



MENIU HRANĂ PACIENȚI
SĂPTĂMÂNA 12.10.2026 - 18.10.2026

**Secțiile clinice CARDIOLOGIE I, CARDIOLOGIE II, CARDIOLOGIE III, CARDIOLOGIE IV,
CHIRURGIE CARDIOVASCULARĂ I, CHIRURGIE CARDIOVASCULARĂ II, CHIRURGIE VASCULARĂ,
USTACC, ATI I, ATI II**

	REGIM	MIC DEJUN	PRÂNZ	CINA	GUSTARE
LUNI / 12.10.2026	CARDIO	Ceai (250ml) Unt (10gr) Gem (20gr) Cascaval (30gr) Chifla 50gr Iaurt (140gr)	Ciorba legume cu zdrente ou 300 ml) Pilaf cu pui (270 gr) Napolitana(30gr) Chifla (50gr)	Tocanita de legume + pui (270 gr) Chifla (50gr) Ceai (250ml)	
	RENAL	Ceai (250ml) Unt (10gr) Gem (20gr) Cascaval (30gr) Chifla 50gr Iaurt (140gr)	Ciorba legume cu zdrente ou (300ml) Pilaf cu pui (270 gr) Napolitana(30gr) Chifla (50gr)	Tocanita de legume + pui (270 gr) Chifla (50gr) Ceai (250ml)	
	DIABET	Ceai (250ml) Unt (10gr) Cascaval (30gr) Chifla 50gr Iaurt (140gr)	Ciorba legume cu zdrente ou (300ml) Pilaf cu pui (270 gr) Chifla (50gr)	Tocanita de legume + pui (270 gr) Chifla (50gr) Ceai (250ml)	Iaurt Mar
	SODOU	4 oua crude Lapte dulce (1l) Zahar (200 gr) Smantana (200 gr) Ulei (50 gr) Cacao (50 gr) Supa strecurata zarzavat (1l)			
MARTI / 13.10.2026	CARDIO	Ceai (250 ml) Unt (10 gr) Cas (100 gr) Chifla (50gr) Gem (20gr)	Supa de pui (300ml) Piure + ostropel (270 gr) biscuiti (30gr) Chifla (50gr)	Budinca de paste cu br vaci si ou (250gr) Ceai (250ml)	
	RENAL	Ceai (250 ml) Unt (10 gr) Cas (100 gr) Chifla (50gr) Gem (20gr)	Supa de pui (300ml) Piure + ostropel (270 gr) biscuiti (30gr) Chifla (50gr)	Budinca de paste cu br vaci si ou (250gr) Ceai (250ml)	
	DIABET	Ceai (250 ml) Unt (10 gr) Cas (100 gr) Chifla (50gr) Ou fiert	Supa de pui (300ml) Piure + ostropel (270 gr) Chifla (50gr)	Budinca de paste cu br vaci si ou (250gr) Ceai (250ml)	Iaurt Mar
	SODOU	4 oua crude Lapte dulce (1 l) Zahar (200 gr) Smantana (200 gr) Ulei (50 gr) Cacao (50 gr) Supa strecurata zarzavat (1 l)			
MIERCURI / 14.10.2026	CARDIO	Ceai (250 ml) Unt (10 gr) Branza vaci (100 gr) Chifla (50gr) Iaurt (140gr)	Supa crema (300ml) Ghiveci de legume+pui (270 gr) Eugenie (30gr) Chifla (50gr)	Paste bologneze (250gr) Chifla (50gr) Ceai (250 ml)	
	RENAL	Ceai (250 ml) Unt (10 gr) Branza vaci (100 gr) Chifla (50gr) Iaurt (140gr)	Supa crema (300ml) Ghiveci de legume+pui (270 gr) Eugenie (30gr) Chifla (50gr)	Paste bologneze (250gr) Chifla (50gr) Ceai (250 ml)	
	DIABET	Ceai (250 ml) Unt (10 gr) Branza vaci (100 gr) Chifla (50gr) Iaurt (140gr)	Supa crema (300ml) Ghiveci de legume+pui (270 gr) Chifla (50gr)	Paste bologneze (250gr) Chifla (50gr) Ceai (250 ml)	Iaurt Mar
	SODOU	4 oua crude Lapte dulce (1 l) Zahar (200 gr) Smantana (200 gr) Ulei (50 gr) Cacao (50 gr) Supa strecurata zarzavat (1 l)			
JOI / 15.10.2026	CARDIO	Ceai (250 ml) Cascaval (30 gr) Gem (20 gr) Unt (10gr) Chifla (50 gr)	Ciorba taraneasca (300 ml) Mancare masline cu pui (270 gr) Napolitane(30gr) Chifla (50 gr)	Orez cu legume si pui (270 gr) Ceai (250 ml) Chifla (50gr)	
	RENAL	Ceai (250 ml) Cascaval (30 gr) Gem (20 gr) Unt (10gr) Chifla (50 gr)	Ciorba taraneasca (300 ml) Mancare masline cu pui (270 gr) Napolitane (30gr) Chifla (50 gr)	Orez cu legume si pui (270 gr) Ceai (250 ml) Chifla (50gr)	
	DIABET	Ceai (250 ml) Cascaval (30 gr) Unt (10gr) Chifla (50 gr) Ou fiert	Ciorba taraneasca (300 ml) Mancare masline cu pui (270 gr) Chifla (50 gr)	Orez cu legume si pui (270 gr) Ceai (250 ml) Chifla (50gr)	Iaurt Mar
	SODOU	4 oua crude Lapte dulce (1 l) Zahar (200 gr) Smantana (200 gr) Ulei (50 gr) Cacao (50 gr) Supa strecurata zarzavat (1 l)			

	REGIM	MIC DEJUN	PRÂNZ	CINA	GUSTARE
VINERI / 16.10.2026	CARDIO	Ceai (250 ml) Branza de vaci (100gr) Gem (20gr) Unt (20gr) Chifla (50 gr)	Ciorba de legume (300 ml) Orez taranesc cu pui (270 gr) biscuiti (30gr) Chifla (50 gr)	Ghiveci de legume (250 gr) Ceai (250 ml)	
	RENAL	Ceai (250 ml) Branza de vaci (100gr) Gem (20gr) Unt (20gr) Chifla (50 gr)	Ciorba de legume (300 ml) Orez taranesc cu pui (270 gr) biscuiti (30gr) Chifla (50 gr)	Ghiveci de legume (250 gr) Ceai (250 ml)	
	DIABET	Ceai (250 ml) Branza de vaci (100gr) Unt (20gr) Chifla (50 gr)	Ciorba de legume (300 ml) Orez taranesc cu pui (270 gr) Chifla (50 gr)	Ghiveci de legume (250 gr) Ceai (250 ml)	laurt Mar
	SODOU	4 oua crude Lapte dulce (1 l) Zahar (200 gr) Smantana (200 gr) Ulei (50 gr) Cacao (50 gr) Supa strecurata zarzavat (1 l)			
SÂMBĂTĂ / 17.10.2026	CARDIO	Ceai (250 ml) Cas (100 gr) Gem (20 gr) Unt (10gr) Chifla (50 gr)	Supa de pui (300 ml) Varza calita (proaspata) cu pui (270 gr) Eugenie(30gr) Chifla (50 gr)	Paste cu branza (250 gr) laurt (120gr) Ceai (250 ml)	
	RENAL	Ceai (250 ml) Cas (100 gr) Gem (20 gr) Unt (10gr) Chifla (50 gr)	Supa de pui (300 ml) Varza calita (proaspata) cu pui (270 gr) Eugenie (30gr) Chifla (50 gr)	Paste cu branza (250 gr) laurt (120gr) Ceai (250 ml)	
	DIABET	Ceai (250 ml) Cas (100 gr) Unt (10gr) Chifla (50 gr)	Supa de pui (300 ml) Varza calita (proaspata) cu pui (270 gr) Chifla (50 gr)	Paste cu branza (250 gr) laurt (120gr) Ceai (250 ml)	laurt Mar
	SODOU	4 oua crude Lapte dulce (1 l) Zahar (200 gr) Smantana (200 gr) Ulei (50 gr) Cacao (50 gr) Supa strecurata zarzavat (1 l)			
DUMINICĂ / 18.10.2026	CARDIO	Ceai (250 ml) Ou(50gr) laurt (140 gr) Unt (10gr) Chifla (50 gr)	Ciorba de zarzavat (300 ml) Paste bolognese (270 gr) Napolitana (30gr) Chifla (50 gr)	Mancare de fasole verde+pui (270 gr) Ceai (250 ml) Chifla (50gr)	
	RENAL	Ceai (250 ml) Ou(50gr) laurt (140 gr) Unt (10gr) Chifla (50 gr)	Ciorba de zarzavat (300 ml) Paste bolognese (270 gr) Napolitana (30gr) Chifla (50 gr)	Mancare de fasole verde+pui (270 gr) Ceai (250 ml) Chifla (50gr)	
	DIABET	Ceai (250 ml) Ou(50gr) laurt (140 gr) Unt (10gr) Chifla (50 gr)	Ciorba de zarzavat (300 ml) Paste bolognese (270 gr) Chifla (50 gr)	Mancare de fasole verde+pui (270 gr) Ceai (250 ml) Chifla (50gr)	laurt Mar
	SODOU	4 oua crude Lapte dulce (1 l) Zahar (200 gr) Smantana (200 gr) Ulei (50 gr) Cacao (50 gr) Supa strecurata zarzavat (1 l)			

saptamana 12.10.2026 - 18.10.2026

Perioada: 12.10.2026 - 18.10.2026 • 7 zile

Furnizor	SC CRISTIN NL IMPEX SRL NR.INREG.J40/7749/1994 CUI RO 5581168 STR. PIETEI NR.12 SECTOR 1 BUCURESTI "
Observatii meniu	

Rezumat nutritional pe regim

Medie / zi - CARDIO / RENAL							
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare
8353.3	1996.48	91.56 g	68.27 g	25.53 g	240.53 g	93.06 g	1.90 g

Medie / zi - DIABET							
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare
6609.6	1579.73	74.92 g	66.23 g	25.06 g	160.15 g	68.87 g	1.77 g

Medie / zi - SODOU							
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare
12141.8	2901.95	82.53 g	146.57 g	51.90 g	292.80 g	184.81 g	0.63 g

Regim alimentar: CARDIO / RENAL

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	
UNT	10 g	1	265.4	63.44	0.50 g	6.50 g	3.90 g	0.23 g	0.04 g	0.00 g	Conține: Lapte
GEM	20 g	1	193.5	46.25	0.36 g	0.00 g	0.00 g	10.92 g	1.40 g	0.00 g	
CASCAVAL	30 g	1	355.6	84.99	7.50 g	5.70 g	3.60 g	0.30 g	0.30 g	0.18 g	Conține: Lapte
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
IAURT	140 g	1	356.4	85.18	4.48 g	4.90 g	2.94 g	5.18 g	5.18 g	0.00 g	Conține: Lapte

Pranz

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CIORBA DE LEGUME CU ZDRENTA DE OU SI LEUSTEAN	300 g	1	583.6	139.48	5.54 g	4.69 g	0.84 g	17.84 g	4.71 g	0.16 g	Conține: Gluten, Ouă, Țelină
PILAF DE OREZ CU BUCATELE DE PUI	270 g	1	1480.7	353.90	21.09 g	9.64 g	1.22 g	43.36 g	0.87 g	0.00 g	
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
NAPOLITANA	30 g	1	640.1	152.99	1.98 g	7.92 g	4.92 g	17.37 g	11.07 g	0.09 g	Conține: Gluten, Lapte, Soia

Cina

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
TOCANITA DE LEGUME	200 g	1	496.1	118.57	2.09 g	4.81 g	0.49 g	15.92 g	3.32 g	0.20 g	

12.10.2026 - CARDIO / RENAL - Cina - continuare

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
PUI LA CUPTOR	70 g	1	441.2	105.44	14.49 g	4.95 g	0.49 g	0.00 g	0.00 g	0.00 g	
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	
Total regim - CARDIO / RENAL											
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare				
6936.7	1657.92	70.34 g	50.62 g	18.70 g	219.21 g	102.44 g	1.98 g				
Regim alimentar: DIABET											
Mic dejun											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	
UNT	10 g	1	265.4	63.44	0.50 g	6.50 g	3.90 g	0.23 g	0.04 g	0.00 g	Conține: Lapte
CASCAVAL	30 g	1	355.6	84.99	7.50 g	5.70 g	3.60 g	0.30 g	0.30 g	0.18 g	Conține: Lapte
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
IAURT	140 g	1	356.4	85.18	4.48 g	4.90 g	2.94 g	5.18 g	5.18 g	0.00 g	Conține: Lapte
Gustare AM											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
MERE	120 g	1	323.3	77.28	0.36 g	0.48 g	0.00 g	17.40 g	0.00 g	0.00 g	

Pranz											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CIORBA DE LEGUME CU ZDRENT DE OU SI LEUSTEAN	300 g	1	583.6	139.48	5.54 g	4.69 g	0.84 g	17.84 g	4.71 g	0.16 g	Conține: Gluten, Ouă, Țelină
PILAF DE OREZ CU BUCATELE DE PUI	270 g	1	1480.7	353.90	21.09 g	9.64 g	1.22 g	43.36 g	0.87 g	0.00 g	
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
Gustare PM											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
IAURT	140 g	1	356.4	85.18	4.48 g	4.90 g	2.94 g	5.18 g	5.18 g	0.00 g	Conține: Lapte
Cina											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
TOCANITA DE LEGUME	200 g	1	496.1	118.57	2.09 g	4.81 g	0.49 g	15.92 g	3.32 g	0.20 g	
PUI LA CUPTOR	70 g	1	441.2	105.44	14.49 g	4.95 g	0.49 g	0.00 g	0.00 g	0.00 g	
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	
Total regim - DIABET											
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare				
6354.5	1518.76	72.84 g	48.08 g	16.72 g	188.53 g	82.15 g	1.89 g				
Regim alimentar: SODOU											
Mic dejun											

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
OU	200 g	1	1434.8	342.92	28.00 g	24.00 g	6.00 g	1.20 g	0.00 g	0.00 g	Conține: Ouă
LAPTE DULCE	1000 ml	1	2041.8	488.00	35.00 g	15.00 g	10.00 g	50.00 g	50.00 g	0.00 g	Conține: Lapte
ZAHĂR	200 g	1	3427.5	819.18	0.00 g	0.00 g	0.00 g	199.80 g	104.00 g	0.00 g	
SMÂNTÂNĂ	200 g	1	1765.7	422.02	5.40 g	40.00 g	24.00 g	6.80 g	6.80 g	0.60 g	Conține: Lapte
ULEI	50 ml	1	1850.3	442.22	0.00 g	47.55 g	4.50 g	0.00 g	0.00 g	0.00 g	
CACAO	50 g	1	932.1	222.77	11.65 g	10.00 g	6.50 g	20.00 g	20.00 g	0.00 g	
SUPA STRECURATA ZARZAVAT	1000 g	1	689.7	164.85	2.48 g	10.02 g	0.90 g	15.00 g	4.02 g	0.03 g	Conține: Țelină

Total regim - SODOU

kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare
12141.8	2901.95	82.53 g	146.57 g	51.90 g	292.80 g	184.82 g	0.63 g

Marti

13.10.2026

Regim alimentar: DIABET

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	
UNT	10 g	1	265.4	63.44	0.50 g	6.50 g	3.90 g	0.23 g	0.04 g	0.00 g	Conține: Lapte
CAS DE VACA	100 g	1	1087.5	259.91	24.30 g	16.00 g	11.00 g	2.80 g	0.30 g	0.00 g	Conține: Lapte
OU	50 g	1	358.7	85.73	7.00 g	6.00 g	1.50 g	0.30 g	0.00 g	0.00 g	Conține: Ouă

13.10.2026 - DIABET - Mic dejun - continuare

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
Gustare AM											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
MERE	120 g	1	323.3	77.28	0.36 g	0.48 g	0.00 g	17.40 g	0.00 g	0.00 g	
Pranz											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
SUPA DE PUI	300 g	1	510.7	122.05	8.62 g	4.99 g	0.50 g	9.83 g	2.92 g	0.02 g	Conține: Țelină
PIURE DE CARTOFI	200 g	1	927.6	221.71	4.73 g	7.14 g	4.10 g	33.15 g	3.06 g	0.34 g	Conține: Lapte
OSTROPEL DE PUI	70 g	1	409.7	97.92	11.56 g	4.86 g	0.47 g	1.30 g	0.61 g	0.00 g	
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
Gustare PM											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
IAURT	140 g	1	356.4	85.18	4.48 g	4.90 g	2.94 g	5.18 g	5.18 g	0.00 g	Conține: Lapte
Cina											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
BUDINCA DE PASTE CU BRANZA	250 g	1	1391.4	332.55	16.46 g	10.51 g	5.10 g	40.81 g	4.47 g	0.00 g	Conține: Gluten, Lapte, Ouă
CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	

Total regim - DIABET							
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare
6760.6	1615.82	86.21 g	62.37 g	29.71 g	166.42 g	58.27 g	1.25 g

Regim alimentar: **CARDIO / RENAL**

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	
UNT	10 g	1	265.4	63.44	0.50 g	6.50 g	3.90 g	0.23 g	0.04 g	0.00 g	Conține: Lapte
CAS DE VACA	100 g	1	1087.5	259.91	24.30 g	16.00 g	11.00 g	2.80 g	0.30 g	0.00 g	Conține: Lapte
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
GEM	20 g	1	193.5	46.25	0.36 g	0.00 g	0.00 g	10.92 g	1.40 g	0.00 g	

Pranz

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
SUPA DE PUI	300 g	1	510.7	122.05	8.62 g	4.99 g	0.50 g	9.83 g	2.92 g	0.02 g	Conține: Țelină
OSTROPEL DE PUI	70 g	1	409.7	97.92	11.56 g	4.86 g	0.47 g	1.30 g	0.61 g	0.00 g	
PIURE DE CARTOFI	200 g	1	927.6	221.71	4.73 g	7.14 g	4.10 g	33.15 g	3.06 g	0.34 g	Conține: Lapte
BISCUȚI	30 g	1	458.9	109.69	3.00 g	0.42 g	0.06 g	22.80 g	0.09 g	0.00 g	Conține: Gluten, Lapte, Ouă, Soia
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten

Cina

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
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13.10.2026 - CARDIO / RENAL - Cina - continuare

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
BUDINCA DE PASTE CU BRANZA	2250 g	1	12522.2	2992.87	148.17 g	94.55 g	45.90 g	367.33 g	40.20 g	0.00 g	Conține: Gluten, Lapte, Ouă
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	
Total regim - CARDIO / RENAL											
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare				
17933.9	4286.31	209.44 g	135.45 g	66.13 g	528.76 g	103.32 g	1.25 g				

Regim alimentar: SODOU

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
OU	200 g	1	1434.8	342.92	28.00 g	24.00 g	6.00 g	1.20 g	0.00 g	0.00 g	Conține: Ouă
LAPTE DULCE	1000 ml	1	2041.8	488.00	35.00 g	15.00 g	10.00 g	50.00 g	50.00 g	0.00 g	Conține: Lapte
ZAHĂR	200 g	1	3427.5	819.18	0.00 g	0.00 g	0.00 g	199.80 g	104.00 g	0.00 g	
SMÂNTÂNĂ	200 g	1	1765.7	422.02	5.40 g	40.00 g	24.00 g	6.80 g	6.80 g	0.60 g	Conține: Lapte
ULEI	50 ml	1	1850.3	442.22	0.00 g	47.55 g	4.50 g	0.00 g	0.00 g	0.00 g	
CACAO	50 g	1	932.1	222.77	11.65 g	10.00 g	6.50 g	20.00 g	20.00 g	0.00 g	
SUPA STRECURATA ZARZAVAT	1000 g	1	689.7	164.85	2.48 g	10.02 g	0.90 g	15.00 g	4.02 g	0.03 g	Conține: Țelină
Total regim - SODOU											
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare				
12141.8	2901.95	82.53 g	146.57 g	51.90 g	292.80 g	184.82 g	0.63 g				

Regim alimentar: CARDIO / RENAL

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	
UNT	10 g	1	265.4	63.44	0.50 g	6.50 g	3.90 g	0.23 g	0.04 g	0.00 g	Conține: Lapte
BRÂNZĂ VACI	100 g	1	877.9	209.81	19.00 g	12.20 g	0.30 g	4.50 g	0.00 g	0.00 g	Conține: Lapte
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
IAURT	140 g	1	356.4	85.18	4.48 g	4.90 g	2.94 g	5.18 g	5.18 g	0.00 g	Conține: Lapte

Pranz

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
SUPA CREMA DE LEGUME	300 g	1	672.8	160.79	3.02 g	7.29 g	0.83 g	19.66 g	5.54 g	0.13 g	Conține: Soia, Țelină
GHIVECI DE LEGUME	200 g	1	768.9	183.78	3.36 g	11.27 g	1.07 g	15.90 g	3.90 g	0.22 g	Conține: Țelină
PUI LA CUPTOR	70 g	1	441.2	105.44	14.49 g	4.95 g	0.49 g	0.00 g	0.00 g	0.00 g	
EUGENIE	30 g	1	564.8	135.00	2.40 g	4.20 g	2.85 g	21.00 g	9.00 g	0.09 g	Conține: Gluten, Lapte, Ouă, Soia
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten

Cina

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
PASTE BOLOGNEZE	250 g	1	1206.8	288.44	24.93 g	11.30 g	4.29 g	19.79 g	2.64 g	0.19 g	Conține: Gluten

14.10.2026 - CARDIO / RENAL - Cina - continuare

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	

Total regim - CARDIO / RENAL											
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare				
7277.9	1739.47	84.49 g	64.11 g	16.97 g	194.35 g	101.85 g	1.98 g				

Regim alimentar: DIABET

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	
UNT	100 g	1	2654.5	634.43	5.00 g	65.00 g	39.00 g	2.30 g	0.40 g	0.00 g	Conține: Lapte
BRÂNZĂ VACI	100 g	1	877.9	209.81	19.00 g	12.20 g	0.30 g	4.50 g	0.00 g	0.00 g	Conține: Lapte
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
IAURT	140 g	1	356.4	85.18	4.48 g	4.90 g	2.94 g	5.18 g	5.18 g	0.00 g	Conține: Lapte

Gustare AM

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
MERE	120 g	1	323.3	77.28	0.36 g	0.48 g	0.00 g	17.40 g	0.00 g	0.00 g	

Pranz

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
SUPA CREMA DE LEGUME	300 g	1	672.8	160.79	3.02 g	7.29 g	0.83 g	19.66 g	5.54 g	0.13 g	Conține: Soia, Țelină
GHIVECI DE LEGUME	200 g	1	768.9	183.78	3.36 g	11.27 g	1.07 g	15.90 g	3.90 g	0.22 g	Conține: Țelină
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten

Gustare PM

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
IAURT	140 g	1	356.4	85.18	4.48 g	4.90 g	2.94 g	5.18 g	5.18 g	0.00 g	Conține: Lapte

Cina

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
PASTE BOLOGNEZE	250 g	1	1206.8	288.44	24.93 g	11.30 g	4.29 g	19.79 g	2.64 g	0.19 g	Conține: Gluten
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	

Total regim - DIABET

kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare
8912.3	2130.09	76.94 g	118.84 g	51.67 g	173.03 g	85.39 g	1.89 g

Regim alimentar: SODOU

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
OU	200 g	1	1434.8	342.92	28.00 g	24.00 g	6.00 g	1.20 g	0.00 g	0.00 g	Conține: Ouă
LAPTE DULCE	1000 ml	1	2041.8	488.00	35.00 g	15.00 g	10.00 g	50.00 g	50.00 g	0.00 g	Conține: Lapte

14.10.2026 - SODOU - Mic dejun - continuare

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
ZAHĂR	200 g	1	3427.5	819.18	0.00 g	0.00 g	0.00 g	199.80 g	104.00 g	0.00 g	
SMÂNTÂNĂ	200 g	1	1765.7	422.02	5.40 g	40.00 g	24.00 g	6.80 g	6.80 g	0.60 g	Conține: Lapte
ULEI	50 ml	1	1850.3	442.22	0.00 g	47.55 g	4.50 g	0.00 g	0.00 g	0.00 g	
CACAO	50 g	1	932.1	222.77	11.65 g	10.00 g	6.50 g	20.00 g	20.00 g	0.00 g	
SUPA STRECURATA ZARZAVAT	1000 g	1	689.7	164.85	2.48 g	10.02 g	0.90 g	15.00 g	4.02 g	0.03 g	Conține: Țelină
Total regim - SODOU											
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare				
12141.8	2901.95	82.53 g	146.57 g	51.90 g	292.80 g	184.82 g	0.63 g				

Joi

15.10.2026

Regim alimentar: CARDIO / RENAL

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	
CASCAVAL	30 g	1	355.6	84.99	7.50 g	5.70 g	3.60 g	0.30 g	0.30 g	0.18 g	Conține: Lapte
GEM	20 g	1	193.5	46.25	0.36 g	0.00 g	0.00 g	10.92 g	1.40 g	0.00 g	
UNT	10 g	1	265.4	63.44	0.50 g	6.50 g	3.90 g	0.23 g	0.04 g	0.00 g	Conține: Lapte
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten

Pranz											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CIORBA TARANEASCA	300 g	1	601.4	143.74	4.25 g	6.93 g	0.94 g	15.09 g	3.43 g	0.10 g	Conține: Ouă, Țelină
MANCARICA DE MASLINE CU PUI	270 g	1	1189.3	284.25	16.91 g	15.84 g	2.04 g	16.49 g	3.37 g	1.37 g	
NAPOLITANA	30 g	1	640.1	152.99	1.98 g	7.92 g	4.92 g	17.37 g	11.07 g	0.09 g	Conține: Gluten, Lapte, Soia
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
Cina											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
OREZ CU LEGUME	200 g	1	743.9	177.79	3.90 g	4.11 g	0.53 g	30.14 g	2.85 g	0.05 g	Poate conține: Țelină
PUI LA CUPTOR	70 g	1	441.2	105.44	14.49 g	4.95 g	0.49 g	0.00 g	0.00 g	0.00 g	
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
Total regim - CARDIO / RENAL											
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare				
6554.4	1566.54	62.19 g	53.46 g	16.72 g	198.63 g	98.01 g	3.13 g				
Regim alimentar: DIABET											
Mic dejun											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	

15.10.2026 - DIABET - Mic dejun - continuare

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CASCAVAL	30 g	1	355.6	84.99	7.50 g	5.70 g	3.60 g	0.30 g	0.30 g	0.18 g	Conține: Lapte
UNT	10 g	1	265.4	63.44	0.50 g	6.50 g	3.90 g	0.23 g	0.04 g	0.00 g	Conține: Lapte
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
OU	50 g	1	358.7	85.73	7.00 g	6.00 g	1.50 g	0.30 g	0.00 g	0.00 g	Conține: Ouă
Gustare AM											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
MERE	120 g	1	323.3	77.28	0.36 g	0.48 g	0.00 g	17.40 g	0.00 g	0.00 g	
Pranz											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CIORBA TARANEASCA	300 g	1	601.4	143.74	4.25 g	6.93 g	0.94 g	15.09 g	3.43 g	0.10 g	Conține: Ouă, Țelină
MANCARICA DE MASLINE CU PUI	270 g	1	1189.3	284.25	16.91 g	15.84 g	2.04 g	16.49 g	3.37 g	1.37 g	
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
Gustare PM											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
IAURT	140 g	1	356.4	85.18	4.48 g	4.90 g	2.94 g	5.18 g	5.18 g	0.00 g	Conține: Lapte
Cina											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
OREZ CU LEGUME	200 g	1	743.9	177.79	3.90 g	4.11 g	0.53 g	30.14 g	2.85 g	0.05 g	Poate conține: Țelină

15.10.2026 - DIABET - Cina - continuare

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
PUI LA CUPTOR	70 g	1	441.2	105.44	14.49 g	4.95 g	0.49 g	0.00 g	0.00 g	0.00 g	
CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten

Total regim - DIABET											
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare				
6330.7	1513.07	71.69 g	56.92 g	16.24 g	168.24 g	77.72 g	3.04 g				

Regim alimentar: SODOU

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
OU	200 g	1	1434.8	342.92	28.00 g	24.00 g	6.00 g	1.20 g	0.00 g	0.00 g	Conține: Ouă
LAPTE DULCE	1000 ml	1	2041.8	488.00	35.00 g	15.00 g	10.00 g	50.00 g	50.00 g	0.00 g	Conține: Lapte
ZAHĂR	200 g	1	3427.5	819.18	0.00 g	0.00 g	0.00 g	199.80 g	104.00 g	0.00 g	
SMÂNTÂNĂ	200 g	1	1765.7	422.02	5.40 g	40.00 g	24.00 g	6.80 g	6.80 g	0.60 g	Conține: Lapte
ULEI	50 ml	1	1850.3	442.22	0.00 g	47.55 g	4.50 g	0.00 g	0.00 g	0.00 g	
CACAO	50 g	1	932.1	222.77	11.65 g	10.00 g	6.50 g	20.00 g	20.00 g	0.00 g	
SUPA STRECURATA ZARZAVAT	1000 g	1	689.7	164.85	2.48 g	10.02 g	0.90 g	15.00 g	4.02 g	0.03 g	Conține: Țelină

Total regim - SODOU							
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare
12141.8	2901.95	82.53 g	146.57 g	51.90 g	292.80 g	184.82 g	0.63 g

Vineri

16.10.2026

Regim alimentar: CARDIO / RENAL

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	
BRÂNZĂ VACI	100 g	1	877.9	209.81	19.00 g	12.20 g	0.30 g	4.50 g	0.00 g	0.00 g	Conține: Lapte
GEM	20 g	1	193.5	46.25	0.36 g	0.00 g	0.00 g	10.92 g	1.40 g	0.00 g	
UNT	20 g	1	530.9	126.89	1.00 g	13.00 g	7.80 g	0.46 g	0.08 g	0.00 g	Conține: Lapte
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten

Pranz

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CIORBA DE LEGUME	300 g	1	520.1	124.31	2.25 g	5.22 g	0.51 g	16.23 g	3.73 g	0.18 g	Conține: Țelină
OREZ TARANESC	200 g	1	719.1	171.86	3.76 g	4.13 g	0.56 g	28.79 g	2.16 g	0.05 g	
PUI LA CUPTOR	70 g	1	441.2	105.44	14.49 g	4.95 g	0.49 g	0.00 g	0.00 g	0.00 g	
BISCUȚI	30 g	1	458.9	109.69	3.00 g	0.42 g	0.06 g	22.80 g	0.09 g	0.00 g	Conține: Gluten, Lapte, Ouă, Soia
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten

Cina											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
GHIVECI DE LEGUME	250 g	1	960.9	229.67	4.20 g	14.08 g	1.34 g	19.88 g	4.88 g	0.28 g	Conține: Țelină
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	
Total regim - CARDIO / RENAL											
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare				
6261.5	1496.54	56.26 g	55.01 g	11.26 g	183.97 g	67.04 g	1.41 g				
Regim alimentar: DIABET											
Mic dejun											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	
BRÂNZĂ VACI	100 g	1	877.9	209.81	19.00 g	12.20 g	0.30 g	4.50 g	0.00 g	0.00 g	Conține: Lapte
UNT	20 g	1	530.9	126.89	1.00 g	13.00 g	7.80 g	0.46 g	0.08 g	0.00 g	Conține: Lapte
Gustare AM											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
MERE	120 g	1	323.3	77.28	0.36 g	0.48 g	0.00 g	17.40 g	0.00 g	0.00 g	
Pranz											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CIORBA DE LEGUME	300 g	1	520.1	124.31	2.25 g	5.22 g	0.51 g	16.23 g	3.73 g	0.18 g	Conține: Țelină
OREZ TARANESC	200 g	1	719.1	171.86	3.76 g	4.13 g	0.56 g	28.79 g	2.16 g	0.05 g	

16.10.2026 - DIABET - Pranz - continuare

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
PUI LA CUPTOR	70 g	1	441.2	105.44	14.49 g	4.95 g	0.49 g	0.00 g	0.00 g	0.00 g	
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten

Gustare PM

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
IAURT	140 g	1	356.4	85.18	4.48 g	4.90 g	2.94 g	5.18 g	5.18 g	0.00 g	Conține: Lapte

Cina

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
GHIVECI DE LEGUME	250 g	1	960.9	229.67	4.20 g	14.08 g	1.34 g	19.88 g	4.88 g	0.28 g	Conține: Țelină
CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	

Total regim - DIABET

kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare
5295.3	1265.61	53.64 g	59.47 g	14.04 g	120.15 g	36.88 g	0.96 g

Regim alimentar: SODOU

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
OU	200 g	1	1434.8	342.92	28.00 g	24.00 g	6.00 g	1.20 g	0.00 g	0.00 g	Conține: Ouă
LAPTE DULCE	1000 ml	1	2041.8	488.00	35.00 g	15.00 g	10.00 g	50.00 g	50.00 g	0.00 g	Conține: Lapte

16.10.2026 - SODOU - Mic dejun - continuare

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
ZAHĂR	200 g	1	3427.5	819.18	0.00 g	0.00 g	0.00 g	199.80 g	104.00 g	0.00 g	
SMÂNTÂNĂ	200 g	1	1765.7	422.02	5.40 g	40.00 g	24.00 g	6.80 g	6.80 g	0.60 g	Conține: Lapte
ULEI	50 ml	1	1850.3	442.22	0.00 g	47.55 g	4.50 g	0.00 g	0.00 g	0.00 g	
CACAO	50 g	1	932.1	222.77	11.65 g	10.00 g	6.50 g	20.00 g	20.00 g	0.00 g	
SUPA STRECURATA ZARZAVAT	1000 g	1	689.7	164.85	2.48 g	10.02 g	0.90 g	15.00 g	4.02 g	0.03 g	Conține: Țelină
Total regim - SODOU											
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare				
12141.8	2901.95	82.53 g	146.57 g	51.90 g	292.80 g	184.82 g	0.63 g				

Sambata

17.10.2026

Regim alimentar: CARDIO / RENAL

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	
CAS DE VACA	100 g	1	1087.5	259.91	24.30 g	16.00 g	11.00 g	2.80 g	0.30 g	0.00 g	Conține: Lapte
GEM	20 g	1	193.5	46.25	0.36 g	0.00 g	0.00 g	10.92 g	1.40 g	0.00 g	
UNT	10 g	1	265.4	63.44	0.50 g	6.50 g	3.90 g	0.23 g	0.04 g	0.00 g	Conține: Lapte
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten

Pranz											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
SUPA DE PUI	300 g	1	510.7	122.05	8.62 g	4.99 g	0.50 g	9.83 g	2.92 g	0.02 g	Conține: Țelină
VARZA CALITA CU PUI	270 g	1	1086.0	259.57	18.45 g	13.57 g	1.28 g	14.08 g	2.40 g	0.51 g	
EUGENIE	30 g	1	564.8	135.00	2.40 g	4.20 g	2.85 g	21.00 g	9.00 g	0.09 g	Conține: Gluten, Lapte, Ouă, Soia
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
Cina											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
PASTE CU BRANZA	250 g	1	1400.8	334.80	19.00 g	12.67 g	6.88 g	33.92 g	1.00 g	0.00 g	Conține: Gluten, Lapte
IAURT	120 g	1	305.5	73.01	3.84 g	4.20 g	2.52 g	4.44 g	4.44 g	0.00 g	Conține: Lapte
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	
Total regim - CARDIO / RENAL											
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare				
6972.3	1666.42	85.67 g	63.12 g	29.13 g	177.60 g	76.20 g	1.52 g				
Regim alimentar: DIABET											
Mic dejun											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	
CAS DE VACA	100 g	1	1087.5	259.91	24.30 g	16.00 g	11.00 g	2.80 g	0.30 g	0.00 g	Conține: Lapte

17.10.2026 - DIABET - Mic dejun - continuare

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
UNT	10 g	1	265.4	63.44	0.50 g	6.50 g	3.90 g	0.23 g	0.04 g	0.00 g	Conține: Lapte
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
Gustare AM											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
MERE	120 g	1	323.3	77.28	0.36 g	0.48 g	0.00 g	17.40 g	0.00 g	0.00 g	
Pranz											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
SUPA DE PUI	300 g	1	510.7	122.05	8.62 g	4.99 g	0.50 g	9.83 g	2.92 g	0.02 g	Conține: Țelină
VARZA CALITA CU PUI	270 g	1	1086.0	259.57	18.45 g	13.57 g	1.28 g	14.08 g	2.40 g	0.51 g	
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
Gustare PM											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
IAURT	140 g	1	356.4	85.18	4.48 g	4.90 g	2.94 g	5.18 g	5.18 g	0.00 g	Conține: Lapte
Cina											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
PASTE CU BRANZA	250 g	1	1400.8	334.80	19.00 g	12.67 g	6.88 g	33.92 g	1.00 g	0.00 g	Conține: Gluten, Lapte
IAURT	120 g	1	305.5	73.01	3.84 g	4.20 g	2.52 g	4.44 g	4.44 g	0.00 g	Conține: Lapte
CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	

Total regim - DIABET							
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare
6465.3	1545.25	87.75 g	64.30 g	29.22 g	143.29 g	57.98 g	1.43 g

Regim alimentar: SODOU

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
OU	200 g	1	1434.8	342.92	28.00 g	24.00 g	6.00 g	1.20 g	0.00 g	0.00 g	Conține: Ouă
LAPTE DULCE	1000 ml	1	2041.8	488.00	35.00 g	15.00 g	10.00 g	50.00 g	50.00 g	0.00 g	Conține: Lapte
ZAHĂR	200 g	1	3427.5	819.18	0.00 g	0.00 g	0.00 g	199.80 g	104.00 g	0.00 g	
SMÂNTÂNĂ	200 g	1	1765.7	422.02	5.40 g	40.00 g	24.00 g	6.80 g	6.80 g	0.60 g	Conține: Lapte
ULEI	50 ml	1	1850.3	442.22	0.00 g	47.55 g	4.50 g	0.00 g	0.00 g	0.00 g	
CACAO	50 g	1	932.1	222.77	11.65 g	10.00 g	6.50 g	20.00 g	20.00 g	0.00 g	
SUPA STRECURATA ZARZAVAT	1000 g	1	689.7	164.85	2.48 g	10.02 g	0.90 g	15.00 g	4.02 g	0.03 g	Conține: Țelină

Total regim - SODOU							
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare
12141.8	2901.95	82.53 g	146.57 g	51.90 g	292.80 g	184.82 g	0.63 g

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Regim alimentar: CARDIO / RENAL

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	
OU	50 g	1	358.7	85.73	7.00 g	6.00 g	1.50 g	0.30 g	0.00 g	0.00 g	Conține: Ouă
IAURT	140 g	1	356.4	85.18	4.48 g	4.90 g	2.94 g	5.18 g	5.18 g	0.00 g	Conține: Lapte
UNT	10 g	1	265.4	63.44	0.50 g	6.50 g	3.90 g	0.23 g	0.04 g	0.00 g	Conține: Lapte
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
Pranz											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CIORBA ZARZAVAT	300 g	1	539.1	128.85	2.29 g	5.13 g	0.50 g	17.50 g	2.86 g	0.19 g	Conține: Gluten, Țelină
PASTE BOLOGNEZE	270 g	1	1303.8	311.62	26.93 g	12.21 g	4.63 g	21.38 g	2.85 g	0.20 g	Conține: Gluten
NAPOLITANA	30 g	1	640.1	152.99	1.98 g	7.92 g	4.92 g	17.37 g	11.07 g	0.09 g	Conține: Gluten, Lapte, Soia
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
Cina											
Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
MANCARE DE FASOLE VERDE	200 g	1	508.4	121.52	2.55 g	7.04 g	0.63 g	11.12 g	5.00 g	0.20 g	
PUI LA CUPTOR	70 g	1	441.2	105.44	14.49 g	4.95 g	0.49 g	0.00 g	0.00 g	0.00 g	
CEAI FRUCTE PADURE/MENTA	250 g	1	214.4	51.25	0.00 g	0.00 g	0.00 g	12.50 g	6.50 g	0.00 g	
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten

Total regim - CARDIO / RENAL							
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare
6526.0	1562.36	72.53 g	56.15 g	19.80 g	181.17 g	102.55 g	2.03 g

Regim alimentar: DIABET

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	
OU	50 g	1	358.7	85.73	7.00 g	6.00 g	1.50 g	0.30 g	0.00 g	0.00 g	Conține: Ouă
IAURT	140 g	1	356.4	85.18	4.48 g	4.90 g	2.94 g	5.18 g	5.18 g	0.00 g	Conține: Lapte
UNT	10 g	1	265.4	63.44	0.50 g	6.50 g	3.90 g	0.23 g	0.04 g	0.00 g	Conține: Lapte
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten

Gustare AM

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
MERE	120 g	1	323.3	77.28	0.36 g	0.48 g	0.00 g	17.40 g	0.00 g	0.00 g	

Pranz

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CIORBA ZARZAVAT	300 g	1	539.1	128.85	2.29 g	5.13 g	0.50 g	17.50 g	2.86 g	0.19 g	Conține: Gluten, Țelină
PASTE BOLOGNEZE	270 g	1	1303.8	311.62	26.93 g	12.21 g	4.63 g	21.38 g	2.85 g	0.20 g	Conține: Gluten
CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten

Gustare PM

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
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IAURT	140 g	1	356.4	85.18	4.48 g	4.90 g	2.94 g	5.18 g	5.18 g	0.00 g	Conține: Lapte
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Cina

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
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MANCARE DE FASOLE VERDE	200 g	1	508.4	121.52	2.55 g	7.04 g	0.63 g	11.12 g	5.00 g	0.20 g	
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PUI LA CUPTOR	70 g	1	441.2	105.44	14.49 g	4.95 g	0.49 g	0.00 g	0.00 g	0.00 g	
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CEAI	250 g	1	0.2	0.04	0.00 g	0.00 g	0.00 g	0.01 g	0.00 g	0.00 g	
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CHIFLA	50 g	1	565.0	135.03	4.10 g	0.50 g	0.10 g	27.70 g	20.85 g	0.45 g	Conține: Gluten
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Total regim - DIABET											
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare				
6148.2	1469.45	75.39 g	53.61 g	17.82 g	161.41 g	83.66 g	1.94 g				

Regim alimentar: SODOU

Mic dejun

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
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OU	200 g	1	1434.8	342.92	28.00 g	24.00 g	6.00 g	1.20 g	0.00 g	0.00 g	Conține: Ouă
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LAPTE DULCE	1000 ml	1	2041.8	488.00	35.00 g	15.00 g	10.00 g	50.00 g	50.00 g	0.00 g	Conține: Lapte
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ZAHĂR	200 g	1	3427.5	819.18	0.00 g	0.00 g	0.00 g	199.80 g	104.00 g	0.00 g	
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SMÂNTÂNĂ	200 g	1	1765.7	422.02	5.40 g	40.00 g	24.00 g	6.80 g	6.80 g	0.60 g	Conține: Lapte
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ULEI	50 ml	1	1850.3	442.22	0.00 g	47.55 g	4.50 g	0.00 g	0.00 g	0.00 g	
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18.10.2026 - SODOU - Mic dejun - continuare

Preparat / aliment	Cantitate	Portii	kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare	Alergeni
CACAO	50 g	1	932.1	222.77	11.65 g	10.00 g	6.50 g	20.00 g	20.00 g	0.00 g	
SUPA STRECURATA ZARZAVAT	1000 g	1	689.7	164.85	2.48 g	10.02 g	0.90 g	15.00 g	4.02 g	0.03 g	Conține: Țelină
Total regim - SODOU											
kJ	kcal	Proteine	Lipide	AGS	Glucide	Zaharuri	Sare				
12141.8	2901.95	82.53 g	146.57 g	51.90 g	292.80 g	184.82 g	0.63 g				

Intocmit

As.med.Nutritie si Dietetica, cod 235884

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MIHAELA-
ROXANA

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Date: 2026.10.07
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