

REGIM	MIC DEJUN	ORA 10 :00	PRANZ	ORA 16:00	CINA	Valoare energetica
<b>Regim 1400 kcal</b>	Omleta 60 g Salata vinete 50 g Legume 80 g Crema branza 1 buc Chifla 1 buc Ceai fara zahar 250 ml (1, 2, 4)		Ciorba taraneasca 250 g A Mancare fasole verde 200 g Pulpa pui cuptor 90 g Paine 1 felie (1)		Cartofi copti 200 g Pulpa pui cuptor 90 g Paine 2 felii-60 g Ceai fara zahar 250 ml (1)	1407 kcal P=77 g C=174 g L=52 g
<b>Regim 1600 kcal</b>	Omleta 120 g Salata vinete 50 g Legume 80 g Crema branza 1 buc Chifla 1 buc Ceai fara zahar 250 ml(1, 2, 4)		Ciorba taraneasca 300 g Mancare fasole verde 200 g Pulpa pui cuptor 90 g Paine 1 felie (1)		Cartofi copti 200 g Pulpa pui cuptor 90 g Paine 2 felii-60 g Ceai fara zahar 250 ml (1)	1593 kcal P=85 g C=196 g L=57 g
<b>Regim 1800 kcal</b>	Omleta 120 g Salata vinete 50 g Legume 80 g Crema branza 2 buc Chifla 1 buc Ceai fara zahar 250 ml(1, 2, 4)		Ciorba taraneasca 300 g Mancare fasole verde 250 g Pulpa pui cuptor 90 g Paine 1 felie-30 g (1)	Iaurt 150 g (4)	Cartofi copti 250 g Pulpa pui cuptor 90 g Paine 2 felii-60 g Ceai fara zahar 250 ml (1)	1810 kcal P=95 g G=218 g L=70 g
<b>Casexie</b>	Lapte (300 ml) cu gris (40 g) si unt ( 15 g ) (1, 4)	1 fl formula (sol enterala)	Supa crema legume 300 ml Pulpa pui cuptor 130 g Piure cartofi250 g (cu 15 ml ulei) (4)	Iaurt 300 g (4)	Branza de vaci 200 g Ou fiert 50 g 1 flacon (solutie enterala) (2, 4)	2182 kcal P=148 g C=152 g L=69 g
<b>Oral/ enteral pacient cu nevoi speciale</b>	Ceai 250 ml Crema branza 50 g Mar copt pasat 100 g (4)	Lapte cu gris 250 g (4)	<b>Alimente destinate unor scopuri medicale speciale (solutii enterale)</b>	Iaurt 150 g (4)	Piure de cartofi si morcov 250 g Pulpa pui cuptor pasata 90 g Ceai 250 ml (4)	1267 Kcal P=76 g G=124 g L=48 g
<b>HIDRIC IA 1B</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	722 Kcal P=25 g G=146 g L=25 g
<b>REGIM LACTO-FAINOS 1-3 ANI</b>	Branza vaci 50g Unt 10g Lapte+fulgi ovaz 120+30g Paine 50 g (1, 4)	Iaurt 150 g (4)	Paste fierte in lapte/unt si branza vaci 200 g (1, 4)	Iaurt 150 g (4)	Orez cu lapte 200 g Mar copt 100 g (4)	1301 Kcal P=59 g G=176 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 g (4)	Paste fierte in lapte/unt si branza vaci 250 g (1, 4)	Iaurt 150 g (4)	Orez cu lapte 250 g Mar copt 100 g (4)	1512 Kcal P=78 g G=185 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)	2176 Kcal P=104 g G=260 g L=69 g
<b>ULCER 2A 2B POSTOPER ATOR ULCER 1-3</b>	Crema de branza 2 buc Biscuiti 50 g Unt 10 g Mar copt 100 g Paine prajita 50 g Ceai 250 ml (1, 4)	Iaurt 150 g (4)	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)	2052 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 (1, 4)	Budinca de gris cu lapte150 g (4)	Pilaf cu legume 150 g Piept pui cuptor pasat 60 g Paine 50 g (4, 7)	1705 Kcal P=54 g G=174 g L=49 g
<b>DIABET</b>	Masline 30 g Unt 10 g Crenvursti 50 g Pate 30 g Cascaval 40 g 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 Salata orientala 250 g Pulpa pui cuptor 90 g Paine 50 g (1)	Branza topita 17,5 g <b>ORA 22:00</b> Iaurt 150 g 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)	2533 Kcal P=108 g G=247 g L=98 g
<b>COMUN CU SARE 9A FARA SARE 9B</b>	Telemea 50 g /9A9B Legume 50 g Pate 30 g Masline 30 g Unt 10 g Gem 20 g Branza topita 17,5g Ceai 250 ml Paine 50 g (1,	Iaurt 150 g (4)	Ciorba taraneasca 300 g Mancare fasole uscata 250 g Salata orientala 250 g /OG NEFROLOGIE 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)	2361 Kcal P=105 g G=240 g L=99 g

	4)					
<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 Salata orientala 250 g Pulpa pui cuptor 90 g Paine 100 g (1, 7)	Budinca gris cu lapte si sos caramel 250 g (4)	Risotto 250 g Piftelul piept pui 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 Unt 10 g Gem 20 g Iaurt 150 g Legume 80 g Ceai 250 ml Paine 50 g (1, 4)	<b>ARSI</b> Gratar piept pui 60 g	Ciorba taraneasca 300 g Salata orientala 250 g Pulpa pui cuptor 90 g Paine 100 g (1, 7)	<b>ARSI</b> Gratar piept pui 60 g	Risotto 250 g Piftelul piept pui 60 g Salata varza 150 g Ceai 250 ml Paine 100 g (1, 4)	2678 Kcal P=128 g G=267 g L=105 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 Legume 80 g Ceai 250 ml Paine 50 g (1, 4)	Iaurt 150 g (4)	Ciorba taraneasca 300 g Paine 50 g Salata orientala 250 g Pulpa pui cuptor 90 g Mamaliga 100 g Chec 1 buc (1)		Risotto 250 g Piftelul piept pui 60 g Salata varza 150 g Ceai 250 ml Paine 100 g Budinca gris cu lapte si sos caramel 150 g (1, 4)	2610 Kcal P=111 g G=265 g L=105 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 (1)	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 Paine 100 g Ceai menta 250 ml (1)	2184 Kcal P=49 g G=362 g L=23 g
<b>ENTEROCOLITA 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 Omeleta 60 g Salata de vinete 50 g Legume 80 g Crema de branza 2 buc Paine 50 g Ceai 250 ml (1, 4)	Iaurt 150 g (4)	Ciorba taraneasca 300 g Salata orientala 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)	2302 Kcal P=98 g G=258 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 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