

MENIU COMUN

Perioada 14.09.2026-20.09.2026

REGIM HIPOSDAT

	luni	marti	miercuri	joi	vineri	sambata	duminica
masa	meniu	meniu	meniu	meniu	meniu	meniu	meniu
mic dejun	Paine(100g), unt(30g),pateu(100g) cascaval(40g), masline(30g) ceai(250ml)	Paine(100g) sunca presata(80g) salam(50g), cascaval(40g) si ceai(250ml)	Paine(100g) zacusca(100g) branza topita(20g) muschi file(80g) si ceai(250ml)	Paine(100g) cu unt(30g)fineti(40g)si lapte(250ml)	paine (100g)cu unt (30g),gem(50g),halva (80g)si lapte cu cacao(250ml)	Paine(100g) cu unt(30g), sunca omleta(80g), sunca presata(100g) cu mustar(15g) si ceai(250ml)	Paine(100g) cu unt(30g) conserva de peste(50g) salata de icre(40g) si ceai(250ml)
Supliment 1	napolitane(100gr)	fructe(250g)	iaurt(140g)	fructe(250g)	pepene rosu si galben(200gr)	pepene rosu si galben(200gr)	fructe(250g)
branz	1.ciorba de fasole(400ml) cu paine(100g), 2.cartofi natur(300g) friptura de porc(140g) salata de sfecla rosie(40g) si paine(100g)	1.ciorba(400ml) de pui(100g)cu fidea(10g), 2.tochitura(250g) ou fiert branza telemea(50g) si mamaliga(300g)	1.bors de sfecla rosie(400ml) cu smantana(30g) paine(100g) 2.piftete coapte (150g) piure de cartofi(250g)igogosa ri in otet(40gr), paine(100g)	1.ciorba de perisoare(400ml)paine(100g) 2.ardei umpluti(250gr) si mamaliga(300gr)	1.bors din carne de porc(400ml)paine(100g)2.mancarina de fasole(300g)cu pulpe pui(250g)castraveti in otet(40g)si paine(100g)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancarina de mazare cu cartofi(400gr) si carnati(100gr)si paine(100gr)	1.ciorba a la grek (400ml) paine(100gr) 2.cuiperoute(200gr)cu smantana(100gr)si piept de pui(100gr)si mamaliga(300gr)
Supliment 2							
seara	pilaf cu legume(250g) carnati(60g) paine(100g) si ceai(250ml)	conserva de peste(50g) salata de icre(40g) paine(100g) si ceai(250ml)	varza calita(300g) cu carnati(100g) paine(100g) si ceai(250ml)	branza(100g)cu smantana(100g)ou fiert, paine(100g)si ceai(250ml)	paste(250g) cu branza(100gr) ceai(250ml)si paine(100g)	paine(100g) cu pateu(100g), branza(100g) cu smantana(100g) si ceai(250ml)	salata orientala(400g) salam victoriala(100g) paine(100g) si ceai(250ml)

Intocmit, Asistent Dietetician, Trufin Alin

REGIM HEPATIC

Perioada 14.09.2026-20.09.2026

	luni		marti		miercuri		joi		vineri		sambata		duminica	
Masa	meniu	meniu	meniu	meniu	meniu	meniu	meniu	meniu	meniu	meniu	meniu	meniu	meniu	meniu
Mic dejun	Paine(100g) cu unt(30g) branza de vaci(100g) cascaval(40g) masline(30g) si ceai(250ml)	Paine(100g) cu unt(30g) cascaval(40g) presata(80g) si ceai(250ml)	Paine(100g) cu unt(30g) branza de vaci(100g) cascaval(40g) muschi file(80g) si ceai(250ml)	Paine(100g) zacusca(100g) branza topita(20g) muschi file(80g) si ceai(250ml)	Paine(100g) cu unt(30g) finet(40g) si lapte(250ml)	Paine (100g) cu unt(30g),gem(50g),halva(80g)si lapte cu cacao(250ml)	Paine(100g) cu unt(30g) ou fiert sunca presata(100g) cu mustar(15g) si ceai(250ml)	Paine(100g) cu unt(30g) ou fiert sunca presata(100g) cu mustar(15g) si ceai(250ml)	Paine(100g) cu unt(30g) conserva de peste(50g) salata de icre(40g) si ceai(250ml)					
Supliment 1	napolitane(100gr)	fructe(250g)		iaurt natural(140g)	fructe(250gr)		pepene rosu si galben(200gr)	pepene rosu si galben(200gr)	fructe(250gr)					
Pranz	1.ciorba de fasole(400ml) paine(100g) 2.cartofi natur(300g) friptura de porc(140g) salata de sfecla rosie(40g) si paine(100g)	1.ciorba(400ml) de pui(100g)cu fidea(10g) 2.tochitura(250g) ou fiert, branza telemea(50) si mamaliga(300g)	1.bors de sfecla rosie(400ml) cu paine(100g) 2.piure de cartofi(250g) piftile coapte(150g) gogosari in otet(40gr) si paine(100g)	1.bors de sfecla rosie(400ml) cu paine(100g) 2.ardei umpluti(250gr) si mamaliga(300gr)	1.ciorba de perisoare(400ml)paine(100g) 2.sote de legume(300g)cu pulpa de pui la gratar(250g)castraveti in otet(40g)si paine (100g)	1.bors din carne de porc(400ml)paine(100g)2.sote de legume(300g)cu pulpa de pui la gratar(250g)castraveti in otet(40g)si paine (100g)	1.bors de fasole cu afumatura(400ml)paine(100g)2.mancari a de mazare cu cartofi(400g)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)paine(100g)2.mancari a de mazare cu cartofi(400g)pulpe pui la gratar(300gr)si paine(100gr)	1.ciorba a la grek (400ml) paine(100gr) 2.ciupercute(200gr)si piept de pui(100gr)si mamaliga(300gr)					
Supliment 2														
Seara	ghiveci de legume(300g) cu pulpa fiarta de pui(200g) ceai(250ml) si paine(100g)	conserva de peste(50g) salata de icre(40g) paine(100g) si ceai(250ml)	branza de vaci(100g) cartofi natur(250g) pulpa fiarta de pui(150g) ceai(250ml) si paine(100g)	branza de vaci(100g)ou fiert,pulpa fiarta de pui(250g)ceai(250ml) si paine(100g)	branza de vaci(100gr)ou fiert,pulpa fiarta de pui(250g)ceai(250ml) si paine(100g)	paste(250g)cu branza(100gr) ceai(250ml)si paine(100g)	paine(100g) cu branza de vaci(100g) gem(100g) si ceai(250ml)	paine(100g) cu branza de vaci(100g) gem(100g) si ceai(250ml)	salata orientala(400g) salam victoria(100g) paine(100g) si ceai(250ml)					

Comitet, Asistent Dietetician, Trufin Alin

REGIM DIABET

Perioada 14.09.2026-20.09.2026

	luni	marti	miercuri	joi	vineri	sambata	duminica
masa	meniu	meniu	meniu	meniu	meniu	meniu	meniu
mic dejun	Paine(50g) cu unt(30g) pateu(100g) cascaval(40g) masline(30g) si ceai(250ml)	Paine(50g) cu unt(30g), cascaval(40g), salam (50g) sunca presata(100g) si ceai(250ml)	Paine(50g) zacusca(100g) branza topita(20g) muschi file(100g) si ceai(250ml)	Paine(50g)cu unt(30g) pateu(100g)zacusca(150g)si lapte(250ml)	Paine(50g)cu unt(30g)branza de vaci(100g)si lapte cu cacao(250ml)	Paine(50g) cu unt(30g) ou fiet sunca presata(100g) mustar(15g) si ceai(250ml)	paine(50g) cu unt(30g)conserva de peste(50g) salata de icre(40g) si ceai(250ml)
supliment 1	biscuiti pentru diabet(100gr)	iaurt (140g)	fructe(200g)	biscuiti pentru diabet(100gr)	pepenerosu si galben(200gr)	pepene rosu si galben(200gr)	iaurt(140g)
branza	1.ciorba de fasole(400ml), 2.varza calita(400g) cu friptura de porc(140g)salata de sfecla rosie(40g) si mamaliga(200g)	1.ciorba(400ml) de pui(100g) cu fidea(10g) 2.tochitura(250g) ou fiert, branza telemea(50g) si mamaliga(200g)	1.bors de sfecla rosie(400ml) cu smantana(30g) 2.piftetele(150g) cu varza calita(300g)gogosari in otet(40gr) si mamaliga(200g)	1.ciorba de perisoare(400ml) 2.pulpe pui la gratar(300g),sote de legume(400g)si mamaliga(200g)	1.bors din carne de porc(400ml) 2.sote de legume(400g)cu pulpa pui la gratar(300g)castrave ti in otet(40g)si mamaliga(200g)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancarica de ciupercute(300gr)cu pulpe pui la gratar(200gr)si mamaliga(200gr)	1.ciorba a la grek (400ml) 2.ciupercute(200gr)cu smantana(100gr)si piept de pui(100gr)si mamaliga(200gr)
supliment 2							
seara	ghiveci de legume(400g) cu carnati(100g) mamaliga(200g) si ceai(250ml)	conserva de peste(50g) zacusca(150g) salata de icre(40g) paine(50g) si ceai(250ml)	conserva de peste(100g) branza de vaci(100g)zacusca(150g), mamaliga(200g) si ceai(250ml)	branza(100g)cu smantana(100g)ochi uri pulpa fiarta de pui(200g)mamaliga(200g)si ceai (250ml)	conserva de peste(100g)zacusca(150g)mamaliga(200g)si ceai(250ml)	paine(50g) cu branza(100g) cu smantana(100g), pateu(100g) si ceai(250ml)	ou fiert branza de vaci(100g), salam victoria(100g) mamaliga(200g) si ceai(250ml)

Documit, Asistent Dietetician, Trufin Alin