

|              | 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                                                                                                                    | Supa cu taitei de casa 300 ml                                                                                                                    | Supa cu taitei de casa 300 ml                                                                                     | Supa strecurata 300 ml                                                                                                         | 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 Cal:<br>403.18, Carb: 13.56, Prot:19.58      | Ingrediente: morcov, telina, ardei<br>gras, rosii 100g, ulei<br>Cal:211.56, Carb:18.71, Prot:1.7                               | Ingrediente: ceapa30g, morcov40g,<br>telina30g, cartofi70g, fasole verde30g,<br>conopida20g, smantana<br>Cal:202.22, Carb:9.91, Prot:3.3 |
|              | Ciulama de ciuperci cu mamaliguta<br>300gr                                                                                                       | Ciulama de ciuperci cu mamaliguta<br>300gr                                                                                                       | Pui cu piure de cartofi 300g                                                                                      | Crema de legume 300g                                                                                                           | Carne fiarta cu pilaf 250g                                                                                                               |
|              | Ingrediente: ciuperci 80g, morcov<br>30gr, ceapa 30gr, telina, ardei gras,<br>ulei, smantana vegetala, malai<br>Cal: 430, Carb.18.03, prot:7.37  | Ingrediente: ciuperci 80g, morcov<br>30gr, ceapa 30gr, telina, ardei gras,<br>ulei, smantana vegetala, malai<br>Cal: 430, Carb.18.03, prot:7.37  | Ingrediente: piept pui 80g. Cartofi 150,<br>unt 30g, lapte<br>Cal:597.25, Carb.35.42, prot:27.19                  | Ingrediente: morcov40g,<br>telina30g, cartofi70g, fasole verde30g,<br>conopida20g, smantana<br>Cal:202.22, Carb:9.91, Prot:3.3 | Ingrediente: piept pui 60g, orez<br>150g, morcov, telina<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)                                                                       |                                                                                                                                |                                                                                                                                          |
|              | Musaca de cartofi cu carne 250g                                                                                                                  | Musaca de cartofi cu carne 250g                                                                                                                  | Ficatei pui cu mamaliguta 300g                                                                                    | Compot de mere 300g                                                                                                            | Biscuiti cu lapte 300g                                                                                                                   |
| CINA         | Ingrediente: carne de pui 60g, cartofi<br>100g, ceapa, morcov, telina, ou,<br>mozzarella, smantana vegetala<br>Cal:290.83 Carb.12.84, Prot.21.07 | Ingrediente: carne de pui 60g, cartofi<br>100g, ceapa, morcov, telina, ou,<br>mozzarella, smantana vegetala<br>Cal:290.83 Carb.12.84, Prot.21.07 | Ingrediente: ficatei 70g, malai180g<br>, ulei<br>Cal: 438.25, Carb:22.86, Prot:24.21                              | Ingrediente: mere 200g. apa 100ml,<br>CaL:94, Carb.:0.2, Prot: 0.8                                                             | Ingrediente: lapte 200ml, biscuiti<br>100g<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) Iaurt (<br>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 40g,<br>br.vaci 40g, mozzarella (lapte,zer)<br>Cal:669,Carb.21.6,Prot. 26.25 |
|              | Ciorba de fasole verde 300ml                                                                                                             | Supa cu taitei 300ml                                                                                                         | Ciorba de fasole verde 300ml                                                                              | Supa cu taitei 300ml                                                                                                      | Supa cu taitei 300ml                                                                                                         |
| 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><b>telina</b> , 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><b>telina</b> , ardei gras, ou<br>Cal:138,Carb:24.7,Prot: 3.8                      | Ingrediente: taitei, ceapa, morcov,<br><b>telina</b> , ardei gras, ou<br>Cal:138,Carb:24.7,Prot: 3.8                         |
|              | Varza a la Cluj 300g                                                                                                                     | Varza a la Cluj 300g                                                                                                         | Varza calita 250g                                                                                         | Pui cu piure de cartofi 300g                                                                                              | Rasol pui cu orez 250g                                                                                                       |
|              | Ingrediente: carne de pui 60g, varza<br>150g, ceapa, ardei gras<br>Cal: 166.91,Carb.2.59Prot :21.42                                      | Ingrediente: carne de pui 60g, varza<br>150g, ceapa, ardei gras<br>Cal: 166.91,Carb.2.59Prot :21.42                          | Ingrediente: varza 150g, ceapa,<br>ardei gras, rosii cuburi<br>Cal: 92.21,Carb.0.42,Prot :4.21            | Ingrediente: piept pui 80g. Cartofi 150,<br>unt 30g, lapte<br>Cal:561.33, Carb.32.61, prot; 21.06                         | Ingrediente:piept pui 60g, orez 150g<br>morcovi,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         | Ficatei pui cu mamaliguta 300g                                                                                                           | Pui cu legume sote 300g                                                                                                      | Mamaliga, br. smantana 300g                                                                               | Ficatei pui cu mamaliguta 300g                                                                                            | Pui cu branza vaci 220g                                                                                                      |
|              | Ingrediente:ficatei 70g, malai180g ,ulei<br>Cal: 438.25,Carb:22.86, Prot:24.21                                                           | 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:ficatei 70g, malai180g ,ulei<br>Cal: 438.25,Carb:22.86, Prot:24.21                                            | Ingrediente:piept pui 60g, branza<br>vaci 160 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 40g,cascaval 40g,<br>ou fiert, unt 20g(lapte,cheag),<br>masline<br>Cal:414,5,Carb:18.41,Prot: 15,53 | Ingrediente :br.vaci 30g, cas 30<br>g,unt 30 g (lapte, cheag), cascaval<br>30g, masline<br>Cal:304.7,Carb:29.33,Prot:5.51 | 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                                                                                                                     | Pui cu piure cartofi 300g                                                                                                       | Varza a la Cluj 300g                                                                                                  | Pui cu piure de cartofi 300g                                                                                              | Varza calita 250g                                                                                         |
|              | Ingrediente: carne de pui 60g, varza<br>150g, ceapa, ardei gras<br>Cal: 166.91,Carb.2.59Prot :21.42                                      | Ingrediente:pui 80g, cartofi 170g,<br>unt, lapte<br>Cal: 561,33; Carb: 32,61;Prot:21,06                                         | Ingrediente: carne de pui 60g,<br>varza 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 150g, ceapa,<br>rosii cuburi, malai 60g, ulei<br>Cal: 297.8,Carb.0.95,Prot :7.69       |
| CINA         | 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)                                                               |
|              | Ficatei pui cu mamaliguta 300g                                                                                                           | Ficatei pui cu mamaliguta 300g                                                                                                  | Ficatei pui cu mamaliguta 300g                                                                                        | Ficatei pui cu mamaliguta 300g                                                                                            | Mamaliga, br. Smantana 300g                                                                               |
|              | Ingrediente:ficatei 70g, malai180g ,ulei<br>Cal: 438.25,Carb:22.86, Prot:24.21                                                           | Ingrediente:ficatei 70g, malai180g ,ulei<br>Cal: 438.25,Carb:22.86, Prot:24.21                                                  | Ingrediente:ficatei 70g, malai180g ,ulei<br>Cal: 438.25,Carb:22.86, Prot:24.21                                        | Ingrediente: ficatei 70g, malai180g<br>,ulei<br>Cal: 438.25,Carb:22.86, Prot:24.21                                        | 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



APROBAT DIRECTOR  
DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.