



| REGIM                                                       | Dimineata         |              | Ora 10   |      | Pranz                     |             | Ora 16   |      | Seara                  |         |
|-------------------------------------------------------------|-------------------|--------------|----------|------|---------------------------|-------------|----------|------|------------------------|---------|
|                                                             | alimente          | cant         | alimente | cant | alimente                  | cant        | alimente | cant | alimente               | cant    |
| RG1 Hidric<br>Rg<br>semilichid                              | Ceai neindulcit   | 250 ml       |          |      | Supa strecurata de leg    | 400 ml      |          |      | ceai fara zahar        | 250ml   |
|                                                             |                   |              |          |      |                           |             |          |      | ceai,                  | 250ml   |
|                                                             | Ceai              | 400 ml       |          |      | Supa crema de legume      | 400 ml      |          |      | branza                 | 70g     |
|                                                             | pasta de branza   | 70 gr        |          |      |                           |             |          |      |                        |         |
| RG 2<br>(Afectiuni<br>gastroduode<br>nale)                  | Ceai              | 250 ml       |          |      | Supa cu legume            | 400 ml      | Biscuiti | 50gr | cartofi natur si pulpa | 250gr   |
|                                                             | paine             | 50g          | biscuiti | 50gr | Pilaf cu pulpa de pui     | 200gr\150gr |          |      | de pui                 | /150gr  |
|                                                             | Telemea           | 70 gr        |          |      | paine                     | 150 gr      |          |      | ceai                   | 250 ml  |
|                                                             | unt\ou fiert      | 50gr\1buc    |          |      |                           |             |          |      | paine                  | 50g     |
| Rg 3<br>(Afectiuni<br>B.D.A)                                | Ceai fara zahar   | 250 ml       |          |      | Supa de orez              | 400 ml      |          |      | orez cu morcov         | 300g    |
|                                                             | paine             | 50g          | biscuiti | 50gr | Orez fiert si branza vaci | 200/70g     | biscuiti | 50gr | rondele                |         |
|                                                             | branza de vaci    | 70g          |          |      | paine coapta              | 150 g       |          |      | ceai fara zahar        | 250ml   |
| Rg 4<br>(Afectiuni<br>hepatice)                             | ceai              | 250ml        |          |      | Supa cu legume            | 400 ml      |          |      | cartofi natur si pulpa | 200/150 |
|                                                             | paine             | 50g          | Biscuiti | 50gr | Pilaf cu pulpa de pui     | 200g\150gr  | Biscuiti | 50gr | de pui                 | gr      |
|                                                             | branza de vaci    | 70 gr        |          |      | paine                     | 150gr/1buc  |          |      |                        |         |
|                                                             | unt\gem           | 50gr\1buc    |          |      |                           |             |          |      | paine                  | 50gr    |
| RG 5-6(Af<br>renale<br>,cardio-<br>vasculare)<br>Rg desodat | paine\ceai        | 50gr/250ml   |          |      | Supa cu legume si fidea   | 400ml       |          |      | cartofi natur si pulpa | 250/150 |
|                                                             | Telemea           | 70gr         |          |      | Ciulama cu ciuperci si    | 250gr       | kiwi     | 1buc | de pui                 | gr      |
|                                                             | unt\gem\tocana de |              | biscuiti | 50gr | perisoara de              |             |          |      |                        |         |
|                                                             | legume            | 1/1buc/100gr |          |      | curcan\Mamaliga           | 150gr200gr  |          |      | Ceai                   | 250ml   |
| LFV                                                         |                   |              |          |      | eugenia                   | 1buc        |          |      | Paine                  | 50gr    |
|                                                             | Ceai              | 250 ml       |          |      | Supa cu legume            | 400 ml      |          |      | cartofi natur          | 250gr   |
|                                                             | paine             | 50g          |          |      | Pilaf cu legume           | 200g        | kiwi     | 1buc |                        |         |
|                                                             | branza de vaci    | 70gr         | biscuiti | 50gr | paine                     | 150 g       |          |      | paine                  | 50g     |

|                       |                     |            |            |      |                         |               |      |      |                        |         |
|-----------------------|---------------------|------------|------------|------|-------------------------|---------------|------|------|------------------------|---------|
|                       | Gem\Unt             | 1buc/1buc  |            |      | eugenia                 | 1buc          |      |      |                        |         |
| Rg 8 diabet           |                     |            |            |      | Supa cu legume si fidea | 400 ml        |      |      | Conopida fiarta cu     | 250/150 |
|                       | Ceai f.z            | 250 ml     |            |      | Ciulama cu ciuperci si  |               |      |      | legume si pulpa pui    | gr      |
|                       |                     |            |            |      | perisoara de curcan     |               |      |      |                        |         |
|                       | paine\salam         | 50gr\70gr  | rosii      | 30gr | \Mamaliga               | 250\150\200gr | kiwi | 1buc | Ceai fara zahar        | 250ml   |
| Rg 9,<br>Insotitoare, | casaval             | 70gr       | castraveti | 30gr | paine                   | 50gr          |      |      | paine                  | 50gr    |
|                       | pate\branza topita  | 2buc       |            |      |                         |               |      |      |                        |         |
|                       | Ceai\paine          | 250ml\50gr |            |      | Bors cu sfecla rosie    | 400ml         |      |      | cartofi natur cu pulpa | 250/150 |
|                       |                     |            | branza     |      |                         |               |      |      | de pui                 | gr      |
| Rg Psihici            | tocana de leg\salam | 100gr/70gr | topita     | 1buc | Ciulama cu ciuperci si  |               |      |      |                        |         |
|                       |                     |            |            |      | pulpa de pui \mamaliga  | 250/150/200gr | kiwi | 1buc | Ceai                   | 250ml   |
|                       | casaval \pate       | 70/1bc     |            |      | eugenia                 | 1buc          |      |      | paine                  | 50gr    |
|                       |                     |            |            |      |                         |               |      |      |                        |         |
| Rg 10\lauze           | Ceai                | 250ml      |            |      | Bors cu legume si fidea | 400 ml        |      |      | cartofi natur cu pulpa | 250gr/1 |
|                       | Paine \salam        | 50/70gr    |            |      |                         |               |      |      | de pui                 | 50gr    |
|                       |                     |            |            |      |                         |               |      |      | ceai                   | 250ml   |
|                       | casaval             | 70gr       | branza     | 1buc | Ciulama cu ciuperci si  |               |      |      |                        |         |
| Rg 3-18<br>Rg 1-3 ani | pate\tocana de leg  | 1bc\100gr  | topita     |      | pulpa de pui            | 250/150/200gr | kiwi | 1buc | Paine                  | 50gr    |
|                       | ceai\paine          | 250/50gr   |            |      | mamaliga\eugenia        | 1buc          |      |      |                        |         |
|                       |                     |            |            |      | bors cu sfecla rosie    | 400ml         |      |      | Ceai                   | 250ml   |
|                       |                     |            |            |      | Ciulama cu perisoara de |               |      |      |                        |         |
| Medici de<br>garda    | ou fiert            | 1buc       |            |      | pui,mamaliga            | 250\150gr     |      |      | Cartofi la cuptor      | 250gr   |
|                       | muschi file         | 70gr       |            |      | Ardei copti             | 100gr         |      |      | cu piept de pui        | 150gr   |
|                       | pateu\masline       | 1/40r      |            |      |                         |               |      |      | Gogosari in otet       | 100gr   |
|                       |                     |            |            |      |                         |               |      |      |                        |         |

\*\*\*Nota: Conform Ordinului nr. 183/2016, art. 3, si a Reg. CE 1169/2011 privind informarea consumatorilor, va aducem la cunostinta ca preparatele culinare din cadrul unitatii noastre, pot fi prezenti agenti alergeni din produse: lactate si produse derivate (lactoză), cereale care contin gluten (paine si produse derivate), oua si produse derivate (albumina), produse congelate (carne de pui, piept de curcan, porc), semipreparare (pui, porc), legume (mazare, pasta, legume pentru ciorbe), telina, fructe cu coaja (mar, portocale, banane, grapefruit), condimente (piper, boia de ardei).

## MIC DEJUN







**PRANZ**









# CINA





