

REGIM DIABET

Ziua	Mic dejun	Supliment 10.30	Dejun	Supliment 16.30	Cina	Supliment 22.00
Luni	CEAI - 250ml PAINE-300g UNT PORT-1Buc(10g) OU - 1buc BR. FAGARAS - 1 buc	IAURT - 1 buc PAINE	SUPA DE LEGUME CU SMANTANA SI OU - 300ml MANCARE DE CARTOFI - 300g SALATA DE VARZA - 150g PAINE	COMPOT FARA ZAHAR 250ml PAINE	CEAI - 250ml BUDINCA PASTE CU BR.VACI SI SMANT-200g/70g/30g MAR - 100g Optional paine	IAURT-1 buc PAINE
Marti	CEAI - 250ml PAINE - 300g UNT PORT 1buc(10g) CAS - 70g MUSCHI FILE - 50g	BANANA-50g PAINE	SUPA DE ROSII - 300ml TOCHITURA PORC CU MAMALIGA - 150g/240g PAINE MAR - 100G	GRIS CU LAPTE-100g	CEAI - 250ml SALATA ORIENTALA - 300g IAURT - 1 buc Optional paine	MAR - 100g PAINE
Miercuri	CEAI - 250ml PAINE - 300g UNT PORT-1Buc(10g) BR. FAGARAS - 1 buc	OREZ CU LAPTE-100g	SUPA DE LEGUME - 300ml FRIPTURA PUI CU PASTE - 150g/200g PAINE	COMPOT FARA ZAHAR 250ml PAINE	CEAI - 250ml MAMALIGA CU BR. VACI SI SMANTANA-240g/100g/50g MAR - 100g, Optional paine	IAURT-1 buc PAINE
Joi	CEAI - 250ml PAINE - 300g UNT PORT-1Buc(10g) CAS - 70g MUSCHI FILE - 50g	MAR - 100g PAINE	SUPA DE LEGUME - 300ml PARJOALE CU PIURE - 150g/200g PAINE SALATA DE VARZA - 150g	BANANA-50g PAINE	CEAI - 250ml BUDINCA OREZ CU BRANZA - 300g IAURT - 1 buc Optional paine	MAR - 100g PAINE
Vineri	CEAI - 250ml PAINE - 300g UNT PORT-1Buc(10g) CAS - 70g OU - 1buc	OREZ CU LAPTE-100g	SUPA DE LEGUME CU SMANTANA - 300ml VARZA CALITA CU MAMALIGUTA - 300g/240g PAINE MAR - 100G	BISCUITI POPULARI- 35g	CEAI - 250ml PASTE "MILANEZE" - 300g MAR - 100g Optional paine	IAURT-1 buc PAINE
Sambata	CEAI - 250ml PAINE - 300g UNT PORT-1Buc(10g) BR. FAGARAS - 1 buc	MAR - 100g PAINE	SUPA DE LEGUME CU FULGI DE OU - 300ml PILAF CU PUI - 200g/150g SALATA VARZA - 130/150g PAINE	MAR COPT-150g PAINE	CEAI - 250 ml MAMALIGA CU BR. VACI SI SMANTANA-240g/100g/50g IAURT - 1 buc, Optional paine TID : CARTOFI NATUR CU BRANZA DE VACI	MAR - 100g PAINE
Duminica	CEAI - 250ml PAINE - 300g UNT PORT-1Buc(10g) CAS - 70g	COMPOT FARA ZAHAR 250ml PAINE	SUPA DE LEGUME CU FIDEA- 300ml MAZARE CU PUI 300G/150G PAINE	MAR - 100g PAINE	CEAI - 250 ml PAINE OREZ CU CIUPERCI SI MASLINE- 300g IAURT - 1 buc	BISCUITI POPULARI-35g

OBSERVATII :

Paine 300g/pacient/nr. mese

Pentru pacientii de alta convingere religioasa , carnea de porc poate fi inlocuita cu carne de pasare, la cerere.

TID= terapie intensiva diabet

Tip regim R8

MENIU COMUN

Ziua	Re-gim	Mic dejun	Supliment 10.30	Dejun	Supliment 16.30	Cina
Luni	2 4 5 6 9	CEAI - 250ml PAINE - 100g UNT PORT- 10g OU - 1buc BR. FAGARAS - 1 buc	IAURT - 1 buc	SUPA DE LEGUME CU SMANTANA SI OU-300ml MANCARE DE CARTOFI - 300g SALATA DE VARZA - 130/150g PAINE - 100g	COMPOT 250ml	CEAI - 250ml BUDINCA PASTE CU BRANZA - 300g IAURT- 1 buc
Marti	2 4 5 6 9	CEAI - 250ml PAINE - 100g UNT PORT- 10g CAS - 70g MUSCHI FILE - 50g	BANANA - 1 buc	SUPA DE ROSII - 300ml TOCHITURA PORC CU MAMALIGA - 150g/240g BRIOSĂ - 1 Buc PAINE - 100g	GRIS CU LAPTE 250G	CEAI - 250ml SALATA ORIENTALA - 300g MAR - 100g
Miercuri	2 4 5 6	CEAI - 250ml PAINE - 100g UNT PORT- 10g BR. FAGARAS - 1 buc	OREZ CU LAPTE 250G	SUPA DE LEGUME - 300ml FRIPTURA PUI CU PASTE - 150g/200g PAINE - 100g	COMPOT- 250ml	CEAI - 250ml MAMALIGA CU BR. VACI SI SMANTANA- 240g/100g/50g BISCUITI-50g
Joi	2 4 5 6 9	CEAI - 250ml PAINE - 100g UNT PORT- 10g CAS - 70g GEM PORT - 1 Buc	MAR - 100g	SUPA DE LEGUME - 300ml PARJOALE CU PIURE - 150g/200g PAINE - 100g SALATA DE VARZA - 130/150g	BANANA - 1Buc	CEAI - 250ml BUDINCA OREZ CU BRANZA - 300g IAURT - 1 buc
Vineri	2 4 5 6	CEAI - 250ml PAINE - 100g UNT PORT- 10g CAS - 70g	OREZ CU LAPTE 250G	SUPA DE LEGUME CU SMANTANA - 300ML SPANAC CU OU - 200g/1buc PAINE - 100g BRIOSĂ - 1 Buc	BISCUITI - 50 g	CEAI - 250ml PASTE "MILANEZE" - 300g MAR - 100g
Sambata	2 4 5 6	CEAI - 250ml PAINE - 100g UNT PORT - 1Buc GEM PORT - 1 Buc	MAR - 100g	SUPA DE LEGUME CU FULGI DE OU - 300ml PAINE - 100g PILAF CU PUI 200g/150g SALATA VARZA - 130/150g	MAR COPT - 150g	CEAI - 250 ml MAMALIGA CU BR. VACI SI SMANTANA- 240g/100g/50g BISCUITI POPULARI
Duminica	2 4 5 6	CEAI - 250ml PAINE - 100g UNT PORT- 10g MIERE PORT- 1 Buc	COMPOT 250ml	SUPA DE LEGUME CU FIDEA- 300ml MANCARE FASOLE VERDE CU PUI - 150/250G PAINE - 100g	MAR - 100g BISCUITI - 35g	CEAI - 250 ml PAINE - 40G OREZ CU CIUPERCI SI MASLINE - 300g IAURT - 1 buc

OBSERVATII :

Paine 200g/pacient/nr. mese

Pentru pacientii de alta convingere religioasa , carnea de porc poate fi inlocuita cu carne de pasare, la cerere.

Regim comun : regim 2= gastrita, 4=colecistita, 5=alergologie, 6=hiposodat, 9=comun

MENIU LAUZE

Ziua	Mic dejun	Supliment 10.30	Dejun	Supliment 16.30	Cina
LUNI	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 buc IAURT - 1 buc	IAURT 1 buc	SUPA DE LEGUME (fr cartof) - 300ml RASOL PUI CU LEGUME - 150g/200g PAINE	COMPOT 250ml	BUDINCA PASTE CU BR.VACI SI SMANTANA - 300g IAURT 1 buc
MARTI	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 buc IAURT - 1 buc	BANANA	SUPA DE LEGUME (fr cartof) - 300ml MAMALIGA CU BRANZA SI SMANTANA - 200g/100g/50g BRIOSĂ	IAURT 1 buc	FIDEA CU LAPTE - 250g BISCUITI - 50g
MIERCURI	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 buc IAURT - 1 buc	OREZ CU LAPTE 250 g	SUPA DE LEGUME (fr cartof) - 300ml FRIPTURA PUI CU PASTE - 150g/200g PAINE	COMPOT 250ml	MAMALIGA CU BR.VACI SI SMANTANA 200g/100g/50g BISCUITI - 50g
JOI	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 buc IAURT - 1 buc	COMPOT 250ml	SUPA DE LEGUME (fr cartof) - 300ml RASOL PUI CU LEGUME - 150g/200g PAINE	BANANA	BUDINCA OREZ CU BRANZA - 300g IAURT - 1 buc
VINERI	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 buc IAURT - 1 buc	OREZ CU LAPTE 250g	SUPA DE LEGUME (fr cartof) - 300ml SPANAC CU OU - 200g/1buc PAINE BRIOSĂ - 1buc	BISCUITI - 50g	PASTE "MILANEZE" - 300g MAR COPT - 150g
SAMBATA	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 bu IAURT - 1 buc	MAR COPT 150g	SUPA DE LEGUME (fr cartof) - 300ml PILAF CU PUI 200g/150g PAINE	MAR COPT 150g	MAMALIGA CU BRANZA SI SMANTANA . 200g/100g/50g BISCUITI - 50g
DUMINICA	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 buc IAURT - 1 buc	COMPOT 250ml	SUPA DE LEGUME CU FIDEA- 300ml MANCARE FASOLE VERDE CU PUI - 150/250G PAINE	MAR 100g BISCUITI - 35g	OREZ CU CIUPERCI SI MASLINE - 300g IAURT - 1buc

MENIU POSTOPERATOR

Ziua	Mic dejun	Supliment 10.30	Dejun	Supliment 16.30	Cina
LUNI	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 buc IAURT - 1 buc	IAURT 1 buc	SUPA DE LEGUME (fr cartof) - 300ml RASOL PUI CU LEGUME - 150g/200g	COMPOT 250ml	CEAI - 250ml BRANZA FAGARAS - 1buc MAR COPT - 150g
MARTI	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 buc IAURT - 1 buc	BANANA	SUPA DE LEGUME (fr cartof) - 300ml FRIPTURA PUI CU PASTE - 150g/200g	GRIS CU LAPTE 250g	CEAI - 250ml BRANZA FAGARAS - 1buc MAR COPT - 150g
MIERCURI	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 buc IAURT - 1 buc	OREZ CU LAPTE 250g	SUPA DE LEGUME (fr cartof) - 300ml PILAF CU PUI 200g/150g	COMPOT 250ml	CEAI - 250ml BRANZA FAGARAS - 1buc MAR COPT - 150g
JOI	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 buc IAURT - 1 buc	COMPOT 250ml	SUPA DE LEGUME (fr cartof) - 300ml RASOL PUI CU LEGUME - 150g/200g	BANANA	CEAI - 250ml BRANZA FAGARAS - 1buc MAR COPT - 150g
VINERI	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 buc IAURT - 1 buc	OREZ CU LAPTE 250g	SUPA DE LEGUME (fr cartof) - 300ml SPANAC CU OU - 200g/1buc	BISCUITI 50g	CEAI - 250ml BRANZA FAGARAS - 1buc MAR COPT - 150g
SAMBATA	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 buc IAURT - 1 buc	MAR COPT 150g	SUPA DE LEGUME CU FULGI DE OU - 1 Port. PILAF CU PUI 200g/150g	MAR COPT 150g	CEAI - 250ml BRANZA FAGARAS - 1buc MAR COPT - 150g
DUMINICA	CEAI - 250ml OU FIERT - 1buc BRANZA FAGARAS - 1 buc IAURT - 1 buc	COMPOT 250ml	SUPA DE LEGUME CU FIDEA- 300ml FASOLE PASTAI CU PUI - 1 Port.	MAR COPT 150g BISCUITI 35g	CEAI - 250ml BRANZA FAGARAS - 1buc MAR COPT - 150g

MENIU POSTOPERATOR ZI 1

LUNI-DUMINICA	Se vor asigura supa clara de radacionase, supa proteica si iaurt, functie de recomandarea medicului si necesitate
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