

|              | REGIM COMUN                                                                                                                 | REGIM FARA SARE<br>(CARDIAC)                                                                                                   | ULCER                                                                                                             | HIDRIC                                                                                        | PASAT                                                                                                                                    |
|--------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| MIC<br>DEJUN | Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)                                     | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                        | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                           | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)       | Lapte cu biscuiti                                                                                                                        |
|              | Ingrediente : parizer 30g, branza vaci<br>30g, unt 30g, urda 30g, ou fiert<br>masline<br>Cal:397.2, Carb.28.76, Prot. 19.07 | Ingrediente : urda 30g, br.vaci<br>30g, unt 30g, cas(lapte, cheag)30g,<br>gem 30g(zahar)<br>Cal:316.2, Carb.22.08, Prot. 15.91 | Ingrediente : br. vaci 30g, urda<br>30g, unt 30g, mozzarella 40g,<br>masline<br>Cal:373.6, Carb:29.53, Prot:19.07 | Ingrediente : iaurt 125g, branza vaci<br>150g,<br>Cal:260, Carb:10.25, Prot :24.13            | Ingrediente : Lapte 200 g, biscuiti<br>100g(faina, zahar)<br>Cal:577, Carb:24; Prot: 13                                                  |
| PRANZ        | Supa cu taitei de casa 300 ml                                                                                               | Supe cu taitei de casa 300 ml                                                                                                  | Supe cu taitei de casa 300 ml                                                                                     | Supa strecurata 300 ml                                                                        | Supa crema de legume 300 ml                                                                                                              |
|              | Ingrediente: ceapa, morcov, ou<br>telina, ardei gras, taitei de casa,<br>Cal: 403.18, Carb: 13.56, Prot:19.58               | Ingrediente: ceapa, morcov, ou<br>telina, ardei gras, taitei de casa,<br>Cal: 403.18, Carb: 13.56, Prot:19.58                  | Ingrediente: ceapa, morcov, ou<br>telina, ardei gras, taitei de casa,<br>Cal: 403.18, Carb: 13.56,<br>Prot:19.58  | Ingrediente: morcov, telina, ardei<br>gras, rosii 100g, ulei<br>Cal:280, Carb.:38,5, Prot:4.2 | Ingrediente: ceapa30g, morcov40g,<br>telina30g, cartofi70g, fasole verde30g,<br>conopida20g, smantana<br>Cal:202.22, Carb:9.91, Prot:3.3 |
|              | Porc cu piure cartofi 300g                                                                                                  | Porc cu piure cartofi 300g                                                                                                     | Pui cu piure de cartofi 300g                                                                                      | Supa crema de legume 320g                                                                     | Carne fiarta, pilaf 300 g                                                                                                                |
|              | Ingrediente:file porc cong. 60 g,<br>cartofi 170g, unt, lapte<br>Cal: 561,33; Carb: 32,61; Prot:21,06                       | Ingrediente:file porc cong. 60 g,<br>cartofi 170g, unt, lapte<br>Cal: 561,33; Carb: 32,61; Prot:21,06                          | Ingrediente: piept pui 80g. Cartofi 150,<br>unt 30g, lapte<br>Cal:597.25, Carb.35.42, prot27.19                   | Ingrediente: morcov, telina,<br>conopida, ardei gras<br>Cal:322, Carb:56, Prot: 24            | Ingrediente: piept pui 80 g, orez<br>80g<br>Cal:363,65, Carb:30,7, Prot:33.6                                                             |
|              | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                                 | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                                    | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                       |                                                                                               |                                                                                                                                          |
|              | Paste cu branza si marar 300g                                                                                               | Pui cu cartofi la cuptor 300g                                                                                                  | Pui, mamaliga, br. sman 300g                                                                                      | Compot de mere 320g                                                                           | Biscuiti cu lapte 320g                                                                                                                   |
| CINA         | Ingrediente:penne 120g, branza<br>60g, lapte, smantana lichida, ulei, marar<br>Cal:406.18 Carb.9.9, Prot.27.31              | Ingrediente:carne pui 80 g, cartofi<br>180g , usturoi, ulei,<br>Cal:406.18 Carb.9.9, Prot.27.31                                | Ingrediente:pui 80g, mamaliga 100,<br>branza de vaca 50g, smantana 50,<br>Cal: 423.5, Carb:19.6, Prot:35.84       | Ingrediente:mere 200g.apa 120ml,<br>CaL:94, Carb.:0.2, Prot: 0.8                              | Ingrediente:lapte 200 ml, biscuiti<br>120 g<br>Cal:512, Carb.12.5, Prot :12                                                              |
|              | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                                 | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                                    | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)<br>Iaurt ( Cal: 55; Carb: 2.8; Prot: 3.4)                             | Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)                                                         | Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)                                                                                                    |
|              | Poate contine: lactoza, peste, susan, arahide,<br>gluten, mustar si derivate                                                | Poate contine: lactoza, peste, susan, arahide,<br>gluten, mustar si derivate                                                   | Poate contine: lactoza, peste, susan, arahide,<br>gluten, mustar si derivate                                      | Poate contine: lactoza, peste, susan, arahide,<br>gluten, mustar si derivate                  | Poate contine: lactoza, peste, susan,<br>arahide, gluten, mustar si derivate                                                             |
|              |                                                                                                                             |                                                                                                                                |                                                                                                                   |                                                                                               |                                                                                                                                          |

**MIERCURI**

|              | DIABET                                                                                                                                   | INTOLERANTA LACTOZA                                                                                                          | RENAL                                                                                                     | HEPATIC + NEOPLAZIC                                                                                                       | ENTEROCOLITA                                                                                                                |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| MIC<br>DEJUN | Ceai f. zahar (cal:0; carb: 0; prot: 0) chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                   | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                      | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                   | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                   | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                     |
|              | Ingrediente : urda.30g, mozzarella<br>30g,unt 20g,.sunca<br>praga(carne,soia)30g, ou fiert, masline<br>Cal:380.6,Carb:29.34, Prot:22.54, | Ingrediente: Sal.rustic 40g(carne,soia),<br>biscuiti 40g, cruditati 30g, masline<br>Cal:437.4, Carb:39.61, Prot:12.87        | Ingrediente : urda 30g, unt 30g,<br>gem 20g, mozzarella 30g, masline<br>Cal:352.7,Carb:25.91,Prot: 17.52  | Ingrediente :br.vaci 30g, unt 30g,<br>cas(lapte, cheag)30g, mozzarella<br>30g, masline<br>Cal:330.5,Carb:28.43,Prot:12.72 | Ingrediente : biscuiti<br>30g(faina,zahar),urda 40 g,<br>telemea 40g, cascaval (lapte,zer)<br>Cal:669,Carb.21.6,Prot. 26.25 |
|              | Ciorba de fasole verde 300 ml                                                                                                            | Supa cu taitei 300 ml                                                                                                        | Ciorba de fasole verde 300 ml                                                                             | Supa cu taitei 300 ml                                                                                                     | Supa cu taitei 300 ml                                                                                                       |
| PRANZ        | Ingrediente: fasole verde 60g, ceapa,<br>morcov, telina, ardei gras Cal: 106.3,<br>Carb: 0.63, Prot: 4.62                                | Ingrediente: taitei, ceapa, morcov,<br>telina, ardei gras, ou<br>Cal:138,Carb:24.7,Prot: 3.8                                 | Ingrediente: fasole verde 60g,<br>ceapa, morcov, telina, ardei gras<br>Cal: 106.3, Carb: 0.63, Prot: 4.62 | Ingrediente: taitei, ceapa, morcov,<br>telina, ardei gras, ou<br>Cal:138,Carb:24.7,Prot: 3.8                              | Ingrediente: taitei, ceapa, morcov,<br>telina, ardei gras, ou<br>Cal:138,Carb:24.7,Prot: 3.8                                |
|              | Varza a la Cluj 300g                                                                                                                     | Varza a la Cluj 300g                                                                                                         | Varza calita 300g                                                                                         | Pui cu piure de cartofi 300g                                                                                              | Rasol pui cu orez 220g                                                                                                      |
|              | Ingrediente: file de porc 70g, varza<br>150g, ceapa, ardei gras<br>Cal: 166.91,Carb.2.59Prot :21.42                                      | Ingrediente: file de porc 70g, varza<br>150g, ceapa, ardei gras<br>Cal: 166.91,Carb.2.59Prot :21.42                          | Ingrediente: varza 200g, ceapa,<br>ardei gras, rosii cuburi<br>Cal: 92.21,Carb.0.42,Prot :4.21            | Ingrediente: piept pui 90g. Cartofi<br>150, unt 30g, lapte<br>Cal:597.25, Carb.35.42, prot27.19                           | Ingrediente:piept pui70g, orez 60g<br>morcovi 30g,pastarnac,telina<br>Cal:524,5, Carb.21,45, Prot.20,45                     |
|              | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar<br>( Cal: 105.4; Carb; 0.36; Prot: 0.32)                                                 | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                                  | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                               | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                               | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                                 |
| CINA         | Pui, mamaliga, br. Smantana 300g                                                                                                         | Pui cu legume sote 300g                                                                                                      | Mamaliga, br. smantana 300g                                                                               | Pui, mamaliga, br. Smantana 300g                                                                                          | Pui cu branza vaci 220g                                                                                                     |
|              | Ingrediente:pui 80g, mamaliga 100,<br>branza de vaca 50g, smantana 50,<br>Cal: 423.5,Carb:19.6, Prot:35.84                               | Ingrediente: cartofi 100g, carne pui<br>80g, morcov, telina, mazare, fasole<br>verde, ulei<br>Cal:291.24,Carb:8.3 Prot:23.11 | Ingrediente: mamaliga 100, branza<br>de vaca 100g, smantana 100g,<br>Cal: 462,Carb:30.33 Prot:20.77       | Ingrediente:pui 80g, mamaliga 100,<br>branza de vaca 50g, smantana 50,<br>Cal: 423.5,Carb:19.6, Prot:35.84                | Ingrediente:piept pui 70 g, branza<br>vaci 150 g<br>Cal:180,6, Carb.12,6, Prot. 8,5                                         |
|              | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (<br>Cal: 55; Carb; 2.8; Prot: 3.4)                                                    | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                                  | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)<br>Iaurt ( Cal: 55; Carb; 2.8; Prot: 3.4)                     | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)<br>Iaurt ( Cal: 55; Carb; 2.8; Prot: 3.4)                                     | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                                 |
|              | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                                               | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                                   | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                                | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                                  |
|              |                                                                                                                                          |                                                                                                                              |                                                                                                           |                                                                                                                           |                                                                                                                             |

|              | FARA GLUTEN                                                                                                                             | HIPERPROTEIC                                                                                                                    | HIPOCALORIC                                                                                                | MUSULMAN                                                                                                   | VEGETARIAN                                                                                                |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| MIC<br>DEJUN | Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                 | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                         | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                    | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                    | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                   |
|              | Ingrediente : urda.30g, mozzarella<br>30g,unt 20g,sunca<br>praga(carne,soia)30g, ou fiert, masline<br>Cal:380.6,Carb:29.34, Prot:22.54, | Ingrediente : parizer 40g, branza vaci<br>30g,unt 30g, gem 20g(zahar), urda<br>30g, masline<br>Cal:397.2,Carb.28.76,Prot. 19.07 | Ingrediente : cas 30g,cas 30g, unt<br>20g(lapte,cheag)<br>Cal:414,5,Carb:18.41,Prot: 15,53                 | Ingrediente :br.vaci 30g, cas 30<br>g,unt 30 g (lapte, cheag) masline<br>Cal:631,3,Carb:7,07,Prot:16,16    | Ingrediente :pate vegetal, rosii<br>Cal:268,Carb.12.5,Prot. 12.15                                         |
|              | Ciorba de fasole verde 300 ml                                                                                                           | Supa cu taitei de casa 300 ml                                                                                                   | Ciorba de fasole verde 300 ml                                                                              | Ciorba de fasole verde 300 ml                                                                              | Ciorba de fasole verde 300 ml                                                                             |
| PRANZ        | Ingrediente: fasole verde 60g, ceapa,<br>morcov, telina, ardei gras Cal: 106.3,<br>Carb: 0.63, Prot: 4.62                               | Ingrediente: ceapa, morcov, ou<br>telina, ardei gras, taitei de casa,<br>Cal: 403.18, Carb: 13.56, Prot:19.58                   | Ingrediente: fasole verde 60g,<br>ceapa, morcov, telina, ardei gras<br>Cal: 106.3, Carb: 0.63, Prot: 4.62  | Ingrediente: fasole verde 60g,<br>ceapa, morcov, telina, ardei gras<br>Cal: 106.3, Carb: 0.63, Prot: 4.62  | Ingrediente: fasole verde 60g, ceapa,<br>morcov, telina, ardei gras<br>Cal: 106.3, Carb: 0.63, Prot: 4.62 |
|              | Varza a la Cluj 300g                                                                                                                    | Porc cu piure cartofi 300g                                                                                                      | Varza a la Cluj 300g                                                                                       | Pui cu piure de cartofi 300g                                                                               | Varza calita 250g                                                                                         |
|              | Ingrediente: file de porc 70g, varza<br>150g, ceapa, ardei gras<br>Cal: 166.91,Carb.2.59Prot :21.42                                     | Ingrediente:file porc cong. 60 g,<br>cartofi 170g, unt, lapte<br>Cal: 561,33; Carb: 32,61;Prot:21,06                            | Ingrediente: file de porc 70g, varza<br>150g, ceapa, ardei gras<br>Cal: 166.91,Carb.2.59Prot :21.42        | Ingrediente: piept pui 80g. Cartofi<br>150, unt 30g, lapte<br>Cal:597.25, Carb.35.42, prot27.19            | Ingrediente: Varza 200g, ceapa,<br>rosii cuburi, malai 60g, ulei<br>Cal: 297.8,Carb.0.95,Prot :7.69       |
|              | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar<br>( Cal: 105.4; Carb; 0.36; Prot: 0.32)                                                | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                                     | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                               |
| CINA         | Pui, mamaliga, br. Smantana 300g                                                                                                        | Paste cu branza si marar 300g                                                                                                   | Pui, mamaliga, br. Smantana 300g                                                                           | Pui, mamaliga, br. Smantana 300g                                                                           | Mamaliga, br. Smantana 300g                                                                               |
|              | Ingrediente:pui 80g, mamaliga 100,<br>branza de vaca 50g, smantana 50,<br>Cal: 423.5,Carb:19.6, Prot:35.84                              | Ingrediente:penne 120g, branza<br>60g,lapte,smantana lichida, ulei,<br>marar<br>Cal:406.18 Carb.9.9,Prot.27.31                  | Ingrediente:pui 80g, mamaliga 100,<br>branza de vaca 50g, smantana 50,<br>Cal: 423.5,Carb:19.6, Prot:35.84 | Ingrediente:pui 80g, mamaliga 100,<br>branza de vaca 50g, smantana 50,<br>Cal: 423.5,Carb:19.6, Prot:35.84 | Ingrediente: mamaliga 100, branza<br>de vaca 100g, smantana 100g,<br>Cal: 462,Carb:30.33 Prot:20.77       |
|              | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar<br>( Cal: 105.4; Carb; 0.36; Prot: 0.32)                                                | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (<br>Cal: 55; Carb; 2.8; Prot: 3.4)                                           | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)<br>Iaurt ( Cal: 55; Carb; 2.8; Prot: 3.4)                      | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt<br>( Cal: 55; Carb; 2.8; Prot: 3.4)                      | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                               |
|              | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                                              | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                                      | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                 | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                 | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                |

CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU

ENCIU LAURA



*[Signature]*

APROBAT DIRECTOR  
DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.

*[Signature]*