

MENIUL ZILEI-LUNI-12.01.2026

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.	banana-1b.	Supa pui cu legume-300 ml.(20pui,f.) Carne pui cu orez si morcov 150g,pui,60g,100g	Paste fainoase cu branza vaci -180g,80g Ceai fara zahar-200 ml chefir-1b
Hiposodat Cardiac 2500 cal.	Paine d,salam vara,ardei,gem,unt 300g,60g,1b,40g,16g -ceai menta- 200ml	banana-1b	Ciorba fasole boabe cu ciolan-300ml.(20 porc,f.) Musaca de cartofi carne pui-150(pui f.),250g Sfecla rosie-50g	Paste fainoase cu branza framantata -180g,80g. Ceai-200ml.chefir-1b
Ulcer,colecist cr. Hepatic 2000 cal.	Paine,branza topita,ou fiert,unt 300g,18g,1b,16g-978 cal -ceai-200 ml 80 cal.	banana-1b	Supa pui cu legume-300 ml.(20pui,f.) Carne pui cu cartofi piure 150g(pui f),250g	Paste fainoase cu branza vaci -180g,80g Ceai -200 ml chefir-1b
Lehuze/gravide 2500-3000 cal.	Paine,salam vara,ardei,gem,unt 300g,60g,1b,40g,16g -ceai menta- 200ml	banana-1b	Supa de pui cu legume-300ml.(20 pui,f.) Musaca de cartofi carne pui-150(pui f.),250g Sfecla rosie-50g	Paste fainoase cu branza framantata- 180g,80g Ceai-200ml.
Diabet zaharat 2000-2500 cal.	Paine d.,rulada pui,ardei,ou fiert,unt 150g,60g,1b,1b,16g -ceai menta amar- 200ml	Mar-1b	Supa de pui cu legume-300ml.(20 pui,f.) Musaca de cartofi carne pui-150(pui f.),250g Varza acra-50g	Mamaliga cu branza framantata 200g,80g Ceai-200ml chefir-1b
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,salam vara,ardei,gem,unt 300g,60g,1b,40g,16g -ceai menta- 200ml	banana-1b	Supa de pui cu legume-300ml.(20 pui,f.) Musaca de cartofi carne pui-150(pui f.),250g Sfecla rosie-50g	Paste fainoase cu branza framantata- 180g,80g Ceai-200ml.
Comun(mixt) 2500-3000 cal.	Paine,salam vara,ardei,gem,unt 300g,60g,1b,40g,16g	banana-1b	Ciorba fasole boabe cu ciolan-300ml.(20 porc,f.) Musaca de cartofi carne pui-150(pui f.),250g	Paste fainoase cu branza framantata- 180g,80g Ceai-200ml.

	-ceai menta- 200ml		Sfecla rosie-50g	
Intoleranta Lactoza 2500 cal.	Paine,salam vara,ardei,gem 300g,60g,1b,40g -ceai menta- 200ml	banana-1b	Supa de pui cu legume-300ml.(20 pui,f.) Musaca de cartofi carne pui-150(pui f.),250g Sfecla rosie-50g	Paste fainoase cu pesmet-180g,30g Ceai-200ml.-miere-2b
Garda medici 2500-3000 cal.	Paine,rulada pui,ardei,ou fiert,unt 300g,60g,1b,1b,16g -ceai menta - 200ml	banana-1b	Supa de pui cu legume-300ml.(20 pui,f.) Friptura carne pui cu cartofi piure 150(pui f.),250g Varza acra-50g	Mamaliga cu branza framantata 200g,80g Ceai-200ml chefir-1b
Intoleranta gluten 2500 cal.	Paine f.gluten, salam vara,ardei,gem,unt 300g,60g,1b,40g,16g -ceai menta- 200ml	banana-1b	Ciorba fasole boabe cu ciolan-300ml.(20 porc,f.) Musaca de cartofi carne pui-150(pui f.),250g Sfecla rosie-50g	Paste fainoase cu branza framantata- 180g,80g Ceai-200ml.
Practica religioasa 2500 cal.	Paine,rulada pui,ardei,gem,unt 300g,60g,1b,40g,16g -ceai menta- 200ml	banana-1b	Ciorba fasole boabe -300ml.(20 porc,f.) Musaca de cartofi carne pui-150(pui f.),250g Sfecla rosie-50g	Paste fainoase cu branza framantata- 180g,80g Ceai-200ml.
Lacto-vegetarian 2500 cal.	Paine,cas vaca, Ardei,unt 300g,80g,1b,16g, -ceai menta- 200ml	banana-1b	Ciorba fasole boabe -300ml. Mancare de cartofi cu ou ochi 250g,1b Gogosari-50g	Paste fainoase cu branza framantata- 180g,80g Ceai-200ml.
Intocmit:As.de dietetica-Preda Narcisa	Meniul poate suferi modificari!!		Alergeni care se regasesc in compozitia alimentelor din meniul:lactoza,gluten,albus ou,cacao,mustar,telina	Produse congelate-carne pui,porc

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
Hidric (postoperator) 1000 cal Pasat sonda 1000 cal.	Biscuite-50g ceai indulcit(300 ml) Iaurt,biscuite 150g,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,iaurt 300g,150g,1b.-918 cal. Ceai fara zahar-200 ml.	Mar copt-1b	Supa chimion cu crutoane-300 ml. Carne pui cu orez si morcov 120g,pui,180g,50g	Cartofi copti cu branza vaci -250g,80g. Ceai fara zahar-200 ml. chefir-1b
Hipodat Cardiac Renal 2500 cal.	Paine d.,sunca curcan,mustar, ,telemea f.sare -300g,60g,80g -ceai menta-200 ml.	Mar-1b	Ciorba de porc cu smantana-300ml(20g porc) Friptura pui cu cus-cus 150g,(pui f.),180g Varza acra-50g	Salata de cartofi cu oua,ardei,castraveti -250g,1b Ceai-200 ml. miere-2b,unt-16g
Ulcer, Colecist Hepatic 2000 cal.	Paine,telemea,iaurt,unt 300g,80g,140g,16g -ceai menta-200 ml.	Mar copt-1b	Supa chimion cu crutoane-300 ml. Carne pui cu orez si morcov 120g,pui,180g,50g	Cartofi copti cu branza vaci -250g,80g. Ceai-200 ml. branza topita-2b
Lehuze/gravide 2500-3000 cal.	Paine,sunca curcan, telemea f.sare,mustar -300g,60g,80g -ceai menta-200 ml.	Mar-1b	Ciorba de porc cu smantana-300ml(20g porc) Friptura pui cu cus-cus 150g,(pui f.),180g Varza acra-50g	Salata de cartofi cu oua,ardei,castraveti -250g,1b Ceai-200 ml. miere-2b,unt-16g
Diabet zaharat 2500 cal.	Paine d.,sunca curcan,mustar, telemea,unt -150g,60g,80g,1b,16g -ceai menta amar-200 ml.	Mar-1b	Ciorba de porc cu smantana-300ml(20g porc) Friptura pui cu orez 150g,(pui f.),180g Varza acra-50g	Conopida gratinata -250g,1b,20g Ceai-200 ml. crema branza-1b
Comun(mixt) 2500-3000 cal.	Paine,sunca curcan, telemea f.sare,mustar -300g,60g,80g -ceai menta-200 ml.	Mar-1b	Ciorba de porc cu smantana-300ml(20g porc) Friptura pui cu cus-cus 150g,(pui f.),180g Varza acra-50g	Salata de cartofi cu oua,ardei,castraveti -250g,1b Ceai-200 ml. miere-2b,unt-16g
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,sunca curcan, telemea f.sare,mustar -300g,60g,80g	Mar-1b	Ciorba de porc cu smantana-300ml(20g porc) Friptura pui cu cus-cus 150g,(pui f.),180g	Salata de cartofi cu oua,ardei,castraveti -250g,1b Ceai-200 ml. miere-2b,unt-16g

	-ceai menta-200 ml.		Varza acra-50g	
Practica religioasa 2500 cal.	Paine,sunca curcan, telemea f.sare,mustar -300g,60g,80g -ceai menta-200 ml	Mar-1b	Supa chimion cu crutoane-300 ml. Friptura pui cu cus-cus 150g,(pui f.),180g Varza acra-50g	Salata de cartofi cu oua,ardei,castraveti -250g,1b Ceai-200 ml. miere-2b,unt-16g
Garda medici 2500-3000 cal.	Paine,sunca curcan, mustar,telemea f.sare,unt -300g,60g,80g,1b,16g -ceai menta-200 ml.	Mar-1b	Ciorba de porc cu smantana-300ml(20g porc) Friptura pui cu cus-cus 150g,(pui f.),180g Varza acra-50g	Salata de cartofi cu oua,ardei,castraveti -250g,1b Ceai-200 ml. crema branza-1b
Lacto-vegetarian 2500 cal.	Paine,telemea f.sare,unt,gem -300g,80g,16g,40g -ceai menta-200 ml.	Mar-1b	Supa chimion cu crutoane-300 ml. Mancare de mazare cu ochiuri 200g Gogosari-50g	Salata de cartofi cu oua,ardei,castraveti -250g,1b Ceai-200 ml. miere-2b,unt-16g
Intoleranta lactoza 2500 cal.	Paine,sunca curcan, ou fiert,gem -300g,60g,1b,40g. -ceai menta-200 ml.	Mar-1b	Supa chimion cu crutoane-300 ml. Carne pui cu orez si morcov 120g,pui,180g,50g	Salata de cartofi cu ardei si castravete -250g,1b,1b Ceai-200ml.miere-2b
Intoleranta gluten 2500 cal.	Paine,sunca curcan, telemea f.sare,mustar -300g,60g,80g -ceai menta-200 ml.	Mar-1b	Supa chimion cu crutoane-300 ml. Carne pui cu orez si morcov 120g,pui,180g,50g	Salata de cartofi cu oua,ardei,castraveti -250g,1b Ceai-200 ml. miere-2b,unt-16g
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-14.01.2026

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,iaurt 1b,175g -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	Cartofi copti cu branza vaci 250gr,80g Ceai fara zahar-200 ml. Crema branza-1b
Hiposodat Cardiac Renal 2500 cal	Paine d.,mozzarella,rosii, ou fiert,unt 300g,30g,1b,1b,16g -ceai menta-200 ml.	banana-1b	Supa vita cu zdrente-300ml(20g.pui f.) Pilaf orez cu carne pui 150g(pui f.),180g	Mamaliga cu lapte batut 200g,200 ml,80g Ceai-200 ml-iaurt-1b
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,mozzarella,unt 300g,1b,30g,1b,16g -ceai menta-200 ml.	banana-1b	Supa vita cu zdrente-300ml(20g.vita f.) Carne pui cu orez si dovlecel 150g pui,180g,100g	Cartofi copti cu branza vaci 250gr,80g Ceai -200 ml. Crema branza-1b
Lehuze/gravide 2500-3000 cal.	Paine,mozzarella,rosii, ou fiert,unt 300g,30g,1b,1b,16g -ceai menta-200 ml	banana-1b	Supa vita cu zdrente-300ml(20g.pui f.) Ardei umpluti cu carne si sos de rosii 150g(pui f.)	Mamaliga cu lapte batut 200g,200 ml,80g Ceai-200 ml-iaurt-1b
Diabet zaharat 2500 cal.	Paine d.,mozzarella,rosii, ou fiert,unt 150g,30g,1b,1b,16g -ceai menta amar-200 ml	mar-1b	Supa vita cu zdrente-300ml(20g.pui f.) Ardei umpluti cu carne si sos de rosii 150g(pui f.)	Mamaliga cu lapte batut 200g,200 ml,80g Ceai amar- 200ml Crema branza-1b
Comun(mixt) 2500-3000 cal.	Paine,mozzarella,rosii, ou fiert,unt 300g,30g,1b,1b,16g -ceai menta-200 ml	banana-1b	Supa vita cu zdrente-300ml(20g.pui f.) Ardei umpluti cu carne si sos de rosii 150g(pui f.)	Mamaliga cu lapte batut 200g,200 ml,80g Ceai-200 ml-iaurt-1b
Copii-0-3 ANI 3-16 ani 2500 cal	Paine,mozzarella,rosii, ou fiert,unt 300g,30g,1b,1b,16g	banana-1b	Supa vita cu zdrente-300ml(20g.pui f.) Ardei umpluti cu carne si sos de rosii 150g(pui f.)	Mamaliga cu lapte batut 200g,200 ml,80g Ceai-200 ml-iaurt-1b

	-ceai menta-200 ml			
Intoleranta lactoza 2500 cal.	Paine,ou fiert,miere,pate porc 300g,1b,40g,1b -ceai menta-200 ml	banana-1b	Supa vita cu zdrente-300ml(20g.pui f.) Ardei umpluti cu carne si sos de rosii 150g(pui f.)	Cartofi copti cu ou 250g,1b Ceai-200 ml.80 cal –gem-2b
Garda medici 2500-3000 cal.	Paine,mozzarella,rosii, ou fiert,unt 300g,30g,1b,1b,16g -ceai menta-200 ml	mar-1b	Supa vita cu zdrente-300ml(20g.pui f.) Ardei umpluti cu carne si sos de rosii 150g(pui f.)	Salata de cartofi cu oua,ardei,masline 250g,1b Ceai-200 ml Crema branza-1b
Intoleranta gluten 2500 cal.	Paine f.gluten, mozzarella,rosii, ou fiert,unt 300g,30g,1b,1b,16g -ceai menta-200 ml	banana-1b	Supa vita cu legume-300ml(20g.pui f.) Ardei umpluti cu carne si sos de rosii 150g(pui f.)	Mamaliga cu lapte batut 200g,200 ml,80g Ceai-200 ml-iaurt-1b
Practica religioasa 2500 cal.	Paine,mozzarella,rosii, ou fiert,unt 300g,30g,1b,1b,16g -ceai menta-200 ml	banana-1b	Supa vita cu zdrente-300ml(20g.pui f.) Ardei umpluti cu carne si sos de rosii 150g(pui f.)	Mamaliga cu lapte batut 200g,200 ml,80g Ceai-200 ml-iaurt-1b
Lacto-vegetarian 2500 cal.	Paine,mozzarella,rosii, ou fiert,unt 300g,30g,1b,1b,16g -ceai menta-200 ml	banana-1b	Supa cu zdrente-300ml Pilaf orez cu dovlecei 180g,200g	Mamaliga cu lapte batut 200g,200 ml,80g Ceai-200 ml-iaurt-1b
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,vita

MENIUL ZILEI-JOI-15.01.2026

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.	banana	Supa pui cu legume si orez-300 ml.-(20pui.f) Carne pui cu telina si morcov 120g (pui),100g,100g	Cartofi copti cu branza vaci 240gr,80g Ceai fara zahar-200 ml. Branza topita-2b
Hiposodat Cardiac Renal 2500 cal	Paine d.,pate pui,castravete, branza topita,unt 300g,1b,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba cu perisoare-300ml(20porc f.) Escalop pui cu ciuperci si mamaliga- 150g(pui)200g Gogosari-50g	Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.-chefir-1b
Ulcer, Colecistita Hepatic 2000 cal.	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.),100g,100g	Orez cu lapte 180gr,400 ml Ceai fara zahar-200 ml. branza topita-2b
Lehuze/gravide 2500-3000 cal.	Paine,pate pui,castravete, branza topita,unt 300g,1b,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba cu perisoare-300ml(20porc f.) Escalop pui cu ciuperci si mamaliga- 150g(pui)200g Gogosari-50g	Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.-chefir-1b
Diabet zaharat 2500 cal.	Paine d.,pate pui,castravete, branza topita,unt 150g,1b,1b,18g,16g -ceai menta amar-200 ml	portocala-1b	Ciorba cu perisoare-300ml(20porc f.) Escalop pui cu ciuperci si mamaliga- 150g(pui)200g Gogosari-50g	Mazare scazuta cu ochiuri 200g,2b,20g Ceai-200 ml.crema branza-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,pate pui,castravete, branza topita,unt 300g,1b,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba cu perisoare-300ml(20porc f.) Escalop pui cu ciuperci si mamaliga- 150g(pui)200g Gogosari-50g	Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.- chefir-1b
Copii-0-3 ani 3-16 ani 2500 cal	Paine,pate pui,castravete, branza topita,unt 300g,1b,1b,18g,16g,	portocala-1b	Ciorba cu perisoare-300ml(20porc f.) Escalop pui cu ciuperci si mamaliga- 150g(pui)200g	Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.- chefir-1b

	-ceai menta-200 ml		Gogosari-50g	
Intoleranta lactoza 2500 cal.	Paine,pate pui,castravete, Ou fiert 300g,1b,1b,1b, -ceai menta-200 ml	portocala-1b	Supa pui cu legume-300 ml.(20pui.f) Carne pui cu telina si morcov 150g (pui),100g,100g	Mazare scazuta cu ochiuri 200g,2b,20g Ceai-200 ml.- miere-2b
Garda medici 2500-3000 cal.	Paine,pate pui,castravete, branza topita,unt 300g,1b,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba cu perisoare-300ml(20porc f.) Escalop pui cu ciuperci si mamaliga- 150g(pui)200g Gogosari-50g	Mazare scazuta cu ochiuri 200g,2b,20g Ceai-200 ml.crema branza-1b
Intoleranta gluten 2500 cal.	Paine f.gluten,pate pui,castravete, branza topita,unt 300g,1b,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba cu perisoare-300ml(20porc f.) Escalop pui cu ciuperci si mamaliga- 150g(pui)200g Gogosari-50g	Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.- chefir-1b
Practica religioasa 2500 cal.	Paine,pate pui,castravete, branza topita,unt 300g,1b,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba cu perisoare-300ml(20porc f.) Escalop pui cu ciuperci si mamaliga- 150g(pui)200g Gogosari-50g	Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.- chefir-1b
Lacto-vegetarian 2500 cal.	Paine,mozzarella, ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml	portocala-1b	Supa cu legume-300ml Ciulama de ciuperci cu mamaliga 200g,100g,20g	Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.- chefir-1b
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-16.01.2026

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.) Paste fainoase cu branza vaci 240g,80g- Ceai -200 ml.-crema branza-1b
Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.	Paine,ou fiert,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	Gris prajit cu branza vaci 180gr,80g Ceai fara zahar-200 ml. Branza topita-2b
Hiposodat Cardiac Renal 2500 cal	Paine d.,salam vara,ardei,telemea,unt 300g,60g,1b,80g,16g -ceai menta-200 ml	banana-1b	Ciorba de fasole pastai cu ciolan-300 ml. (20g.f) Friptura vita cu orez si ciuperci -150g(vita f.),180g ,50g	Gris cu lapte,vanilie -180g,400 ml. Ceai-200 ml.-chefir-1b
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,unt,telemea 300g,1b,16g,80g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu fidea-300 ml.- (20pui.f) Carne pui cu orez si dovlecei 150g(pui),60g,100g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml.-chefir-1b
Lehuze/gravide 2500-3000 cal.	Paine,salam vara,ardei,telemea,unt 300g,60g,1b,80g,16g -ceai menta-200 ml	banana-1b	Ciorba de fasole pastai cu ciolan-300 ml. (20g.f) Friptura vita cu orez si ciuperci -150g(vita f.),180g ,50g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml.-chefir-1b
Diabet zaharat 2500 cal.	Paine d.,salam varaa,ardei,telemea,unt 150g,60g,1b,80g,16g -ceai menta amar-200 ml	Mar copt-1b	Ciorba de fasole pastai cu ciolan-300 ml. (20g.f) Friptura vita cu orez si ciuperci -150g(vita f.),180g ,50g	Mamaliga cu branza si smantana- 200g,80g,20g Ceai-200 ml.-crema branza-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,salam vara,ardei,telemea,unt 300g,60g,1b,80g,16g -ceai menta-200 ml	banana-1b	Ciorba de fasole pastai cu ciolan-300 ml. (20g.f) Friptura vita cu orez si ciuperci -150g(vita f.),180g ,50g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml.-chefir-1b
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,salam vara, ardei,telemea,unt 300g,60g,1b,80g,16g	banana-1b	Ciorba de fasole pastai cu ciolan-300 ml. (20g.f) Friptura vita cu orez si ciuperci	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml.-chefir-1b

	-ceai menta-200 ml		-150g(vita f.),180g ,50g	
Garda medici 2500-3000 cal.	Paine d.,salam vara,ardei, telemea,unt 300g,60g,1b,80g,16g -ceai menta-200 ml	Mar copt-1b	Ciorba de fasole pastai cu ciolan-300 ml. (20g.f) Friptura vita cu orez si ciuperci -150g(vita f.),180g ,50g	Mamaliga cu branza si smantana- 200g,80g,20g Ceai-200 ml.-crema branza-1b
Intoleranta lactoza 2500 cal.	Paine,salam vara, ardei,miere 300g,60,1b,40g -ceai menta-200 ml	banana-1b	Ciorba de fasole pastai cu ciolan-300 ml. (20g.f) Friptura vita cu orez si ciuperci -150g(vita f.),180g ,50g	Cartofi copti,ou fiert 250g,1b Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten,salam vara,ardei,telemea,unt 300g,60g,1b,80g,16g -ceai menta-200 ml	banana-1b	Ciorba de fasole pastai cu ciolan-300 ml. (20g.f) Friptura vita cu orez si ciuperci -150g(vita f.),180g ,50g	Mamaliga cu branza si smantana- 200g,80g,20g Ceai-200 ml.-chefir-1b
Practica religioasa 2500 cal.	Paine,sunca pui, ardei,telemea,unt 300g,60g,1b,80g,16g -ceai menta-200 ml	banana-1b	Ciorba de fasole pastai cu ciolan-300 ml. (20g.f) Friptura vita cu orez si ciuperci -150g(vita f.),180g ,50g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml.-chefir-1b
Lacto- vegetarian 2500 cal.	Paine,telemea, ardei,ou fiert,unt 300g,80g,1b,1b,16g -ceai menta-200 ml	banana-1b	Ciorba de fasole pastai-300 ml. Pilaf orez si dovlecel-300g. 180g,200g-496 cal.	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml.-chefir-1b
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,vita

MENIUL ZILEI-SAMBATA-17.01.2026

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,rulada pui,mustar 300g,80g,60g,1b -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca-300ml.-(20pui.f) Gulas porc cu cartofi-150g(porc f.)250g Varza acra-50g	Ou fiert,unt,iaurt- 40g,16g,140g Ceai-200 ml
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,mozzarella 300g,1b,30g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu legume-300 ml.-(20pui.f) Carne pui cu cartofi piure 150 g,250g	Branza topita,iaurt,unt 18gr,150g,16g Ceai-200 ml.
Lehuze/gravide 2500-3000 cal.	Paine,cas vaca,rulada pui,mustar 300g,80g,60g,1b -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca-300ml.-(20pui.f) Gulas porc cu cartofi-150g(porc f.)250g Varza acra-50g	Ou fiert,unt,iaurt- 100g,16g,140g Ceai-200 ml
Diabet zaharat 2500 cal.	Paine d.,cas vaca,rulada pui,mustar 150g,80g,60g,1b -ceai menta amar-200 ml	Mar copt-1b	Ciorba ardeleneasca-300ml.-(20pui.f) Gulas porc cu cartofi-150g(porc f.)250g Varza acra-50g	Crema branza,unt,pate porc- 175g,16g,100g Ceai-200 ml
Comun(mixt) Insotitori 2500-3000 cal.	Paine,cas vaca,rulada pui,mustar 300g,80g,60g,1b -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca-300ml.-(20pui.f) Gulas porc cu cartofi-150g(porc f.)250g Varza acra-50g	Ou fiert,unt,iaurt- 100g,16g,140g Ceai-200 ml
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,cas vaca, rulada pui,mustar 300g,80g,60g,1b	mar-1b	Ciorba ardeleneasca-300ml.-(20pui.f) Gulas porc cu cartofi-150g(porc f.)250g Varza acra-50g	Ou fiert,unt,iaurt- 100g,16g,140g Ceai-200 ml

	-ceai menta-200 ml			
Garda medici 2500-3000 cal.	Paine,cas vaca, rulada pui,mustar 300g,80g,60g,1b -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca-300ml.-(20pui.f) Gulas porc cu cartofi-150g(porc f.)250g Varza acra-50g	Crema branza,unt,pate porc- 175g,16g,100g Ceai-200 ml
Intoleranta lactoza 2500 cal.	Paine,rulada pui,mustar 300g,18g,60g,1b -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca-300ml.-(20pui.f) Gulas porc cu cartofi-150g(porc f.)250g Varza acra-50g	Pate porc,miere 100g,40g. Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten,cas vaca, rulada pui,mustar 300g,80g,60g,1b -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca-300ml.-(20pui.f) Gulas porc cu cartofi-150g(porc f.)250g Varza acra-50g	Ou fiert,unt,iaurt- 100g,16g,140g Ceai-200 ml
Practica religioasa 2500 cal.	Paine,cas vaca, rulada pui,mustar 300g,80g,60g,1b -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca -300 ml.-(20pui.f) Gulas porc cu cartofi-150g(porc f.)250g Varza acra-50g	Ou fiert,unt,iaurt- 40g,16g,140g Ceai-200 ml
Lacto- vegetarian 2500 cal.	Paine,cas vaca,ou fiert,ardei 300g,80g,150g,1b -ceai menta-200 ml	mar-1b	Supa cu legume-300ml Ciuperci sote cu cartofi piure -100g,250g Castraveti murtati-50g	Miere,unt,iaurt- 40g,16g,140g 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	Probus congelat-carne pui,porc

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

MENIUL ZILEI-DUMINICA-18.01.2026

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- -banana	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,ou fiert,mozzarella 300g,1b,18g Ceai menta fara zahar-200 ml.	Mar copt-1b	Supa pui cu fidea-300 ml.(20pui.f) Carne pui cu morcov si orez 120g pui,100g,100g	Branza topita,iaurt 18gr,150g Ceai fara zahar-200 ml.
Hiposodat Cardiac Renal 2500 cal	Paine d.,mozzarella, rosii,sunca pui 300g,30g,1b,60g -ceai menta-200 ml	portocala-1b	Ciorba taraneasca de vita-300ml.(20vita.f) Papricas pui cu paste fainoase -150g(pui f.),180g Gogosari-50g	Miere,unt,crema branza 2b,16g,1b Ceai-200 ml
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,mozzarella 300g,1b,30g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu fidea-300 ml.(20pui.f) Carne pui cu orez 120(pui f.),180g	Branza topita,iaurt,unt 18gr,150g,16g Ceai-200 ml.
Lehuze/gravide 2500-3000 cal.	Paine,mozzarella, rosii,sunca pui 300g,30g,1b,60g -ceai menta-200 ml	mar-1b	Ciorba taraneasca de vita-300ml.(20vita.f) Papricas pui cu paste fainoase -150g(pui f.),180g Gogosari-50g	Miere,unt,crema branza 2b,16g,1b Ceai-200 ml
Diabet zaharat 2500 cal.	Paine d.,mozzarella,rosii, sunca pui 150g,30g,1b,60g -ceai menta amar-200 ml	mar-1b	Ciorba taraneasca de vita-300ml.(20vita.f) Carne pui innabusita cu mamaliga -150g(pui f.),100g Gogosari-50g	Pate porc,unt,ou fiert 100g,16g,1b Ceai-200 ml
Comun(mixt) Insotitori 2500-3000 cal.	Paine,mozzarella, rosii,sunca pui 300g,30g,60g -ceai menta-200 ml	mar-1b	Ciorba taraneasca de vita-300ml.(20vita.f) Papricas pui cu paste fainoase -150g(pui f.),180g Gogosari-50g	Miere,unt,crema branza 2b,16g,1b Ceai-200 ml
Copii-0-3 ani 3-16 ani 2500 cal	Paine,mozzarella, Rosii,sunca pui 300g,30g,1b,60g	mar-1b	Ciorba taraneasca de vita-300ml.(20vita.f) Papricas pui cu paste fainoase -150g(pui f.),180g	Miere,unt,crema branza 2b,16g,1b Ceai-200 ml

	-ceai menta-200 ml		Gogosari-50g	
Intoleranta lactoza 2500 cal.	Paine,rosii,sunca pui 300g,1b,60g -ceai menta-200 ml	mar-1b	Carne pui innabusita cu mamaliga -150g(pui f.),100g Gogonele-50g	Pate porc,ou fiert 100g,1b Ceai-200 ml
Garda medici 2500-3000 cal.	Paine,mozzarella, rosii,sunca pui,mustar 300g,30g,1b,60g -ceai menta-200 ml	mar-1b	Ciorba taraneasca de vita-300ml.(20vita.f) Papricas pui cu paste fainoase -150g(pui f.),180g Gogosari-50g	Pate porc,unt,ou fiert 100g,16g,40g Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten,mozzarella, rosii,sunca pui 300g,30g,1b,60g -ceai menta-200 ml	mar-1b	Ciorba taraneasca de vita-300ml.(20vita.f) Papricas pui cu paste fainoase -150g(pui f.),180g Gogosari-50g	Miere,unt,crema branza 2b,16g,1b Ceai-200 ml
Practica religioasa 2500 cal.	Paine,mozzarella, rosii,sunca pui 300g,30g,1b,60g -ceai menta-200 ml	mar-1b	Ciorba taraneasca de vita-300ml.(20vita.f) Papricas pui cu paste fainoase -150g(pui f.),180g Gogosari-50g	Miere,unt,crema branza 2b,16g,1b Ceai-200 ml
Lacto-vegetarian 2500 cal.	Paine,mozzarella,rosii,ou fiert 300g,30g,1b -ceai menta-200 ml	mar-1b	Ciorba taraneasca de legume-300 ml Paste fainoase cu branza -180g,80g	Miere,unt,crema branza 2b,16g,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,vita

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