

Aprobat: Manager

Aprobat: Director economic

Aprobat: Director medical

| Regim/<br>Gr. varsta | MICUL DEJUN<br>8 <sup>00</sup> -8 <sup>30</sup>                                                          | GUSTARE<br>10 <sup>00</sup> -10 <sup>30</sup> | PRANZ<br>12 <sup>30</sup> -13 <sup>00</sup>                      | GUSTARE<br>16 <sup>00</sup> -16 <sup>30</sup> | CINA<br>18 <sup>00</sup> -18 <sup>30</sup>                     | portii | Observatii |
|----------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------|------------------------------------------------------------------|-----------------------------------------------|----------------------------------------------------------------|--------|------------|
| Urticarie            | Ceai,paine fara sare<br>gem ,250ml,40g                                                                   | Mar copt<br>1 buc                             | Supa de legume, Cartofii fierți<br>250ml,250g                    | Compotasortat<br>250ml                        | Paste fierte<br>250g                                           |        |            |
| LF                   | Ceai,paine,unt<br>250ml,20g                                                                              | Lapte 250ml                                   | Supa de legumeOrez cu br. vaci<br>250ml,250g,50g                 | Iaurt 1 buc                                   | Paste cu branza de vaci<br>250g                                |        |            |
| LFVC                 | Ceai,paine,unt<br>250ml,20g                                                                              | Lapte 250ml                                   | Supa legume ,Pulpe pui la cuptor,Orez<br>250ml,150g,250g         | Iaurt 1 buc                                   | Paste cu branza de vaci<br>250g                                |        |            |
| HLZ                  | Ceai indulcit 250ml                                                                                      | Lapte 250ml                                   | Supa de legume 250ml                                             | Iaurt 1 buc                                   | Ceai indulcit 250ml                                            |        |            |
| HZ                   | Ceai indulci 250ml                                                                                       | Zeama compot<br>250 ml                        | Supa de legume 250ml                                             | Zeama compot<br>250ml                         | Ceai indulcit 250ml                                            |        |            |
| Hiperproteic         | Ceai,paine,unt,gem<br>250ml,20g,40g                                                                      | Banane<br>1 buc                               | Supa de legume,Pulpe de pui,Legume<br>mexicane,250ml,250g,150g   | Belvita<br>1 buc                              | Budinca de paste cu branza de<br>vacii ,Pulpe de pui,250g,150g |        |            |
| Enterita             | Ceai menta,pesmet<br>,brvacii,250ml,100g                                                                 | Banane<br>1 buc                               | Supa legume /Pulpe pui la cuptor/Orez<br>250ml/150g/250g         | Grisine<br>1 buc                              | Pulpa de pui/Cas<br>150g/100g                                  |        |            |
| Hepatic              | Ceai,paine,brvacii<br>250ml,100g                                                                         | Banane<br>1 buc                               | Supa de legume,Pulpe de pui,Legume<br>mexicane,250ml,250g,150g   | Biscuiti<br>1buc                              | Budinca de paste cu branza de<br>vacii 250g                    |        |            |
| Gastric              | Ceai,paine,brvacii<br>250ml,100g                                                                         | Banane<br>1 buc                               | Ciorba de legume,Orez cu legume ,Pulpe<br>de pui,250ml,200g,150g | Grisine<br>1 buc                              | Budinca de paste cu branza de<br>vacii 250g                    |        |            |
| Desodat              | Ceai,paine,brvacii<br>250ml,100g                                                                         | Banane<br>1 buc                               | Supa de legume,Pulpe de pui,Legume<br>mexicane,250ml,250g,150g   | Belvita<br>1 buc                              | Budinca de paste cu branza de<br>vacii 250g                    |        |            |
| Cortizon             | Ceai,paine,brvacii<br>250ml,100g                                                                         | Pulpa de pui<br>150g                          | Supa de legume,Pulpe de pui,Legume<br>mexicane,250ml,250g,150g   | Biscuiti<br>1buc                              | Budinca de paste cu branza de<br>vacii ,Pulpe de pui,250g,150g |        |            |
| Hemodializa          | Alte regimuri sunt detaliate in "MENIU REGIM SPECIAL (DZ, RENAL I- VI, CELIACHIE, FENILCETONURIE, etc.)" |                                               |                                                                  |                                               |                                                                |        |            |
| Diabet               | Lapte ,paine,cas<br>unt,250ml,50g,20g                                                                    | Pulpa de pui<br>150g,Mar 1b                   | Ciorba de legume,Legume mexicane<br>Pulpe de pui,250ml,250g,150g | Sunca,Mar<br>100g,1 buc                       | Orez cu legume<br>Pulpe de pui,250g,150g                       |        |            |
| Mame NNP             | Ceai,paine,unt,gem<br>250ml,,20g,40g                                                                     | Banane<br>1 buc                               | Supa de legume,Orez cu legume,Pulpe de<br>pui,250ml,250g,150g    | Grisine<br>1 buc                              | Budinca de paste cu branza de<br>vacii ,Pulpe de pui,250g,150g |        |            |
| Copii 1-3 ani        | Ceai,paine,unt,gem<br>150ml,10g,20g                                                                      | Banane<br>1 buc                               | Supa de legume,Orez cu legume,Pulpe de<br>pui,150ml,150g,100g    | Belvita<br>1 buc                              | Budinca de paste cu branza de<br>vacii 150g                    |        |            |
| Copii 3-18<br>ani    | Ceai,paine,unt,gem<br>250ml,20g,40g                                                                      | Banane<br>1 buc                               | Ciorba de legume,Mazare cu carne de<br>porc,250ml,250g,100g      | Belvita<br>1 buc                              | Budinca de paste cu telemea<br>250g                            |        |            |
| Insotitori           | Ceai,paine,unt,gem<br>250ml,20g,40g                                                                      | -                                             | Ciorba de legume,Mazare cu carne de<br>porc,250ml,250g,100g      | -                                             | Budinca de paste cu telemea<br>250g                            |        |            |

\*Preparatul este pe baza de legume (vegetarian, post)  
 \*\*Materia prima poate proveni din produse congelate  
 \*\*\*Alergenii posibili sunt: cereale care contin gluten (Grau, secara, ovaz) si produse derivate;  
 oua si produse derivate;  
 lapte si produse derivate

1-3 ani = 150g, 3-18,Apartinatori = 200g Aprobat :As Sef spital

Aprobat: Sef sectie Aprobat:As Sef sectie

DASIANU M. OLIMBIA ALINA  
 Asistent  
 GRAD PR

Aprobat: Manager

Aprobat: Director Economic

Conf. univ. STUPARU-CRISTINA  
Aprobat: Director medical  
MEDICINĂ  
MANAGER

| Regim/<br>Gr. varsta | MICUL DEJUN<br>8 <sup>00</sup> -8 <sup>30</sup>                                                                                                                                      | GUSTARE<br>10 <sup>00</sup> -10 <sup>30</sup> | PRANZ<br>12 <sup>30</sup> -13 <sup>00</sup>                                     | GUSTARE<br>16 <sup>00</sup> -16 <sup>30</sup> | CINA<br>18 <sup>00</sup> -18 <sup>30</sup>                  | Nr<br>portii | Observatii                                                                                                                                                                                                                                                                                                                                                                                           |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Jrticarie            | Ceai,paine fara sare<br>gem ,250ml,40g                                                                                                                                               | Mar copt<br>1 buc                             | Supa de legume, Cartofi fierti<br>250ml,250g                                    | Compotasortat<br>250ml                        | Orez dietetic<br>250g                                       |              | *Preparatul este pe baza de legume (vegetarian, post)<br>**Materia prima poate proveni din produse congelate<br>***Alergenii posibili sunt: cereale care contin gluten (Grau, secara, ovaz) si produse derivate;<br>oua si produse derivate;<br>lapte si produse derivate<br>****Alimentatia copilului 1 -3 ani exclude: mancarurile cu sos tomat, preparate din carne, branzeturi sarate/fermentate |
| .F                   | Ceai,paine,unt<br>250ml,,20g                                                                                                                                                         | Lapte 250ml                                   | Supa de legumeOrez cu br.vaci<br>250ml,250g,50g                                 | Iaurt 1buc                                    | Branza de vaci,Mamaliga<br>100g,200g                        |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| .FVC                 | Ceai,paine,unt<br>250ml,20g                                                                                                                                                          | Lapte 250ml                                   | Supa legume ,Pulpe pui la cuptor,Orez<br>250ml,150g,250g                        | Iaurt1 buc                                    | Branza de vaci,Mamaliga<br>100g,200g                        |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| ILZ                  | Ceai indulcit 250ml                                                                                                                                                                  | Lapte 250ml                                   | Supa de legume 250ml                                                            | Iaurt1 buc                                    | Ceai indulcit 250ml                                         |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| IZ                   | Ceai indulci 250ml                                                                                                                                                                   | Zeama compot<br>250 ml                        | Supa de legume 250ml                                                            | Zeama compot<br>250ml                         | Ceai indulcit 250ml                                         |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| iperproteic          | Ceai,paine,cr branza<br>unt,250ml,100g,10g                                                                                                                                           | Mar<br>1 buc                                  | Supa de pui ,Pulpa de pui ,Piure de<br>cartofi,300ml,150g.200g                  | Corn cu gem<br>1buc                           | Mamaliga ,margele cu branza,<br>pulpe de pui,200g,180g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| nterita              | Ceai menta,pesmet,<br>cas 250ml,100g                                                                                                                                                 | Stiksuri<br>1 buc                             | Supa legume /Pulpe pui la cuptor,Orez<br>250ml/150g/250g                        | Grisine<br>1 buc                              | Paste cu branza de vaci<br>250g                             |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| Iepatic              | Ceai,paine,cr. branza<br>250ml,100g                                                                                                                                                  | Mar<br>1 buc                                  | Supa de pui ,Pulpa de pui ,Piure de<br>cartofi,300ml,150g.200g                  | Corn cu gem<br>1buc                           | Mamaliga,margele de branza<br>200g,180g                     |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| Iastric              | Ceai,paine,cas,unt<br>250ml,60g,100g,10g                                                                                                                                             | Mar copt<br>1 buc                             | Supa de pui ,Pulpa de pui ,Piure de<br>cartofi,300ml,150g.200g                  | Biscuiti<br>1buc                              | Mamaliga,branza de vaci,ou<br>posat,200g,100g,1 buc         |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| Iesodat              | Ceai,paine,cr. branza<br>gem,250ml,100g,20g                                                                                                                                          | Mar<br>1 buc                                  | Supa de pui ,Pulpa de pui ,Piure de<br>cartofi,300ml,150g.200g                  | Corn cu gem<br>1buc                           | Mamaliga,margele de branza<br>200g,180g                     |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| Iortizon             | Ceai,paine,cr. branza<br>250ml,100g                                                                                                                                                  | Piept de pui<br>150g                          | Supa de pui ,Pulpa de pui ,Piure de<br>cartofi,300ml,150g.200g                  | Biscuiti<br>1buc                              | Mamaliga ,margele cu branza,<br>pulpe de pui,200g,180g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| Iemodializa          | Paine fara sare ,Cascaval 100g Pulpa de pui 150g ,Iaurt 1 buc ,Mar 1 buc<br>Alte regimuri sunt detaliate in "MENIU REGIM SPECIAL (DZ, RENAL I- VI, CELIACHIE, FENILCETONURIE, etc.)" |                                               |                                                                                 |                                               |                                                             |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| Iiabet               | Lapte,paine,unt,cas<br>250ml,20g,50g                                                                                                                                                 | Piept de pui<br>Mar , 150g 1b                 | Ciorba de pui ,Pulpa de pui ,Piure de<br>cartofi,300ml,150g.200g                | Cascaval,mar<br>100g,1 buc                    | Mamaliga ,margele cu branza,<br>pulpe de pui,200g,180g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| Iame NNP             | Ceai,paine,cas,unt<br>250ml,100g,10g                                                                                                                                                 | Mar copt<br>1 buc                             | Supa de pui ,Pulpa de pui ,Piure de<br>cartofi,300ml,150g.200g                  | Biscuiti<br>1buc                              | Mamaliga ,margele cu branza,<br>pulpe de pui,200g,180g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| Iopii 1-3 ani        | Ceai,paine,br.vaci<br>150ml,50g                                                                                                                                                      | Mar<br>1 buc                                  | Supa de pui ,Pulpa de pui ,Piure de<br>cartofi,200ml,100g.150g                  | Corn cu gem<br>1buc                           | Mamaliga,margele de branza<br>150g,180g                     |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| Iopii 3-18<br>ni     | Ceai,paine,cr branza<br>unt,250ml,100g,10g                                                                                                                                           | Mar<br>1 buc                                  | Ciorba de pui,Snitel pui ,Piure de cartofi<br>salata sfecla 300ml,150g.200g100g | Corn cu gem<br>1buc                           | Mamaliga,telemea,smantana<br>200g,100g,50g                  |              |                                                                                                                                                                                                                                                                                                                                                                                                      |
| Insotitori           | Ceai,paine,pate ficat<br>250ml,100g                                                                                                                                                  | -                                             | Ciorba de pui,Pulpa pui ,Piure de cartofi<br>salata sfecla 300ml,150g.200g100g  | -                                             | Mamaliga,telemea,smantana<br>200g,100g,50g                  |              |                                                                                                                                                                                                                                                                                                                                                                                                      |

Gramaj paine pe zi : 1-3 ani = 100g, 3-18, Apartinatori = 150g Aprobat: As Sef spital

Intocmit de  
Asistent  
General

Aprobat: As Sef sectie

Aprobat: As Sef sectie

OLIMPIA ALINA  
Specialist Licentiat  
Medicina Generala  
2015

| Regim/<br>Gr. varsta | MICUL DEJUN<br>8 <sup>00</sup> -8 <sup>30</sup>                                                          | GUSTARE<br>10 <sup>00</sup> -10 <sup>30</sup> | PRANZ<br>12 <sup>30</sup> -13 <sup>00</sup>                                      | GUSTARE<br>16 <sup>00</sup> -16 <sup>30</sup> | CINA<br>18 <sup>00</sup> -18 <sup>30</sup>                    | Nr<br>portii | Observatii                                                                                                                                                                                                                                                                                                                                                                                                       |
|----------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------|---------------------------------------------------------------|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Urticarie            | Ceai,paine fara sare<br>gem ,250ml,40g                                                                   | Mar copt<br>1 buc                             | Supa de legume,Cartofi fierti<br>250ml,250g                                      | Compotasortat<br>250ml                        | Paste fierte<br>250g                                          |              | <p>*Preparatul este pe baza de legume (vegetarian, post)<br/>**Materia prima poate proveni din produse congelate<br/>***Alergenii posibili sunt: cereale care contin gluten (Grau, secara, ovaz) si produse derivate;<br/>oua si produse derivate;<br/>lapte si produse derivate<br/>****Alimentatia copilului 1 -3 ani exclude: mancarurile cu sos tomat, preparate din carne, branzeturi sarate/fermentate</p> |
| LF                   | Ceai,paine,unt<br>250ml,20g                                                                              | Lapte 250ml                                   | Supa de legumeOrez cu br.vaci<br>250ml,250g,50g                                  | Iaurt 1 buc                                   | Paste cu branza de vaci<br>250g                               |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| LFVC                 | Ceai,paine,unt<br>250ml,20g                                                                              | Lapte 250ml                                   | Supa legume ,Pulpe pui la cuptor,Orez<br>250ml,150g,250g                         | Iaurt 1 buc                                   | Paste cu branza de vaci<br>250g                               |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| HLZ                  | Ceai indulcit 250ml                                                                                      | Lapte 250ml                                   | Supa de legume 250ml                                                             | Iaurt 1 buc                                   | Ceai indulcit 250ml                                           |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| HZ                   | Ceai indulci 250ml                                                                                       | Zeamacompot<br>250 ml                         | Supa de legume 250ml                                                             | Zeamacompot<br>250ml                          | Ceai indulcit 250ml                                           |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Hiperproteic         | Ceai,paine,unt,ou<br>fiert,250ml,20g,1 buc                                                               | Biscuiti<br>cu cereale                        | Supa de perisoare,Ciulama de pui cu<br>smantana,300ml,250g                       | Banane<br>1 buc                               | Budince de paste cu branza de<br>vacii,Pulpe de pui,250g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Enterita             | Ceai menta,pesmet,<br>brvacii 250ml,100g                                                                 | Grisine<br>1 buc                              | Supa legume ,Pulpe pui la cuptor,Orez<br>250ml,150g,250g                         | Banane<br>1 buc                               | Paste cu branza de vaci<br>250g                               |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Hepatic              | Ceai,paine,cas ,ou<br>fiert,250ml,100g1 b                                                                | Biscuiti<br>cu cereale                        | Supa de perisoare,Ciulama de pui cu<br>smantana,300ml,250g                       | Banane<br>1 buc                               | Budince de paste cu branza de<br>vacii,250g                   |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Gastric              | Ceai,paine,unt,ou<br>fiert,250ml,20g,1 buc                                                               | Grisine<br>1 buc                              | Supa de perisoare,Orez cu legume,Pulpe<br>de pui,300ml,250g,150g                 | Banane<br>1 buc                               | Budince de paste cu branza de<br>vacii,250g                   |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Desodat              | Ceai,paine,gem,ou<br>fiert,250ml,40g,1 buc                                                               | Biscuiti<br>cu cereale                        | Supa de perisoare,Ciulama de pui cu<br>smantana,300ml,250g                       | Banane<br>1 buc                               | Budince de paste cu branza de<br>vacii,250g                   |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Cortizon             | Ceai,paine,cas ,ou<br>fiert,250ml,100g1 b                                                                | Piept de pui<br>150g                          | Supa de perisoare,Ciulama de pui cu<br>smantana,300ml,250g                       | Banane<br>1 buc                               | Budince de paste cu branza de<br>vacii,Pulpe de pui,250g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Hemodializa          | Alte regimuri sunt detaliate in "MENIU REGIM SPECIAL (DZ, RENAL I- VI, CELIACHIE, FENILCETONURIE, etc.)" |                                               |                                                                                  |                                               |                                                               |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Diabet               | Lapte,paine,cascaval<br>unt,250ml,20g,50g                                                                | Piept pui,mar<br>150g,1 buc                   | Ciorba perisoare,Tocanita de legume cu<br>carne de vita,Mamaliga,300ml,250g,200g | Ou fiert ,mar<br>1 buc,1 buc                  | Piure de cartofi,Pulpe de pui<br>250g,150g                    |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Mame NNP             | Ceai,paine,unt,ou<br>fiert,250ml,20g,1 buc                                                               | Grisine<br>1 buc                              | Supa de perisoare,Orez cu legume,Pulpe<br>de pui,300ml,250g,150g                 | Banane<br>1 buc                               | Budince de paste cu branza de<br>vacii,Pulpe de pui,250g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Copii 1-3 ani        | Ceai,paine,unt,ou<br>fiert,150ml,10g,1 buc                                                               | Biscuiti<br>cu cereale                        | Supa de perisoare,Ciulama de pui cu<br>smantana,200ml,150g                       | Banane<br>1 buc                               | Budince de paste cu branza de<br>vacii,150g                   |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Copii 3-18<br>ani    | Ceai,paine,unt,ou<br>cascaval,rosii chery<br>250ml,20g,1 buc,50g                                         | Biscuiti<br>cu cereale                        | Ciorba perisoare,Tocanita de legume cu<br>carne de vita,Mamaliga,300ml,250g,200g | Banane<br>1 buc                               | Budince de paste cu branza de<br>vacii,250g                   |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Insotitori           | Ceai,paine,unt,ou<br>cascaval,castraveti<br>250ml,20g,1 buc,50g                                          | -                                             | Ciorba perisoare,Tocanita de legume cu<br>carne de vita,Mamaliga,300ml,250g,200g | -                                             | Budince de paste cu branza de<br>vacii,250g                   |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |

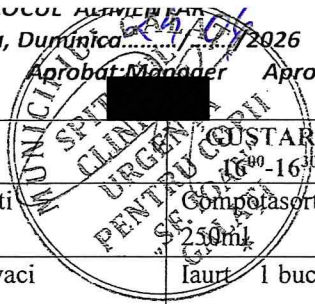
Granaj: 1-3 ani = 100g, 3-18, Apartinatori = 150g. Aprobat: As. Sef. Spital

Intocmit

Aprobat: Sef. Sec. Diet.

Aprobat: As. Sef. Sec. Diet. M. OLIMPIA ALINA

Asistat  
GRAD  
Licentiat  
Sunt



| Regim/<br>Gr. varsta | MICUL DEJUN<br>8 <sup>00</sup> -8 <sup>30</sup>                                                          | GUSTARE<br>10 <sup>00</sup> -10 <sup>30</sup> | PRANZ<br>12 <sup>30</sup> -13 <sup>00</sup>                                    | GUSTARE<br>16 <sup>00</sup> -16 <sup>30</sup> | CINA<br>18 <sup>00</sup> -18 <sup>30</sup> | Nr<br>portii | Observatii                                                                                                                                                                                                                                                                                                                                                                                               |
|----------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------|--------------------------------------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Urticarie            | Ceai,paine fara sare<br>gem ,250ml,40g                                                                   | Mar copt<br>1 buc                             | Supa de legume,Cartofi fierti<br>250ml,250g                                    | Compotasortat<br>250ml                        | Orez dietetic 250g                         |              | Preparatul este pe baza de legume (vegetarian, post)<br>**Materia prima poate proveni din produse congelate<br>*** Alergenii posibili sunt: cereale care contin gluten (Grau, secara, ovaz) si produse derivate;<br>oua si produse derivate;<br>lapte si produse derivate<br>**** Alimentatia copilului 1 -3 ani exclude: mancarurile cu sos tomat, preparate din carne, branzeturi<br>sarate/fermentate |
| LF                   | Ceai,paine,unt<br>250ml,20g                                                                              | Lapte 250ml                                   | Supa de legumeOrez cu br.vaci<br>250ml,250g,50g                                | Iaurt 1 buc                                   | Lapte cu orez<br>250ml,                    |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| LFVC                 | Ceai,paine,unt<br>250ml,20g                                                                              | Lapte 250ml                                   | Supa legume ,Pulpe pui la cuptor,Orez<br>250ml,150g,250g                       | Iaurt 1 buc                                   | Lapte cu orez<br>250ml,                    |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| HLZ                  | Ceai indulcit 250ml                                                                                      | Lapte 250ml                                   | Supa de legume 250ml                                                           | Iaurt 1 buc                                   | Ceai indulcit 250ml                        |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| HZ                   | Ceaiindulci 250ml                                                                                        | Zeama compot<br>250 ml                        | Supa de legume 250ml                                                           | Zeama compot<br>250ml                         | Ceai indulcit 250ml                        |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Hiperproteic         | Ceai,paine,omleta cu<br>branza 150ml,150g                                                                | Mar<br>1 buc                                  | Supa crema de legume,Paste cu carne<br>tocata de vita si pui 250ml,250g        | Biscuiti<br>1 buc                             | Lapte cu orez,Pulpe de pui<br>250ml,150g   |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Enterita             | Ceai menta,pesmet,<br>brvaci 250ml,100g                                                                  | Grisine<br>1 buc                              | Supa legume ,Pulpe pui la cuptor,Orez<br>250ml,150g,250g                       | Stiksuri<br>1 buc                             | Cas,Pulpe de pui<br>100g,150g              |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Hepatic              | Ceai,paine,omleta cu<br>branza 250ml,150g                                                                | Mar<br>1 buc                                  | Supa crema de legume,Paste cu carne<br>tocata de vita si pui 250ml,250g        | Br vaci<br>100g                               | Lapte cu orez<br>250ml                     |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Gastric              | Ceai,paine,omleta cu<br>branza 250ml,150g                                                                | Mar copt<br>1 buc                             | Supa crema de legume,Paste cu legume,<br>Pulpe de pui 250ml,250g,150g          | Biscuiti<br>1 buc                             | Lapte cu orez<br>250ml                     |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Desodat              | Ceai,paine,omleta cu<br>branza 250ml,150g                                                                | Mar<br>1 buc                                  | Supa crema de legume,Paste cu carne<br>tocata de vita si pui 250ml,250g        | Biscuiti<br>1 buc                             | Lapte cu orez<br>250ml,                    |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Cortizon             | Ceai,paine,omleta cu<br>branza 250ml,150g                                                                | Piept de pui<br>150g                          | Supa crema de legume,Paste cu carne<br>tocata de vita si pui 250ml,250g        | Br vaci<br>100g                               | Lapte cu orez,Pulpe de pui<br>250ml,150g   |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Hemodializa          | Paine fara sare ,Cascaval 100g Pulpa de pui 150g ,Iaurt 1 buc ,Mar 1 buc                                 |                                               |                                                                                |                                               |                                            |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
|                      | Alte regimuri sunt detaliate in "MENIU REGIM SPECIAL (DZ, RENAL I- VI, CELIACHIE, FENILCETONURIE, etc.)" |                                               |                                                                                |                                               |                                            |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Diabet               | Lapte,paine,cascaval<br>unt,250ml,20g,50g                                                                | Piept de pui,<br>Mar,150g,1 b.                | Supa de legume,Mancare de fasole<br>verde,Pulpe de pui,250ml,250g,150g         | Omleta,Mar<br>100g,1 buc                      | Orez cu legume,Pulpe de pui<br>250g,150g   |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Alame NNP            | Ceai,paine,omleta cu<br>branza 250ml,150g                                                                | Mar copt<br>1 buc                             | Supa crema de legume,Paste cu legume,<br>Pulpe de pui 250ml,250g,150g          | Biscuiti<br>1 buc                             | Lapte cu orez,Pulpe de pui<br>250ml,150g   |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Copii 1-3 ani        | Ceai,paine,omleta cu<br>branza 150ml,100g                                                                | Mar<br>1 buc                                  | Supa crema de legume,Paste cu carne<br>tocata de vita si pui 150ml,150g        | Biscuiti<br>1 buc                             | Lapte cu orez<br>150ml                     |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Copii 3-18<br>ani    | Ceai,paine,omleta cu<br>sunca si cascaval,<br>250ml,150g                                                 | Mar<br>1 buc                                  | Supa crema de legume,Paste cu carne<br>tocata de vita si pui cu sos 250ml,250g | Biscuiti<br>1 buc                             | Lapte cu orez<br>250ml                     |              |                                                                                                                                                                                                                                                                                                                                                                                                          |
| nsotitori            | Ceai,paine,omleta cu<br>sunca si cascaval,<br>250ml,150g                                                 | -                                             | Supa crema de legume,Paste cu carne<br>tocata de vita si pui cu sos 250ml,250g | -                                             | Lapte cu orez<br>250ml                     |              |                                                                                                                                                                                                                                                                                                                                                                                                          |

Gratua, paine pe zi :1-3 ani = 100g ,3-18,Apartinatori = 150g Aprobat: As Sef spital

Intocmit :

Aprobat: Se

Aprobat: As Sef sec

OLIMPIA ALINA  
Asistent medical Generalist Licentiat  
GRAD PRINCIPAL

Aprobat: Manager

Aprobat: Director economic

Aprobat: Director medical

| Regim/<br>Gr. varsta | MICUL DEJUN<br>8 <sup>00</sup> -8 <sup>30</sup>                                                          | GUSTARE<br>10 <sup>00</sup> -10 <sup>30</sup> | PRANZ<br>12 <sup>30</sup> -13 <sup>00</sup>                           | GUSTARE<br>16 <sup>00</sup> -16 <sup>30</sup> | CINA<br>18 <sup>00</sup> -18 <sup>30</sup> | Nr<br>portii | Observatii                                                                                                                                                                                                                                                                                                                                                                                                       |
|----------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------|--------------------------------------------|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Urticarie            | Ceai,paine fara sare<br>gem ,250ml,40g                                                                   | Mar copt<br>1 buc                             | Supa de legume,Cartofi fierti<br>250ml,250g                           | Compotasortat<br>250ml                        | Gris fiert<br>250g                         |              | <p>*Preparatul este pe baza de legume (vegetarian, post)<br/>**Materia prima poate proveni din produse congelate<br/>***Alergenii posibili sunt: cereale care contin gluten (Grau, secara, ovaz) si produse derivate;<br/>oua si produse derivate;<br/>lapte si produse derivate<br/>****Alimentatia copilului 1 -3 ani exclude: mancarurile cu sos tomat, preparate din carne, branzeturi sarate/fermentate</p> |
| LF                   | Ceai,paine,unt<br>250ml,60g,20g                                                                          | Lapte 250ml                                   | Supa de legumeOrez cu br.vaci<br>250ml,250g,50g                       | Iaurt 1 buc                                   | Lapte cu gris<br>250g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| LFVC                 | Ceai,paine,unt<br>250ml,60g,20g                                                                          | Lapte 250ml                                   | Supa legume ,Pulpe pui la cuptor,Orez<br>250ml,150g,250g              | Iaurt 1 buc                                   | Lapte cu gris<br>250g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| HLZ                  | Ceai indulcit 250ml                                                                                      | Lapte 250ml                                   | Supa de legume 250ml                                                  | Iaurt 1 buc                                   | Ceai indulcit 250ml                        |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| HZ                   | Ceai indulci 250ml                                                                                       | Zeama compot<br>250 ml                        | Supa de legume 250ml                                                  | Zeama compot<br>250ml                         | Ceai indulcit 250ml                        |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Hiperproteic         | Ceai,paine,cas ,unt<br>250ml,100g,20g                                                                    | Sana<br>1 buc                                 | Supa de legume,Pulpe de pui,Orez cu<br>legume,250ml,150g,250g         | Branzoaice<br>1 buc                           | Lapte cu gris,Pulpe de pui<br>250g,150g    |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Enterita             | Ceai menta,pesmet,<br>cas ,250ml,100g                                                                    | Sticks<br>1 buc                               | Supa legume ,Pulpe pui la cuptor,Orez<br>250ml,150g,250g              | Grisine<br>1 buc                              | Paste cu branza de vaci<br>250g            |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Hepatic              | Ceai,paine,cas<br>250ml,100g                                                                             | Sana<br>1 buc                                 | Supa de legume,Pulpe de pui,Orez cu<br>legume,250ml,150g,250g         | Branzoaice<br>1 buc                           | Lapte cu gris<br>250g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Gastric              | Ceai,paine,cas ,unt<br>250ml,100g,20g                                                                    | Sana<br>1 buc                                 | Supa de legume,Pulpe de pui,Orez cu<br>legume,250ml,150g,250g         | Branzoaice<br>1 buc                           | Lapte cu gris<br>250g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Desodat              | Ceai,paine,cas ,gem<br>250ml,100g,20g                                                                    | Sana<br>1 buc                                 | Supa de legume,Pulpe de pui,Orez cu<br>legume,250ml,150g,250g         | Branzoaice<br>1 buc                           | Lapte cu gris<br>250g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Cortizon             | Ceai,paine,cas<br>250ml,100g                                                                             | Piept de pui<br>150g                          | Supa de legume,Pulpe de pui,Orez cu<br>legume,250ml,150g,250g         | Branzoaice<br>1 buc                           | Lapte cu gris,Pulpe de pui<br>250g,150g    |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Hemodializa          | Alte regimuri sunt detaliate in "MENIU REGIM SPECIAL (DZ, RENAL I- VI, CELIACHIE, FENILCETONURIE, etc.)" |                                               |                                                                       |                                               |                                            |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Diabet               | Lapte ,paine,unt ,cas<br>250ml,20g,50g                                                                   | Piept de pui<br>Mar 150g,1 b                  | Ciorba de legume,Chiftele ,Orez cu<br>legume,250ml,150g,250g          | Cascaval mar<br>100g,1 buc                    | Salata orientala,Pulpe de pui<br>250g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Mame NNP             | Ceai,paine,cas ,unt<br>250ml,100g,20g                                                                    | Sana<br>1 buc                                 | Supa de legume,Pulpe de pui,Orez cu<br>legume,250ml,150g,250g         | Branzoaice<br>1 buc                           | Lapte cu gris,Pulpe de pui<br>250g,150g    |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Copii 1-3 ani        | Ceai,paine,cas ,unt<br>150ml,50g,10g                                                                     | Iaurt<br>1 buc                                | Supa de legume,Pulpe de pui,Orez cu<br>legume,150ml,100g,150g         | Branzoaice<br>1 buc                           | Lapte cu gris<br>150g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Copii 3-18<br>ani    | Ceai,paine,telemea<br>unt,rosii chery,250ml,<br>100g,20g,50g                                             | Sana<br>1 buc                                 | Ciorba de pipote,Chiftele marinate ,Orez<br>cu legume,300ml,100g,250g | Branzoaice<br>1 buc                           | Salata orientala<br>250g                   |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Insotitori           | Ceai,paine,telemea<br>unt,castraveti,250ml,<br>100g,20g,50g                                              | -                                             | Ciorba de pipote,Chiftele marinate ,Orez<br>cu legume,300ml,100g,250g | -                                             | Salata orientala<br>250g                   |              |                                                                                                                                                                                                                                                                                                                                                                                                                  |

Gr. 1-3 ani = 100g, 3-18, Apartinatori = 200g

Aprobat: As.Sef spital

Aprobat: Sef sectie

Aprobat: As.Sef sectie

DASIANU M. C. B. ALINA  
Asistent medical General  
GRAD PRINCIPAL Medicina

Aprobat: Manager

Aprobat: Di

Aprobat: Di

| Regim/<br>Gr. varsta | MICUL DEJUN<br>8 <sup>00</sup> -8 <sup>30</sup>                                                                                                                                      | GUSTARE<br>10 <sup>00</sup> -10 <sup>30</sup> | PRANZ<br>12 <sup>30</sup> -13 <sup>00</sup>                                  | CINA<br>16 <sup>00</sup> -16 <sup>30</sup> | CINA<br>18 <sup>00</sup> -18 <sup>30</sup> | Nr<br>portii |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------|--------------------------------------------|--------------|
| Articarie            | Ceai,paine fara sare<br>gem ,250ml,40g                                                                                                                                               | Mar copt<br>1 buc                             | Supa de legume,Orez dietetic<br>250ml,250g                                   | Compotasortat<br>250ml                     | Paste fierte<br>250g                       |              |
| LF                   | Ceai,paine,unt<br>250ml,20g                                                                                                                                                          | Lapte 250ml                                   | Supa de legume,Orez cu br.vaci<br>250ml,250g,50g                             | Iaurt 1 buc                                | Paste cu branza de vaci<br>250g            |              |
| LFVC                 | Ceai,paine,unt<br>250ml,20g                                                                                                                                                          | Lapte 250ml                                   | Supa legume ,Pulpe pui la cuptor,Orez<br>250ml,150g,250g                     | Iaurt 1 buc                                | Paste cu branza de vaci<br>250g            |              |
| ILZ                  | Ceai indulcit 250ml                                                                                                                                                                  | Lapte 250ml                                   | Supa de legume 250ml                                                         | Iaurt 1 buc                                | Ceai indulcit 250ml                        |              |
| IZ                   | Ceai indulci 250ml                                                                                                                                                                   | Zeama compot<br>250 ml                        | Supa de legume 250ml                                                         | Zeama compot<br>250ml                      | Ceai indulcit 250ml                        |              |
| Hiperproteic         | Ceai,paine,cas,unt<br>250ml,100g,20g                                                                                                                                                 | Mar copt<br>1 buc                             | Supa cu taietei de casa,Pulpa de pui,<br>Broccoli gratinat,250ml,150g,250g   | Biscuiti cu<br>cereale                     | Paste cu legume,Pulpe de pui<br>250g,150g  |              |
| Enterita             | Ceai menta,pesmet,<br>telemea,250ml,100g                                                                                                                                             | Grisine<br>1 buc                              | Supa legume ,Pulpe pui la cuptor,Orez<br>250ml,150g,250g                     | Sticks<br>1 buc                            | Pulpe de pui,Branza de vaci<br>150g,100g   |              |
| Hepatic              | Ceai,paine,cas<br>250ml,100g                                                                                                                                                         | Mar<br>1 bu                                   | Supa cu taietei de casa,Pulpa de pui,<br>Broccoli gratinat,250ml,150g,250g   | Br vaci<br>100g                            | Paste cu legume<br>250g                    |              |
| Gastric              | Ceai,paine,cas,unt<br>250ml,100g,20g                                                                                                                                                 | Mar copt<br>1 buc                             | Supa cu taietei de casa,Pulpa de pui,Orez<br>cu legume,250ml,150g,250g       | Biscuiti<br>1 buc                          | Paste cu legume<br>250g                    |              |
| Hesodat              | Ceai,paine,cas,gem<br>250ml,100g,20g                                                                                                                                                 | Mar<br>1 bu                                   | Supa cu taietei de casa,Pulpa de pui,<br>Broccoli gratinat,250ml,150g,250g   | Biscuiti cu<br>cereale                     | Paste cu legume<br>250g                    |              |
| Cortizon             | Ceai,paine,cas<br>250ml,100g                                                                                                                                                         | Pulpa de pui<br>150g                          | Supa cu taietei de casa,Pulpa de pui,<br>Broccoli gratinat,250ml,150g,250g   | Br vaci<br>100g                            | Paste cu legume,Pulpe de pui<br>250g,150g  |              |
| Hemodializa          | Paine fara sare ,Cascaval 100g Pulpa de pui 150g ,Iaurt 1 buc ,Mar 1 buc<br>Alte regimuri sunt detaliate in "MENIU REGIM SPECIAL (DZ, RENAL I- VI, CELIACHIE, FENILCETONURIE, etc.)" |                                               |                                                                              |                                            |                                            |              |
| Diabet               | Lapte ,paine,unt,cas<br>250ml,20g,50g                                                                                                                                                | Pulpa de pui<br>Mar ,150g,1 b                 | Supa cu taietei de casa,Pulpa de pui,Orez<br>cu legume,250ml,150g,250g       | Ou fiert,Mar<br>1 buc,1 buc                | Piure de cartofi,Pulpe de pui<br>250g,150g |              |
| Alame NNP            | Ceai,paine,cas,unt<br>250ml,100g,20g                                                                                                                                                 | Mar copt<br>1 buc                             | Supa cu taietei de casa,Pulpa de pui,Orez<br>cu legume,250ml,150g,250g       | Biscuiti<br>1 buc                          | Paste cu legume,Pulpe de pui<br>250g,150g  |              |
| Copii 1-3 ani        | Ceai,paine,cas,unt<br>150ml,50g,10g                                                                                                                                                  | Mar<br>1 bu                                   | Supa cu taietei de casa,Pulpa de pui<br>Broccoli gratinat,150ml,100g,150g    | Biscuiti cu<br>cereale                     | Paste cu legume<br>150g                    |              |
| Copii 3-18<br>ni     | Ceai,paine,crenvusti<br>mustar 250ml,<br>2 buc,1 buc                                                                                                                                 | Mar<br>1 bu                                   | Ciorba cu taietei de casa,Pulpe de<br>pui,Conopida gratinata,250ml,150g,250g | Biscuiti cu<br>cereale                     | Paste cu ciuperci in sos rosu<br>250g      |              |
| nsotitori            | Ceai,paine,crenvusti<br>mustar 250ml,<br>2 buc,1 buc                                                                                                                                 | -                                             | Ciorba cu taietei de casa,Pulpe de<br>pui,Conopida gratinata,250ml,150g,250g | -                                          | Paste cu ciuperci in sos rosu<br>250g      |              |

\* Preparatul este pe baza de legume (vegetarian, post)  
\*\* Materia prima poate proveni din produse congelate  
\*\*\* Alergenii posibili sunt: cereale care contin gluten (Grau, secara, ovaz) si produse derivate;  
oua si produse derivate;  
lapte si produse derivate

\*\*\*\* Alimentatia copilului 1 -3 ani exclude: mancarurile cu sos tomat, preparate din carne, branzeturi sarate/fermentate

Gratificati : 1-3 ani = 150g, 3-18,

Apartinatori = 200g Aprobat: As Sef spital

Aprobat: Sef sectie

Aprobat: As Sef sectie

ASISTENT MEDICAL  
GRAD PRINCIPAL  
OLIMPIA ALINA  
Licentiat

Aprobat: Manager

Aprobat: Director Economic

Aprobat: Medic medical

| Regim/<br>Gr. varsta | MICUL DEJUN<br>8 <sup>00</sup> -8 <sup>30</sup>                                                          | GUSTARE<br>10 <sup>00</sup> -10 <sup>30</sup> | PRANZ<br>12 <sup>30</sup> -13 <sup>00</sup>                                       | CEA DE SEARA<br>16 <sup>00</sup> -16 <sup>30</sup> | CINA<br>18 <sup>00</sup> -18 <sup>30</sup>             | Nr<br>portii | Observatii                                                                                                                                                                                                                                                                                                                                                                                                |
|----------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Articarie            | Ceai,paine fara sare<br>gem ,250ml,40g                                                                   | Mar copt<br>1 buc                             | Supa de legume,Cartofi fierti<br>250ml,250g                                       | Compota sortat<br>250ml                            | Orez dietetic<br>250g                                  |              | * Preparatul este pe baza de legume (vegetarian, post)<br>** Materia prima poate proveni din produse congelate<br>*** Alergenii posibili sunt: cereale care contin gluten (Grau, secara, ovaz) si produse derivate;<br>oua si produse derivate;<br>lapte si produse derivate<br>**** Alimentatia copilului 1 - 3 ani exclude: mancarurile cu sos tomat, preparate din carne, branzeturi sarate/fermentate |
| F                    | Ceai,paine,unt<br>250ml,20g                                                                              | Lapte 250ml                                   | Supa de legume,Orez cu br.vaci<br>250ml,250g,50g                                  | Iaurt 1 buc                                        | Branza de vaci ,mamaliga<br>100g,200g                  |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| FVC                  | Ceai,paine,unt<br>250ml,20g                                                                              | Lapte 250ml                                   | Supa de legume ,Pulpe pui la cuptor,Orez<br>250ml,150g,250g                       | Iaurt 1 buc                                        | Branza de vaci ,mamaliga<br>100g,200g                  |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| ILZ                  | Ceai indulcit 250ml                                                                                      | Lapte 250ml                                   | Supa de legume 250ml                                                              | Iaurt 1 buc                                        | Ceai indulcit 250ml                                    |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| IZ                   | Ceai indulci 250ml                                                                                       | Zeama compot<br>250 ml                        | Supa de legume 250ml                                                              | Zeama compot<br>250ml                              | Ceai indulcit 250ml                                    |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| liperproteic         | Lapte cu biscuiti<br>250ml,75g                                                                           | Banane<br>1 buc                               | Supa de legume,Ficatei la cuptor,Orez cu<br>legume,250ml,120g,250g                | Placinta cu<br>branza 1 buc                        | Mamaliga,branza fagaras<br>Pulpa de pui,250g,180g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| nterita              | Ceai menta,pesmet<br>cas,250ml,100g                                                                      | Banane<br>1 buc                               | Supa de legume ,Pulpe pui la cuptor,Orez<br>250ml,150g,250g                       | Grisine<br>1 buc                                   | Pulpa de pui,Telemea<br>150g,100g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| leptic               | Lapte cu biscuiti<br>250ml,75g                                                                           | Banane<br>1 buc                               | Supa de legume,Ficatei la cuptor,Orez cu<br>legume,250ml,120g,250g                | Placinta cu<br>branza 1 buc                        | Mamaliga,branza fagaras<br>250g,180g                   |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| rastric              | Lapte cu biscuiti<br>250ml,75g                                                                           | Banane<br>1 buc                               | Supa de legume,Ficatei la cuptor,Orez cu<br>legume,250ml,120g,250g                | Placinta cu<br>branza 1 buc                        | Mamaliga,branz de vaci,ou<br>posat ,250g,180g,1 buc    |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| lesodat              | Lapte cu biscuiti<br>250ml,75g                                                                           | Banane<br>1 buc                               | Supa de legume,Ficatei la cuptor,Orez cu<br>legume,250ml,120g,250g                | Placinta cu<br>branza 1 buc                        | Mamaliga,branza fagaras<br>250g,180g                   |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| ortizon              | Lapte cu biscuiti<br>250ml,75g                                                                           | Pulpa de pui<br>150g                          | Supa de legume,Ficatei la cuptor,Orez cu<br>legume,250ml,120g,250g                | Banane<br>1 buc                                    | Mamaliga,branza fagaras<br>Pulpa de pui,250g,180g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| lemodializa          | Alte regimuri sunt detaliate in "MENIU REGIM SPECIAL (DZ, RENAL I- VI, CELIACHIE, FENILCETONURIE, etc.)" |                                               |                                                                                   |                                                    |                                                        |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| diabet               | Lapte ,paine,cascaval<br>unt,250ml,50g,20g                                                               | Pulpa de pui<br>150g,Mar,1 b                  | Ciorba de legume,Ficatei la cuptor,Orez<br>cu legume,250ml,120g,250g              | Ou fiert,Mar<br>1 buc,1 buc                        | Mamaliga,branza fagaras<br>Pulpa de pui,250g,180g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| ame NNP              | Lapte cu biscuiti<br>250ml,75g                                                                           | Banane<br>1 buc                               | Supa de legume,Ficatei la cuptor,Orez cu<br>legume,250ml,120g,250g                | Placinta cu<br>branza 1 buc                        | Mamaliga,branza fagaras<br>Pulpa de pui,250g,180g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| opii 1-3 ani         | Lapte cu biscuiti<br>150ml,50g                                                                           | Banane<br>1 buc                               | Supa de legume,Ficatei la cuptor,Orez cu<br>legume,150ml,100g,150g                | Placinta cu<br>branza 1 buc                        | Mamaliga,branza fagaras<br>150g,180g                   |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| opii 3-18<br>ni      | Lapte cu cacao,unt si<br>gem,250ml,20g,40g                                                               | Banane<br>1 buc                               | Ciorba de legume,Ficatei cu sos,Orez cu<br>legume,Salata sfecla,250m,150g,250g100 | Placinta cu<br>branza 1 buc                        | Mamaliga,telemea,smantana<br>200g,100g,50g             |              |                                                                                                                                                                                                                                                                                                                                                                                                           |
| nsotitori            | Lapte cu cacao,unt si<br>gem,250ml,20g,40g                                                               | -                                             | Ciorba de legume,Ficatei cu sos,Orez cu<br>legume,Salata sfecla,250m,150g,250g100 |                                                    | Mamaliga,telemea,smantana<br>200g,100g,50g             |              |                                                                                                                                                                                                                                                                                                                                                                                                           |

Gramaj : 1-3 ani = 100g, 3-18, Apartinatori = 150g

Aprobat: As. Sef spital

Aprobat: Sef sectie

Aprobat: As.Sef sectie

