

	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
	Sal.rustic 30g(carne,soia), branza vaci 30g, unt 30g(lapte cheag), urda, masline Cal:437.4,Carb.39.61,Prot. 12.87	Mozzarella 30g, br.vaci 30g, unt 30g, cas30g ,(lapte, cheag) gem 20g(zahar) Cal:393.6,Carb.34.04,Prot.11.42	Br. vaci 40g,cas 30g unt 30g, urda 30g(lapte,cheag) masline Cal:311.2,Carb:29.56,Prot:6.18	Iaurt 125g,branza vaci 150g, Cal:260, Carb :10.25, Prot : 24.13	Lapte 200g, biscuiti 100g(faina, zahar) Cal:577,Carb:24;Prot: 13
	Supa minestrone 300ml	Supa minestrone 300ml	Crema de broccoli 300ml	Supa strecurata 300ml	Crema de broccoli 300ml
	Ingrediente:ceapa, morcov, telina,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46	Ingrediente:ceapa, morcov, telina,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46	Ingrediente:broccoli 60g ceapa30g, morcov,telina,cartofi,smantana, ulei Cal: 271.43, Carb:19.17, Prot: 3.45	Ingrediente: morcov,telina,ardei gras Cal: 211.56, Carb:18.71, Prot:1.7	Ingrediente:broccoli 60g ceapa30g, morcov,telina,cartofi,smantana, ulei Cal: 271.43, Carb:19.17, Prot:
	Tocanita ciuperci/mamaliguta 300gr	Tocanita ciuperci/mamaliguta 300gr	Pui cu paste si legume 250g	Crema de legume 300 ml	Pui cu paste si legume 250g
	Ingrediente:Ciuperci 80g, morcov 30gr, ceapa 30gr, telina, ardei gras, rosii in bulion, ulei, malai Cal: 442.39, Carb.10.86, prot:8.46	Ingrediente:Ciuperci 80g, morcov 30gr, ceapa 30gr, telina, ardei gras, rosii in bulion, ulei, malai Cal: 442.39, Carb.10.86, prot:8.46	Ingrediente: pui 80g,penne 120g, morcov,telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84	Ingrediente: morcov, telina, cartofi, fasole verde, coopida, smantana Cal:425.5,Carb:27.04, Prot:4.1	Ingrediente: pui 80g,penne 120g, morcov,telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84
	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 sunca 300g	Paste cu sunca 300g	Pui cu cartofi natur 300g	Compot de mere 300g	Biscuiti, lapte 300g
CINA	Ingrediente: sunca 60g, paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 622.06, Carb:4.71, Prot: 29.99	Ingrediente: sunca de pui 60g, paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 622.06, Carb:4.71, Prot: 29.99	Ingrediente:pui80g,cartofi 180g, morcov 30g, ulei Cal: 409.6,Carb:13.09, Prot:24.45	Ingrediente:mere 200g.apa 100ml, CaL:94,Carb.:0.2,Prot: 0.8	Ingrediente: lapte 200ml, biscuiti 100g 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

	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)
	Cascaval.30 g, br.vaci 30g,unt 20g(lapte, cheag),salam rustic 30g(carne,soia), masline Cal:421.7, Carb:36.58, Prot:19.1	Cas 30g, br.vaci 30g, unt 30g, salam rustic 30g Cal:437.4,Carb.39.61,Prot. 12.87	Mozzarella 30g, br.vaci 30g, unt 20g, cas30g ,(lapte, cheag), cruditati Cal:283.62,Carb.23.22,Prot.14.46	Br.vaci 30g, cas 30g ,unt 30g (lapte, cheag), cascaval 30g, masline Cal:304.7,Carb:29.33,Prot:5.51	Pate vegetal 120g, rosii 30g Cal:330,Carb.31.2,Prot. 2.79
	Crema de broccoli 300ml	Supa minestrone 300ml	Supa minestrone 300ml	Supa minestrone 300ml	Supa minestrone 300ml
PRANZ	Ingrediente: broccoli 60g, ceapa 30g, morcov, telina, cartofi, smantana, ulei Cal:271.43,Carb:19.17,Prot:3.45	Ingrediente:ceapa, morcov, telina,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46	Ingrediente:ceapa, morcov, telina,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46	Ingrediente:ceapa, morcov, telina,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46	Ingrediente:ceapa, morcov, telina,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46
	Pui cu piure de conopida 300g	Pui cu paste si legume 250g	Pui cu piure de conopida 300g	Pui cu paste si legume 250g	Piure de conopida 250g
	Ingrediente:carne pui 80g,conopida 120g,telina, cartofi, unt, smantana Cal: 477.1,Carb.38.83,Prot :23.73	Ingrediente: pui 80g,penne 120g, morcov,telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84	Ingrediente:carne pui 80g,conopida 120g,telina, cartofi, unt, smantana Cal: 477.1,Carb.38.83,Prot :23.73	Ingrediente: pui 80g,penne 120g, morcov,telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84	Ingrediente:conopida 200g,telina 50, unt, cartofi, smantana Cal:289.3,Carb.26.49,Prot4.67
	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 varza calita 300g	Paste cu sunca 300g	Pui cu varza calita 300g	Pui cu varza calita 300g	Varza calita 250g
	Ingrediente:carne pui 80g, varza. 150g ,ceapa, ardei gras, rosii pasate, ulei Cal: 275.84,Carb.12.77,Prot.22.73	Ingrediente: sunca de pui 60g, paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 622.06, Carb:4.71, Prot: 29.99	Ingrediente:carne pui 80g, varza. 150g ,ceapa, ardei gras, rosii pasate, ulei Cal: 275.84,Carb.12.77,Prot.22.73	Ingrediente:carne pui 80g, varza. 150g ,ceapa, ardei gras, rosii pasate, ulei Cal: 275.84,Carb.12.77,Prot.22.73	Ingrediente:varza 200g, ceapa, ardei gras, rosii pasate, ulei Cal:145.04, Carb.9.58, Prot.12.54
	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, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate

CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU

ENCIU LAURA



**APROBAT DIRECTOR
DITETICIAN**

DIETETICIAN

MIREA MARIANA

POPESCU N.

VASILE FL.