

MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE

08.12.2025

REGIM NK	DIMINEAIA	ORA 10.00 PRANZ	ORA 16.00	SEARA
Dieta10,1 regim hiposodal si gastric	Ceai cu lamaie 250ml Unt 10g(alergen4*) Telemea desarata 50g(alergen4*) Salam 50g(alergeni 6*,8*) Paine fara sare 250g(alergen1*)	Mere 100g Ciorba taraneasca de legume 350g(alergen5*,6*,8*) Coapte Varza a la Cluj250g(5*,6*,7*,8*)	brusa (alergen1*,2*,	Orez sarbesc 300g(5*,6*,8*) Ceai cu lamaie 250ml
Dieta9,5 regim diabet si hepatic	Ceai fara zahar 250ml Unt 10g(alergen4*) Salam 50g(alergen6*,8*) Br vaci 50g(alergen4*) Rosie Paine fara sare 250g(alergen1*)	Mere 100g Ciorba taraneasca de legume 350g(alergen5*,6*,8*) Coapte Varza a la Cluj250g(5*,6*,7*,8*)	Portocala	Snitel de pui cu orez sarbesc 100/100g(alergen5*,6*,7*,8*) Ceai fara zahar 250ml Supliment ora 22.00 Kefir 330ml(alergen4*)
TI Dieta10,1 regim hiposodal si gastric	Ceai cu lamaie 250ml Unt 10g(alergen4*) Telemea desarata 50g(alergen4*) Salam 50g(alergeni 6*,8*) Paine fara sare 250g(alergen1*)	Mere 100g Ciorba taraneasca de legume 350g(alergen5*,6*,8*) Coapte Varza a la Cluj250g(5*,6*,7*,8*)	brusa (alergen1*,2*,	Orez sarbesc 300g(5*,6*,8*) Ceai cu lamaie 250ml
TI Dieta9,5 regim diabet si hepatic	Ceai fara zahar 250ml Unt 10g(alergen4*) Salam 50g Br vaci 50g(alergen4*) Rosie Paine fara sare 250g(alergen1*)	Mere 100g Ciorba taraneasca de legume 350g(alergen5*,6*,8*) Coapte Varza a la Cluj250g(5*,6*,7*,8*)	Portocala	Snitel de pui cu orez sarbesc 100/100g(alergen5*,6*,7*,8*) Ceai fara zahar 250ml Supliment ora 22.00 Kefir 330ml(alergen4*)
Dieta16 regim hidric	Iaurt de baut 330ml(alergen4*) Biscuiti 55g(alergen1*,8*,4*)	Supa strecurata concentrata 350g(alergen5*,6*,7*) Carne pui mixata cu piure cartofi 100/200g(alergen5*,6*,7*,4*)		Gris cu lapte subtiat 500ml(alergen1*,4*) Ceai cu lamaie 250ml
Dieta4 regim antidiareic	Branza vaci 70g(alergen4*) Ceai menta 500ml Paine prajita 250g(alergen1*)	Supa de zarzavat cu orez 350g(alergen5*,6*,7*) Mucilagiu de orez 300g		Branza vaci 70g(alergen4*) Mucilagiu de orez 300g Ceai menta 500ml
Dieta15 regim comun	Ceai cu lamaie 250ml Salam 50g(alergeni 6*,8*) Unt 10g(alergen4*) Telemea desarata 50g(alergen4*) Paine feliata cu sare 250g(alergen1*)	Mere 100g Ciorba taraneasca de legume 400g(alergen 2*,5*,6*7*,8*) Coapte Varza a la Cluj 250g/80galergen5*,6*,7*,8*)	brusa (alergen1*,2*,	Orez sarbesc 300g(5*,6*,8*) Ceai cu lamaie 250ml

- 1.cereale care contin gluten(grau,secara,orz,ovaz)
- 2.oua si produse derivate
- 3.pesti si produse derivate
- 4.lapte si produse derivate
- 5.telina si produse derivate
- 6.mustar si produse derivate
- 7.produs congelat
- 8.soia si produse derivate

MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE

09.12.2025

REGIM NR.	DIMINEATA	ORA 10	PRANZ	ORA 16	SEARA
Dieta10,1 regim hiposodal si gastric	Ceai cu lamaie 250ml Sunca 50g(alergen6*,7*,8*) Unt 10g(alergen4*) Br topita 17.5g(alergen4*) Paine fara sare 250g(alergen1*)	Banana	Ciorba de pui a la grec 350g(alergen2*,4*,6*5*,7*,8*) Pulpa dezosata de pui cu mazare 80/250g(alergen5*,6*,7*,8*) vanilie,lamaie(alergen1*,4*)	Napolitana	Gris cu lapte 300g(alergen1*,4*) Ceai cu lamaie 250g
Dieta9/5 regim diabet si hepatic	Ceai fara zahar 250ml Unt 10g(alergn4*) Muschi file 50g(alergen6*,8*) Br topita 17.5g(alergen4*) Rosie Paine fara sare 250g(alergen1*)	laurt 140g (alergen4*)	Ciorba de pui a la grec 350g(alergen2*,4*,6*5*,7*,8*) Pulpa dezosata de pui cu mazare 80/100g(alergen5*,6*,7*,8*)	laurt 140g (alergen4*)	Pulpa dezosata de pui cu cartofi natur 80/100g(alergen5*,6*,7*,8*) Ceai cu lamaie 250g
TI /Dieta 10,1 egim hiposodal si gastric	Ceai cu lamaie 250ml Sunca 50g(alergen6*,7*,8*) Unt 10g(alergen4*) Br topita 17.5g(alergen4*) Paine fara sare 250g(alergen1*)	Banana	Ciorba de pui a la grec 350g(alergen2*,4*,6*5*,7*,8*) Pulpa dezosata de pui cu mazare 80/250g(alergen5*,6*,7*,8*) vanilie,lamaie(alergen1*,4*)	Napolitana	Gris cu lapte 300g(alergen1*,4*) Ceai cu lamaie 250g
TI / Dieta9/5 regim diabet si hepatic	Ceai fara zahar 250ml Unt 10g(alergm4*) Muschi file 50g(alergen6*,8*) Br topita 17.5g(alergen4*) Rosie Paine fara sare 250g(alergen1*)	laurt 140g (alergen4*)	Ciorba de pui a la grec 350g(alergen2*,4*,6*5*,7*,8*) Pulpa dezosata de pui cu mazare 80/100g(alergen5*,6*,7*,8*)	laurt 140g (alergen4*)	Pulpa dezosata de pui cu cartofi natur 80/100g(alergen5*,6*,7*,8*) Ceai cu lamaie 250g
Dieta16 regim hidric	Milkshake cu lapte miere(alergen4*)		Supa concentrata strecurata 350g(alergen5*,6*,7*) Piure de cartofi cu carne mixata 200/100g(alergen4*,5*,6*,7*)		Gris cu lapte subtiat 500ml(alergen1*,4*) Ceai cu lamaie 250ml
Dieta4 regim antidiareic	Branza de vaci 70g(alergen4*) Ceai menta 500ml Paine prajita 250g(alergen1*)		Supa de zarzavat cu orez 300g(alergen5*,6*,7*) Mucilagiu de orez 300g		Mucilagiu de orez 300g Branza de vaci 70g(alergen4*) Ceai menta 500ml
Dieta15 regim comun	Ceai cu lamaie 250ml Sunca 50g(alergen6*,7*,8*) Unt 10g(alergen4*) Br topita 17.5g(alergen4*) Paine feliata cu sare 250g(alergen1*)	Banana	Ciorba de pui a la grec 400g(2*,4*,5*,6*,7*,8*) Pulpa dezosata de pui cu mazare 80/250g(alergen5*,6*,7*,8*) vanilie,lamaie(alergen1*,4*)	Napolitana	Gris cu lapte 300g(alergen1*,4*) Ceai cu lamaie 250g

*LEGENDA in situatia de mai sus,cifrele corespunzatoarefiecarui alergen sunt urmatoarele

1.cereale care contin gluten(graude,secara,orz,ovaz)

2.oua si produse derivate

3.peste si produse derivate

4.lapte si produse derivate

5.telina si produse derivate

6.mustar si produse derivate

7.produc congelat

8.soia si produse derivate

MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE

10.12.2025

REGIM NR. DIMINEATA	ORA 10.00	PRANZ	ORA 16.00	SEARA
Dieta10,1 gim hiposoc si gastric	Ceai cu lamaie 250ml Cascaval 100g(alergen4*) Unt 10g(alergen4*) miere 20g Paine fara sare 250g(alergen1*)	laurt cu fructe100g (alergen 4*)	Ciorba de cartofi 350g(alergen5*,6*,8*) Friptura de porc cu legume asortate 80/250g(alergen5*,6*, (alergen 1*,4*,8*))	Eugenia Mamaliga cu br si smantana 200/50/50g(alergen4*) Ceai cu lamaie 250 ml
Dieta9/5 regim diabet si hepatic	Ceai fara zahar 250ml Unt 10g(alergen4*) Br Fagaras (alergen 4) Rosie Paine fara sare 250g(alergen1*)	Mere Coapte	Ciorba de cartofi 350g(alergen5*,6*,8*) Friptura de porc cu legume asortate 80/100g(alergen5*,6*,	Mere Coapte
Dieta10,1 gim hiposoc si gastric	Ceai cu lamaie 250ml Cascaval 100g(alergen4*) Unt 10g(alergen4*) miere 20g Paine fara sare 250g(alergen1*)	laurt cu fructe100g (alergen 4*)	Ciorba de cartofi 350g(alergen5*,6*,8*) Friptura de porc cu legume asortate 80/250g(alergen5*,6*, (alergen 1*,4*,8*))	Eugenia Mamaliga cu br si smantana 200/50/50g(alergen4*) Ceai cu lamaie 250 ml
Dieta9/5 regim diabet si hepatic	Ceai fara zahar 250ml Unt 10g(alergen4*) Br Fagaras (alergen 4) Rosie Paine fara sare 250g(alergen1*)	Mere Coapte	Ciorba de cartofi 350g(alergen5*,6*,8*) Friptura de porc cu legume asortate 80/100g(alergen5*,6*,	Mere Coapte
Dieta 16 regim hidric	Sodou de ou 300ml(alergen4*,2*)		Supa concentrata strecurata 350ml(alergen5*,6*,8*) Carne pui mixata cu piure cartofi 100/200g(alergen5*,6*,8*)	Gris cu lapte subtiat 500g(alergen1*,4*) Ceai cu lamaie 250 ml
Dieta 4 regim antidiareic	Ceai de menta 500ml Branza de vaci 70g(alergen4*) Paine prajita 250g*alergen1*)		Supa de zarzavat cu orez 350g(alergen5*,6*,8*) Mucilagiu de orez 300g	Branza vaci 70g(alergen4*) Mucilagiu de orez 300g Ceai menta 500ml
Dieta15 regim comur	Ceai cu lamaie 250ml Cascaval 100g(alergen4*) Unt 10g(alergen4*) miere 20g Paine feliata cu sare 250g(alergen1*)	laurt cu fructe100g (alergen 4*)	Ciorba de cartofi 400g(alergen5*,6*,8*) Iahnie de fasole cu porc 250/80g(alergen5*,6*,7*,8*)	Eugenia (alergen 1*,4*,8*)
			Asistent med nutritie si dietetica	Mamaliga cu br si smantana 200/50/50g(alergen4*) Ceai cu lamaie 250 ml

*LEGENDA in situatia de mai sus, cifrele corespunzatoare fiecarui alergen sunt urmatoarele:

- 1.cereale care contin gluten(grau,secara,orz,ovaz)
- 2.oua si produse derivate
- 3.peste si produse derivate
- 4.lapte si produse derivate
- 5.telina si produse derivate
- 6.mustar si produse derivate
- 7.produc congelat
- 8.soia si produse derivate

MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE

		11.12.2025			
REGIM NR.	DIMINEATA	ORA 10.00	PRANZ	ORA 16.00	SEARA
Dieta10,1 regim hiposodat si gastric	Ceai cu lamaie 250ml Gem 20g Unt 10g(alergen4*) Sunca 50g*alergen4*,6*,8*) Paine fara sare 250g(alergen1*)	laurt alergen 4*	Supa cu galuste 350g(alergen1*,2*,7*,8*) Musaca de paste cu carne 250g(alergen1*2*,6*,7*,8*)	Briosa alergen1*,2*,4*,8*	Salat orientala cu parizer 250/50g(alergen2*,6*,8*) Ceai cu lamaie 250g
Dieta9/5 regim diabet si hepatic	Ceai fara zahar 250ml Sunca 50g*alergen4*,6*,8*) Cascaval 50g Unt 10g(alergen4*) Paine fara sare 250g(alergen1*)	laurt alergen 4*	Supa cu galuste 350g(alergen1*,2*,7*,8*) Musaca de paste cu carne 250g(alergen1*2*,6*,7*,8*)	Portocala	Salata orientala cu piept de pui 100/100g(alergen2*,6*,7*,8*) Ceai fara zahar 250ml Supliment ora 22 Kefir 330ml(alergen4*)
TI Dieta 10.1 regim hiposodat si gastric	Ceai cu lamaie 250ml Gem 20g Unt 10g(alergen4*) Sunca 50g*alergen4*,6*,8*) Paine fara sare 250g(alergen1*)	laurt alergen 4*	Supa cu galuste 350g(alergen1*,2*,7*,8*) Musaca de paste cu carne 250g(alergen1*2*,6*,7*,8*)	Briosa alergen1*,2*,4*,8*	Salat orientala cu parizer 250/50g(alergen2*,6*,8*) Ceai cu lamaie 250g
TI Dieta9/5 regim diabet si hepatic	Ceai fara zahar 250ml Sunca 50g*alergen4*,6*,8*) Cascaval 50g Unt 10g(alergen4*) Paine fara sare 250g(alergen1*)	laurt alergen 4*	Supa cu galuste 350g(alergen1*,2*,7*,8*) Musaca de paste cu carne 250g(alergen1*2*,6*,7*,8*)	Portocala	Salata orientala cu piept de pui 100/100g(alergen2*,6*,7*,8*) Ceai fara zahar 250ml Supliment ora 22 Kefir 330ml(alergen4*)
Dieta 16 regim hidric	Milkshake cu lapte si banana		Supa concentrata strecurata 350 ml(alergen5*,6*,7*) Carne pui mixata cu piure cartofi 100/200g(alergen4*,5*,6*,7*)		Gris cu lapte subtiat 500g(alergen1*,4*) Ceai cu lamaie 250ml
Dieta4 regim antidiareic	Branza vaci 70g(alergen4*) Ceai menta 500ml Paine prajita 250g(alergen1*)		Supa de zarzavat cu orez 350g(alergen5*,6*,7*) Mucilagiu de orez cu morcovi 200/100g		Branza de vaci 70g(alergen4*) Mucilagiu de orez cu telemea 200/100g Ceai menta 500ml Covrigei 80g(alergen1*,8*)
Dieta15 regim comun	Ceai cu lamaie 250ml Gem 20g Unt 10g(alergen4*) Sunca 50g*alergen4*,6*,8*) Paine feliata cu sare 250g(alergen1*)	laurt alergen 4*	Supa cu galuste 400g(alergen1*,2*,5*,7*,8*) Musaca de paste cu carne 250g(alergen1*2*,6*,7*,8*)	Briosa alergen1*,2*,4*,8*	Salat orientala cu parizer 250/50g(alergen2*,6*,8*) Ceai cu lamaie 250g

*LEGENDA in situatia de mai sus,cifrele corespunzatoarefiecarui alergen sunt urmatoarele

- 1.cereale care contin gluten(grau,secara,orz,ovaz)
- 2.oua si produse derivate
- 3.peste si produse derivate
- 4.lapte si produse derivate
- 5.telina si produse derivate
- 6.mustar si produse derivate
- 7.produc congelat
- 8.soia si produse derivate

MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE

12.12.2025

REGIM NR.	DIMINEATA	ORA 10.00 PRANZ	ORA 16.00	SEARA
Dieta 10,1 regim hiposodat si gastric	Ceai cu lamaie 250ml Gem 20g Branza topita 17.5g(alergen4*) Unt 10g(alergen4*) Paine fara sare 250g(alergen1*)	Banana Ciorba de fasole verde 350g(alergen5*,6*,7*,8*) Tocanita de cartofi cu friptura de pui 250/100g(alergen5*,6*,7*,8*) cu fructe(alergen1*,2*,4*,8*)	croissant	Orez cu lapte 300g(alergen1*,4*) Ceai cu lamaie 250ml
Dieta 9/5 regim diabet si hepatic	Ceai fara zahar 250ml Unt 10g(alergen4*) Ou fiert 50g(alergen2*) Br topita 17.5(alergen4*) Paine fara sare 250g(alergen1*)	Mandarina Ciorba de fasole verde 350g(alergen5*,6*,7*,8*) Tocanita de cartofi cu friptura de pui 100/100g(alergen5*,6*,7*,8*)	Mandarina	Gratar de pui cu orez cu legume 100/100g(alergen5*,6*,7*,8*) Ceai fara zahar 250ml Supliment ora 22 laurt 140g(alergen4*)
TI Dieta 10.1 regim hiposodat si gastric	Ceai cu lamaie 250ml Gem 20g Branza topita 17.5g(alergen4*) Unt 10g(alergen4*) Paine fara sare 250g(alergen1*)	Banana Ciorba de fasole verde 350g(alergen5*,6*,7*,8*) Tocanita de cartofi cu friptura de pui 250/100g(alergen5*,6*,7*,8*) cu fructe(alergen1*,2*,4*,8*)	croissant	Orez cu lapte 300g(alergen1*,4*) Ceai cu lamaie 250ml
TI Dieta 9/5 regim diabet si hepatic	Ceai fara zahar 250ml Unt 10g(alergen4*) Ou fiert 50g(alergen2*) Br topita 17.5(alergen4*) Paine fara sare 250g(alergen1*)	Mandarina Ciorba de fasole verde 350g(alergen5*,6*,7*,8*) Tocanita de cartofi cu friptura de pui 100/100g(alergen5*,6*,7*,8*)	Mandarina	Gratar de pui cu orez cu legume 100/100g(alergen5*,6*,7*,8*) Ceai fara zahar 250ml Supliment ora 22 laurt 140g(alergen4*)
D ieta 16 regim hidric	Sodou de ou 300ml(alergen2*,4*)	Supa concentrata strecurata 350ml(alergen5*,6*,7*) Carne pui mixata cu piure cartofi 100/200g(alergen4*,5*,6*,7*)		Gris cu lapte subtiat 500g(alergen1*,4*) Ceai cu lamaie 250ml
Dieta 4 regim antidiareic	Branza vaci 70g(alergen4*) Ceai menta 500ml Paine prajita 250g*alergen1*)	Supa de zarzavat cu orez 350g(alergen5*,6*,7*) Mucilagiu de orez 300g		Branza de vaci 70g(alergen4*) Mucilagiu de orez 300g Ceai menta 500ml
Dieta 15 regim comun	Ceai cu lamaie 250ml Br topita 17.5(alergen4*) Gem 20g Unt 10g(alergen\$) Paine feliata 400g(alergen1*)_	Banana Ciorba de fasole verde 400g(alergen5*,6*,7*,8*) Tocanita de cartofi cu porc 250/80g(alergen5*,6*,7*,8*)	croissant cu fructe(alergen1*2*,4*,8*)	Orez cu lapte 300g(alergen1*,4*) Ceai cu lamaie 250ml

*LEGENDA in situatia de mai sus, cifrele corespunzatoare fiecarui alergen sunt urmatoarele

- 1.cereale care contin gluten(grau,secara,orz,ovaz)
- 2.oua si produse derivate
- 3.peste si produse derivate
- 4.lapte si produse derivate
- 5.telina si produse derivate
- 6.mustar si produse derivate
- 7.produs congelat
- 8.soia si produse derivate

MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE
13.12.2025

REGIM NR. DIMINEATA		ORA 10.00 PRANZ		ORA 16.00 SEARA
Dieta10,1 regim hiposoda si gastric	Ceai cu lamaie 250ml Unt 10g(alergen4*) Gem 20g Salam 50g(alergen6*,8*) Paine fara sare 250g(alergen 1*)	Supa de zarzavat cu fidea 350g(alergen2*,5*,6*,&*) File de peste cu legume asortate 80g/250g(alergen3*,7*)		Mamaliga cu br si smantana 200/50/50(alergen4*,8*) Ceai cu lamaie 250ml Briose(alergen1*,2*,4*,8*)
Dieta9/5 regim diabet si hepatic	Ceai fara zahar 250ml Salam 50g(alergen6*,8*) Unt 10g(alergen4*) Rosie Paine fara sare 250g(alergen 1*)	Mere 100g Coapte Supa de zarzavat cu fidea 350g(alergen2*,5*,6*,&*) File de peste cu legume asortate 80/100g(alergen3*,7*) Mere 100g	Mere 100g Coapte	Mamaliga cu br si smantana 200/50/50(alergen4*,8*) Ceai fara zahar 250ml Supliment ora 22 Kefir 330ml(alergen4*)
TI Dieta10,1 regim hiposat si gastric	Ceai cu lamaie 250ml Unt 10g(alergen4*) Gem 20g Salam 50g(alergen6*,8*) Paine fara sare 250g(alergen 1*)	Supa de zarzavat cu fidea 350g(alergen2*,5*,6*,&*) File de peste cu legume asortate 80g/250g(alergen3*,7*)		Mamaliga cu br si smantana 200/50/50(alergen4*,8*) Ceai cu lamaie 250ml Briose(alergen1*,2*,4*,8*)
TI / Dieta9/5 regim diabet si hepatic	Ceai fara zahar 250ml Salam 50g(alergen6*,8*) Unt 10g(alergen4*) Rosie Paine fara sare 250g(alergen 1*)	Mere 100g Coapte Supa de zarzavat cu fidea 350g(alergen2*,5*,6*,&*) File de peste cu legume asortate 80/100g(alergen3*,7*) Mere 100g	Mere 100g Coapte	Mamaliga cu br si smantana 200/50/50(alergen4*,8*) Ceai fara zahar 250ml Supliment ora 22 Kefir 330ml(alergen4*)
Dieta16 regim hidric	Sodou de ou 300ml(alergen2*,4*)	Supa concentrata strecurata 350 ml(alergen5*,6*,7*) Came pui mixata piure cartofi 100/200g(alergen4*,5*,6*,7*)		Gris cu lapte subtiat 500g(alergen1*,4*) Ceai cu lamaie 250 ml
Dieta4 regim antidiareic	Branza vaci 70g(alergen4*) Ceai menta 500ml Paine prajita 250g(alergen1*)	Supa de zarzavat cu orez 350g(alergen5*,6*,7*) Mucilagiu de orez 300g		Branza de vaci 70g(alergen4*) Mucilagiu de orez 300g Ceai menta 500ml
Dieta15 regim comun	Ceai cu lamaie 250ml Unt 10g(alergen4*) Gem 20g Salam 50g(alergen6*,8*) Paine feliata cu sare 250g	Supa de zarzavat cu fidea 400g(alergen2*,5*,6*,7*,***) File de peste cu legume asortate 80g/250g(alergen3*,7*)		Mamaliga cu br si smantana 200/50/50(alergen4*,8*) Ceai cu lamaie 250ml Briose(alergen1*,2*,4*,8*)

*LEGENDA in situatia de mai sus, cifrele corespunzatoare fiecarui alergen sunt urmatoarele

1. cereale care contin gluten (grau, secara, orz, ovaz)
2. oua si produse derivate
3. peste si produse derivate
4. lapte si produse derivate
5. telina si produse derivate
6. mustar si produse derivate
7. produs congelat
8. soia si produse derivate

MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE
14.12.2025

REGIM NR. DIMINEATA Dieta10,1 Ceai cu lamaie 250ml gim hiposoc Parizer50g si gastric Ou fiert 50g(alergen2*) Unt 10g(alergen4*) Paine fara sare 250g(alergen1*)	ORA 10.00 PRANZ Mar copt Ciorba de pui 350g(alergen2*,5*,6*,7*,8*) Parjoale moldovenesti cu piure de cartofi 60/250g(alergen,2*,5*,6*,7*,8*) Salata de varza 100g	ORA 16.00 SEARA Pateu de ficat 100g Br topita17.5g(alergen4*) Ceai cu lamaie 250 ml Biscuiti 55g(alergen1*,4*,8*)
Dieta9/5 Ceai fara zahar 250ml regim diabet Unt 10g(alergen4*) si hepatic Parizer50g Ou fiert 50g(alergen2*) Paine fara sare 250g(alergen1*)	Mar copt Ciorba de pui 350g(alergen2*,5*,6*,7*,8*) Parjoale moldovenesti cu piure de cartofi 60/100g(alergen 2*5*6*7*8*) Salata de varza 100g	Mar copt Br Fagaras 200g/Cascaval 50g(alergen4*) Ceai fara zahar 250ml Supliment ora 22.00 -kefir 330ml(alergen4*)
II / Dieta10. Ceai cu lamaie 250ml gim hiposoc Parizer50g si gastric Ou fiert 50g(alergen2*) Unt 10g(alergen4*) Paine fara sare 250g(alergen1*)	Mar copt Ciorba de pui 350g(alergen2*,5*,6*,7*,8*) Parjoale moldovenesti cu piure de cartofi 60/250g(alergen,2*,5*,6*,7*,8*) Salata de varza 100g	Pateu de ficat 100g Br topita17.5g(alergen4*) Ceai cu lamaie 250 ml Biscuiti 55g(alergen1*,4*,8*)
TI / Dieta9/5 Ceai fara zahar 250ml regim diabet Unt 10g(alergen4*) si hepatic Parizer50g Ou fiert 50g(alergen2*) Paine fara sare 250g(alergen1*)	Mar copt Ciorba de pui 350g(alergen2*,5*,6*,7*,8*) Parjoale moldovenesti cu piure de cartofi 60/100g(alergen 2*5*6*7*8*) Salata de varza 100g	Mar copt Br Fagaras 200g/Cascaval 50g(alergen4*) Ceai fara zahar 250ml Supliment ora 22.00 -kefir 330ml(alergen4*)
Dieta16 Cacao cu lapte 300ml(alergen4*) regim hidric Dieta4 Branza vaci 70g regim Ceai menta 500ml antidiareic Paine prajita 250g	Supa strecurata concentrata 350g Piure de cartofi cu carne mixata 200/100g Supa de zarzavat cu orez 350g Mucilagiu de orez 300g	Gris cu lapte subtiat 500ml Ceai 250ml Branza de vaci 70g Mucilagiu de orez 300g Ceai menta 500ml
Dieta15 Ceai cu lamaie 250ml regim comur Unt 10g(alergen4*) Ou fiert 50g parizer 50g(alergen6*,8*) Paine feliata cu sare 250g	Mar copt Ciorba de pui 400g(alergen 2*,5*,6*,7*,8*) Parjoale moldovenesti cu piure de cartofi 60/250g(alergen,2*,5*,6*,7*,8*) Salata de varza 100g	Pateu de ficat 100g Br topita17.5g(alergen4*) Ceai cu lamaie 250 ml Biscuiti 55g(alergen1*,4*,8*)

*LEGENDA in situatia de mai sus,cifrele corespunzatoarefiecarui alergen sunt urmatoarele
1.cereale care contin gluten(grau,secara,orz,ovaz)
2.oua si produse derivate
3.peste si produse derivate
4.lapte si produse derivate
5.telina si produse derivate
6.mustar si produse derivate
7.produc congelat
8.soia si produse derivate