

|                        | REGIM COMUN  | REGIM FARA SARE (CARDIAC)  | ULCER   | HIDRIC  | PASAT  |
|------------------------|--|--|---|---|--|
| MIC DEJUN              | 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)                 | Lapte cu biscuiti  |
|                        | Parizer (carne,soia) 40g,cas 30g,branza vaci 40g,unt 20g(lapte cheag) masline<br>Cal:353.31,Carb.32.2,Prot. 10.69  | Mozzarella 30g, br.vaci 30g,unt 20g,cas30g ,(lapte, cheag) gem 20g(zahar)<br>Cal:410.7,Carb.33.78,Prot. 17.25  | Br.vaci 30g,cas30g,unt 20g, cascaval 30g(lapte, cheag) masline<br>Cal:398.6,Carb:36.23,Prot:15.41   | Iaurt 125g, branza vaci 150g,<br>Cal:260, Carb :10.25, Prot : 24.13                                     | Lapte 200 g, biscuiti 100g(faina, zahar)<br>Cal:577,Carb:24;Prot: 13   |
| DEJUN                  | Crema de legume 300ml  | Crema de legume 300ml  | Supa de legume cu taitei 300ml  | Supa strecurata 300ml   | Crema de legume 300ml  |
|                        | Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, varza, mazare, smantana<br>Cal: 202.22, Carb: 9.91, Prot: 3.3   | Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, varza, mazare, smantana<br>Cal: 202.22, Carb: 9.91, Prot: 3.3   | Ingrediente:taitei, ceapa, morcov,telina,ardei gras,ou<br>Cal:193.04, Carb:13.66, Prot:7.76   | Ingrediente: morcov,telina,ardei gras<br>Cal: 211.56, Carb:18.71, Prot:1.7                              | Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, varza, mazare, smantana<br>Cal: 202.22, Carb: 9.91, Prot: 3.3 |
|                        | Porc cu orez si legume 300g  | Porc cu orez si legume 300g  | Pui cu legume gratinate 300g  | Crema de legume 300ml   | Pui cu orez si legume 300g   |
|                        | Ingrediente:file porc cong. 60g, orez 140g, ceapa ,morcov, ardei gras,telina<br>Cal: 720, Carb:13.2, Prot:22.62  | Ingrediente:file porc cong. 60g, orez 140g, ceapa ,morcov, ardei gras,telina<br>Cal: 720, Carb:13.2, Prot:22.62  | Ingrediente:pui80g, cartofi 30g, morcov30, mazare,telina,smant30, br.vaci30g,,fasole verde,oua, mozzarella<br>Cal: 390.84,Carb:21.98, Prot:21.1   | Ingrediente: morcov, telina, cartofi, fasole verde, coopida, smantana<br>Cal:202.22,Carb:9.91, Prot:3.3 | Ingrediente: pui 80g, orez 120g, ceap ,morcov, ardei gras,telina<br>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)   |   |  |
| Cartofi gratinati 250g | Cartofi gratinati 250g   | Pui cu Bulz 300g   | Compot de mere 300g   | Biscuiti cu lapte 300g  |  |
| CINA                   | Ingrediente:cartofi 150g,br.vaci 30g, smantana 30g, mozzarella20g,lapte,oua, ulei<br>Cal:474.8,Carb:26.49,Prot:12.92<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)<br>Prajitura cu lamaie ( Cal:208.48; Carb: 15.38; Prot:7.25) | Ingrediente:cartofi 150g,br.vaci 30g, smantana 30g, mozzarella20g,lapte,oua, ulei<br>Cal:474.8,Carb:26.49,Prot:12.92<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)<br>Prajitura cu lamaie ( Cal:208.48; Carb: 15.38; Prot:7.25) | Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua<br>Cal:565.78 Carb.23.84,Prot.38.47<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)<br>Prajitura cu lamaie ( Cal:208.48; Carb: 15.38; Prot:7.25) | Ingrediente:mere 200g.apa 100ml,<br>CaL:94,Carb.:0.2,Prot: 0.8<br>Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4) | Ingrediente: lapte 200ml, biscuiti 100g<br>CaL:512,Carb.:12.5,Prot: 12<br>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 + TBC   | INTOLERANTA LACTOZA  | RENAL   | HEPATIC + NEOPLAZIC  | ENTEROCOLITA  |
|---|--|--|---|--|---|
| <b>MIC DEJUN</b>  | Ceai f. zahar (cal:0; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)   | 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) 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) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)               |
|   | Br.vaci 40g,unt 20g, mozzarella 40g<br><b>(lapte,cheag)</b> ,sunca p.<br>(carne, <b>soia</b> )40g, masline<br>Cal:406.1,Carb:35.1, Prot:19                         | Parizer(carne,soia) 30g, biscuiti, rosie,<br>gem, masline<br>Cal:353.31, Carb:32.2, Prot:10.69   | Cas 30g,br vaci 30g, unt 20g<br><b>(lapte,cheag)</b> , gem 20g,masline<br>Cal:364.3,Carb:30.04,Prot: 12.21                    | Br.vaci 40g,cas30g ,unt30g,cascaval<br>40g <b>(lapte, cheag)</b> masline<br>Cal:409.6,Carb:36.91,Prot:15.51                            | Biscuiti 30g <b>(faina,zahar)</b> ,vaci<br>130g <b>(lapte,zer)</b><br>Cal:313.9,Carb.12.15,Prot.19.35 |
|   | Crema de legume 300ml  | Supa de legume cu taitei 300ml   | Supa de legume cu taitei 300ml  | Supa de legume cu taitei 300ml   | Supa cu taitei 300ml  |
|   | Ingrediente: ceapa, morcov,<br><b>telina</b> ,cartofi, fasole verde,<br>conopida,varza, mazare, smantana<br>Cal: 202.22, Carb: 9.91, Prot: 3.3                     | Ingrediente:taitei, ceapa,<br>morcov, <b>telina</b> ,ardei gras,ou<br>Cal:193.04, Carb:13.66, Prot:7.76  | Ingrediente:taitei, ceapa,<br>morcov, <b>telina</b> ,ardei gras,ou<br>Cal:193.04, Carb:13.66, Prot:7.76                       | Ingrediente:taitei, ceapa,<br>morcov, <b>telina</b> ,ardei gras,ou<br>Cal:193.04, Carb:13.66, Prot:7.76                                | Ingrediente:taitei,<br>morcov, <b>telina</b> ,ardei,ou<br>Cal:193.04, Carb:13.66, Prot:7.76           |
| <b>PRANZ</b>  | Pui cu spanac 300g   | Pui cu spanac 300g   | Mancare de spanac 250g  | Pui cu legume gratinate 300g   | Rasol pui cu orez 300g  |
|   | Ingrediente:carne pui 80 g,spanac <b>cong</b><br>70g,ceapa 30, bulion 30g, <b>telina</b> , morcov,<br>ardei gras, orez,uilei<br>Cal: 262.36,Carb.12.88,Prot :23.28 | Ingrediente:carne pui 80 g,spanac<br><b>cong</b> 70g,ceapa 30, bulion 30g, <b>telina</b><br>, morcov, ardei gras, orez,uilei<br>Cal: 262.36,Carb.12.88,Prot :23.28 | Ingrediente:spanac 150g, ceapa, orez,<br>bulion, morcov, telina, ardei gras, ulei<br>Cal:160.64, Carb.9.73, Prot.4.01         | Ingrediente:pui80g,cartofi 30g,<br>morcov,telina,smant30,<br>br.vaci,fasole verde,oua, mozzarella<br>Cal: 390.84,Carb:21.98, Prot:21.1 | Ingrediente:piept pui 60g, orez 200g<br>morcovi, telina<br>Cal:437.84, Carb.12.82, Prot.19.83         |
|   | 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)   |
|   | Pui cu Bulz 300 g  | Pui cu orez si legume 300g   | Bulz 250g   | Pui cu Bulz 300 g  | Pui cu branza vaci 220g   |
| Ingrediente:carne pui 60g, malai<br>50g,br.vaci 50g,smantana 50g ,<br>mozzarella 30g, oua<br>Cal:565.78 Carb.23.84,Prot.38.47 | Ingrediente: pui 80g, orez 150g, ceapa<br>,morcov, ardei gras,telina<br>Cal: 440.04, Carb:13.52, Prot:26.79  | Ingrediente: malai 80 g, br. Vaci 60g,<br>smantana 60g, mozzarella 40 g, oua<br>Cal: 694,Carb.33.71,Prot.28.39   | Ingrediente:carne pui 60g, malai<br>50g,br.vaci 50g,smantana 50g ,<br>mozzarella 30g, oua<br>Cal:565.78 Carb.23.84,Prot.38.47 | Ingrediente:piept pui 60g, branza vaci<br>160 g<br>Cal:180.6<br>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) Mar<br>( Cal: 105.4; Carb; 0.36; Prot: 0.32)   | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Prajitura<br>cu lamaie ( Cal:208.48; Carb; 15.38; Prot:7.25)   | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)<br>Prajitura cu lamaie ( Cal:208.48; Carb; 15.38;<br>Prot:7.25)                   | 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,<br>arahide, gluten, mustar si derivate  | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate   |   |

**SAMBATA**

|  | FARA GLUTEN   | HIPERPROTEIC   | HIPOCALORIC   | MUSULMAN  | VEGETARIAN  |
|--|---|--|---|---|---|
| MIC DEJUN  | 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)                                       | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)   |
|  | Br.vaci 40g,unt 20g, mozzarella 40g<br><b>(lapte,cheag)</b> ,sunca p.<br>(carne, <b>soia</b> )40g, masline<br>Cal:406.1,Carb:35.1, Prot:19      | Parizer (carne,soia) 40g,cas<br>30g,branza vaci 40g.unt 20g(lapte<br>cheag) masline<br>Cal:353.31,Carb.32.2,Prot. 10.69                | Mozzarella 30g, br.vaci 30g,unt<br>30g,cas30g ,(lapte, cheag), cruditati<br>Cal:410.7,Carb.33.78,Prot. 17.25                                    | Br.vaci 40g,cas30g ,unt 20g,cascaval<br>30g( <b>lapte, cheag</b> ) masline<br>Cal:398.6,Carb:36.23,Prot:15.41                 | Branza tofu, rosii<br>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  |
| PRANZ  | Ingrediente: ceapa, morcov,<br><b>telina</b> , fasole verde, conopida,varza,<br>mazare, smantana Cal:<br>202.22, Carb: 9.91, Prot: 3.3          | Ingrediente: ceapa, morcov,<br><b>telina</b> , fasole verde, conopida,varza,<br>mazare, smantana Cal:<br>202.22, Carb: 9.91, Prot: 3.3 | Ingrediente:taitei, ceapa,<br>morcov, <b>telina</b> ,ardei gras,ou<br>Cal:193.04, Carb:13.66, Prot:7.76   | Ingrediente:taitei, ceapa,<br>morcov, <b>telina</b> ,ardei gras,ou<br>Cal:193.04, Carb:13.66, Prot:7.76                       | Ingrediente:taitei, ceapa,<br>morcov, <b>telina</b> ,ardei gras,ou<br>Cal:193.04, Carb:13.66, Prot:7.76   |
|  | Pui cu spanac 300g  | Porc cu orez si legume 300g  | Pui cu spanac 300g  | Pui cu orez si legume 300g  | Orez cu legume 250g   |
|  | Ingrediente:carne pui 80 g,spanac<br>70g, ceapa, bulion, <b>telina</b> , morcov,<br>ardei gras, orez,ulei<br>Cal: 262.36,Carb.12.88,Prot :23.28 | Ingrediente:file porc cong. 60g, orez<br>140g, ceapa ,morcov, ardei gras,telina<br>Cal: 720, Carb:13.2, Prot:22.62                     | Ingrediente:carne pui 80g, spanac<br>70g, ceapa, bulion, <b>telina</b> , morcov,<br>ardei gras, orez,ulei<br>Cal: 262.36,Carb.12.88,Prot :23.28 | Ingrediente: pui 80g, orez 120g, ceapa<br>,morcov, ardei gras,telina<br>Cal: 440.04, Carb:13.52, Prot:26.79                   | Ingrediente: orez 200g, morcov, ardei<br>gras, telina, ulei<br>Cal:450.04, Carb.10.36, Prot.7.75  |
|  | 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 cu Bulz 300g  | Pui cu Bulz 300g   | Pui cu Bulz 300g  | Pui cu Bulz 300g  | Legume gratinate 250g   |
|  | Ingrediente:carne pui 60g, malai<br>50g,br.vaci 50g,smantana 50g ,<br>mozzarella 30g, oua<br>Cal:565.78 Carb.23.84,Prot.38.47                   | Ingrediente:carne pui 60g, malai<br>50g,br.vaci 50g,smantana 50g ,<br>mozzarella 30g, oua<br>Cal:565.78 Carb.23.84,Prot.38.47          | Ingrediente:carne pui 60g, malai<br>50g,br.vaci 50g,smantana 50g ,<br>mozzarella 30g, oua<br>Cal:565.78 Carb.23.84,Prot.38.47                   | Ingrediente:carne pui 60g, malai<br>50g,br.vaci 50g,smantana 50g ,<br>mozzarella 30g, oua<br>Cal:565.78 Carb.23.84,Prot.38.47 | Ingred.:cartofi 100g,morcov40g,<br><b>telina</b> 40g,smantana30g, br.vaci<br>30g,fasole verde, mozzarella,oua<br>Cal: 317.72,Carb.15.49,Prot.14.5 |
|  | 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)<br>Prajitura cu lamaie ( Cal:208.48; Carb; 15.38;<br>Prot:7.25)                            | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)<br>Mar ( Cal: 105.4; Carb; 0.36; Prot: 0.32)  | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)<br>Prajitura cu lamaie ( Cal:208.48; Carb; 15.38;<br>Prot:7.25)                   | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar<br>Cal: 105.4; Carb; 0.36; Prot: 0.32)  |
| 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  | 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 M

VASILE FL.