

**MENIUL ZILEI-JOI-01.01.2026**

**SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN**

<b>REGIM</b>	<b>MIC DEJUN</b>	<b>GUSTARE</b>	<b>PRANZ</b>	<b>H 16+CINA</b>
<b>Hidric (postoperator) 1000 cal.</b>	Biscuite-50g ceai indulcit(300 ml)	Compot fructe-100g-	Supa limpede de legume-300 ml.	Biscuite-50g ceai indulcit(300 ml.)
<b>Pasat sonda 1000 cal.</b>	Ou fiert,crema branza 1b,175g -ceai -200 ml.	Mar copt-1b Biscuite-50g	Supa concentrata (ou,orez,smantana,legume,carne).-300 ml.	Cartofi piure cu pui 250gr,80g Ceai -200 ml.crema branza-1b
<b>Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.</b>	Paine,chefir,mozzarella, 300g,1b,30g Ceai menta f. zahar-200 ml.	Banana-1b	Supa pui cu legume si orez-300 ml.-(20pui.f) Carne pui cu telina si morcov 120g (pui),50g,50g	Branza topita,ou fiert 18g,1b Ceai fara zahar-200 ml.
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,mozzarella,rosii, Salam vara,mustar 300g,30g,60g, -ceai menta-200 ml	Corn cu ciocolata	Ciorba cu perisoare-300ml.-(20porc.f) Pui Tivoli cu cartofi aurii -150g(pui),250g Sfecla rosie-50g	Branza topita,unt 18g,16g Ceai-200 ml
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,mozzarella, chefir,unt 300g,30g,1b,16g -ceai menta-200 ml.	Banana-1b	Supa pui cu legume-300 ml.(20pui.f) Carne pui,telina si morcov 120g (pui f.),50g,50g	Branza topita,ou fiert 18g,1b Ceai -200 ml.
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,mozzarella,rosii Salam vara,mustar 300g,30g,60g -ceai menta-200 ml	Corn cu ciocolata	Ciorba cu perisoare-300ml.-(20porc.f) Pui Tivoli cu cartofi aurii -150g(pui),250g Sfecla rosie-50g	Branza topita,unt 18g,16g Ceai-200 ml
<b>Diabet zaharat 2500 cal.</b>	Paine d.,mozzarella,rosii, salam vara,mustar 150g,30g,60g -ceai menta amar-200 ml	Portocala	Ciorba cu perisoare-300ml.-(20porc.f) Pui Tivoli cu cartofi aurii -150g(pui),250g Gogosari-50g	Ou fiert,branza topita,unt 1b,18g,16g Ceai-200 ml.
<b>Comun(mixt)/ Insotitori 2500-3000 cal.</b>	Paine,mozzarella,rosii, salam vara,mustar 300g,30g,60g -ceai menta-200 ml	Corn cu ciocolata	Ciorba cu perisoare-300ml.-(20porc.f) Pui Tivoli cu cartofi aurii -150g(pui),250g Sfecla rosie-50g	Branza topita,unt 1b,18g,16g Ceai-200 ml
<b>Copii-0-3 ani 3-16 ani 2500 cal</b>	Paine,mozzarella,rosii, salam vara,mustar 300g,30g,60g	Corn cu ciocolata	Ciorba cu perisoare-300ml.-(20porc.f) Pui Tivoli cu cartofi aurii -150g(pui),250g	Branza topita,unt 18g,16g Ceai-200 ml

	-ceai menta-200 ml		Sfecla rosie-50g	
<b>Intoleranta lactoza 2500 cal.</b>	Paine,salam vara,miere 300g,60g,,40g -ceai menta-200 ml	Corn cu ciocolata	Ciorba cu perisoare-300ml.-(20porc.f) Pui Tivoli cu cartofi aurii -150g(pui),250g Sfecla rosie-50g	Ou fiert,pate porc 1b,1b Ceai-200 ml
<b>Garda medici 2500-3000 cal.</b>	Paine,mozzarella,rosii, salam vara,mustar 300g,30g,60g -ceai menta-200 ml	Corn cu ciocolata	Ciorba cu perisoare-300ml.-(20porc.f) Pui Tivoli cu cartofi aurii -150g(pui),250g Sfecla rosie-50g	Ou fiert,branza topita,unt 1b,18g,16g Ceai-200 ml
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,mozzarella,rosii, salam vara,mustar 300g,30g,60g -ceai menta-200 ml	Portocala	Ciorba cu perisoare-300ml.-(20porc.f) Pui Tivoli cu cartofi aurii -150g(pui),250g Sfecla rosie-50g	Branza topita,unt 1b,18g,16g Ceai-200 ml
<b>Practica religioasa 2500 cal.</b>	Paine,mozzarella,rosii, salam vara,mustar 300g,30g,60g -ceai menta-200 ml	Corn cu ciocolata	Ciorba cu perisoare-300ml.-(20porc.f) Pui Tivoli cu cartofi aurii -150g(pui),250g Sfecla rosie-50g	Branza topita,unt 1b,18g,16g Ceai-200 ml
<b>Lacto-vegetarian 2500 cal.</b>	Paine,mozzarella,rosii,ou fiert,miere 300g,30g,1b,40g -ceai menta-200 ml	Corn cu ciocolata	Supa cu legume-300ml Cartofi aurii,morcov,telina 250g,50g,50g	Branza topita,unt 1b,18g,16g Ceai-200 ml
<b>Intocmit:As.de dietetica- Preda Narcisa</b>				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao	Produs congelat-carne pui,porc

**MENIUL ZILEI-VINERI-02.01.2026**

**SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN**

<b>REGIM</b>	<b>MIC DEJUN</b>	<b>GUSTARE</b>	<b>PRANZ</b>	<b>H 16+CINA</b>
<b>Hidric (postoperator) 1000 cal. Pasat sonda 1000 cal</b>	Biscuite-50g ceai indulcit(300 ml)  Ou fiert,chefir 1b,175g -ceai zahar-200 ml.	Compot fructe-100g-  Mar copt-1b biscuite	Supa limpede de legume-300 ml.  Supa concentrata (ou,orez,smantana,legume,carne).-300 ml.	Biscuite-50g ceai indulcit(300 ml.)  C eai -200 ml.-crema branza-1b
<b>Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.</b>	Paine,iaurt,telemea 300g,1b,80g Ceai menta fara zahar-200 ml.	Mar copt-1b	Supa pui cu fidea-300 ml.- (20pui.f) Carne pui cu orez si dovlecei 150g pui,60g,100g	Branza topita,ou fiert 18g,1b Ceai fara zahar-200 ml.
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,crenvusti pui,mustar,telemea 300g,60g,80g -ceai menta-200 ml	napolitana	Supa pui cu galuste gris-300 ml.(20pui.f) Friptura porc cu sos de legume si cartofi piure -150g(pui f.)50g,250g	Unt,ou fiert 16g,1b Ceai-200 ml.
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,iaurt,unt,telemea 300g,1b,16g,80g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu galuste gris-300 ml.(20pui.f) Carne pui cu cartofi piure 150g(pui),250g	Branza topita,ou fiert 18g,1b Ceai fara zahar-200 ml.
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,crenvusti pui,mustar,ou fiert-300g,60g,1b -ceai menta-200 ml	napolitana	Supa pui cu galuste gris-300 ml.(20pui.f) Friptura porc cu sos de legume si cartofi piure -150g(porc f.)50g,250g	Unt,iaurt 16g,1b Ceai-200 ml.
<b>Diabet zaharat 2500 cal.</b>	Paine d.,crenvusti pui,mustar,telemea 150g,60g,80g -ceai menta amar-200 ml	mar-1b	Supa pui cu galuste gris-300 ml.(20pui.f) Friptura porc cu sos de legume si cartofi piure -150g(porc f.)50g,250g	Iaurt,unt,ou fiert 1b,16g,1b Ceai-200 ml.
<b>Comun(mixt)/ Insotitori 2500-3000 cal.</b>	Paine,crenvusti pui,mustar,ou fiert-300g,60g,1b Ceai menta-200ml	napolitana	Supa pui cu galuste gris-300 ml.(20pui.f) Friptura porc cu sos de legume si cartofi piure -150g(porc f.)50g,250g	Unt,iaurt 16g,1b Ceai-200 ml.
<b>Copii-0-3 ani 3-16 ani 2500 cal.</b>	Paine,crenvusti pui,mustar,ou fiert-300g,60g,1b,80g -Ceai -200ml	napolitana	Supa pui cu galuste gris-300 ml.(20pui.f) Snitel pui cu cartofi piure -150g(pui f.),250g	Unt,iaurt 16g,1b Ceai-200 ml.
<b>Garda medici 2500-3000 cal.</b>	Paine d.,crenvusti pui,mustar,telemea	napolitana	Supa pui cu galuste gris-300 ml.(20pui.f) Friptura porc cu sos de legume si cartofi piure	Iaurt,unt,ou fiert 1b,16g,1b

	300g,60g,80g Ceai menta-200ml		-150g(porc f.)50g,250g	Ceai-200 ml.
<b>Intoleranta lactoza 2500 cal.</b>	Paine,crenvusti pui,ou fiert 300g,60,1b -ceai menta-200 ml	napolitana	Supa pui cu galuste gris-300 ml.(20pui.f) Friptura porc cu sos de legume si cartofi aurii -150g(porc f.)50g,250g	Pate porc,gem -1b,40g Ceai-200 ml.
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten, crenvusti pui,mustar,ou fiert 300g,60g,1b,1b Ceai menta-200ml	mar-1b	Supa pui cu legume-300 ml.(20pui.f) Friptura porc cu sos de legume si cartofi piure -150g(porc f.)50g,250g	Unt,gem 16g,40g Ceai-200 ml.
<b>Practica religioasa 2500 cal.</b>	Paine,crenvusti pui,mustar,ou fiert-300g,60g,1b Ceai menta-200ml	napolitana	Supa pui cu galuste gris-300 ml.(20pui.f) Friptura pui cu cartofi piure -150g(pui f.),250g	Unt,iaurt 16g,1b Ceai-200 ml.
<b>Lacto-vegetarian 2500 cal.</b>	Paine,telemea,ou fiert 300g,80g,1b, -ceai menta-200 ml	napolitana	Supa cu galuste gris-300 ml. Cartofi piure si dovlecel-300g. 250g,200g.	Unt,gem 16g,40g Ceai-200 ml.
<b>Intocmit:As.de dietetica- Preda Narcisa</b>				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao	Produs congelat-pulpe pui,porc

**MENIUL ZILEI-SAMBATA-03.01.2026**

**SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN**

<b>REGIM</b>	<b>MIC DEJUN</b>	<b>GUSTARE</b>	<b>PRANZ</b>	<b>H 16+CINA</b>
<b>Hidric (postoperator) 1000 cal. Pasat sonda 1000 cal</b>	Biscuite-100g. ceai indulcit(300 ml)  Ou fiert,chefir 1b,330g. -ceai fara zahar-200 ml.	Compot fructe-100g-  Mar copt-1b biscuite	Supa limpede de legume-300 ml.  Supa concentrata (ou,orez,smantana,legume,carne).-300 ml.	Biscuite-100g ceai indulcit(300 ml.)  Crema branza,unt 175g,16g Ceai-200 ml
<b>Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.</b>	Paine,ou fiert,mozzarella 300g,1b,30g Ceai menta fara zahar-200 ml.	Mar copt-1b	Supa pui cu legume-300 ml.-(20pui.f) Carne pui cu morcov si telina 150g pui,100g,100g	Branza topita,iaurt 18gr,150g Ceai fara zahar-200 ml.
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,cas vaca,sunca pui,ardei,unt 300g,80g,60g,1b,16g -ceai menta-200 ml	clementine- 2b	Ciorba taraneasca de porc-300ml.-(20porc.f) Pilaf orez cu carne pui 150 g(pui f.)180g Sfecla rosie-50g	Chefir,gem 1b,40g Ceai-200 ml
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,ou fiert,mozzarella,unt 300g,1b,30g,16g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu legume-300 ml.-(20pui.f) Carne pui cu orez 150 g,180g	Branza topita,iaurt,unt 18gr,150g,16g Ceai-200 ml.
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,cas vaca, sunca pui,ardei,unt 300g,80g,60g,1b,16g -ceai menta-200 ml	clementine- 2b	Ciorba taraneasca de porc-300ml.-(20porc.f) Pilaf orez cu carne pui 150 g(pui f.)180g Sfecla rosie-50g	Chefir,gem 1b,40g Ceai-200 ml
<b>Diabet zaharat 2500 cal.</b>	Paine d.,cas vaca,sunca pui,ardei,unt 150g,80g,60g,1b,16g -ceai menta amar-200 ml	clementine- 2b	Ciorba taraneasca de porc-300ml.-(20porc.f) Pilaf orez cu carne pui 150 g(pui f.)180g Castraveti murati-50g	Chefir,unt,pate porc- 175g,16g,100g Ceai-200 ml
<b>Comun(mixt) Insotitori 2500-3000 cal.</b>	Paine,cas vaca, sunca pui,ardei,unt 300g,80g,60g,1b,16g -ceai menta-200 ml	clementine- 2b	Ciorba taraneasca de porc-300ml.-(20porc.f) Pilaf orez cu carne pui 150 g(pui f.)180g Sfecla rosie-50g	Chefir,gem 1b,40g Ceai-200 ml
<b>Copii-0-3 ani 3-16 ani 2500 cal.</b>	Paine,cas vaca, rulada pui,ardei,unt 300g,80g,60g,1b,16g	clementine- 2b	Ciorba taraneasca de porc-300ml.-(20porc.f) Pilaf orez cu carne pui 150 g(pui f.)180g	Chefir,gem 1b,40g Ceai-200 ml

	-ceai menta-200 ml		Sfecla rosie-50g	
<b>Garda medici 2500-3000 cal.</b>	Paine,cas vaca, sunca pui,ardei,unt 300g,80g,60g,1b,16g -ceai menta-200 ml	clementine- 2b	Ciorba taraneasca de porc-300ml.-(20porc.f) Pilaf orez cu carne pui 150 g(pui f.)180g Sfecla rosie-50g	Crema branza,unt,pate porc- 175g,16g,100g Ceai-200 ml
<b>Intoleranta lactoza 2500 cal.</b>	Paine,sunca pui,ardei,gem 300g,60g,1b,40g -ceai menta-200 ml	clementine- 2b	Ciorba taraneasca de porc-300ml.-(20porc.f) Pilaf orez cu carne pui 150 g(pui f.)180g Sfecla rosie-50g	Pate porc,miere 100g,40g. Ceai-200 ml
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,cas vaca, sunca pui,ardei,unt 300g,80g,60g,1b,16g -ceai menta-200 ml	clementine- 2b	Ciorba taraneasca de porc-300ml.-(20porc.f) Pilaf orez cu carne pui 150 g(pui f.)180g Sfecla rosie-50g	Chefir,gem 1b,40g Ceai-200 ml
<b>Practica religioasa 2500 cal.</b>	Paine,cas vaca, sunca pui,ardei,unt 300g,18g,60g,1b,16g -ceai menta-200 ml	clementine- 2b	Ciorba taraneasca de legume-300ml Pilaf orez cu carne pui 150 g(pui f.)180g Sfecla rosie-50g	Chefir,gem 1b,40g Ceai-200 ml
<b>Lacto- vegetarian 2500 cal.</b>	Paine,cas vaca,ou fiert,ardei,unt 300g,80g,150g,1b,16g -ceai menta-200 ml	clementine- 2b	Ciorba taraneasca de legume-300ml Ciuperci sote cu orez -100g,180g Castraveti murtati-50g	Chefir,gem 1b,40g Ceai-200 ml
<b>Intocmit:As.de dietetica- Preda Narcisa</b>				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao	Produs congelat-carne pui,porc,legume

Meniurile se incadreaza in alocatia prevazuta in ordinul 1488/2022,emis de MINISTERUL SANATATII!

**MENIUL ZILEI-DUMINICA-04.01.2026**

**SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN**

<b>REGIM</b>	<b>MIC DEJUN</b>	<b>GUSTARE</b>	<b>PRANZ</b>	<b>H 16+CINA</b>
<b>Hidric (postoperator) 1000 cal. Pasat sonda 1000 cal</b>	Biscuite-100g ceai indulcit(300 ml)  Ou fiert,crema branza 1b,175g -ceai fara zahar-200 ml.	Compot fructe-100g-  Biscuite- 100g- Mar copt-1b	Supa limpede de legume-300 ml.  Supa concentrata (ou,orez,smantana,legume,carne).-300 ml.	Biscuite-100g ceai indulcit(300 ml.)  Iaurt,branza vaci 150g,80g Ceai -200 ml.
<b>Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.</b>	Paine,branza topita,ou fiert 300g,40g,1b Ceai menta fara zahar-200 ml.	banana-1b	Supa pui cu fidea-300 ml.(20pui.f) Carne pui cu morcov si orez 150g pui,100g,100g	Chefir 1b Ceai fara zahar-200 ml.
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,mozzarella, ou fiert,castravete,unt 300g,30g,1b,1b,16g -ceai menta-200 ml	portocala-1b	Ciorba de rosii cu orez-300ml Papricas pui cu mamaliga -150g(pui f.),100g Gogosari-50g	Pate porc,crema branza 1b,1b Ceai-200 ml
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,branza topita,ou fiert 300g,40g,1b -ceai menta-200 ml.	banana-1b	Supa pui cu fidea-300 ml.(20pui.f) Carne pui cu morcov si orez 150g pui,100g,100g	Chefir,unt 1b,16g Ceai-200 ml.
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,mozzarella, ou fiert,castravete,unt 300g,30g,1b,16g -ceai menta-200 ml	portocala-1b	Ciorba de rosii cu orez-300ml Papricas pui cu mamaliga-150g(pui f.),100g Gogosari-50g	Pate porc,crema branza 1b,1b Ceai-200 ml
<b>Diabet zaharat 2500 cal.</b>	Paine d.,mozzarella, castravete,ou fiert,unt 150g,30g,1b,16g -ceai menta amar-200 ml	portocala-1b	Ciorba de rosii cu orez-300ml Ciulama pui cu mamaliga-150g(pui f.),100g Gogosari-50g	Pate porc,iaurt 1b,1b Ceai-200 ml
<b>Comun(mixt) Insotitori 2500-3000 cal.</b>	Paine,mozzarella, ou fiert,castravete,unt 300g,30g,1b,16g -ceai menta-200 ml	portocala-1b	Ciorba de rosii cu orez-300ml Papricas pui cu mamaliga-150g(pui f.),100g Gogosari-50g	Pate porc,crema branza 1b,1b Ceai-200 ml
<b>Copii-0-3 ani 3-16 ani 2500 cal</b>	Paine,mozzarella, ou fiert,castravete,unt 300g,30g,1b,16g	portocala-1b	Ciorba de rosii cu orez-300ml Papricas pui cu mamaliga-150g(pui f.),100g Gogosari-50g	Pate porc,crema branza 1b,1b Ceai-200 ml

	-ceai menta-200 ml			
<b>Intoleranta lactoza 2500 cal.</b>	Paine,castravete,sunca pui,miere 300g,1b,60g,40g -ceai menta-200 ml	portocala-1b	Ciorba de rosii cu orez-300ml Carne pui cu morcov si orez 150g pui,100g,100g Gogosari-50g	Pate porc,ou fiert 100g,1b Ceai-200 ml
<b>Garda medici 2500-3000 cal.</b>	Paine,mozzarella, castravete,ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml	portocala-1b	Ciorba de rosii cu orez-300ml Papricas pui cu mamaliga-150g(pui f.),100g Gogosari-50g	Pate porc,iaurt 100g,1b Ceai-200 ml
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,mozzarella, ou fiert,castravete,unt 300g,30g,1b,16g -ceai menta-200 ml	portocala-1b	Ciorba de rosii cu orez-300ml Papricas pui cu mamaliga-150g(pui f.),100g Gogosari-50g	Pate porc,crema branza 1b,1b Ceai-200 ml
<b>Practica religioasa 2500 cal.</b>	Paine,mozzarella, castravete,ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml	portocala-1b	Ciorba de rosii cu orez-300ml Papricas pui cu mamaliga-150g(pui f.),100g Gogosari-50g	Miere,crema branza 2b,1b Ceai-200 ml
<b>Lacto-vegetarian 2500 cal.</b>	Paine,mozzarella,castravete, ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml	portocala-1b	Ciorba rosii cu orez-300 ml Ciulama de ciuperci cu mamaliga200g,200g Gogosari-50g	Miere,crema branza 2b,1b Ceai-200 ml
<b>Intocmit:As.de dietetica- Preda Narcisa</b>				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao	Produs congelat-carne pui

Meniurile se incadreaza in alocatia prevazuta in ordinul 1488/2022,emis de MINISTERUL SANATATII!