

	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 : sal.victoria (carne, <b>soia</b> ) 30g, mozzarella 30g,unt 30g, gem 20g, urda 30g, masline Cal:353,Carb.26.21,Prot. 17.82	Ingrediente :br vaci 30g, mozzarella 30g, unt 30g, cas 30, <b>(lapte, cheag)</b> , urda 30g Cal:360.3,Carb.28.95,Prot. 18.01	Ingrediente : mozzarella 40g, br. vaci 40g, unt 30g, urda 30g, masline Cal:342.5,Carb:27.23,Prot:16.77	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
PRANZ	Ciorba de rosii cu fidea 300 ml	Ciorba de rosii cu fidea 300 ml	Crema de morcovi 300 ml	Supa strecurata 300 ml	Crema de legume 300 ml
	Ingrediente: rosii 60g, ceapa, morcov,fidea, <b>telina</b> ,pastarnac, ardei gras, Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, <b>telina</b> ,pastarnac, ardei gras, Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: morcov 100g ceapa <b>telina</b> , cartofi, unt, smantana, Cal: 369.69, Carb: 25.83, Prot:3.97	Ingrediente: rosii 100g, morcov, <b>telina</b> ,ardei gras, ulei Cal: 211.56, Carb:18.71, Prot:1.7	Ingrediente: ceapa30g, morcov40g, <b>telina</b> 30g, cartofi70g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3
	Porc, paste cu sos 300 g	Porc, paste cu sos 300 g	Pui cu piure de legume 300g	Crema de legume 30g	Carne fiarta, pilaf 250 g
	Ingrediente: file p.cong. 60g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 688.5, Carb:11.25, Prot: 33.31	Ingrediente: file p. cong. 60g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 688.5, Carb:11.25, Prot: 33.31	Ingrediente: pui 80g, cartofi 80g, morcov, mazare, fasole verde, unt, lapte ,telina Cal: 313.36 , Carb: 12.45, Prot:23.3	Ingrediente: morcov40g, <b>telina</b> 30g, cartofi70g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3	Ingrediente: piept pui 60g, orez 150g 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)		
Pui cu mancare de cartofi 300 g	Pui cu mancare de cartofi 300 g	Pui cu cartofi la cuptor 300 g	Compot de mere 300g	Biscuiti cu lapte 300g	
CINA	Ingrediente:pui 80g, cartofi 100g, morcov 30g, ceapa, telina, rosii bulion Cal: 226.94 Carb.29.32, Prot 20.02	Ingrediente:pui 80 g, cartofi 100g, morcov 30g, ceapa, telina, rosii bulion Cal: 226.94 Carb.29.32, Prot 20.02	Ingrediente:carne pui 80g, cartofi 180g , usturoi, ulei, Cal:348 Carb.8.92,Prot.23.41	Ingrediente:mere 200g.apa 100ml, CaL:94,Carb.:0.2,Prot: 0.8	Ingrediente:lapte 200 ml, biscuiti 100 g Cal:512, Carb.12.5,Prot :12
	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)	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	

**MARTI**

	<b>DIABET</b>	<b>INTOLERANTA LACTOZA</b>	<b>RENAL</b>	<b>HEPATIC + NEOPLAZIC</b>	<b>ENTEROCOLITA</b>
<b>MIC DEJUN</b>	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: mozzarella 30g, br.vaci 30g, unt 30g , urda 30g, sunca p.(carne, <b>soia</b> ) 30g, masline Cal:366,8,Carb:27.8, Prot:21.06	Ingrediente:Sal.Victoria(carne,soia) 40g, rosie 40g, biscuiti 40g, masline Cal: 455.9, Carb: 41.04, Prot: 13.89	Ingrediente : cas 30g,br vaci 30g, unt 30g, cas( <b>lapte,cheag</b> ) 30g, urda 30g, masline Cal:278,Carb:22.73,Prot:11.22	Ingrediente: br.vaci 30g, unt 30g, urda 30g, cas( <b>lapte, cheag</b> ) 30g, masline Cal:278,Carb:22.73,Prot:11.22	Ingrediente : biscuiti 30g( <b>faina,zahar</b> ),urda 40 g, br. vaci 40g,mozzarella30g ( <b>lapte,zer</b> )masline Cal:469,5,Carb.21.6,Prot. 26.25
	Ciorba de rosii cu fidea 300 ml	Crema de morcovi 300 ml	Ciorba de rosii cu fidea 300 ml	Crema de morcovi 300 ml	Crema de morcovi 300 ml
<b>PRANZ</b>	Ingrediente: rosii 60g, ceapa, morcovi, fidea, telina, pastarnac, ardei gras, ulei Cal: 344.95; Carb: 0.91; Prot: 9.91	Ingrediente: morcovi 100g, ceapa, telina, cartofi. Cal: 298.45; Carb: 20.74; Prot: 2.88	Ingrediente: rosii 60g, ceapa, morcovi, fidea, telina, pastarnac, ardei gras, ulei Cal: 344.95; Carb: 0.91; Prot: 9.91	Ingrediente: morcovi 100g, ceapa, telina, cartofi, unt, smantana Cal: 369.69; Carb: 25.83; Prot: 3.97	Ingrediente: morcovi 100g, ceapa, telina, cartofi, unt, smantana Cal: 369.69; Carb: 25.83; Prot: 3.97
	Pui cu ghiveci de legume 300 g	Porc, paste cu sos 300 g	Ghiveci de legume 250 g	Pui cu piure de legume 300g	Rasol pui cu orez 250g
	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, <b>telina</b> , fasole verde, dovlecel, cartofi, vinete,ulei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente: file p.cong. 60g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 688.5, Carb:11.25, Prot: 33.31	Ingrediente: morcov, rosii cuburi, ceapa, mazare, <b>telina</b> , fasole verde, dovlecel, cartofi, vinete,ulei Cal: 160.72, Carb.5.29,Prot :4.55	Ingrediente: pui 80g, cartofi 80g, morcov, mazare, fasole verde unt, lapte ,telina Cal: 313.36 , Carb: 12.45, Prot:23.3	Ingrediente:piept pui 60g, orez 150g morcovi,telina Cal:524,5, Carb.21,45, Prot.20,45
	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)
<b>CINA</b>	Pui cu legume sote 300 g	Pui cu cartofi la cuptor 300 g	Legume sote 250g	Pui cu cartofi la cuptor 300 g	Pui cu branza vaci 220g
	Ingrediente:carne pui 60 g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:carne pui 60g, cartofi 220g , usturoi, ulei, Cal:348 Carb.8.92,Prot.23.41	Ingrediente: morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:92.16 Carb.0.66,Prot.4.52	Ingrediente:carne pui 60g, cartofi 180g , usturoi, ulei, Cal:348 Carb.8.92,Prot.23.41	Ingrediente:piept pui 60g, branza vaci 150 g Cal:180,6, Carb.12,6, Prot. 8,5
	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) 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)	
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	

**MARTI**

	<b>FARA GLUTEN</b>	<b>HIPERPROTEIC</b>	<b>HIPOCALORIC</b>	<b>MUSULMAN</b>	<b>VEGETARIAN</b>
<b>MIC DEJUN</b>	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 : cas 30g, mozzarella 30g,br.vaci 30g,unt 20g( <b>lapte, cheag</b> ) , salam de casa 30g.(carne, <b>soia</b> ) Cal:622,8,Carb:8,02, Prot:23,45,	Ingrediente : sal.victoria (carne,soia) 30g, mozzarella 30g,unt 30g, gem 20g, urda 30g, masline Cal:353,Carb.26.21,Prot. 17.82	Ingrediente : salam victoria 30g, cas 30g, br. vaci 30g, unt 30g(lapte, cheag), gem 20g, masline Cal:392,5,Carb:16.41,Prot: 15,53	Ingrediente br.vaci 30g, cas 30 g,unt 30 g mozzarella 30 g, <b>(lapte, cheag)</b> masline Cal:622,8,Carb:7,07,Prot:16,16	Ingrediente :branza tofu,, masline, ardei gras Cal:249,8,Carb.14.5,Prot. 12,35
	Crema de morcovi 300 ml	Ciorba de rosii cu fidea 300 ml	Ciorba de rosii cu fidea 300 ml	Ciorba de rosii cu fidea 300 ml	Ciorba de rosii cu fidea 300 ml
<b>PRANZ</b>	Ingrediente: morcovi 100g, ceapa, telina, cartofi, unt, smantana Cal: 369.69; Carb: 25.83; Prot: 3.97	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras Cal: 344.95, Carb: 0.91, Prot: 9.91
	Pui cu ghiveci de legume 300 g	Porc, paste cu sos 300 g	Pui cu ghiveci de legume 300 g	Pui cu ghiveci de legume 300 g	Ghiveci de legume 250g
	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, <b>telina</b> , fasole verde, dovlecel, cartofi, vinete,uiei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente: file p. cong. 60g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 688.5, Carb:11.25, Prot: 33.31	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, <b>telina</b> , fasole verde, dovlecel, cartofi, vinete,uiei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, <b>telina</b> , fasole verde, dovlecel, cartofi, vinete,uiei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente: morcov, rosii cuburi, ceapa, mazare, <b>telina</b> , fasole verde, dovlecel, cartofi, vinete,uiei Cal: 160.72, Carb.5.29,Prot :4.55
	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)
<b>CINA</b>	Pui cu legume sote 300 g	Pui cu mancare de cartofi 300 g	Pui cu legume sote 300 g	Pui cu legume sote 300 g	Legume sote 250gr
	Ingrediente:carne pui 60 g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:pui 60 g, cartofi 100g, morcov 30g, ceapa, telina, rosii bulion Cal: 226.94 Carb.29.32, Prot 20.02	Ingrediente:carne pui 60 g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:carne pui 60g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:92.16 Carb.0.66,Prot.4.52
	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)	
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



**DIETETICIAN**

MIREA MARIANA LILIANA