

MENIUL ZILEI-LUNI-05.01.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+ CINA
Hidric (postoperator) 1000 cal	Biscuite ½buc. ceai indulcit(300 ml)	Compot 100ml-	Supa limpede de legume.	Biscuite ½-208 cal. ceai indulcit(300 ml)80 cal.
Pasat sonda 1000 cal.	Crema branza,ou 100g,1b-216 cal. -ceai.-200 ml	Biscuite-50 g.-Lapte- 100ml	Supa concentrata- (ou,smantana,morcov,carne)-300 ml.	Paste fainoase cu branza vaci -250g,80g Ceai-200ml. chefir-1b.
Enterocolita (1-2 zile-ceai fara zahar)-1500 cal	Paine,branza topita,ou fiert 300g,18g,1b Ceai fara zahar-200 ml.	Biscuite-1b	Supa pui cu legume-300 ml.(20pui,f.) Carne pui cu cus-cus si legume 150g,pui,60g,100g	Cartofi copti,branza vaci -250g,80g Ceai fara zahar-200 ml Crema branza-1b
Hiposodat Cardiac 2500 cal.	Paine d,branza topita, unt,salam vara 300g,80g,16g,60g, -ceai menta- 200ml	Banana-1b	Ciorba ardeleneasca de porc-300ml.(20porc,f.) Mancare de mazare cu carne pui 150(pui f.),200g,	Budinca paste fainoase cu branza vacii, stafide, vanilie 180g,80g,20g Ceai-200ml.ou fiert-1b
Ulcer,colecist cr. Hepatic 2000 cal.	Paine,branza topita,ou fiert,unt 300g,18g,1b,16g-978 cal -ceai-200 ml 80 cal.	Biscuite-1b	Supa pui cu legume-300 ml.(20pui,f.) Carne pui cu cus-cus si legume 120g(pui f),180g,100g	Cartofi copti,branza vaci -250g,80g Ceai -200 ml crema branza-1b
Lehuze/gravide 2500-3000 cal.	Paine,cas vaca, unt,salam vara 300g,80g,16g,60g, -ceai menta- 200ml	Banana-1b	Ciorba ardeleneasca de porc-300ml.(20porc,f.) Mancare de mazare cu carne pui 150(pui f.),200g,	Budinca paste fainoase cu branza vacii, stafide, vanilie 180g,80g,20g Ceai-200ml.ou fiert-1b
Diabet zaharat 2000-2500 cal.	Paine d.,cas vaca, unt,salam vara 150g,80g,16g,60g, -ceai menta amar- 200ml	Mar-1b	Ciorba ardeleneasca de porc-300ml.(20porc,f.) Mancare de mazare cu carne pui 150(pui f.),200g,	Cartofi frantuzesti-250g,80g,1b Ceai-200ml chefir-1b
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,cas vaca, unt,salam vara 300g,80g,16g,60g, -ceai menta- 200ml	Banana-1b	Ciorba ardeleneasca de porc-300ml.(20porc,f.) Mancare de mazare cu carne pui 150(pui f.),200g,	Budinca paste fainoase cu branza vacii, stafide, vanilie 180g,80g,20g Ceai-200ml.ou fiert-1b
Comun(mixt) 2500-3000 cal.	Paine,cas vaca, unt,salam vara 300g,80g,16g,60g,	Banana-1b	Ciorba ardeleneasca de porc-300ml.(20porc,f.) Mancare de mazare cu carne pui 150(pui f.),200g,	Budinca paste fainoase cu branza vacii, stafide, vanilie 180g,80g,20g

	-ceai menta- 200ml			Ceai-200ml.ou fiert-1b
Intoleranta Lactoza 2500 cal.	Paine,ardei,ou fiert,gem 300g,1b,1b,40g -ceai menta- 200ml	Banana-1b	Ciorba ardeleneasca de porc-300ml.(20porc,f.) Mancare de mazare cu carne pui 150(pui f.),200g,	Salata de cartofi,ardei,masline 250g,1b,20g Ceai-200 ml.
Garda medici 2500-3000 cal.	Paine,cas vaca, unt,salam vara 300g,80g,16g,60g, -ceai menta- 200ml		Ciorba ardeleneasca de porc-300ml.(20porc,f.) Mancare de mazare cu carne pui 150(pui f.),200g,	Cartofi frantuzesti-250g,80g,1b Ceai-200ml chefir-1b
Intoleranta gluten 2500 cal.	Paine f.gluten,cas vaca, unt,salam vara 300g,80g,16g,60g, -ceai menta- 200ml	Banana-1b	Ciorba ardeleneasca de porc-300ml.(20porc,f.) Mancare de mazare cu carne pui 150(pui f.),200g,	Cartofi frantuzesti-250g,80g,1b Ceai-200ml chefir-1b
Practica religioasa 2500 cal.	Paine,cas vaca, unt,sunca pui 300g,80g,16g,60g, -ceai menta- 200ml	Banana-1b	Supa pui cu legume-300 ml.(20porc,f.) Mancare de mazare cu carne pui 150(pui f.),200g,	Budinca paste fainoase cu branza vaci,stafide,vanilie 180g,80g,20g Ceai-200ml.ou fiert-1b
Lacto-vegetarian 2500 cal.	Paine,cas vaca, Ardei,unt 300g,18g,1b,16g, -ceai menta- 200ml	Banana-1b	Supa cu legume-300 ml Mazare scazuta cu ou ochi 200g,50g	Budinca paste fainoase cu branza vaci,stafide,vanilie 180g,80g,20g Ceai-200ml.ou fiert-1b
Intocmit:As.de dietetica-Preda Narcisa	Meniul poate suferi modificari!!		Alergeni care se regasesc in compozitia alimentelor din meniu:lactoza,gluten,albus ou,cacao,mustar,telina	Produse congelate-carne pui,fasole pastai

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
Hidric (postoperator) 1000 cal Pasat sonda 1000 cal.	Biscuite-50g ceai indulcit(300 ml) Chefir,biscuite 1b,50g -ceai-200 ml.	Compot fructe- 100ml	Supa limpede de legume Supa concentrata (ou,smantana,carne,morcov, orez,unt)-300 ml.	Biscuite-50g ceai indulcit(300 ml) Cartofi piure cu oua 250g,2b -ceai-200 ml.
Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.	Paine,branza telemea,chefir 300g,150g,1b. Ceai fara zahar-200 ml.	banana-1b	Supa Supa pui cu fidea-300ml(20g.pui.f) Perisoare carne pui cu cartofi fierti 150g,pui,250g	Branza topita,ou fiert -18g,1b. Ceai fara zahar-200 ml.
Hipodat Cardiac Renal 2500 cal.	Paine d.,crenvusti pui,mustar ,telemea -300g,60g,80g -ceai menta-200 ml.	Corn cu ciocolata-1b	Supa pui cu fidea-300ml(20g.pui.f) Rulada carne porc cu cartofi aurii 150g,(porc-p.f.)200g Sfecla rosie-50g	Pate porc,unt -100g,16g Ceai-200 ml
Ulcer, Colecist Hepatic 2000 cal.	Paine,telemea,chefir,unt 300g,80g,140g,16g -ceai menta-200 ml.	banana-1b	Supa pui cu fidea-300ml(20g.pui.f) Perisaore carne pui cu cartofi fierti 150g,(pui-p.f.)250g	Branza topita,ou fiert -18g,1b. Ceai-200 ml.
Lehuze/gravide 2500-3000 cal.	Paine,crenvusti pui,mustar telemea f.sare -300g,60g,80g -ceai menta-200 ml.	Corn cu ciocolata-1b	Supa pui cu fidea-300ml(20g.pui.f) Rulada carne porc cu cartofi aurii 150g,(porc-p.f.)250g Sfecla rosie-50g	Pate porc,unt -100g,16g Ceai-200 ml
Diabet zaharat 2500 cal.	Paine d.,crenvusti pui,mustar Telemea f.sare -150g,60g,80g,16g -ceai menta amar-200 ml.	mar-1b	Supa pui cu fidea-300ml(20g.pui.f) Rulada carne porc cu cartofi aurii 150g,(porc-p.f.)250g Castraveti murati-50g	Pate porc,unt,ou fiert -100g,16g,1b Ceai-200 ml
Comun(mixt) 2500-3000 cal.	Paine,crenvusti pui,mustar telemea f.sare -300g,60g,80g -ceai menta-200 ml.	Corn cu ciocolata-1b	Supa pui cu fidea-300ml(20g.pui.f) Rulada carne porc cu cartofi aurii 150g,(porc-p.f.)250g Sfecla rosie-50g	Pate porc,unt -100g,16g Ceai-200 ml
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,crenvusti pui,mustar telemea f.sare -300g,60g,80g	Corn cu ciocolata-1b	Supa pui cu fidea-300ml(20g.pui.f) Rulada carne porc cu cartofi aurii 150g,(porc-p.f.)250g	Pate porc,unt -100g,16g Ceai-200 ml

	-ceai menta-200 ml.		Sfecla rosie-50g	
Practica religioasa 2500 cal.	Paine,crenvusti pui,mustar telemea f.sare -300g,60g,80g -ceai menta-200 ml.	Corn cu ciocolata-1b	Supa pui cu fidea-300ml(20g.pui.f) Rulada carne pui cu cartofi aurii 150g,(pui-p.f.)250g Sfecla rosie-50g	Chefir,unt 1b,16g Ceai-200 ml.
Garda medici 2500-3000 cal.	Paine,crenvusti pui,mustar telemea f.sare -300g,60g,80g -ceai menta-200 ml.	Corn cu ciocolata-1b	Supa pui cu fidea-300ml(20g.pui.f) Rulada carne porc cu cartofi aurii 150g,(porc-p.f.)250g Sfecla rosie-50g	Pate porc,unt,ou fiert -100g,16g,1b Ceai-200 ml
Lacto-vegetarian 2500 cal.	Paine,ou fiert,telemea f.sare -300g,60g,80g -ceai menta-200 ml.	Corn cu ciocolata-1b	Supa cu fidea-300ml Pilaf orez cu ciuperci 180g,50g-337 cal Gogosari	Chefir,unt 1b,16g Ceai-200 ml.
Intoleranta lactoza 2500 cal.	Paine,crenvusti pui,mustar -300g,60g,1b -ceai menta-200 ml.	mar-1b	Supa pui cu fidea-300ml(20g.pui.f) Rulada carne porc cu cartofi aurii 150g,(pui-p.f.)250g Sfecla rosie-50g	Pate porc,ou fiert -100g,1b Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine,crenvusti pui,mustar telemea f.sare -300g,60g,80g -ceai menta-200 ml.	mar-1b	Supa pui cu fidea-300ml(20g.pui.f) Rulada carne porc cu cartofi aurii 150g,(porc-p.f.)250g Sfecla rosie-50g	Pate porc,unt -100g,16g Ceai-200 ml
Intocmit:As.de dietetica-Preda Narcisa	Meniul poate suferi modificari!		Alergeni regasiti in alimentele din meniu- lactoza,gluten,albus de ou,telina,boabe mustar	Produs congelat-carne pui,porc

MENIUL ZILEI-MIERCURI-07.01.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
Hidric (postoperator) 1000 cal. Pasat sonda 1000 cal	Biscuite-50g ceai indulcit(300 ml) Ou fiert,crema branza 1b,1b -ceai fara zahar-200 ml.	Compot fructe-100g- Biscuite-50g-	Supa limpede de legume-300 ml. Supa concentrata (ou,orez,smantana,legume,carne).-300 ml.	Biscuite-50g ceai indulcit(300 ml.) Cartofi copti,branza vaci,unt 250gr,80g,16g Ceai-200 ml.crema branza-1b
Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.	Paine,ou fiert,mozzarella 300g,1b,80g Ceai menta f. zahar-200 ml.	banana-1b	Supa pui cu legume si fidea(20g.f.)-300 ml Carne pui cu orez si dovlecei 150g(pui f),60g,100g	Branza topita-40gr Ceai fara zahar-200 ml.
Hiposodat Cardiac Renal 2500 cal	Paine d.,sunca pui,branza topita,unt 300g,60,18g,16g -ceai menta-200 ml.	banana-1b	Ciorba de pui-300ml(20g.f.) Friptura pui cu orez si ciuperci 150g(pui),180g,30g Gogosari-50g	Pate porc,gem 1b,40g Ceai-200 ml
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,mozzarella 300g,1b,30g -ceai menta-200 ml.	banana-1b	Supa de cartofi-300 ml Carne pui cu orez si dovlecel 150g pui,180g,100g	Branza topita,unt-40gr,16g Ceai -200 ml.
Lehuze/gravide 2500-3000 cal.	Paine,sunca pui,mozzarella,unt 300g,60g,30g,16g -ceai menta-200 ml	banana-1b	Ciorba de pui-300ml(20g.f.) Friptura pui cu orez si ciuperci 150g(pui),180g,30g Gogosari-50g	Branza topita,pate porc 18g,1b Ceai-200 ml
Diabet zaharat 2500 cal.	Paine d.,branza topita, sunca pui,unt 150g,18g,60g,16g -ceai menta amar-200 ml	mar-1b	Ciorba de pui-300ml(20g.f.) Friptura pui cu orez si ciuperci 150g(pui),180g,30g Gogosari-50g	Crema branza,pate porc 1b,1b Ceai amar-200 ml
Comun(mixt) 2500-3000 cal.	Paine,sunca pui,mozzarella,unt 300g,60,30g,16g -ceai menta-200 ml.	banana-1b	Ciorba de pui-300ml(20g.f.) Friptura pui cu orez si ciuperci 150g(pui),180g,30g Gogosari-50g	Branza topita,pate porc 18g,1b Ceai-200 ml
Copii-0-3 ANI 3-16 ani 2500 cal	Paine,sunca pui,mozzarella,unt 300g,60,30g,16g	banana-1b	Ciorba de pui-300ml(20g.f.) Friptura pui cu orez si ciuperci 150g(pui),180g,30g	Branza topita,pate porc 18g,1b Ceai-200 ml

	-ceai menta-200 ml.		Gogosari-50g	
Intoleranta lactoza 2500 cal.	Paine,sunca pui,ou fiert,miere 300g,60g,1b,40g -ceai menta-200 ml	banana-1b	Ciorba de pui-300ml(20g.f.) Friptura pui cu orez si ciuperci 150g(pui),180g,30g Gogosari-50g	Miere,pate porc 40g,1b. Ceai-200 ml.80 cal
Garda medici 2500-3000 cal.	Paine,mozzarella, sunca pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml	mar-1b	Ciorba de pui-300ml(20g.f.) Friptura pui cu orez si ciuperci 150g(pui),180g,30g Gogosari-50g	Crema branza,pate porc 1b,1b Ceai -200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten, Ou fiert,mozzarella,unt 300g,1b,30g,16g -ceai menta-200 ml	banana-1b	Ciorba de pui-300ml(20g.f.) Friptura pui cu orez si ciuperci 150g(pui),180g,30g Gogosari-50g	Branza topita,pate porc 18g,1b Ceai-200 ml
Practica religioasa 2500 cal.	Paine,sunca pui, mozzarella,unt 300g,60,30g,16g -ceai menta-200 ml	banana-1b	Ciorba de pui-300ml(20g.f.) Friptura pui cu orez si ciuperci 150g(pui),180g,30g Gogosari-50g	Branza topita,pate pui 18g,1b Ceai-200 ml
Lacto-vegetarian 2500 cal.	Paine,mozzarella,ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml	banana-1b	Supa de cartofi-300ml Pilaf orez cu ciuperci 180g,50g Gogosari-50g	Branza topita,gem 18g,40g Ceai-200 ml
Intocmit:As.de dietetica- Preda Narcisa				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelorlactoza,gluten,albus de ou,telina,cacao	Produs congelat-carne pui

MENIUL ZILEI-JOI-08.01.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
Hidric (postoperator) 1000 cal.	Biscuite-50g ceai indulcit(300 ml)	Compot fructe-100g-	Supa limpede de legume-300 ml.	Biscuite-50g ceai indulcit(300 ml.)
Pasat sonda 1000 cal.	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
Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.	Paine,chefir,mozzarella, 300g,1b,30g Ceai menta f. zahar-200 ml.	Mar copt-1b	Supa pui cu legume si orez-300 ml.-(20pui.f) Carne pui cu telina si morcov 120g (pui),50g,50g	Cartofi copti,ou fiert 250g,1b Ceai fara zahar-200 ml.
Hiposodat Cardiac Renal 2500 cal	Paine d.,branza topita,rosii, Salam vara 300g,18g,60g,1b -ceai menta-200 ml	Mar-1b	Ciorba fasole pastai cu ciolan-300ml.-(20.f) Papricas pui cu mamaliga -150g(pui),200g Varza acra-50g	Salata cartofi cu oua,ardei,masline 250g,1b,30g Ceai-200 ml-gem-40g
Ulcer, Colecistita Hepatic 2000 cal.	Paine,mozzarella, chefir,unt 300g,30g,1b,16g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu legume-300 ml.(20pui.f) Carne pui,telina si morcov 120g (pui f.),50g,50g	Cartofi copti,ou fiert 250g,1b Ceai fara zahar-200 ml.
Lehuze/gravide 2500-3000 cal.	Paine,branza topita,rosii, Salam vara 300g,18g,60g,1b -ceai menta-200 ml	Mar-1b	Ciorba fasole pastai cu ciolan-300ml.-(20.f) Papricas pui cu mamaliga -150g(pui),200g Varza acra-50g	Salata cartofi cu oua,ardei,masline 250g,1b,30g Ceai-200 ml gem-40g
Diabet zaharat 2500 cal.	Paine d.,branza topita,rosii, Salam vara 150g,18g,60g,1b -ceai menta amar-200 ml	Mar-1b	Ciorba fasole pastai cu ciolan-300ml.-(20.f) Ciulama pui cu mamaliga -150g(pui),200g Varza acra-50g	Salata cartofi cu oua,ardei,masline 250g,1b,30g Ceai amar-200 ml. Iaurt-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,branza topita,rosii, Salam vara 300g,18g,60g,1b -ceai menta-200 ml	Mar-1b	Ciorba fasole pastai cu ciolan-300ml.-(20.f) Papricas pui cu mamaliga -150g(pui),200g Varza acra-50g	Salata cartofi cu oua,ardei,masline 250g,1b,30g Ceai-200 ml gem-40g
Copii-0-3 ani 3-16 ani 2500 cal	Paine,branza topita,rosii, Salam vara 300g,18g,60g,1b	Mar-1b	Ciorba fasole pastai cu ciolan-300ml.-(20.f) Papricas pui cu mamaliga -150g(pui),200g	Salata cartofi cu oua,ardei,masline 250g,1b,30g Ceai-200 ml gem-40g

	-ceai menta-200 ml		Varza acra-50g	
Intoleranta lactoza 2500 cal.	Paine,salam vara,miere 300g,60g,40g -ceai menta-200 ml	Mar-1b	Supa pui cu legume-300 ml.(20pui.f) Carne pui,telina si morcov 120g (pui f.),50g,50g	Salata cartofi cu oua,ardei,masline 250g,1b,30g Ceai-200 ml gem-40g
Garda medici 2500-3000 cal.	Paine,branza topita,rosii, Salam vara 300g,18g,60g,1b -ceai menta-200 ml	Mar-1b	Ciorba fasole pastai cu ciolan-300ml.-(20.f) Papricas pui cu mamaliga -150g(pui),200g Varza acra-50g	Salata cartofi cu oua,ardei,masline 250g,1b,30g Ceai-200 ml Iaurt-1b
Intoleranta gluten 2500 cal.	Paine f.gluten,branza topita,rosii, Salam vara 300g,18g,60g,1b -ceai menta-200 ml	Mar-1b	Ciorba fasole pastai cu ciolan-300ml.-(20.f) Papricas pui cu mamaliga -150g(pui),200g Varza acra-50g	Salata cartofi cu oua,ardei,masline 250g,1b,30g Ceai-200 ml gem-40g
Practica religioasa 2500 cal.	Paine,branza topita,rosii, Sunca pui 300g,18g,60g,1b -ceai menta-200 ml	Mar-1b	Ciorba fasole pastai -300ml. Papricas pui cu mamaliga -150g(pui),200g Varza acra-50g	Salata cartofi cu oua,ardei,masline 250g,1b,30g Ceai-200 ml gem-40g
Lacto-vegetarian 2500 cal.	Paine,rosii,ou fiert,miere 300g,1b,1b,40g -ceai menta-200 ml	Mar-1b	Ciorba fasole pastai -300ml Mamaliga cu branza 200g,80g Varza acra-50g	Salata cartofi cu oua,ardei,masline 250g,1b,30g Ceai-200 ml gem-40g
Intocmit:As.de dietetica- Preda Narcisa				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao	Produs congelat-carne pui,porc

MENIUL ZILEI-VINERI-09.01.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
Hidric (postoperator) 1000 cal. Pasat sonda 1000 cal	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.) Orez cu branza vaci 180g,80g C eai -200 ml.-crema branza-1b
Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.	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	Orez cu branza vaci 180g,80g Ceai fara zahar-200 ml.
Hiposodat Cardiac Renal 2500 cal	Paine d.,crenvusti pui,mustar,telemea 300g,60g,80g -ceai menta-200 ml	Banana-1b	Supa pui cu legume-300 ml.(20pui.f) Friptura porc cu sos de legume si cartofi piure -150g(pui f.)50g,250g	Budinca orez cu rahat,vanilie,stafide 180g,400 ml. Ceai-200 ml.
Ulcer, Colecistita Hepatic 2000 cal.	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	Budinca orez cu rahat,vanilie,stafide 180g,400 ml. Ceai-200 ml
Lehuze/gravide 2500-3000 cal.	Paine,crenvusti pui,mustar,ou fiert-300g,60g,1b -ceai menta-200 ml	Banana-1b	Supa pui cu legume-300 ml.(20pui.f) Friptura porc cu sos de legume si cartofi piure -150g(porc f.)50g,250g	Budinca orez cu rahat,vanilie,stafide 180g,400 ml. Ceai-200 ml.
Diabet zaharat 2500 cal.	Paine d.,crenvusti pui,mustar,telemea 150g,60g,80g -ceai menta amar-200 ml	mar-1b	Supa pui cu legume-300 ml.(20pui.f) Friptura porc cu sos de legume si cartofi piure -150g(porc f.)50g,250g	Mazare scazuta cu ou ochi 200g,2b Ceai-200 ml.
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,crenvusti pui,mustar,ou fiert-300g,60g,1b Ceai menta-200ml	Banana-1b	Supa pui cu legume-300 ml.(20pui.f) Friptura porc cu sos de legume si cartofi piure -150g(porc f.)50g,250g	Budinca orez cu rahat,vanilie,stafide 180g,400 ml. Ceai-200 ml.
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,crenvusti pui,mustar,ou fiert-300g,60g,1b,80g -Ceai -200ml	Banana-1b	Supa pui cu legume-300 ml.(20pui.f) Friptura pui cu cartofi piure -150g(pui f.),250g	Budinca orez cu rahat,vanilie,stafide 180g,400 ml. Ceai-200 ml.
Garda medici 2500-3000 cal.	Paine d.,crenvusti pui,mustar,telemea	Banana-1b	Supa pui cu legume-300 ml.(20pui.f) Friptura porc cu sos de legume si cartofi piure	Mazare scazuta cu ou ochi 200g,2b

	300g,60g,80g Ceai menta-200ml		-150g(porc f.)50g,250g	Ceai-200 ml.
Intoleranta lactoza 2500 cal.	Paine,crenvusti pui,ou fiert 300g,60,1b -ceai menta-200 ml	Banana-1b	Supa pui cu legume-300 ml.(20pui.f) Friptura porc cu sos de legume si cartofi aurii -150g(porc f.)50g,250g	Mazare scazuta cu ou ochi 200g,2b Ceai-200 ml.
Intoleranta gluten 2500 cal.	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	Budinca orez cu rahat,vanilie,stafide 180g,400 ml. Ceai-200 ml.
Practica religioasa 2500 cal.	Paine,crenvusti pui,mustar,ou fiert-300g,60g,1b Ceai menta-200ml	Banana-1b	Supa pui cu legume-300 ml.(20pui.f) Friptura pui cu cartofi piure -150g(pui f.),250g	Budinca orez cu rahat,vanilie,stafide 180g,400 ml. Ceai-200 ml.
Lacto-vegetarian 2500 cal.	Paine,telemea,ou fiert 300g,80g,1b, -ceai menta-200 ml	Banana-1b	Supa cu legume-300 ml. Cartofi piure si dovlecel-300g. 250g,200g.	Budinca orez cu rahat,vanilie,stafide 180g,400 ml. Ceai-200 ml.
Intocmit:As.de dietetica- Preda Narcisa				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao	Produs congelat-pulpe pui,porc

MENIUL ZILEI-SAMBATA-10.01.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
Hidric (postoperator) 1000 cal. Pasat sonda 1000 cal	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
Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.	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.
Hiposodat Cardiac Renal 2500 cal	Paine d.,cas vaca,sunca pui,ardei,unt 300g,80g,60g,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vita-300ml.-(20.f) Pilaf orez cu carne pui 150 g(pui f.)180g Sfecla rosie-50g	Chefir,gem 1b,40g Ceai-200 ml
Ulcer, Colecistita Hepatic 2000 cal.	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.
Lehuze/gravide 2500-3000 cal.	Paine,cas vaca, sunca pui,ardei,unt 300g,80g,60g,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vita-300ml.-(20.f) Pilaf orez cu carne pui 150 g(pui f.)180g Sfecla rosie-50g	Chefir,gem 1b,40g Ceai-200 ml
Diabet zaharat 2500 cal.	Paine d.,cas vaca,sunca pui,ardei,unt 150g,80g,60g,1b,16g -ceai menta amar-200 ml	Mar-1b	Ciorba taraneasca de vita-300ml.-(20.f) Pilaf orez cu carne pui 150 g(pui f.)180g Castraveti murati-50g	Chefir,unt,pate porc- 175g,16g,100g Ceai-200 ml
Comun(mixt) Insotitori 2500-3000 cal.	Paine,cas vaca, sunca pui,ardei,unt 300g,80g,60g,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vita-300ml.-(20.f) Pilaf orez cu carne pui 150 g(pui f.)180g Sfecla rosie-50g	Chefir,gem 1b,40g Ceai-200 ml
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,cas vaca, rulada pui,ardei,unt 300g,80g,60g,1b,16g	Mar-1b	Ciorba taraneasca de vita-300ml.-(20.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	
Garda medici 2500-3000 cal.	Paine,cas vaca, sunca pui,ardei,unt 300g,80g,60g,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vita-300ml.-(20.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
Intoleranta lactoza 2500 cal.	Paine,sunca pui,ardei,gem 300g,60g,1b,40g -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vita-300ml.-(20.f) Pilaf orez cu carne pui 150 g(pui f.)180g Sfecla rosie-50g	Pate porc,miere 100g,40g. Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten,cas vaca, sunca pui,ardei,unt 300g,80g,60g,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vita-300ml.-(20.f) Pilaf orez cu carne pui 150 g(pui f.)180g Sfecla rosie-50g	Chefir,gem 1b,40g Ceai-200 ml
Practica religioasa 2500 cal.	Paine,cas vaca, sunca pui,ardei,unt 300g,18g,60g,1b,16g -ceai menta-200 ml	Mar-1b	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
Lacto- vegetarian 2500 cal.	Paine,cas vaca,ou fiert,ardei,unt 300g,80g,150g,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de legume-300ml Ciuperci sote cu orez -100g,180g Castraveti murtati-50g	Chefir,gem 1b,40g Ceai-200 ml
Intocmit:As.de dietetica- Preda Narcisa				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao	Produs congelat-carne pui,vita,legume

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

MENIUL ZILEI-DUMINICA-11.01.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
Hidric (postoperator) 1000 cal. Pasat sonda 1000 cal	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.
Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.	Paine,iaurt,mozzarella 300g,1b,18g Ceai menta fara zahar-200 ml.	biscuite-1b	Supa pui cu fidea-300 ml.(20pui.f) Carne pui cu morcov si orez 150g pui,100g,100g	Branza topita,ou fiert 18gr,1b Ceai fara zahar-200 ml.
Hiposodat Cardiac Renal 2500 cal	Paine d.,mozzarella, rosii,ou fiert,unt 300g,30g,1b,1b,16g -ceai menta-200 ml	Napolitana- 1b	Ciorba de rosii cu orez-300ml Escalop pui cu ciuprci si mamaliga -150g(pui f.),100g ,50g Gogosari-50g	Pate porc,crema branza 1b,1b Ceai-200 ml
Ulcer, Colecistita Hepatic 2000 cal.	Paine,iaurt,mozzarella 300g,1b,30g -ceai menta-200 ml.	biscuite-1b	Supa pui cu fidea-300 ml.(20pui.f) Carne pui cu morcov si orez 150g pui,100g,100g	Branza topita,ou fiert,unt 18gr,1b,16g Ceai-200 ml.
Lehuze/gravide 2500-3000 cal.	Paine,mozzarella, rosii,ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml	Napolitana- 1b	Ciorba de rosii cu orez-300ml Escalop pui cu ciuprci si mamaliga -150g(pui f.),100g ,50g Gogosari-50g	Pate porc,crema branza 1b,1b Ceai-200 ml
Diabet zaharat 2500 cal.	Paine d.,mozzarella,rosii, Ou fiert,unt 150g,30g,1b,16g -ceai menta amar-200 ml	Mar-1b	Ciorba de rosii cu orez-300ml Escalop pui cu ciuprci si mamaliga -150g(pui f.),100g ,50g Gogosari-50g	Pate porc,chefir 1b,1b Ceai-200 ml
Comun(mixt) Insotitori 2500-3000 cal.	Paine,mozzarella, rosii,ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml	Napolitana- 1b	Ciorba de rosii cu orez-300ml Escalop pui cu ciuprci si mamaliga -150g(pui f.),100g ,50g Gogosari-50g	Pate porc,crema branza 1b,1b Ceai-200 ml
Copii-0-3 ani 3-16 ani 2500 cal	Paine,mozzarella, Rosii,ou fiert,unt 300g,30g,1b,16g	Napolitana- 1b	Ciorba de rosii cu orez-300ml Escalop pui cu ciuprci si mamaliga -150g(pui f.),100g ,50g	Pate porc,crema branza 1b,1b Ceai-200 ml

	-ceai menta-200 ml		Gogosari-50g	
Intoleranta lactoza 2500 cal.	Paine,rosii,sunca pui,miere 300g,1b,60g,40g -ceai menta-200 ml	Napolitana- 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
Garda medici 2500-3000 cal.	Paine,mozzarella, rosii,ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml	biscuite-1b	Ciorba de rosii cu orez-300ml Escalop pui cu ciuprci si mamaliga -150g(pui f.),100g ,50g Gogosari-50g	Pate porc,chefir 100g,1b Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten,mozzarella, rosii,ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba de rosii cu orez-300ml Escalop pui cu ciuprci si mamaliga -150g(pui f.),100g ,50g Gogosari-50g	Pate porc,crema branza 1b,1b Ceai-200 ml
Practica religioasa 2500 cal.	Paine,mozzarella, rosii,ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml	Napolitana- 1b	Ciorba de rosii cu orez-300ml Escalop pui cu ciuprci si mamaliga -150g(pui f.),100g ,50g Gogosari-50g	Miere,crema branza 2b,1b Ceai-200 ml
Lacto-vegetarian 2500 cal.	Paine,mozzarella,rosii, ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml	Napolitana- 1b	Ciorba rosii cu orez-300 ml Ciuprci cu mamaliga 200g,100g ,50g Gogosari-50g	Miere,crema branza 2b,1b Ceai-200 ml
Intocmit:As.de dietetica- Preda Narcisa				
	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!