaval 50g Unt 10 g Miere 20 g Iaurt 150 g Legume 80 g Paine 50 g Ceai 250 ml (1, 2, 4)	ARSI Pulpa pui cuptor 90 g	Ciorba taraneasca 300 g Sote mix legume 250 g Piept pui cuptor 60 g Paine 100 g (1)	ARSI Gratar piept pui 60 g	Pilaf cu masline 250 g Pulpe pui cuptor 90 g Paine 100 g Ceai 250 ml (1, 7)	2344 Kcal P=139 g G=226 g L=98 g

MEDICI	Branza topita 17,5 g Ou 50 g Pate 30 g Cascaval 50 g Unt 10 g Miere 20 g Iaurt 150 g Legume 80 g Paine 50 g Ceai 250 ml		Ciorba taraneasca 300 g Sote mix legume 250 g Snitel piept pui 100 g Paine 100 g Lapte cu gris 250 g		Rizotto 250 g Gratar piept pui 60 g Salata de sfecla 150 g Paine 100 g Napolitana 1 buc	2460 Kcal P=12 g G=290 g L=96 g
REGIM VEGAN / DE POST	Biscuiti 50 g Gem 20 g Paine 50 g Ceai 250 ml Cartofi la cuptor 100 g (1)	Eugenia 35 g Mar 150 g (1)	Ciorba taraneasca 300 g Sote mix legume 300 g Paine 100 g (1)	Biscuiti simpli 50 g Compot 250 g (1)	Pilaf cu masline 300 g Paine 100 g Ceai menta 250ml (1)	2480 Kcal P=58 g G=330 g L=41 g
ALERGIC 2 FARA SARE	Gem 40 g Cartofi la cuptor 100 g Morcov sote 100 g Paine 100 g Compot 250 ml	Biscuiti 50 g (1)	Supa de legume (conform lista alimente permise) 300 g Sote legume permise 250 g Paine 100 g Piept pui cuptor 60 g (1)	Compot 250 g Biscuiti 50 g (1)	Orez cu legume permise 300 g Pulpa pui cuptor 90 g Paine 100 g Ceai menta 250 ml (1)	2464 Kcal P=74 g G=347 g L=38 g
ALERGIC 1 FARA SARE HEPATIC 2 (AB)	Gem 40 g Cartofi la cuptor 100 g Morcov sote 100 g Paine 100 g Compot 250 ml	Biscuiti 50 g (1)	Supa de legume (conform lista alimente permise) 300 g Sote legume permise 250 g Paine 100 g S (1)	Compot 250 g Biscuiti 50 g (1)	Orez cu legume permise 300 g Paine 100 g Ceai menta 250 ml(1)	2430 Kcal P=58 g G=356 g L=27 g
HEMODIAL IZA HD	Sandwich 50 g cu gratar pulpa pui 80 g Sandwich 50 g cu cascaval 80 g si ardei 50 g (1, 4)	Napolitana 1 buc Mar 1 buc (1, 4)				891 Kcal P=49 g G=107 g L=36 g
ENTEROCO LITA 3A 3B	Branza de vaci 50 g Telemea 50 g Biscuiti 50 g Ceai menta 250 ml Paine prajita 50 g (1, 4)	Compot 250 g	Supa legume si fidea 300 g Sote legume permise 250 g Piept pui cuptor 60 g Paine prajita 100 g (1)	Biscuiti 50 g (1)	Orez cu legume permise 300 g Pulpa pui cuptor 90 g Paine prajita 100 g Ceai menta 250 ml (1)	2145 Kcal P=87 g G=289 g L=60 g
CARDIO -RENAL DESODAT 6A 5A5AB (fara sare si alimente procesate)	Ou 50 g Telemea 50 g Legume 80 g Miere 20 g Unt 10 Crema branza 1 buc Paine 50 g Ceai 250 ml (1, 2, 4)	Iaurt 150 g (4)	Ciorba taraneasca 300 g Mancare fasole verde 250 g Piept pui cuptor 60 g Paine 100 g (1)		Pilaf cu masline 250 g Pulpa pui cuptor 90 g Paine 100 g Ceai 250 ml (1, 7)	2056 Kcal P=92 g G=228 g L=77 g

Intocmit:

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

Ana Maria Bratu
Dietetician autorizat
Coord. Epure Alina

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