

ANEXA 3

PRANZ		SUBS/PRODUS					
MENIU	CANT. (gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII		
2 supa de legume cu ou-250 gr miorcov	ceapa	30	0	3	0	12	
	ardel	20	0	2	0	8	
	telina	30	0	1.5	0	6	
	patrunjel radacina	20	0	2	0	8	
	cartofi	10	0	1	0	4	
	sare	100	0	20	0	80	
	verdeata	3	0	0	0	0	
	ou	5	0	0	0	0	
	ulei	25	3.5	0	3	41	
		5	0	0	5	45	
	total		3.5	29.5	3	204	
	piept de pui-150gr	piept pui	150	30	0	7.5	187.5
		sare	2	0	0	0	0
		pipet	2	0	0	0	0
		ulei	5	0	0	5	45
total			30	0	12.5	232.5	
sote de cartofi si ciuperci 200gr	ciuperci	80	4	1.6	0	22.4	
	cartofi	120	0	24	0	96	
	sare	2	0	0	0	0	
	unt	10	0.8	0.3	8	118.4	
	total		4.8	25.9	8	236.8	
salata varza proaspata-100 g varza	ulei	100	2	5	0	28	
	otet	5	0	0	5	45	
	sare	5	0	0	0	0	
	sare	2	0	0	0	0	
	marar	2	0	0	0	0	
	total		2	5	5	73	
painne	chifla	100	10	50	0	240	
	total		10	50	0	240	
mere coapte -150gr	mere	150	0	15	0	60	
	scortisoara	5	0	0	0	0	
	zahar	20	0	20	0	80	
	zahar pudra	2	0	2	0	8	
total		0	37	0	148		
TOTAL MENIU		50.3	147.4	28.5	1134.3		

intocmit - asistent dietetician

COENEA LORINA-REKHYA

[Signature]

PRANZ ADULTI		CANT. (gr) PROTEINE GLUCIDE LIPIDE CALORII				
6	carba de pui cu rosii-250 gr morcov	20	0	2	0	8
	ceapa	15	0	1.5	0	6
	telina	15	0	1.5	0	6
	talhai	15	1.5	12	0	54
	ardei gras	10	0	0.5	0	2
	rosii in bulion	100	4	12	0	64
	carne pui	50	10	0	2.5	62.5
	sare	3	0	0	0	0
	Verdeata	5	0	0	0	0
	total	15.5	29.5	2.5	202.5	
	snitel pui-150 gr	130	26	0	6.5	162.5
	piept pui	20	0	8	0	32
	pestmet	15	1.5	11.25	0	51
	falna	20	2.8	0	2.4	32.8
	ou	10	0	0	10	90
	ulei	10	0	0	10	90
	sare	2	0	0	0	0
	total	30.3	19.25	18.9	368.3	
	plaf sarbesc	130	0	26	0	104
	dovlecel	30	0	0.9	0	3.6
	rosii	30	0	1.2	0	4.8
	ardei gras	20	0	1	0	4
	ulei	15	0	0	15	135
	ceapa	10	0	1	0	4
	sare	3	0	0	0	0
	verdeata	5	0	0	0	0
	total	0	30.1	15	255.4	
	salata varza proaspata-100 g varza	100	2	5	0	28
	ulei	5	0	0	5	45
	otet	5	0	0	0	0
	sare	2	0	0	0	0
	marar	5	0	0	0	0
	total	2	5	5	73	
	paINE	100	10	50	0	240
	compot asortat-150gr	50	0	7.5	0	30
	visine	50	0	7.5	0	30
	mere	50	0	5	0	20
	zahar	20	0	20	0	80
	total	0	40	40	0	160
	TOTAL MENU	57.8	173.85	41.4	1299.2	

Inocentii - asistent dietetician

CELEA WILSON-ROXANA

Roxana

CINA - ADULTI		SUBS./PRODUS					
MENIU	CANT. (gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII		
5 pui cu ciuperci -150 gr	piept pui	100	20	0	5	125	
	ciuperci	150	12.5	1	0	14	
	sare	2	0	0	0	0	
	pipera	2	0	0	0	0	
	ulei	10	0	0	10	90	
total		22.5	1	15	229		
cartofi frantuzesti-200gr	cartofi	140	0	28	0	112	
	branza telemea	50	8.5	0.5	8.5	112.5	
	ou	15	2.1	0	1.8	24.6	
	margarina	5	0	0	4	36	
	total		10.6	28.5	14.3	285.1	
paine	chilija	50	5	25	0	120	
	total		5	25	0	120	
salata de cruditati-100 gr	morcov	30	0	3	0	12	
	varza	30	0.6	1.5	0	8.4	
	telina	30	0	3	0	12	
	mar	20	0	2	0	8	
	sare	2	0	0	0	0	
	ulei	2	0	0	2	18	
	total		0.6	9.5	2	58.4	
	placinta cu mere	faina	50	5	37.5	0	170
		margarina	10	0	0	8	72
		mere	100	0	10	0	40
total			5	47.5	8	282	
zahar	zahar	15	0	15	0	60	
	total		5	62.5	8	342	
TOTAL MENIU		43.7	126.5	39.3	1034.5		
6 ficateli pui la cuptor-100 gr	ficateli	100	20	4	6	150	
	sare	2	0	0	0	0	
	ulei	10	0	0	10	90	
	total		20	4	16	240	
	spanac sote-200 gr	spanac	200	6	4	0	40
		unt	10	0.8	0.3	8	76.4
		sare	2	0	0	0	0
	total		6.8	4.3	8	116.4	
	paine	chilija	50	5	25	0	120
		total		5	25	0	120
salata de fructe-100 gr	portocale	40	0	4	0	16	
	mere	40	0	4	0	16	
	pere	20	0	3	0	12	
	total		0	11	0	44	
TOTAL MENIU		31.8	44.3	24	520.4		

Inocentii - asistent dietetician

CORINA LICHTENAU-ROSKAID

Roskaid

CINA ADULTI		SUBS/PRODUS						
MENIU		CANT.(gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII		
7	piapt pui grater-100 gr	piapt pui	100	29	0	5	125	
		sare		0	0	0	0	
		pipier	2	0	0	0	0	
		ulei	10	0	0	10	90	
		total		20	0	15	215	
		paste gratinate-200 gr	paste	150	4.5	30	0	138
			cascaval	30	6	0	6	78
			ou	40	5.6	0	4.8	65.6
			sare	3	0	0	0	0
			total		16.1	30	10.8	281.6
paine	chifla	50	5	25	0	120		
	compot de mere 150ml	100	0	10	0	40		
	zahar	15	0	15	0	60		
	total		0	25	0	100		
	TOTAL MENU		41.1	80	25.8	716.6		

inocent - asistent dietetician

ADRIANA LUCIFER - ROXANA
Roxana

		MIC DEJUN	DIGESTIV	SUBS/PRODUS			
				PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA	1	chifla prajita	50	5	25	0	120
		unt	10	0,8	0,3	8	76,4
		branza de vaci	100	17	4	1	93
		lapte	250	7,5	12,5	5	125
		TOTAL		30,3	41,8	14	414,4
VARIANTA	2	ou fiert	50	7	0	6	82
		branza de vaci	50	8,5	2	0,5	46,5
		unt	10	0,8	0,3	8	76,4
		chifla prajita	50	5	25	0	120
		lapte	250	7,5	12,5	5	125
		TOTAL		28,8	39,8	19,5	449,9
VARIANTA	3	unt	10	0,8	0,3	8	76,4
		oua ochiuri romanesti	100	14	0	12	164
		chifla prajita	50	5	25	0	120
		lapte	250	7,5	12,5	5	125
		TOTAL		27,3	37,8	25	485,4

Inocentii - asistent dietetician

COORDONATOR - DIETETICIAN

Ruculescu

VARIANTA	PRANZ - DIGESTIV	SUBS/PRODUS				
		PROTEINE	GLUCIDE	LIPIDE	CALORII	
3	supa crema de legume-250 g morcov	50	0	5	0	20
	cartofi	50	0	10	0	40
	telina	20	0	2	0	8
	unt	10	0.8	0.3	8	76.4
	lapte	10	0.3	0.5	0.2	5
	sare	3	0	0	0	0
	verdeata	5	0	0	0	0
	galbenus ou	.18	3.96	0	5.94	69.3
	total		5.06	17.8	14.14	218.7
	plept pul gratar-100 gr	100	20	0	5	125
	sare	2	0	0	0	0
	ulei	10	0	0	10	90
	total		20	0	15	215
	conopida gratinata -200	160	0	3.2	0	12.8
	telimes	20	3.4	0.2	3.4	45
cascaval	20	4	0.2	4	52.8	
ou	20	2.8	0	2.4	32.8	
margarina	10	0	0	8	72	
faina	5	0.5	3.75	0	17	
total		10.7	7.35	17.8	232.4	
paline	50	5	25	0	120	
crutoane	50	5	25	0	120	
desert-mere coapte cu zahar	200	0	20	0	80	
total		0	15	0	60	
total		0	35	0	140	
TOTAL MENU		45.76	130.15	46.94	1046.1	

Intocmiti - asistent dietetician

COPIET LICHIM - ROXANA

Roxana

VARIANTA	CINA	-DIGESTIV	2 file de macrou la gratar 100gr	macrou file sare	SUBS/PRODUS			
					PROTEINE	GLUCIDE	LIPIDE	CALORII
			100	19	0	5	121	
			2	0	0	0	0	
			total	19	0	5	121	
			100	0	20	0	80	
			50	0	5	0	20	
			50	0	1.5	0	6	
			10	0.8	0.3	8	76.4	
			3	0	0	0	0	
			total	0.8	26.8	8	182.4	
			50	5	25	0	120	
			100	0	15	0	60	
			15	0	15	0	60	
			total	0	30	0	120	
			TOTAL MENU	24.8	81.8	13	543.4	

Inocuit - asistent dietetician
 CORINA CIOBANU - RUXANDA

Ruxanda

MIC DEJUN - DIABET		SUBS/PRODUS			
		GLUCIDE	LIPIDE	CALORII	
VARIANTA 1	1 ou fieri	0	6	82	
	unt	0.8	8	76.4	
	branza de vaci	2	0.5	46.5	
	iaurt dietetic/ORA 10	8	0	56	
	gr 50	6	0	127.2	
VARIANTA 2	iaurt dietetic/ORA 10	13.8	0	127.2	
	paine hipoglucidica	18	0	127.2	
	gr 200	18	0	127.2	
	gr 60	18	0	127.2	
	TOTAL	40.3	24.1	14.5	388.1
VARIANTA 3	2 lapte/ORA 10	6	10	100	
	unt	0.8	0.3	76.4	
	sunca presata	9	0	157.5	
	gr 50	10	0	130	
	gr 50	10	0	130	
VARIANTA 3	paine hipoglucidica	18	0	127.2	
	gr 60	18	0	127.2	
	TOTAL	43.8	24.1	35.5	591.1
	3 ceai cu lamaie	0	0	0	
	omleta cu telmea-120gr	1.4	0	164	
gr 100	1.4	0	164		
oua	3.4	12	45		
telmea	0.2	3.4	45		
gr 20	0.4	0.15	38.2		
unt	0.4	0.15	38.2		
gr 5	6	8	56		
iaurt dietetic/ORA 10	6	8	56		
gr 200	6	8	56		
paine hipoglucidica	18	0	127.2		
gr 60	18	0	127.2		
TOTAL	41.8	22.15	19.4	430.4	

Inocentiu - asistent dietetician
 DIABET - LUCIANA - ROXANA

Luciana

PRANZ		SUBS/PRODUS			
-DIABET		PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA	1. supa pui-250 gr				
	morcov	20 gr	0	2	0
	ceapa	15 gr	0	1.5	0
	telina	15 gr	0	1.5	0
	taigel	10 gr	1	7.5	0
	ardel gras	10 gr	0	0.5	0
	carne pui	40 gr	8	0	2
	sare	2 gr	0	0	0
	verdeaata	5 gr	0	0	0
	antrecot de vita-120 gr		9	13	2
	antrecot vita	120 gr	24	0	3.6
	sare	3 gr	0	0	0
	pipet	2 gr	0	0	0
	ulei	10 ml	0	0	0
	bulion	10 gr	0.4	1.2	0
	piure cartofi-200 gr		24.4	1.2	3.6
	cartofi	160 gr	0	32	0
	lapte	30 ml	0.9	1.5	0.6
	sare	3 gr	0	0	0
	unt	10 gr	0.8	0.3	8
	salata castraveti-100 gr		1.7	33.8	8.6
	castraveti	100 gr	0	3	0
	ulei	5 ml	0	0	5
	otet	5 ml	0	0	0
	marar	5 gr	0	0	0
	sare	2 gr	0	0	0
	paine hipoglucidica	80 gr	24	18.4	0
	desert-mere	200 gr	0	20	0
	TOTAL		59.1	89.4	19.2
					766.8

Inocenti - asistent dietetician
 WENDEL LOCHMANN-ROXINA

Roxina

PRANZ		DIABET				
VARIANTA		SUBS/PRODUS				
		PROTEINE	GLUCIDE	LIPIDE	CALORII	
2. ciorba taranasca galina-250 morcov	ceapa	20 gr	0	2	0	8
	ardei	20 gr	0	2	0	8
	telina	30 gr	0	1.5	0	6
	patrunjel/radacina	30 gr	0	3	0	12
	carofi	10 gr	0	1	0	4
	carne galina	100 gr	0	20	0	80
	sare	40 gr	8	0	2	50
	boris magic	5 gr	0	0	0	0
	ulei	5 gr	0	0	0	0
	ulei	5 ml	0	0	5	45
	piept pui gratat-100 gr		8	29.5	7	213
	piept pui	100 gr	20	0	5	125
	sare	2 gr	0	0	0	0
	pipert	2 gr	0	0	0	0
	ulei	5 ml	0	0	5	45
	spaghete in sos de rosii cu ciuperci-250-gr		20	0	10	170
	spaghete	150 gr	4.8	32	0	147.2
	rosii	50 gr	0	2	0	8
	ulei	10 ml	0	0	10	90
	ciuperci	50 gr	2.5	1	0	
paine hipoglucidica	60 gr	7.3	35	10	245.2	
desert-portocale	200 gr	18	13.8	0	127.2	
TOTAL		53.3	98.3	27	835.4	

Inocenti - asistent dietetician
 OPRINT LICENTIA-RETRACTA
 BUCURESTI

VARIANTA	CINA	DIABET	SUBS/PRODUS					
			PROTEINE	GLUCIDE	LIPIDE	CALORII		
3	amficot-vita-100 gr	artificot vita	100 gr	20	0	0	3	107
		sare	2 gr	0	0	0	0	0
		pipet	2 gr	0	0	0	0	0
		ulei	10 ml	0	0	10	0	90
		bulion	10 gr	0.4	1.2	0	0	6.4
		orez	140 gr	20.4	1.2	13	0	203.4
		dovlecei	20 gr	4.2	28	0	0	128.8
		ardel	20 gr	0	0.6	0	0	2.4
		morcov	10 gr	0	1	0	0	4
		ceapa	10 gr	0	1	0	0	4
		ulei	10 ml	0	0	10	0	90
		verdeata	5 gr	0	0	0	0	0
		sare	3 gr	4.2	31.6	10	0	233.2
		ardel	100 gr	0	5	0	0	20
		ulei	5 ml	0	0	0	5	45
sare	3 gr	0	0	0	0	0		
paine hipoglucidica	60 gr	0	5	5	5	65		
		18	13.8	0	0	127.2		
desert-portocale	200 gr	0	20	0	0	80		
		TOTAL	42.6	65.6	23	0	643.8	

Inocenti - asistent dietetician

CORINETA LUCRINTA-RUXANDA

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VARIANTA	CINA	-DIABET	SUBS/PRODUS				
			PROTEINE	GLUCIDE	LIPIDE	CALORII	
1	piept pui -100 gr	piept pui	100 gr	20	0	5	125
		sare	2 gr	0	0	0	0
		piiper	2 gr	0	0	0	0
		ulei	5 ml	0	0	5	45
		legume sote-200 gr		20	0	10	170
		ardei	40 gr	0	2	0	8
		dovlecei	50 gr	0	1.5	0	6
		ciuperci	50 gr	2.5	1	0	14
		vinete	30 gr	0	1.5	0	6
		rosii	30 gr	0	1.2	0	4.8
		sare	2 gr	0	0	0	0
		sare	2 gr	0	0	0	0
		piiper	2 gr	0	0	0	0
unt	10 gr	0.8	0.3	8	75.4		
		3.3	7.5	8	115.2		
	paine hipoglucidica	60 gr	18	13.8	0	127.2	
	desert-dietsici	pietsici	200 gr	0	30	0	120
			TOTAL	41.3	51.3	18	532.4

RIANTA	CINA	-DIABET	SUBS/PRODUS				
			PROTEINE	GLUCIDE	LIPIDE	CALORII	
2	cotlet de crap la gratar-100 g crap	100 gr	19	0	3	103	
		2 gr	0	0	0	0	
		sare	19	0	3	103	
		cartofi	200	0	40	0	160
		unt	10	0.8	0.3	8	75.4
		verdeata	5 gr	0	0	0	0
				0.8	40.3	8	236.4
				18	13.8	0	127.2
			paine hipoglucidica	60 gr			
			desert-mere coapte	mar	200 gr	0	20
			TOTAL	37.8	74.1	11	546.6

MANCINI - ASISTENT DIETETICIAN
 CALORIE SI NUTRIENTI
 DIETETICIAN
[Signature]

VARIANTA	MIC DEJUN -CORTIZON (fara sare)	SUBS/PRODUS				
		PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA 1	branza de vaci	70 gr	11.9	2.8	0.7	65.1
	ou fier	50 gr	7	0	6	82
	unt	10 gr	0.8	0.3	8	76.4
	laurt	100 gr	3	4	2	46
	paINE prajita regim	60 gr	6	30	0	144
	TOTAL		28.7	37.1	16.7	413.5
VARIANTA 2	laurt	100 gr	3	4	2	46
	unt	10 gr	0.8	0.3	8	76.4
	gem	20 gr	0	14	0	56
	branza de vaci	70 gr	11.9	2.8	0.7	65.1
	paINE prajita regim	60 gr	6	30	0	144
	TOTAL		21.7	51.1	10.7	387.5
VARIANTA 3	oua ochiuri romanesti	100 gr	14	0	12	164
	cas dulce	70 gr	12.6	4.2	2.8	92.4
	lapte	100 ml	3	5	2	50
	paINE prajita regim	60 gr	6	30	0	144
	TOTAL		35.6	39.2	16.8	450.4

Intocmiti - asistent dietetician

DIETETA LICHINA - ROXANA

Roxana

VARIANTA	CINA CORTIZON (fara sare)	SUBS/PRODUS			
		PROTEINE	GLUCIDE	LIPIDE	CALORII
1	ficat de pui la gratar-100gr	20	4	5	150
	ficat de pui	100 gr	4	6	150
	piraf cu legume-200gr	20	4	6	150
	orez	0	32	0	128
	ceapa	0	1	0	4
	morcov	0	2	0	0
	ardel	0	1	0	0
	ulei	0	0	10	0
	verdeata	0	0	0	0
	5 gr	0	0	0	0
	36	10	0	132	
	salata varza proaspata-100 g varza	2	5	0	28
	ulei	0	0	5	45
	5 ml	0	0	0	0
	otet	0	0	0	0
	5 ml	0	0	0	0
	marar	0	0	0	0
	5 gr	0	0	0	0
	2	5	5	73	
	50 gr	5	25	0	120
	paine regim	5	25	0	120
	salata de fructe-100 gr	0	4	0	16
	portocala	0	4	0	16
	mere	0	4	0	16
	40 gr	0	4	0	16
	kiwi	0	1	0	4
	20 gr	0	1	0	4
	0	9	0	36	
	TOTAL	27	79	21	513

Inocent - asisten dietetician
 OLYMPIA LUCIANA - RUXANDA

Ruxanda

		MIC DEJUN		RENAL		SUBS/PRODUS			
				PROTEINE	GLUCIDE	LIPIDE	CALORII		
FRANTA	1	branza de vaci	70 gr	11.9	2.8	0.7	65.1		
		unt	10 gr	0.8	0.3	8	76.4		
		gem	20 gr	0	14	0	56		
		laurt	100 gr	3	4	2	46		
		paime	60 gr	6	30	0	144		
		TOTAL		21.7	51.1	10.7	387.5		
FRANTA	2	lapte	100 ml	3	5	2	50		
		unt	10 gr	0.8	0.3	8	76.4		
		cu fier	50 gr	7	0	5	82		
		branza de vaci	50 gr	8.5	2	0.5	46.5		
		paime	60 gr	6	30	0	144		
		TOTAL		25.3	37.3	16.5	398.9		
FRANTA	3	unt	10 gr	0.8	0.3	8	76.4		
		gem	20 gr	0	14	0	56		
		laurt	100 gr	3	4	2	46		
		cas dulce	70 gr	12.6	4.2	2.8	92.4		
		paime	60 gr	6	30	0	144		
		TOTAL		22.4	52.5	12.8	414.8		

Inlocuiri - asistent dietetician

~~DORENA UCHIRAL - REXINA~~

Andreea

PRANZ · RENAL

VA RIANTA	1 supa cu galuste-250 gr	SUBS/PRODUS				
		PROTEINE	GLUCIDE	LIPIDE	CALORII	
	morcov	20 gr	0	2	0	8
	ceapa	10 gr	0	1	0	4
	telina	15 gr	0	1.5	0	6
	ardel gras	20 gr	0	1	0	4
	patrunjel radacii	10 gr	0	1	0	4
	gris	30 gr	3	22.5	0	102
	ou	15 gr	2.1	0	1.8	24.6
	verdeata	5 gr	0	0	0	0
	ulei	5 ml	0	0	5	45
	antrecot vita-100 gr	100 gr	5.1	29	6.8	197.6
	antrecot vita	100 gr	20	0	3	107
	pipier	2 gr	0	0	0	0
	ulei	10 ml	0	0	10	90
	bulion	10 gr	0.4	1.2	0	6.4
	sote de legume-200gr	100 gr	20.4	1.2	13	203.4
	cartofi	100 gr	0	20	0	80
	morcovi	50 gr	0	5	0	20
	fasole verde	50 gr	1	2.5	0	14
	unt	10 gr	0.8	0.3	8	76.4
	verdeata	5 gr	0	0	0	0
	salata verza proaspata-100 gr	100 gr	1.8	27.8	8	190.4
	varza	100 gr	2	5	0	28
	ulei	5 ml	0	0	5	45
	otet	5 ml	0	0	0	0
	marar	5 gr	0	0	0	0
	paine	100 gr	2	5	5	73
	desert- Chec-100 gr	50	5	37.5	0	170
	ulei	10	0	0	10	0
	ou	30	4.2	0	3.6	0
	zahar	20	0	20	0	0
	cacao	5	0	2	0	0
	TOTAL		48.5	172.5	46.4	1074.4

INFORMATII - asistent dietetician
 CA RICHIA LUCIANA RIVKIL
 Roulers

MIC DE UN		DIGESTIV-PEDIATRIE		SUBS/PRODUS			
		PROTEINE	GLUCIDE	LIPIDE	CALORII		
VARIANTA 1	chifla prajita	50 gr	5	25	0	120	
	unt	10 gr	0.8	0.3	8	76.4	
	caș dulce	90 gr	16.2	5.4	3.6	118.8	
	ceai cu lamaie	100 ml	0	0	0	0	
	lapte /ORA 10	100 ml	3	5	2	50	
	TOTAL		25	35.7	13.6	365.2	
VARIANTA 2	ou fiert	50 gr	7	0	6	82	
	branza de vaci	50 gr	8.5	2	0.5	46.5	
	ceai cu lamaie	100 ml	0	0	0	0	
	chifla prajita	50 gr	5	2.5	0	120	
	lapte /ORA 10	100 ml	3	5	2	50	
	TOTAL		23.5	32	8.5	298.5	
VARIANTA 3	chifla prajita	50 gr	5	2.5	0	120	
	oua ochiuri romanești	100 gr	14	0	12	164	
	ceai cu lamaie	100 ml	0	0	0	0	
	lapte /ORA 10	100 ml	3	5	2	50	
	TOTAL		22	30	14	334	

inocuit - asistent dietetician

CORINA CUCIUKA-RUKINA

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VARIANTA	PRANZ DIGESTIV-PEDIATRIE	SUBS/PRODUS				CALORII	
		PROTEINE	GLUCIDE	LIPIDE			
3 supa crema de legume-200 gr	morcov	30 gr	0	3	0	12	
	cartofi	30 gr	0	6	0	24	
	telina	10 gr	0	1	0	4	
	unt	10 gr	0.8	0.3	8	76.4	
	lapte	10 ml	0.3	0.5	0.2	5	
	sare	3 gr	0	0	0	0	
	verdeata	5 gr	0	0	0	0	
	galbenus ou	18 gr	0.72	0	1.08	12.6	
	piept pui	70 gr	1.82	10.8	9.28	134	
	sare	2 gr	0	0	3.5	87.5	
	ulei	5 ml	0	0	5	45	
	macaroane gratinate-150gr	macaroane	100 gr	14	0	8.5	132.5
	unt	10 gr	3	20	0	92	
	branza de vaci	30 gr	0.8	0.3	8	76.4	
	ou	10 gr	5.1	1.2	0.3	27.9	
crutoane	50 gr	1.4	0	1.2	16.4		
desert-compot de fructe	mere	50 gr	10.3	21.5	9.5	212.7	
caise	50 gr	5	25	0	140		
zahar	15 gr	0	5	0	20		
		0	7.5	0	30		
		0	15	0	60		
		0	27.5	0	110		
TOTAL		31.12	84.8	27.28	709.2		

Inocentii - asistenta dietetica
 CORNELIA LILOANCA PELECAN
[Signature]

VARIANTA	CINA	DIGESTIV-PEDIATRIE	SUBS/PRODUS				
			PROTEINE	GLUCIDE	LIPIDE	CALORII	
3	fiatai de pui la gratar-70gr	fiatai pui	70 gr	14	28	4.2	105
		sare	2 gr	0	0	0	0
pura cartofi-150 gr		cartofi	120 gr	0	24	0	96
		lapte	20 ml	0.6	1	0.4	10
		sare	3 gr	0	0	0	0
		unt	10 gr	0.8	0.3	8	76.4
		stercia	70 gr	1.4	25.3	8.4	182.4
salata de sfeclarosie-70gr		stercia	70 gr	0	7	0	28
		ulei	5 ml	0	0	5	45
sare		sare	2 gr	0	0	0	0
		chifla	50 gr	0	7	5	73
paينة		chifla	50 gr	5	25	0	120
		lapte	100 ml	3	5	2	50
desert-gris cu lapte-100 gr		gris crud	20	2	15	0	68
		zahar	10	0	10	0	40
TOTAL			25.4	90.1	19.6	638.4	

Inoculifer - asistat dietetician

CECILIETA LIPOVAN - REXINIA

2010

MIC DEJUN		CORTIZON-PEDIATRIE (fara sare)		SUBS/PRODUS			
		PROTEINE	GLUCIDE	LIPIDE	CALORII		
VARIANTA 1	branza de vaci cu fierc	8.5	2	0.5	46.5		
	ceai cu lamaie	7	0	6	82		
	paine prajita regim	0	0	0	0		
	50 gr	5	25	0	120		
	100 ml	3	4	2	46		
	100 gr						
	laurt/ORAI0						
	100 gr						
	TOTAL	23.5	31	8.5	294.5		
VARIANTA 2	ceai cu lamaie						
	100 ml						
	paine prajita regim						
	50 gr	0.8	0.3	8	76.4		
	unt	10	14	0	56		
	gem	20	70	0	119		
	branza de vaci	70	2.8	0.7	65.1		
	70 gr	3	4	2	46		
	100 gr						
	laurt/ORAI0						
	100 gr						
	TOTAL	15.7	21.1	10.7	243.5		
VARIANTA 3	oua ochiuri romanesi	14	0	12	164		
	100 buc	5	25	0	120		
	paine prajita regim	0	0	0	0		
	50 gr	0	0	0	0		
	ceai cu lamaie	0	0	0	0		
	100 ml	3	4	2	46		
	100 gr						
	laurt/ORAI0						
	100 gr						
	TOTAL	22	29	14	330		

Intocmit - asistenta dieteticiana

CORINA L. NICOLAE - ROMANIA

nicolae

MIC DEJUN . . . RENAL-PEDIATRIE		SUBS/PRODUS				
VARIANTA		PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA 1	branza de vaci					
	unt	70 gr	15	28	0.7	65.1
	gem	10 gr	0.8	0.3	8	76.4
	ceai cu lamale	20 gr	0	14	0	56
	paime	100 gr	0	0	0	0
	lapte/ORA 10	50 gr	5	25	0	120
	100 gr	3	4	2	46	
	TOTAL	17.7	42.1	8.7	317.5	
VARIANTA 2	ceai cu lamale	100 ml	0	0	0	0
	cu fier	50 gr	7	0	6	82
	branza de vaci	50 gr	8.5	2	0.5	46.5
	paime	50 gr	5	25	0	120
	lapte/ORA 10	100 ml	3	5	2	50
	TOTAL	23.5	32	8.5	298.5	
VARIANTA 3	unt	10 gr	0.8	0.3	8	76.4
	gem	20 gr	0	14	0	56
	ceai dulce	70 gr	12.6	4.2	2.8	92.4
	ceai cu lamale	100 ml	0	0	0	0
	paime	50 gr	5	25	0	120
	lapte/ORA 10	100 gr	3	4	2	46
	TOTAL	21.4	47.5	12.8	390.8	

Intocmit - asistent dietetician
CORINEL LIADINA - ROXANA

Ruby

)

PRANZ RENAL-PEDIATRIE		SUBS/PRODUS		CALORII
		PROTEINE	LICIDE	
A RIANTA	3 supa de rosii cu taietel de casa-200 gr	0	2	8
	morcov	0	1	4
	ceapa	0	1	4
	telina	0	15	68
	taietel	2	0.5	2
	ardel gras	0	4.8	25.6
	rosii in bulion	1.6	0	0
	verdeata	0	0	0
	5 gr	3.6	24.3	111.6
	pulpe pui la gratar-70gr	14	0	87.5
	pulpe pui	0	0	45
	ulei	0	5	132.5
	5 ml	14	0	8.5
	legume mexicane-150 gr	0	3	12
	morcov	0.6	4	18.4
	porumb	0	1	4
	ardel	0	10	40
	cartofi	0.6	1.5	8.4
	fasole pastai	30 gr	0.15	38.2
	unt	5 gr	0.4	4
	1.6	19.65	4	121
	desert-			
	placinta cu branza dulce	4	30	136
	100gr	15	0	108
	faina	0	2	46.5
	margarina	8.5	0	80
	branza vaci	0	20	24.6
	zahar	2.1	0	1.8
	ou	15	52	395.1
	14.6	14.3	0	0
	chiftia	5	25	110
	50 gr	38.8	120.95	26.8
	TOTAL	38.8	120.95	880.2

intocmit - asistent dietetician
COPIET LICHINA PORTINA

Calin

CINA	RENAL-PEDIATRIE	ficatei de pui	SUBS/PRODUS			
			PROTEINE	GLUCIDE	LIPIDE	CALORII
A RIANTA	1 ficatei pui la gratar-70gr	70 gr	14	2.8	4.2	105
			14	2.8	4.2	105
	carotfi gratinati:150 gr	100 gr	0	20	0	80
		30 gr	5.1	1.2	0.3	27.9
	branza de vaci	20 gr	2.8	0	2.4	32.8
	ou	5 gr	0.4	0.15	4	38.2
	unt		8.3	21.35	6.7	178.9
	salata varza proaspata-70 gr	70 gr	1.4	3.5	0	19.6
		5 ml	0	0	5	45
	varza	5 gr	0	0	0	0
	uiel		0	0	0	0
	marar		1.4	3.5	5	64.6
	palme	50 gr	5	25	0	120
	salata de fructe-70 gr	30	0	3	0	12
		30	0	3	0	12
	portocale		0	0.5	0	2
	mere	10	0	6.5	0	26
	kiwi		0	6.5	0	26
	TOTAL		28.7	59.15	15.9	494.5

incominti - asistent dietetician

CORNEA LUCIANA - REXINA

Lucina

meniu - leuze		SUBS/PRODUS			
VARIANTA		PROTEIN	GLUCIDE	LIPIDE	CALORII
ZI-1	1. regim hidric-apa plata, suc din gpm pot 1.5l/zi [fara zahar]	0	0	0	0
ZI-1	[regim pentru evitarea balonarilor]	0	0	0	0
TOTAL		0	0	0	0
VARIANTA		2. supa de legume strecur patrunjel radacina			
ZI-1	250 ml	30 gr	0	3	0
[regim pentru evitarea balonarilor]		20 gr	0	2	0
	ceapa	50 gr	0	5	0
	morcovi	20 gr	0	1	0
	ardei	20 gr	0	2	0
	telina	5 gr	0	0	0
	sare	5 gr	0	0	0
	verdeata	5 gr	0	0	0
	suc din compot [fara zahar]	0	0	0	0
TOTAL		0	13	0	52
VARIANTA zi-2		telenea-mic dejun			
[dupa reluarea tranzitului intestinal]		60 gr	10.2	0.8	10.2
	ceai de anason si chimen	200 ml	0	0	0
	paine cu tarate	50 gr	4	25	0
	iaurt-ora 10	200 gr	6	8	0
[regim pentru stimularea lactatiei]					56
	pranz-				
	supa crema de legume- morcov	50 gr	0	5	0
	250 ml	20 gr	0	2	0
	ceapa	20 gr	0	2	0
	telina	50 gr	0	10	0
	cartofi	20 gr	0	1	0
	ardel	20 gr	0	0.6	0
	dovleci	5 gr	0	0	0
	sare	5 gr	0	0	0
	verdeata	5 gr	0	0	0
	compot de mere 200 m mere	150 gr	0	15	0
	zahar	15 gr	0	15	0
	paine cu tarate-cruetoane	50 gr	4	25	0
	seara-				
	piept de pui la gratar-1C piept pui	100 gr	20	0	5
	salata verde-100 gr	100 gr	1	3	0
	salata verde	10 ml	0	0	16
	ulei de masline	50 gr	4	25	10
	paine cu tarate				116
TOTAL		49.2	137.2	25.2	972.4

Inlocuiri asistent dietetician

CRISTINA LUCIANA ROXANA

[Signature]

VARIANTA	ZI - 3	meniu		SUBS/PRODUS				
		lehuze		PROTEINE	GLUCIDE	LIPIDE	CALORII	
[regim pentru calitatea lactelui]	mic dejun-ou fier moale	telamea	50 gr	7	0	0	8	82
	ceai de anason si chimen		50 gr	8.5	0.5	8.5	112.5	
	paini cu tarate		200 ml	0	0	0	0	0
			50 gr	4	25	0	116	
	iaurt-ora 10		200 gr	6	8	4	92	
	supa de pui cu galuste- morcov		300 ml	0	3	0	12	
		ceapa	10 gr	0	1	0	4	
		telina	20 gr	0	2	0	8	
		ardel gras	20 gr	0	1	0	4	
		carne pui	50 gr	10	0	2.5	62.5	
		patrunjel radacina	10 gr	0	1	0	4	
		gris	30 gr	3	22.5	0	102	
		ou	15 gr	2.1	0	1.8	24.6	
		verdeata	5 gr	0	0	0	0	
		ulei	5 ml	0	0	5	45	
	compot de pierisci		200 ml	0	22.5	0	90	
		piersici	15 gr	0	1.5	0	80	
	zahar	60 gr	4.8	30	0	139.2		
seara-gratar din piept de pui		100 gr	20	0	5	125		
pui +salata verde+	salata verde	100 gr	1	3	0	16		
piure de cartofi-200gr	cartofi	160 gr	0	32	0	128		
	lapte	30 ml	0.9	1.5	0.6	15		
	unt	10 gr	0.8	0.3	8	76.4		
	sare	5 gr	0	0	0	0		
TOTAL				68.1	168.3	41.4	1318.2	

Intocmiti, asistent dietetician

ORNEA LIVIANA - RUXANDA



VARIANTA	9 luni	meniu		SUBS/PRODUS				
		5 MESE/ZI	sugari	PROTEINE	GLUCIDE	LIPIDE	CALORII	
2 mese cu lapte+	mar copt cu branza de vaci-200 gr piraf cu carne pui rasol 200/50 gr laurt cu biscuiti-180 gr	mere	branza de vaci	150 gr	50 gr	0	0	60
		orez	morcovi	180 gr	20 gr	0	0	8
		carne pui	unt	50 gr	5 gr	0	0	62.5
		laurt	biscuiti	150 gr	30 gr	0	0	38.2
		0	0	0	0	0	0	0
		4.5	6	3	3	69		
		22.2	0	0	0	100.8		
		31.8	83.35	10	550.6			
		TOTAL						

VARIANTA	dupa 10 luni	5 MESE/ZI		SUBS/PRODUS				
		banane si biscuiti 200 gr	biscuiti banane	PROTEINE	GLUCIDE	LIPIDE	CALORII	
2 mese de lapte+	supa cu perisoare 250 r morcovi telina parunjel/radacina ardel ceapa carne pui orez ou verdeata unt	banane	biscuiti	50 gr	150 gr	0	0	0
		0	0	5	37	0	0	168
		0	0	27	0	0	0	108
		0	0	5	0	0	0	20
		0	2	0	0	0	0	8
		0	1	0	0	0	0	4
		0	0.5	0	0	0	0	2
		0	1	0	0	0	0	4
		10	0	2.5	0	0	0	62.5
		0.4	3.8	0	0	0	0	16.8
1.4	0	1.2	0	0	0	16.4		
0	0	0	0	0	0	0		
0.4	0.15	4	0	0	0	38.2		
mamaliguta vaci 200 gr	branza c mamaliguta branza de vaci	150 gr	50 gr	3	22.5	0	0	102
8.5	2	0.5	0	0	0	0	46.5	
TOTAL		28.7	101.95	8.2	596.4			

Inlocuit asistent dietician

DIETICIAN LUCIANA-REXHA

Luciana