

MENIU	PRANZ	CANT (g)	SUBS/PRODUS			CALORII	
			PROTEINE	GLUCIDE	LIPIDE		
2 supa de legume cu ou-250 gr	carcov	30	0	3	0	12	
	caapa	20	0	2	0	8	
	ardel	30	0	1.5	0	6	
	telina	20	0	2	0	8	
	patrunjel radacina	10	0	1	0	4	
	cartofi	100	0	20	0	80	
	sare	3	0	0	0	0	
	verdesta	5	0	0	0	0	
	ou	25	3.5	0	3	41	
	uial	5	0	0	5	45	
	<b>total</b>		<b>3.5</b>	<b>29.5</b>	<b>3</b>	<b>204</b>	
	piapt de pul-150gr	piapt pul	150	30	0	7.5	187.5
		sare	2	0	0	0	0
		pipar	2	0	0	0	0
		uial	5	0	0	5	45
<b>total</b>			<b>30</b>	<b>0</b>	<b>12.5</b>	<b>232.5</b>	
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	
	<b>total</b>		<b>4.8</b>	<b>25.9</b>	<b>8</b>	<b>236.8</b>	
sareta varza proaspata-100 g	varza	100	2	5	0	28	
	uial	5	0	0	5	45	
	oret	5	0	0	0	0	
	sare	2	0	0	0	0	
	marar	5	0	0	0	0	
	<b>total</b>		<b>2</b>	<b>5</b>	<b>5</b>	<b>73</b>	
paine	chifa	100	10	50	0	240	
	<b>total</b>		<b>10</b>	<b>50</b>	<b>0</b>	<b>240</b>	
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	
<b>total</b>		<b>0</b>	<b>37</b>	<b>0</b>	<b>148</b>		
<b>TOTAL MENIU</b>			<b>50.3</b>	<b>147.4</b>	<b>28.5</b>	<b>1194.3</b>	

Inocent asistent dietetician  
 COCERET LUCIANA-RADU  
*(Signature)*

PRANZ ADULT		5035/PRODUS			
MENIU	CANT./ML	PROTEINE	GLUCIDE	LIPIDE	CALORII
6: ciarba de pul cu rosii-250 gr morcov	20	0	2	0	8
ceapa	15	0	1.5	0	6
talina	15	0	1.5	0	6
talitel	15	1.5	1.2	0	5.4
ardel gras	10	0	0.5	0	2
rosii in bullon	100	4	1.2	0	6.4
carne pul	50	10	0	2.5	62.5
sare	3	0	0	0	0
verdeata	5	0	0	0	0
<b>total</b>	<b>155</b>	<b>15.5</b>	<b>29.5</b>	<b>2.5</b>	<b>202.5</b>
snitel pul-150 gr	130	26	0	6.5	162.5
piapt pul	20	0	8	0	32
pestret	15	1.5	11.25	0	51
faina	20	2.8	0	2.4	32.8
ou	10	0	0	10	90
ulei	2	0	0	0	0
sare	2	0	0	0	0
<b>total</b>	<b>303</b>	<b>30.3</b>	<b>19.25</b>	<b>18.9</b>	<b>368.3</b>
piapt sarbesc 200gr	130	0	26	0	104
orez	30	0	0.9	0	3.6
dovlecel	30	0	1.2	0	4.8
rosii	20	0	1	0	4
ardel gras	15	0	0	1.5	13.5
ulei	10	0	1	0	4
ceapa	3	0	0	0	0
sare	5	0	0	0	0
verdeata	5	0	0	0	0
<b>total</b>	<b>301</b>	<b>0</b>	<b>30.1</b>	<b>1.5</b>	<b>255.4</b>
salata varza proaspata-100 g varza	100	2	0	5	28
ulei	5	0	0	0	4.5
orez	5	0	0	0	0
sare	2	0	0	0	0
marar	5	0	0	0	0
<b>total</b>	<b>117</b>	<b>2</b>	<b>0</b>	<b>5</b>	<b>79</b>
paine	100	10	50	0	240
compot asortat-150gr	50	0	7.5	0	30
visina	50	0	7.5	0	30
mere	50	0	5	0	20
zahar	20	0	20	0	80
<b>total</b>	<b>440</b>	<b>0</b>	<b>40</b>	<b>0</b>	<b>160</b>
<b>TOTAL MENIU</b>	<b>578</b>	<b>173.85</b>	<b>41.4</b>	<b>1299.2</b>	

Informii - sistem dietetic  
 OREZ ET USTOITAT-ROSIATA  
 RUCOLA

CINA - ADULTI

MENIU	CANT. (gr)	SUSST/PRODUS				CALORII
		PROTEINE	GLUCIDE	LIPIDE		
5 pui cu ciuperci -150 gr	100	20	0	5	125	
	50	2.5	1	0	14	
	2	0	0	0	0	
	2	0	0	0	0	
	10	0	0	10	90	
	total	22.5	1	15	229	
carofi frantuzesti-200gr	140	0	28	0	112	
	50	8.5	0.5	8.5	112.5	
	15	2.1	0	1.8	24.6	
	5	0	0	4	36	
	total	10.6	28.5	14.3	285.1	
palme	50	5	25	0	120	
	total	15.6	53.5	14.3	405.1	
salata de cruditati-100 gr	30	0	3	0	12	
	30	0.6	1.5	0	8.4	
	30	0	3	0	12	
	20	0	2	0	8	
	2	0	0	0	0	
	total	0.6	9.5	2	58.4	
plachta cu miere	50	5	37.5	0	170	
	10	0	0	8	72	
	100	0	10	0	40	
	5	0	0	0	0	
	total	5	62.5	8	342	
<b>TOTAL MENIU</b>		<b>45.7</b>	<b>126.5</b>	<b>99.3</b>	<b>1034.5</b>	
5 pui la cuptor-100 gr	100	20	4	6	150	
	2	0	0	0	0	
	10	0	0	10	90	
	total	20	4	16	240	
spanac sote-200 gr	200	6	4	0	40	
	10	0.8	0.3	8	76.4	
	2	0	0	0	0	
	total	6.8	4.3	8	116.4	
palme	50	5	25	0	120	
salata de fructe-100 gr	40	0	4	0	16	
	40	0	4	0	16	
	20	0	3	0	12	
	total	0	11	0	44	
<b>TOTAL MENIU</b>		<b>31.8</b>	<b>44.3</b>	<b>24</b>	<b>520.4</b>	

Incasul - asistent dietetician

COOPERAT - LUCRATOR - ROXETA

Roxeta

CINA		ADULTI		SUBS/PRODUS			
MENIU		CANT. (gr)	PROTEINE	GLUCIDE	LIPIDE	CALORII	
7	piapt pul gratat-100 gr	100	0	0	5	125	
	piapt pul	100	0	0	0	0	
	mar	2	0	0	0	0	
	pipier	2	0	0	0	0	
	uile	10	0	0	10	90	
	total	120	20	0	15	215	
	paste gratinate-200 gr	150	4,5	30	0	138	
	paste	150	4,5	30	0	138	
	casteaval	30	6	0	6	78	
	ou	40	5,6	0	4,8	65,6	
	sare	3	0	0	0	0	
	total	223	16,1	30	10,8	281,6	
	palne	50	5	25	0	120	
	compot de mere 150ml	100	0	10	0	40	
	mar	100	0	15	0	60	
	zahar	15	0	25	0	100	
	total	265	5	50	0	220	
	TOTAL MENIU	41,1	80	25,8	716,6		

Inocenti - salicun dietician

ADRENAT LIKHTNY-ROSTKA

*Andreas*

VARIANTA	MIC DE UN	DIGESTIV	SUBS/PRODUS			
			PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA 1	1 chilita 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 fier	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
	chilita 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	ou	10	0,8	0,3	8	76,4
	oua ochluri romanesti	100	14	0	12	164
	chilita prajita	50	5	25	0	120
	lapte	250	7,5	12,5	5	125
	TOTAL		27,5	37,8	25	485,4

Inocenti - asistent dietetician  
~~DORENEA~~ ~~WOLFF~~ - ~~REXHAU~~

*Beckley*

VARIANTA	PRANZ - DIGESTIV	SUBS PRODUS					
		PROTEINE	GLUCIDE	LIPIDE	CLORII		
3 supa crema de legume-250 g morcov		50	0	5	0	0	20
carcaci		50	0	10	0	0	40
telina		20	0	2	0	0	8
unt		10	0,8	0,3	8	0	76,4
lapte		10	0,3	0,5	0,2	0	5
sare		3	0	0	0	0	0
verdeata		5	0	0	0	0	0
galbenus cu		18	3,95	0	5,94	0	59,3
total		100	5,05	17,8	14,14	0	218,7
plept pul grater-100 gr		100	20	0	0	5	125
sare		2	0	0	0	0	0
ulei		10	0	0	10	0	90
total		102	20	0	15	5	215
conopida gratinata -200		160	0	3,2	0	0	12,8
telemea		20	3,4	0,2	3,4	0	45
caacaval		20	4	0,2	4	0	52,8
ou		20	2,8	0	2,4	0	32,8
margarina		10	0	0	8	0	72
felina		5	0,5	3,75	0	0	17
total		50	10,7	7,35	17,8	0	232,4
palme		50	5	25	0	0	120
crutoane		50	5	25	0	0	120
desert-morc capra cu		200	0	20	0	0	80
zahar		15	0	15	0	0	60
total		0	0	35	0	0	140
TOTAL MENU			45,76	110,15	46,94	0	1046,1

Inocenti - asistent dietetician

GOBNA COOKING - ROKKING

*Provision*

VARIANTA	CINA	DIGESTIV	SUBS/PRODUS				
			PROTEINE	GLUCIDE	LIPIDE	CALORII	
2 file de macrou la gratar 100gr	macrou file sare		100	19	0	5	121
			2	0	0	0	0
			total	19	0	5	121
sorte de legume 200gr	cartofi morcovi dovleci urti sare		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
peune	chifle		50	5	25	0	120
compot de pieraci-150ml	piersici zahar		100	0	15	0	60
			15	0	1,5	0	60
			total	0	20	0	120
<b>TOTAL MENIU</b>			<b>24,8</b>	<b>81,6</b>	<b>13</b>	<b>543,4</b>	

Inscribit - asistent dietetician  
CORINA LUCIAN - RUCIVA

*Lucian*

VARIANTA	MIC DEJUN	DIABET	SUBS/PRODUS				
			GLUCIDE	LIPIDE	CALORII		
VARIANTA 1	1 ou fiert	unt	gr 10	0	6	82	
			gr 10	0,8	0,3	8	
			gr 50	8,5	2	46,5	
			gr 200	6	8	56	
			gr 50	18	13,8	0	
			TOTAL	40,3	24,1	14,5	98,1
VARIANTA 2	2 lapte/ORA 10	unt	ml 200	6	10	4	
			gr 10	0,8	0,3	8	
			gr 50	9	0	13,5	
			gr 50	10	0	10	
			gr 50	18	13,8	0	
			TOTAL	40,3	24,1	14,5	98,1
VARIANTA 3	3 ouzi cu lamie	omleta cu telmea-120gr	ml 200	0	0	0	
			gr 100	14	0	12	
			gr 20	3,4	0,2	3,4	
			gr 5	0,4	0,15	4	
			gr 200	6	8	0	
			TOTAL	43,8	24,1	38,5	591,1
				41,8	22,15	19,4	490,4

Inocenti - asistenta dietetica  
 DIABET LOCIORAL - ROLATA  
 ROLATA

PRANZ		-DIABET		SUBS/PRODUS		
VARIANTA		PROTEINE	GLUCIDI	LIPIDE	CALORII	
1. jupe pui-250 gr	morcov 20 gr ceapa 15 gr telina 15 gr talca 10 gr ardol gras 10 gr carne pui 40 gr sare 2 gr verdeata 5 gr	0	2	0	0	8
antrecot de vita-120 gr	antrecot vita 120 gr sare 3 gr piper 2 gr ulei 10 ml bulion 10 gr	24	0	0	0	128.4
plure cartofi-200 gr	cartofi 150 gr lapte 30 ml sare 3 gr unt 10 gr	0.9	1.5	0.5	0	15
salaria castavei -100 gr	castavei 100 gr ulei 5 ml otet 5 ml merar 5 gr sare 2 gr	0	3	0	0	12
pana hipoglicemica		1.7	33.8	8.6	0	219.4
desert-mera	mar	0	20	0	0	80
TOTAL		59.1	99.4	19.2	0	766.8

Inocenti - salzarul dietetic  
 COBENET LOCAL - ROXANA  
 Divisa

PRANZ		DIABET		SUBS/PRODUS			CALORII
		PROTEINE	GLUCIDE	LIPIDE			
VARIANȚA	2 siorbe taroniasca gaina-250	0	2	0	0	8	
	morcov	0	2	0	0	8	
	ceapa	0	1.5	0	0	6	
	ardei	0	3	0	0	12	
	telina	0	1	0	0	4	
	patrunjel iadecina	0	20	0	0	80	
	cartofi	0	0	2	0	50	
	carne gaina	8	0	0	0	0	
	sare	0	0	0	0	0	
	boia magie	0	0	0	0	0	
	5 gr	0	0	0	0	0	
	5 gr	0	0	0	0	0	
	5 ml	0	0	5	0	45	
		8	29.5	7	0	218	
	piapt pul gratat-100 gr	20	0	5	0	125	
	sare	0	0	0	0	0	
	2 gr	0	0	0	0	0	
	pipor	0	0	0	0	0	
	2 gr	0	0	0	0	0	
	ulei	0	0	5	0	45	
	5 ml	0	0	0	0	0	
		20	0	10	0	170	
	spaghete in sos de rosii	4.8	32	0	0	147.2	
	150 gr	0	2	0	0	8	
	cu ciuperci-250-gr	0	0	0	10	90	
	10 ml	0	0	0	0	0	
	ulei	2.5	1	0	0	0	
	50 gr	7.3	35	10	0	245.2	
	paie hipoglucidice	1.8	13.8	0	0	127.2	
	60 gr	0	20	0	0	80	
	desert-portocale	0	0	0	0	0	
	200 gr	58.3	98.3	27	0	835.4	
	TOTAL						

Inocenti - stihem dietetici

OPINIA LUCIANA-ALINA

Bucuresti

VARIANTA	CINA	CIABET	SUBS/PRODUS			
			PROTEINE	GLUCIDE	LIPIDE	CALORII
3 ani-1cot vita-100 gr	artificot vita	100 gr	20	0	3	107
	sare	2 gr	0	0	0	0
	pipar	2 gr	0	0	0	0
	uiei	10 ml	0	0	10	90
	bulion	10 gr	0.4	1.2	0	6.4
			20.4	1.2	13	203.4
piata cu legume-200gr	orez	140 gr	4.2	28	0	128.8
	dovlecei	20 gr	0	0.6	0	2.4
	ardel	20 gr	0	1	0	4
	marcov	10 gr	0	1	0	4
	ceapa	10 gr	0	1	0	4
	ulei	10 ml	0	0	10	90
	verdeata	5 gr	0	0	0	0
	sare	3 gr	4.2	31.6	10	233.2
salata de ardei copri	ardel	100 gr	0	5	0	20
100gr	uiei	5 ml	0	0	5	45
	sare	3 gr	0	0	0	0
			0	5	5	65
paire hipogludica		60 gr	18	13.8	0	127.2
desert-portocale	portocale	200 gr	0	20	0	80
	TOTAL		43.6	65.5	23	643.8

Inocenti - abstinent dietetician  
 OXENEA L. DEBILITA - RUX IANA

*Abstinere*

VARIANTA	CINA		-DIABET		SUBS/PRODUS			
	1 pleat pui -100 gr	pleat pui	100 gr	2 gr	PROTEINE	GLUCIDE	LIPIDE	CALORII
		sera	2 gr	0	0	0	0	0
		piper	2 gr	0	0	0	0	0
		uilei	5 ml	0	0	5	45	0
				20	0	10	170	0
	legume soie-200 gr	ardei	40 gr	0	2	0	8	0
		dovleci	50 gr	0	1.5	0	6	0
		ciuperci	50 gr	2.5	1	0	14	0
		vinete	30 gr	0	1.5	0	6	0
		rosii	30 gr	0	1.2	0	4.8	0
		sare	2 gr	0	0	0	0	0
		piper	2 gr	0	0	0	0	0
		unt	10 gr	0.8	0.3	8	76.4	0
				3.3	7.5	8	115.2	0
	palme hipoglucidice		60 gr	18	13.8	0	127.2	0
	desert-olierici	plasterici	200 gr	0	30	0	120	0
				41.3	51.3	18	582.4	0
			TOTAL					

VARIANTA	CINA		-DIABET		SUBS/PRODUS			
	2 coctel de crab la gratar-100 g crab	100 gr	2 gr	100 gr	PROTEINE	GLUCIDE	LIPIDE	CALORII
		sare	2 gr	0	0	0	0	0
				19	0	3	103	0
				19	0	3	103	0
	carotii natur-200gr	carotii	200	0	40	0	160	0
		unt	10	0.8	0.3	8	76.4	0
		verdetata	5 gr	0	0	0	0	0
				0.8	40.3	8	236.4	0
	palme hipoglucidice		60 gr	18	13.8	0	127.2	0
	desert-mere coapte	mar	200 gr	0	20	0	80	0
				37.8	74.1	11	546.6	0
			TOTAL					

INVENTAR - INDIOSI DIABETICI  
 CANTINA LUCIANA ROXANA  
*Roxana*

MIC DEJUN - CORTIZON (fara sare)		SUBS/PRODUS				
		PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA 1	branza de vaci	70 gr	11.9	2.8	0.7	85.1
	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
	palme prajita regim	60 gr	6	30	0	144
	TOTAL		28.7	37.1	16.7	418.5
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	85.1
	palme prajita regim	60 gr	6	30	0	144
	TOTAL		21.7	51.1	10.7	387.5
VARIANTA 3	sioua ochiuri romnesti	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
	palme prajita regim	60 gr	6	30	0	144
	TOTAL		35.6	39.2	16.8	450.4

Inocenti - asistent dietetician

DIETETICIAN - ROXANA

*Roxana*



MIC DEJUN		RENAL		SUBS/PRODUIS			
		PROTEINE	GLUCIDE	LIPIDE	CALORIE		
1. FANTA	1. branza de vaci	70 gr	11.9	2.8	0.7	65.1	
	Lait	10 gr	0.8	0.3	0	76.4	
	sem	20 gr	0	1.4	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	
2. FANTA	2. lapte	100 ml	3	5	2	50	
	laurt	10 gr	0.8	0.3	8	76.4	
	cu fier	50 gr	7	0	6	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	
3. FANTA	3. lurt	10 gr	0.8	0.3	8	76.4	
	sem	20 gr	0	1.4	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	

Inosemli - asistent dietetician

COPIET LORNA - ROXANA

Alina

PRANZ RENAL

VARIANTA			PROTEINE	GLUCIDE	LIPIDE	CALORII	
1. supa cu galuste-250 gr	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 radaci	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	
	antricot vita-100 gr	antricot vita	100 gr	5.1	29	6.8	197.6
		pijpar	2 gr	0	0	3	107
		ulei	10 ml	0	0	10	90
		bulion	10 gr	0.4	1.2	0	6.4
				20.4	12	13	203.4
	sote de legume-200gr	cartofi	100 gr	0	20	0	80
morcov		50 gr	0	5	0	20	
fasola 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 verde prospata-100 gr	varza	100 gr	1.8	27.8	8	150.4	
	ulei	5 ml	2	5	0	28	
	orez	5 ml	0	0	5	45	
	marar	5 gr	0	0	0	0	
				2	5	4	73
paine		100 gr	10	50	0	240	
	desert-kec-100 gr	faina	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
caseo		5	0	2	0	0	
TOTAL			48.5	112.5	46.4	1074.4	

Inovarii - sistem dietetic  
 cu ENEM, LACTINA... RENAL  
 Rouines

MIC DEJUN		DIGESTIV-PEDIATRIE		SUBS/PRODUS		
		PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA 1	chifle prajite	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
	caș cu lapte	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 fierț	50 gr	7	0	6	82
	branza de vaci	50 gr	8,5	2	0,5	46,5
	caș cu lapte	100 ml	0	0	0	0
	chifle prajite	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	chifle prajite	50 gr	5	25	0	120
	cua ochiuri romanești	100 gr	14	0	12	164
	caș cu lapte	100 ml	0	0	0	0
	lapte /ORA 10	100 ml	3	5	2	50
	TOTAL	22	30	14		334

insomni - ankisom dieteticiun  
 COLENEA LICITATA-REINATA

*Lucina*

VARIANTA	PRANZ DIGESTIV-PEDIATRIE	SUBS/PRODUS			
		PROTEINE	GLUCIDE	LIPIDE	CALORII
3) supa crema de legume-200 gr	morcov	30 gr	3	0	12
	cartofi	30 gr	0	6	24
	telina	10 gr	0	1	4
	unt	10 gr	0,8	0,3	76,4
	lapte	10 ml	0,3	0,5	5
	sare	3 gr	0	0	0
	verdeasa	5 gr	0	0	0
	galbenus ou	18 gr	0,72	0	22,6
	piet pul	70 gr	1,82	10,8	9,28
	sare	2 gr	0	0	13,4
	ulei	5 ml	0	0	87,5
	piet pul	2 gr	0	0	0
	sare	5 ml	0	0	45
	macaroane	100 gr	14	0	8,5
	unt	10 gr	3	20	0
branza de vaci	30 gr	0,8	0,3	8	
ou	10 gr	5,1	1,2	0,3	
crutoane	50 gr	1,4	0	1,2	
mere	50 gr	10,3	21,5	9,5	
caise	50 gr	5	25	0	
zahar	15 gr	0	27,5	0	
desert-cornout de fructe	150ml	0	0	0	
TOTAL		31,12	84,8	27,28	709,2

Inoponit - asistenta dietetica  
 CURCENEA LILOAHAI-RECHINA

*Blas*

VARIANTA	CINA	DIGESTIV-PEDIATRIE	SUBS/PRODUS				
			PROTEINE	GLUCIDE	LIPIDE	CALORII	
3 ficate de pula gratar-70gr	ficatai pul	70 gr	14	28	4.2	105	
	sare	2 gr	0	0	0	0	
plura cartofi-150 gr	cartofi	120 gr	14	28	4.2	105	
	lapte	20 ml	0	24	0	96	
	sare	3 gr	0	0	0	0	
	unt	10 gr	0.8	0.8	8	76.4	
	sare	2 gr	0	0	0	0	
salata de sfeclasi-70gr	sfecla	70 gr	0	7	0	28	
	ulei	5 ml	0	0	5	45	
	sare	2 gr	0	0	0	0	
paine	chifle	50 gr	0	7	5	73	
	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	
	sare	5	5	30	2	158	
TOTAL			25.4	90.1	19.6	635.4	

Inocentii - asigura dietetici  
 COCENET SIGORNI-REXINA  
 DAVIN

MIC DEJUN CORTIZON-PEDIATRIE (fara sare)		SUBS/PRODUS				
		PROTEINE	GLUCIDE	LIPIDE	CALORII	
VARIANTA 1	1 branza de vaci	50 gr	8.5	2	0.5	46.5
	cu fier	50 gr	7	0	6	82
	ceai cu lamie	100 ml	0	0	0	0
	paine prajita regim	50 gr	5	25	0	120
	lapte/CRAIO	100 gr	3	4	2	46
TOTAL		23.5	31	8.5	294.5	
VARIANTA 2	2 ceai cu lamie	100 ml				
	paine prajita regim	50 gr	0.8	0.3	8	76.4
	unt	20 gr	0	14	0	56
	branza de vaci	70 gr	11.9	2.8	0.7	85.1
	lapte/CRAIO	100 gr	3	4	2	46
TOTAL		15.7	21.1	10.7	243.5	
VARIANTA 3	3 oua ochiuri romanesti	100 buc	14	0	12	164
	paine prajita regim	50 gr	5	25	0	120
	ceai cu lamie	100 ml	0	0	0	0
	lapte/CRAIO	100 gr	3	4	2	46
TOTAL		22	29	14	330	

Inregistrat - asistent dietetician

CORINTEA LUCIANA - ROXANA

*Luciana*

PRANZ CORTIZON-PEDIATRIE (fara sare)

VARIANTA		PROTEINE	GLUCIDE	LIPIDE	CALORII		
2 supe crema de legume-200 gr	ntorcov	30 gr	0	9	0	12	
	ceapa	10 gr	0	1	0	4	
	telina	10 gr	0	1	0	4	
	unt	10 gr	0.8	0.9	8	76.4	
	lapte	10 ml	0.3	0.5	0.2	5	
	verdeala	5 gr	0	0	0	0	
	galbenus ou	18 buc	0.72	0	1.08	12.6	
	piapt put	70 gr	1.82	5.8	9.28	114	
	ulei	5 ml	0	0	5	45	
	spaghete	100 gr	3	20	0	92	
	rosii	50 gr	0	2	0	8	
	ulei	10 ml	0	0	10	90	
	ciuperci	50 gr	2.5	1	0	14	
	desert-mandarine 200gr	mandarine	200	0	20	0	80
	cuticane	50 gr	5	25	0	120	
TOTAL		26.82	79.9	27.78	650.5		

intocam - salteat dietetic

COZYET LACTINA - ROXANA

*Lucin*

MIC DEJUN . . . RENAL-PEDIATRIE		SUBS/PRODUS			
VARIANȚA		PROTEINE	GLUCIDE	LIPIDE	CALORII
1	brianza de vaci	70 gr	2,8	0,7	85,1
	unt	10 gr	0,8	0,9	76,4
	sem	20 gr	0	14	56
	cașii cu lămâie	100 gr	0	0	0
	peșne	50 gr	5	25	120
	leurt/ORA 10	100 gr	3	4	46
	TOTAL	177	42,1	8,7	317,5
2	cașii cu lămâie	100 ml	0	0	0
	cu fierț	50 gr	7	0	82
	brianza de vaci	50 gr	8,5	2	46,5
	peșne	50 gr	5	25	120
	lepta/ORA 10	100 ml	3	5	50
		TOTAL	23,5	32	8,5
3	unt	10 gr	0,8	0,3	76,4
	cașii	20 gr	0	14	56
	cașii dulci	70 gr	12,6	4,2	92,4
	cașii cu lămâie	100 ml	0	0	0
	peșne	50 gr	5	25	120
	leurt/ORA 10	100 gr	3	4	46
	TOTAL	21,4	47,5	12,8	390,8

Inlocuiri - salicent dietetic

COBENET LUDIANA - ROMANIA

*Antony*

PRANZ		RENAL-PEDIATRIE			
		PROTEINE	GLUCIDE	LIPIDE	CALORII
A RIANTA	3 supa de rosii cu telai de casa-200 gr				
	marcov	0	2	0	8
	ceapa	0	1	0	4
	telina	0	1	0	4
	telai	2	15	0	58
	ardel gras	0	0.5	0	2
	rosii in bulion verdeata	1.6	4.6	0	25.5
		0	0	0	0
		3.6	24.9	0	111.6
	pulpa put la gratar-70gr				
	pulpa put	14	0	3.5	87.5
	ulei	0	0	5	45
		14	0	8.5	132.5
	legume mexicane-150 gr				
	morcov	0	3	0	12
	porumb	0.6	4	0	18.4
	ardel	0	1	0	4
	cartofi	0	10	0	40
	fasole pastel	0.6	1.5	0	8.4
	unt	0.4	0.15	4	38.2
		1.6	19.65	4	121
	desert-				
	placinta cu branza dulce	4	30	0	136
	100gr	0	0	12	308
		8.3	2	0.5	46.5
	branza vaci	0	20	0	80
	zahar	2.1	0	1.8	24.6
	ou	14.6	52	14.3	395.1
		5	25	0	120
	chiflis				
	50 gr	38.8	130.95	26.8	880.2
	TOTAL				

Inocenti - asistent dietetician  
 COPLEY & LOCKHART-PEDIATRIE

*Calvin*

CINA RENAL-PEDIATRIE		SUBS/PRODUS			
PROTEINE	GLUCIDE	LIPIDE	CALORII		
14	28	4.2	105		
14	28	4.2	105		
100 gr	30	0	80		
30 gr	1.2	0.3	27.9		
20 gr	0	2.4	32.8		
5 gr	0.15	4	38.2		
8.9	21.35	6.7	178.9		
70 gr	9.5	0	19.6		
5 ml	0	5	45		
5 gr	0	0	0		
1.4	9.5	5	64.8		
5	25	0	120		
30	3	0	12		
30	3	0	12		
10	0.5	0	2		
0	6.5	0	26		
TOTAL	28.7	59.15	15.9	484.3	

Inocentil - asistent dietetician  
 CORINA LUCIANA - CORINA  
 B. C. C.

VARIANTA	Meniu - lahuza	SUS/PRODUS			
		PROTEINE	GLUCIDE	LIPIDE	CALORII
VARIANTA zi-1	1. regim hidric-apa plata, suc din compot 1,5l/zi evitarea balonarii) [fara zahar]	0	0	0	0
TOTAL		0	0	0	0
VARIANTA zi-1	2. supa de legume strecuri pasturii radacina 250 ml [regim pentru evitarea balonarii]	0	3	0	12
	caapa	20 gr	2	0	8
	marcov	50 gr	6	0	20
	ardel	20 gr	1	0	4
	telina	20 gr	2	0	8
	sare	5 gr	0	0	0
	verdeata	5 gr	0	0	0
TOTAL		0	13	0	52
VARIANTA zi-2	telina-mic dejun ceai de anason si chimen paini cu tarate	60 gr	10.2	0.6	10.2
		200 ml	0	0	0
		50 gr	4	25	0
	1eurt-ora 10	200 gr	6	8	0
	pranz:				86
	supa crema de legume- morcov 250 ml	50 gr	0	5	0
	caapa	20 gr	0	2	0
	telina	20 gr	0	2	0
	cartofi	50 gr	0	10	0
	ardel	20 gr	0	1	0
	deviscel	20 gr	0	0.6	0
	sare	5 gr	0	0	0
	verdeata	5 gr	0	0	0
	compot de mere 200 m mare zahar	150 gr	0	15	0
	zahar	15 gr	0	15	0
	paini cu tarate-circosane	50 gr	4	25	0
	seara-				116
	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	0
	julei de masline	10 ml	0	0	10
	paini cu tarate	50 gr	4	25	0
TOTAL		45.2	137.2	25.2	972.4

Inlocuiri asistent dietetician  
 Dr. Diana LUCIANA-RODINA

*[Signature]*

VARIANTA	ZI	-3	Meniu	lehuze	SUBS/PRODUS			
					PROTEINE	GLUCIDE	LIPIDE	CALORII
[regim pentru calitatea lapteului]			mic dejun-ou fiert moale	50 gr	7	0	0	82
			telamea	50 gr	8,5	0,5	8,5	112,5
			ceai de anason si chimen	200 ml	0	0	0	0
			paينه cu tarate	50 gr	4	25	0	116
			aurt-ora 10	200 gr	5	8	4	92
			supa de pui cu galuste- mortov	30 gr	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	82,5
			patrunjel radosch	10 gr	0	1	0	4
			grila	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 piensici	150 gr	0	22,5	0	90	
		200 ml	15 gr	0	15	0	60	
		paينه cu tarate	50 gr	4,5	30	0	139,2	
		seara-gratar din piept de pui	100 gr	20	0	5	125	
		pui +salata verde+	100 gr	1	3	0	19	
		salata verde	160 gr	0	32	0	128	
		piure de cartofi-200gr	30 ml	0,9	1,5	0,6	15	
		lapte	10 gr	0,8	0,3	5	76,4	
		unt	5 gr	0	0	0	0	
		sare						
<b>TOTAL</b>					<b>88,1</b>	<b>159,3</b>	<b>41,4</b>	<b>1318,2</b>

Inocmiil, asistent dietetician

COPIEA LIBRIKIN - RUKINA

*ADU*

VARIANTA	manlu		sugari		SUBS/PRODUS			
	6 LUNI	5 MESE/ZI	mere	biscuiti	PROTEINE	GLUCIDE	LIPIDE	CALORII
3 mese de la pte-	mere rase cu biscuiti	120 gr	0	12	0	0	0	48
	150 gr	30 gr	3	22.2	0	0	0	100.6
	supa de leguma cu galuste-200 ml	30	0	0	0	0	0	0
	morcovi	30 gr	0	3	0	0	0	12
	ceapa	10 gr	0	1	0	0	0	4
	ardel	20 gr	0	1	0	0	0	4
	telina	20 gr	0	1	0	0	0	4
	patrunjel radacina	10 gr	0	1	0	0	0	4
	gris	20 gr	2	16	0	0	0	68
	unt	5 gr	0.4	0.16	4	38.2	0	38.2
	OU	15 gr	2.1	0	1.8	24.9	0	24.9
	verdeata	5 gr	0	0	0	0	0	0
	<b>TOTAL</b>		<b>7.5</b>	<b>56.55</b>	<b>5.8</b>	<b>307.6</b>		

VARIANTA	7-8 LUNI		15 MESE/ZI		SUBS/PRODUS			
	2 mese de lapte+	200 gr	branza cu branza de vaci	branza de vaci	PROTEINE	GLUCIDE	LIPIDE	CALORII
2 mese de lapte+	supa de pasare-250 ml	50 gr	0	0	0	0	0	0
	morcovi	10 gr	0	1	0	0	0	20
	ceapa	20 gr	0	1	0	0	0	4
	ardel	20 gr	0	1	0	0	0	4
	telina	20 gr	0	2	0	0	0	8
	patrunjel radacina	20 gr	0	2	0	0	0	8
	castrici pui	50 gr	10	0	2.5	0	0	62.5
	verdeata	5 gr	0	0	0	0	0	0
	unt	5 gr	0.4	0.16	4	38.2	0	38.2
	OU	15 gr	2.1	0	1.8	24.9	0	24.9
	verdeata	5 gr	0	0	0	0	0	0
	<b>TOTAL</b>		<b>24.9</b>	<b>48.15</b>	<b>11</b>	<b>391.2</b>		

Inocumii, aselent dietician

CURCENI, LUCIFIVA - REXINA

Paucic

VARIANTA	dupa 10 luni	meniu		sugari		SUBS/PRODUS					
		5 MESE/ZI	5 MESE/ZI	...	...	PROTEINE	GLUCIDE	LIPIDE	CALORII		
2 mese cu lapte+	10 luni	mar copt cu branza de vaci-200 gr	mere	150 gr	0	18	0	0	80		
		branza de vaci	50 gr	8,5	2	0,5	0	48,5			
		piraf cu carne pul rasol 200/50 gr	orez	180 gr	0	36	0	185,8			
		marcoul	20 gr	0	2	0	8				
		carne pul	50 gr	10	0	2,5	62,5				
		unt	5 gr	0,4	0,16	4	38,2				
		laurt cu biscuiti-180 gr	laurt	150 gr	0	0	3	0			
		biscuiti	30 gr	4,5	6	0	69				
		TOTAL	30 gr	3	22,2	0	100,8				
		TOTAL	31,8	83,35	10	350,6					

VARIANTA	dupa 10 luni	5 MESE/ZI		biscuiti		banane		supa cu perisoare 250 r morcov/ telina patrunjel/ radacina ardei ceapa carne pul orez ou verdeata unt						mameliguta cu branza c maneligute vaci-200 gr		branza de vaci		TOTAL	
		5 MESE/ZI	5 MESE/ZI	50 gr	150 gr	0	5	37	0	0	0	0	0	0	0	0	0	0	0
2 mese da lapte+	10 luni	branae	biscuiti	50 gr	5	37	0	198											
		si biscuiti 200 gr	banane	150 gr	0	27	0	108											
		supa cu perisoare 250 r morcov/ telina	20 gr	0	2	0	8												
		patrunjel/ radacina	10 gr	0	1	0	4												
		ardei	10 gr	0	0,5	0	2												
		ceapa	10 gr	0	1	0	4												
		carne pul	50 gr	10	0	2,5	62,5												
		orez	5 gr	0,4	3,8	0	18,8												
		ou	10 gr	1,4	0	1,2	18,4												
		verdeata	5 gr	0	0	0	0												
unt	5 gr	0,4	0,16	4	38,2														
mameliguta cu branza c maneligute vaci-200 gr	150 gr	3	22,6	0	102														
branza de vaci	50 gr	8,5	2	0,5	48,5														
TOTAL	28,7	101,95	8,2	595,4															

Inoculit, asistat, dietetician  
*Luciana-Roxana*  
*Rebeca*