

	REGIM COMUN	REGIM FARA SARE (CARDIAC)	ULCER	HIDRIC	PASAT
MIC DEJUN	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Lapte cu biscuiti
	Ingrediente : parizer (carne,soia) 40g,cas 30g,branza vaci 40g.unt 20g(lapte cheag) masline Cal:353.31,Carb.32.2,Prot. 10.69	Ingrediente :mozzarella 30g, br.vaci 30g,unt 20g,cas30g ,(lapte, cheag) gem 20g(zahar) Cal:410.7,Carb.33.78,Prot. 17.25	Ingrediente : br.vaci 30g,cas30g,unt 20g, cascaval 30g(lapte, cheag) masline Cal:398.6,Carb:36.23,Prot:15.41	Ingrediente : iaurt 125g, branza vaci 150g, Cal:260, Carb :10.25, Prot : 24.13	Ingrediente : Lapte 200 g, biscuiti 100g(faina, zahar) Cal:577,Carb:24;Prot: 13
DEJUN	Crema de legume 300 ml	Crema de legume 300 ml	Supa legume cu taitei 300 ml	Supa strecurata 300 ml	Crema de legume 300 ml
	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente: taitei, ceapa, morcov, telina, ardei gras, ou Cal: 193.04, Carb: 13.66, Prot: 7.76	Ingrediente: morcov, telina, ardei gras Cal: 211.56, Carb: 18.71, Prot: 1.7	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3
	Porc cu orez si legume 300g	Porc cu orez si legume 300g	Pui legume gratinate 300g	Supa crema de legume 300 ml	Pui cu orez si legume 300g
	Ingrediente: file porc cong. 60g, orez 140g, ceapa, morcov, ardei gras, telina Cal: 720, Carb: 13.2, Prot: 22.62	Ingrediente: file porc cong. 60g, orez 140g, ceapa, morcov, ardei gras, telina Cal: 720, Carb: 13.2, Prot: 22.62	Ingrediente: pui 80g, cartofi 30g, morcov 30g, mazare, telina, smantana 30g, br.vaci 30g, fasole verde, oua, mozzarella Cal: 390.84, Carb: 21.98, Prot: 21.1	Ingrediente: morcov, telina, cartofi, fasole verde, conopida, smantana Cal: 425.5, Carb: 27.04, Prot: 4.1	Ingrediente: pui 80g, orez 120g, ceapa , morcov, ardei gras, telina Cal: 440.04, Carb: 13.52, Prot: 26.79
	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	Cartofi gratinati 300g	Cartofi gratinati 300g	Pui cu Bulz, 300 g	Compot de mere 320g	Biscuiti, lapte 320 g
	Ingrediente: cartofi 200g, br.vaci 30g, smantana 30g, mozzarella 30g, lapte, oua, ulei Cal: 474.8, Carb: 26.49, Prot: 12.92	Ingrediente: cartofi 200g, br.vaci 30g, smantana 30g, mozzarella 30g, lapte, oua, ulei Cal: 474.8, Carb: 26.49, Prot: 12.92	Ingrediente: carne pui 60g, malai 50g, br.vaci 50g, smantana 50g, mozzarella 30g, oua Cal: 565.78 Carb: 23.84, Prot: 38.47	Ingrediente: mere 200g, apa 120ml, CaL: 94, Carb.: 0.2, Prot: 0.8	Ingrediente: lapte 200ml, biscuiti 120 g 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) 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, gluten, mustar si derivate	Poate contine: lactoza, peste, susan, arahide, gluten, mustar si derivate	Poate contine: lactoza, peste, susan, arahide, gluten, mustar si derivate	Poate contine: lactoza, peste, susan, arahide, gluten, mustar si derivate	Poate contine: lactoza, peste, susan, arahide, gluten, mustar si derivate

SAMBATA

	DIABET	INTOLERANTA LACTOZA	RENAL	HEPATIC + NEOPLAZIC	ENTEROCOLITA
MIC DEJUN	Ceai f. zahar (cal:0; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Ingrediente :br.vaci 40g,unt 20g, mozzarella 40g (lapte,cheag),sunca p. (carne, soia)40g, masline Cal:406.1,Carb:35.1, Prot:19	Ingrediente: Parizer(carne,soia) 30g, biscuiti, rosie, gem, masline Cal:353.31, Carb:32.2, Prot:10.69	Ingrediente :cas 30g,br vaci 30g, unt 20g (lapte,cheag), gem 20g,masline Cal:364.3,Carb:30.04,Prot: 12.21	Ingrediente:br.vaci 40g,cas30g ,unt30g,cascaval 40g(lapte, cheag) masline Cal:409.6,Carb:36.91,Prot:15.51	Ingrediente : biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:313.9,Carb.12.15,Prot.19.35
	Crema de legume 300 ml	Supa legume cu taitei 300 ml	Supa legume cu taitei 300 ml	Supa legume cu taitei 300 ml	Supa cu taitei 300 ml
	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, telina ,ardei,ou Cal:193.04, Carb:13.66, Prot:7.76
	Pui cu spanac 300 g	Pui cu spanac 300 g	Mancare spanac 250g	Pui legume gratinate 300g	Rasol pui cu orez 300g
PRANZ	Ingrediente:carne pui 80 g,spanac cong 70g,ceapa 30, bulion 30g, telina , morcov, ardei gras, orez,uilei Cal: 262.36,Carb.12.88,Prot :23.28	Ingrediente:carne pui 80 g,spanac cong 70g,ceapa 30, bulion 30g, telina , morcov, ardei gras, orez,uilei Cal: 262.36,Carb.12.88,Prot	Ingrediente:spanac 150g, ceapa, orez, bulion, morcov, telina, ardei gras, ulei Cal:160.64, Carb.9.73, Prot.4.01	Ingrediente:pui80g,cartofi 30g, morcov, mazare,telina,smant30, br.vaci,fasole verde,oua, mozzarella Cal: 390.84,Carb:21.98, Prot:21.1	Ingrediente:piept pui 60g, orez 200g morcovi, telina Cal:437.84, Carb.12.82, Prot.19.83
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar (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 cu Bulz 300 g	Pui cu orez si legume 300g	Bulz 250g	Pui cu Bulz 300 g	Pui cu branza vaci 300g
	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47	Ingrediente: pui 80g, orez 150g, ceapa ,morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79	Ingrediente: malai 80 g, br. Vaci 60g, smantana 60g, mozzarella 40 g, oua Cal: 694,Carb.33.71,Prot.28.39	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78	Ingrediente:piept pui 60g, branza vaci 240 g Cal:286.7, Carb.9.27, Prot.35.65
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (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)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) 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, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate

SAMBATA

	FARA GLUTEN	HIPERPROTEIC	HIPOCALORIC	MUSULMAN	VEGETARIAN
MIC DEJUN	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Ingrediente :br.vaci 40g,unt 20g, mozzarella 40g (lapte,cheag),sunca p. (carne,soia)40g, masline Cal:406.1,Carb:35.1, Prot:19	Ingrediente : parizer (carne,soia) 40g,cas 30g,branza vaci 40g.unt 20g(lapte cheag) masline Cal:353.31,Carb.32.2,Prot. 10.69	Ingrediente :mozzarella 30g, br.vaci 30g,unt 30g,cas30g ,(lapte, cheag), cruditati Cal:410.7,Carb.33.78,Prot. 17.25	Ingrediente:br.vaci 40g,cas30g ,unt 20g,cascaval 30g(lapte, cheag) masline Cal:398.6,Carb:36.23,Prot:15.41	Ingrediente : branza tofu, rosii Cal:114.6,Carb.7.26,Prot. 11.07
	Crema de legume 300 ml	Crema de legume 300 ml	Supa legume cu taitei 300 ml	Supa legume cu taitei 300 ml	Supa legume cu taitei 300 ml
	Ingrediente: ceapa, morcov, telina , fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente: ceapa, morcov, telina , fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76
PRANZ	Pui cu spanac 300 g	Porc cu orez si legume 300g	Pui cu spanac 300 g	Pui cu orez si legume 300g	Orez cu legume 250g
	Ingrediente:carne pui 80 g,spanac 70g, ceapa, bulion, telina , morcov, ardei gras, orez,uilei Cal: 262.36,Carb.12.88,Prot :23.28	Ingrediente:file porc cong. 60g, orez 140g, ceapa ,morcov, ardei gras,telina Cal: 720, Carb:13.2, Prot:22.62	Ingrediente:carne pui 80 g,spanac 70g, ceapa, bulion, telina , morcov, ardei gras, orez,uilei Cal: 262.36,Carb.12.88,Prot :23.28	Ingrediente: pui 80g, orez 120g, ceapa ,morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79	Ingrediente: orez 200g, morcov, ardei gras, telina, ulei Cal:450.04, Carb.10.36, Prot.7.75
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar (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)
	Pui cu Bulz 300 g	Pui cu Bulz 300 g	Pui cu Bulz 300 g	Pui cu Bulz 300 g	Legume gratinate 250gr
CINA	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47	Ingred.:cartofi 100g,morcov40g mazare. telina 40g,smantana30g, br.vaci 30g,fasole verde, mozzarella,oua Cal: 317.72,Carb.15.49,Prot.14.5
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar (Cal: 105.4; Carb; 0.36; Prot: 0.32)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (Cal: 55; Carb; 2.8; Prot: 3.4)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (Cal: 55; Carb; 2.8; Prot: 3.4)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) 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, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, <u>gluten</u> , mustar si derivate	Poate contine: lactoza,peste,susan, arahide, <u>gluten</u> , mustar si derivate

CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU

ENCIU LAURA



APROBAT DIRECTOR
DITETICIAN

DIETETICIAN

MIREA MARIANA LILIA

POPESCU N.

VASILE FL.