

REGIM	MIC DEJUN	ORA 10 :00	PRANZ	ORA 16:00	CINA	Valoare energetica
Regim 1400 kcal	Crema branza 1 buc Masline 30 g Sunca 50 g Legume 80 g Ou 1 buc Chifla 50 g Ceai fara zahar 250 ml (1, 2, 4)		Ciorba de sfecla 250 g Piure de cartofi 200 g Pulpa porc cuptor 60 g Salata de varza 150 g (4)		Branza de vaci cu smantana 200 g Pulpa pui cuptor 90 g Mamaliga 100 g Ceai fara zahar 250 ml	1405 Kcal G=136 g P=82 g L=71 g
Regim 1600 kcal	Crema branza 2 buc Masline 30 g Sunca 50 g Legume 80 g Ou 1 buc Chifla 50 g Ceai fara zahar 250 ml (1, 2, 4)		Ciorba de sfecla 250 g Piure de cartofi 200 g Pulpa porc cuptor 60 g Salata de varza 150 g Paine 1 felie (1, 4)		Branza de vaci cu smantana 200 g Pulpa pui cuptor 90 g Mamaliga 100 g Ceai fara zahar 250 ml	1595 Kcal G=152 g P=85 g L=75 g
Regim 1800 kcal	Crema branza 2 buc Masline 30 g Sunca 50 g Legume 80 g Ou 1 buc Chifla 50 g Ceai fara zahar 250 ml (1, 2, 4)		Ciorba de sfecla 300 g Piure de cartofi 220 g Pulpa porc cuptor 60 g Salata de varza 150 g Paine 2 felii (1, 4)	Iaurt 150 g	Branza de vaci cu smantana 250 g Pulpa pui cuptor 90 g Mamaliga 100 g Ceai fara zahar 250ml(4)	1802 Kcal P=92 g G=175 g L=90 g
Casexie	Lapte (300 ml) cu Ovaz (5 g) si Unt (15 g) (4)	1 fl formula (soluții enterale)	Supa crema legume 300 ml Pulpa pui cuptor 130 g Piure morcov 250 g (cu Ulei 15 ml) (4)	Iaurt 250 g (4)	Branza de vaci 200 g Ou 1 buc 1 fl (soluții enterale) (4)	1983 Kcal P=142 g G=129 g L=90 g
Oral/enteral pacient cu nevoi speciale	Ceai 250 ml Crema branza 50 g (4)	Iaurt 150g (4)	Alimente destinate unor scopuri medicale speciale (soluții enterale)	Compot mar pasat 250 g	Piure de telina 250 g Pulpa pui cuptor pasata 90 g Ceai 250 ml (4)	1147.5 Kcal P=74.55 g G=97.4 g L=49.7 g
HIDRIC IA 1B	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
REGIM LACTO-FAINOS 1-3 ANI	Crema branza 2 buc 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
REGIM LACTO-FAINOS 3-6 ANI	Crema branza 2 buc 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
HEPATIC 4A	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
ULCER 2A 2B POSTOPERATOR ULCER 1-3	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 pui cuptor 90 g (1, 4)		Budince paste cu 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
COPII 1-3 ANI	Ou 50 g Unt 10 g Crema branza 1 buc Legume 30 g Ceai 150 ml Paine 50 g (1, 2, 4)	Lapte 150 ml Cereale 30g(1, 4)	Supa legume si orez 150 g Paine 50 g Piure cartofi 150 g Pulpa pui pasata 60 g (1, 4)	Chec 1 buc Lapte 150ml(1,4)	Budince paste cu branza de vaci usor indulcita 150g Mar copt 150 g Ceai 250 ml (1, 4)	1722 Kcal P=58 g G=174 g L=48 g
DIABET	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 250ml(1,2,4)	Iaurt 150g Paine 50 g (1, 4)	Ciorba de fasole uscata 300g Piure de cartofi 250 g Pulpa porc cuptor 60 g Paine 50 g Salata varza 150 g (1, 4)	Branza topita 17.5 g Ora 22:00 Iaurt 150g Paine 30 g (1, 4)	Rizotto 250 g Piept pui cuptor 60 g Ceai neindulcit 250 ml (1, 2)	2533 Kcal P=115 g G=256 g L=98 g
COMUN CU SARE 9A FARA SARE 9B	Telemea 50 g Nutella 12 g Unt 10 g Branza topita 17.5 g Crenvursti 50g Masline 30 g Legume 80 g Paine 50g Ceai 250 ml(1,2,4)	Iaurt 150 g (4)	Ciorba de fasole uscata 300g Ciorba de sfecla 250 g OG /NEFRO) Pilaf cu legume 250 g Pulpa pui cuptor 90 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 (4)	2252 Kcal P=108 g G=249 g L=99 g

COPII 3-18 ANI	Telemea 50g 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, 4)	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)	Chec 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 (4)	2606 Kcal P=115 g G=285 g L=103 g
IMUNO NEO, ARSI	Telemea 50 g Nutella 12 g Unt 10 g Branza topita 17.5 g Crenvursti 50 g Masline 30g Legume 80g Paine 50g Ceai 250 ml (1, 4)	ARSI Gratar piept pui 60 g	Ciorba de fasole uscata 300g Piure de cartofi 250 g Crispy 80 g Paine 200 g Salata varza 150 g (1, 4)	ARSI 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)	2698 Kcal P=127 g G=258 g L=100 g
MEDICI	Telemea 50 g Nutella 12 g Unt 10 g Branza topita 17.5 g Crenvursti 50 g Masline 30 g Legume 80 g Paine 50g Ceai 250 ml (1, 4)		Ciorba de fasole uscata 300 g Piure de cartofi 250 g Crispy 80 g Paine 100 g Salata varza 150 g Chec 1 buc (1, 2, 4)		Branza de vaci cu smantana 250 g Gratar piept 80 g Mamaliga 100 g Chec 1 buc (1, 4)	2588 Kcal P=111 g G=269 g L=105 g
REGIM VEGAN/ DE POST/	Salata vinete 100 g Gem 20 g Paine 50 g Ceai 250 ml Cartofi pe gratar 100 g (1)	Eugenia 35 g (1)	Ciorba de fasole uscata 300 g Mancare mazare 300 g Paine 100 g (1)	Biscuiti 50g 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
ALERGIC 2 FARA SARE	Gem 20 g Paine 50 g Ceai menta 250 ml Cartofi pe gratar 100 g (1)	Biscuiti 50 g Compot 250 g (1)	Supa legume si orez 300 g Pilaf cu legume permise 250g 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
ALERGIC 1 FARA SARE HEPATIC 2 (4B)	Gem 20 Paine 50 g Ceai menta 250 ml Cartofi pe gratar 100 g (1)	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
HEMODIAL IZA HD	Sandwich (cascaval 80 g ardei 50 g) Sandwich(gratar piept pui 60g) (1, 4)	Croissant 1buc Mar 150 g (1, 4)			1012 Kcal P=38 g G=121 g L=25 g	
ENTEROCO LITA 3A 3B	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 100g 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
CARDIO -RENAL DESODAT 6A 5A5AB (fara sare si alimente procesate)	Salata vinete 50 g Legume 80 g Ou 50 g Telemea 50 g Unt 10 g Gem 20 g Ceai 250 ml Paine 50 g (1, 4)	Iaurt 150 g (1, 4)	Ciorba de sfecla 300 g Pilaf cu legume 250 g Pulpa pui cuptor 90 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)	2300 Kcal P=108 g G=249 g L=92 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