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MENIU HRANĂ PACIENȚI
SĂPTĂMÂNA 09.11.2026 - 15.11.2026

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 / 09.11.2026	CARDIO	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)	
	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)			
MARȚI / 10.11.2026	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 / 11.112026	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 / 12.11.2026	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 / 13.11.2026	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)	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)			
SÂMBĂTĂ / 14.11.2026	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) | Iaurt (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) | Iaurt (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) | Iaurt (120gr) |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)			
DUMINICĂ / 15.11.2026	CARDIO	Ceai (250 ml) | Ou(50gr) | Iaurt (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) | Iaurt (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) | Iaurt (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)	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)			

PLAN ALIMENTAR

saptamana 09.11.2026 - 15.11.2026

Perioada: 0911.2026 - 15.11.2026 • 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

Luni 09.11.2026

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	
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 ZDRENTE 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	

09.11.2026 - 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 ZDRENTE 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

10.11.2026

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**

10.11.2026 - 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**
BISCUIȚI	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

10.11.2026 - 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**

Miercuri 11.11.2026

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	
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**

11.11.2026 - 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**

11.11.2026 - 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

12.11.2026

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	

12.11.2026 - 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**

12.11.2026 - 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 13.11.2026

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	
BISCUIŢI	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	

13.11.2026 - 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**

13.11.2026 - 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 14.11.2026

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**

14.11.2026 - 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

Duminica

15.11.2026

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	
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
6536.9	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
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
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	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
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
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	

15.11.2026 - 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

CARABOI MIHAELA-ROXANA
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