



| REGIM   | Dimineata        |            | Ora 10   |      | 0                            |             | 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 | Paste cu legume si<br>pulpa de pui | 250gr<br>/150gr |
|   | paine            | 50g        | biscuiti | 50gr | Pilaf cu pulpa de pui        | 200gr\150gr |          |      | ceai                               | 250 ml          |
|   | Pasta de br vaci | 70 gr      |          |      | paine                        | 150 gr      |          |      | paine                              | 50g             |
|   | unt\ou fiert     | 50gr\1buc  |          |      |                              |             |          |      |                                    |                 |
| Rg 3<br>(Afectiuni<br>B.D.A)                                | Ceai fara zahar  | 250 ml     |          |      | Supa de orez                 | 400 ml      |          |      | orez cu morcov<br>rondele          | 300g            |
|   | paine            | 50g        | biscuiti | 50gr | Orez fiert si branza vaci    | 200/70g     | biscuiti | 50gr |                                    |                 |
|   | 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      |          |      | Paste cu legume si<br>pulpa de pui | 200/150<br>gr   |
|   | paine            | 50g        | Biscuiti | 50gr | Pilaf cu pulpa de pui        | 200g\150gr  | Biscuiti | 50gr |                                    |                 |
|   | branza de vaci   | 70 gr      |          |      | paine                        | 150gr/1buc  |          |      | paine                              | 50gr            |
|   | unt\gem          | 50gr\1buc  |          |      | Compot                       | 360gr       |          |      |                                    |                 |
| RG 5-6(Af<br>renale<br>,cardio-<br>vasculare)<br>Rg desodat | paine\ceai       | 50gr/250ml |          |      | Supa cu legume si vacuta     | 400ml       | kiwi     | 1buc | Paste cu legume si<br>pulpa de pui | 250/150<br>gr   |
|   | pasta br vaci    | 70gr       |          |      | Ciulama cu leg. si           | 250gr       |          |      |                                    |                 |
|   | unt\gem          | 1/1buc     | Halva    | 50gr | perisoara de<br>pui\Mamaliga | 150gr200gr  |          |      | Ceai                               | 250ml           |
|   | tocana de legume | 100gr      |          |      | eugenia                      | 1buc        |          |      | Paine                              | 50gr            |
| Rg 7  | Ceai             | 250 ml     |          |      | Supa cu legume               | 400 ml      |          |      | Paste cu legume                    | 250gr           |
|   | paine            | 50g        |          |      | Pilaf cu legume              | 200g        | kiwi     | 1buc |                                    |                 |

|                    |                       |                       |           |      |  |   |               |      |                                    |                 |
|--------------------|-----------------------|-----------------------|-----------|------|--|---|---------------|------|------------------------------------|-----------------|
| Rg 8 diabet        | branza de vaci        | 70gr                  | biscuiti  | 50gr | paine  | 150 g   |               |      | paine                              | 50g             |
|                    | Gem\Unt               | 1buc/1buc             |           |      | eugenia  | 1buc  |               |      |                                    |                 |
| Rg 9,              | Ceai f.z              | 250 ml                |           |      | Supa cu legume si fidea                            | 400 ml  |               |      | paste cu legume si<br>pulpa de pui | 250/150<br>gr   |
|                    | paine\sunca presata   | 50gr\70gr             | Pate      | 1buc | Ciulama cu leg. si<br>perisoara de<br>pui\Mamaliga | 250\150\200gr                                   | laurt         | 1buc | Ceai fara zahar                    | 250ml           |
|                    | pasta de branza       | 70gr                  |           |      | paine  | 50gr  |               |      | paine                              | 50gr            |
|                    | brz topita            | 1buc                  |           |      |  |   |               |      |                                    |                 |
| Rg Psihici         | Ceai\paine            | 250ml\50gr            |           |      | Bors cu leg.si vacuta                              | 400ml   |               |      | Paste cu legume si<br>pulpa        | 250/150<br>gr   |
|                    | Insotitoare,          | sunca\pasta de branza | 70gr\1buc | Pate | 1buc   | Ciulama cu leg.si perisoara<br>de pui \mamaliga | 250/150/200gr | kiwi | 1buc                               | Ceai            |
| Rg 10\lauze        | unt\gem               | 1/1buc                |           |      | eugenia  | 1buc  |               |      | paine                              | 50gr            |
|                    | Rg 3-18<br>Rg 1-3 ani | Ceai                  | 250ml     |      |  | Bors cu legume si vacuta                        | 400 ml        |      | Paste cu legume si<br>pulpa de pui | 250gr/1<br>50gr |
| Medici de<br>garda | paine\sunca presata   | 50/70gr               |           |      |  |   |               |      | ceai                               | 250ml           |
|                    | unt\gem               | 1/1buc                | Pate      | 1buc | Ciulama cu perisoare piept<br>de pui               | 250/150/200gr                                   | kiwi          | 1buc | Paine                              | 50gr            |
|                    | ceai\paine            | 250/50gr              |           |      | mamaliga\ eugenia                                  | 1buc  |               |      |                                    |                 |
|                    | ou fiert\cascaval     | 1buc\70gr             |           |      | bors cu legume si vacuta                           | 400ml   |               |      | Ceai                               | 250ml           |
| Medici de<br>garda | carnati               | 70gr                  |           |      | Piure de cartofi cu piept<br>de pui                | 250\150gr                                       |               |      | Cartofi la cuptor                  | 250gr           |
|                    | pateu\masline         | 1/30gr                |           |      | Ardei copti  | 100gr   |               |      | cu piept de curcan                 | 150gr           |
|                    |                       |                       |           |      |  |   |               |      | salata de varza                    | 100gr           |

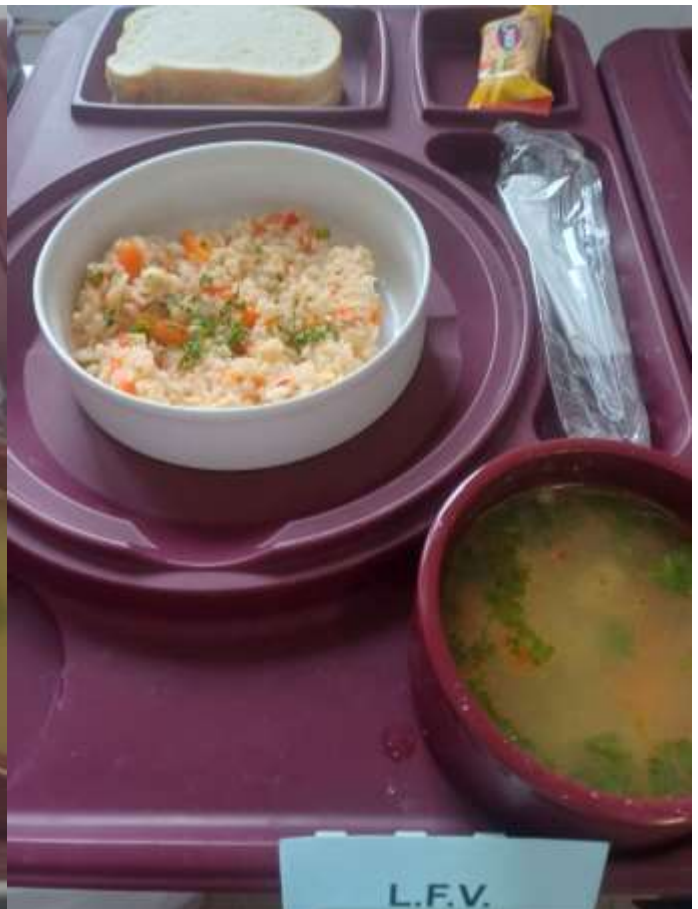
\*\*Nota: Conform Ordinului nr.183/2016, art.3, si a Reg. CE 1169/2011 privind informarea consumatorilor, va aducem la cunostinta ca preparatele culinare din cadrul unitatii noastre, pot fi prezenti agenti alergeni din produse lactate si produse derivate (lactoza), cereale care contin gluten (paine si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

MIC DEJUN





PRANZ





# CINA

