

**MENIUL ZILEI-LUNI-26.01.2026**

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 ½buc. ceai indulcit(300 ml)	Compot 100ml-	Supa limpede de legume.	Biscuite ½-208 cal. ceai indulcit(300 ml)80 cal.
<b>Pasat sonda 1000 cal.</b>	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.
<b>Enterocolita (1-2 zile-ceai fara zahar)-1500 cal</b>	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
<b>Hiposodat Cardiac 2500 cal.</b>	Paine d,rulada pui pui,branza topita,unt 300g,1b,18g,16g -ceai menta- 200ml	Banana-1b	Ciorba ardeleneasca de pui-300ml.(20 pui,f.) Friptura vita cu cus-cus-150(vita f.),180g Sfecla rosie-50g	Mamaliga cu branza framantata -200g,80g. Ceai-200ml.-miere-40g
<b>Ulcer,colecist cr. Hepatic 2000 cal.</b>	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 vita cu cartofi piure 150g(vita f),250g	Paste fainoase cu branza vaci -180g,80g Ceai -200 ml chefir-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,rulada pui pui,branza topita,unt 300g,1b,18g,16g -ceai menta- 200ml	Banana-1b	Ciorba ardeleneasca de pui-300ml.(20 pui,f.) Friptura vita cu cus-cus-150(vita f.),180g Sfecla rosie-50g	Mamaliga cu branza framantata 200g,80g Ceai-200ml –crema branza-1b miere-40g
<b>Diabet zaharat 2000-2500 cal.</b>	Paine d.,rulada,branza topita,unt,ou fiert 150g,1b,18g16g,1b -ceai menta amar- 200ml	portocala-1b	Ciorba ardeleneasca de pui-300ml.(20 pui,f.) Friptura vita cu cartofi nature-150(vita f.),250g Gogosari-50g	Mamaliga cu branza framantata 200g,80g Ceai-200ml chefir-1b
<b>Copii-0-3 ani 3-16 ani 2500 cal.</b>	Paine,rulada pui pui,branza topita,unt 300g,1b,18g,16g -ceai menta- 200ml	Banana-1b	Ciorba ardeleneasca de pui-300ml.(20 pui,f.) Friptura vita cu cus-cus-150(vita f.),180g Sfecla rosie-50g	Mamaliga cu branza framantata 200g,80g Ceai-200ml crema branza-1b miere-40g
<b>Comun(mixt) 2500-3000 cal.</b>	Paine,rulada pui pui,branza topita,unt 300g,1b,18g,16g	Banana-1b	Ciorba ardeleneasca de pui-300ml.(20 pui,f.) Friptura vita cu cus-cus-150(vita f.),180g Sfecla rosie-50g	Mamaliga cu branza framantata 200g,80g Ceai-200ml crema branza-1b miere-40g

	-ceai menta- 200ml			
<b>Intoleranta Lactoza 2500 cal.</b>	Paine,rulada pui pui,ou fiert,gem 300g,1b,1b,40g -ceai menta- 200ml	Banana-1b	Ciorba ardeleneasca de pui-300ml.(20 pui,f.) Friptura vita cu cus-cus-150(vita f.),180g Sfecla rosie-50g	Paste fainoase cu pesmet-180g,30g Ceai-200ml.-miere-2b
<b>Garda medici 2500-3000 cal.</b>	Paine,rulada pui,branza topita,unt,ou fiert 300g,1b,18g,16g,1b -ceai menta- 200ml	Banana-1b	Ciorba ardeleneasca de pui-300ml.(20 pui,f.) Friptura vita cu cartofi nature-150(vita f.),250g Sfecla rosie-50g	Mamaliga cu branza framantata si ochiuri 200g,80g,2b Ceai-200ml chefir-1b miere-40g
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,rulada pui pui,branza topita,unt 300g,1b,18g,16g -ceai menta- 200ml	Banana-1b	Ciorba ardeleneasca de pui-300ml.(20 pui,f.) Friptura vita cu cartofi nature-150(vita f.),250g Sfecla rosie-50g	Mamaliga cu branza framantata 200g,80g Ceai-200ml crema branza-1b miere-40g
<b>Practica religioasa 2500 cal.</b>	Paine,rulada pui,branza topita,unt 300g,1b,18g,16g -ceai menta- 200ml	Banana-1b	Ciorba ardeleneasca de pui-300ml.(20 pui,f.) Friptura vita cu cartofi nature-150(vita f.),250g Sfecla rosie-50g	Mamaliga cu branza framantata 200g,80g Ceai-200ml crema branza-1b miere-40g
<b>Lacto-vegetarian 2500 cal.</b>	Paine,branza topita, Ardei,unt 300g,18g,1b,16g, -ceai menta- 200ml	Banana-1b	Supa cu fidea-300ml. Cartofi nature si legume-250g,100g Sfecla rosie-50g	Mamaliga cu branza framantata 200g,80g Ceai-200ml crema branza-1b miere-40g
<b>Intocmit:As.de dietetica-Preda Narcisa</b>	Meniul poate suferi modificari!!		Alergeni care se regasesc in compozitia alimentelor din meniu:lactoza,gluten,albus ou,cacao,mustar,telina	Produse congelate-carne pui,vita

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
<b>Hidric (postoperator) 1000 cal Pasat sonda 1000 cal.</b>	Biscuite-50g ceai indulcit(300 ml)  Iaurt,biscuite 150g,50g -ceai-200 ml.	Compot fructe- 100ml  Banana	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.
<b>Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.</b>	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 cus-cus si morcov 150g,pui,180g,50g	Paste fainoase cu branza vaci -250g,80g. Ceai fara zahar-200 ml. chefir-1b
<b>Hipodat Cardiac Renal 2500 cal.</b>	Paine d.,sunca curcan, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml.	Mar-1b	Supa pui cu galuste gris-300ml(20g pui f.) Gulas porc cu cartofi 150g,(pui f.),250g Gogosari-50g	Budinca paste fainoase cu branza vacii, stafide, vanilie -180g,80g Ceai-200 ml. iaurt-1b
<b>Ulcer, Colecist Hepatic 2000 cal.</b>	Paine,telemea,iaurt,unt 300g,80g,140g,16g -ceai menta-200 ml.	Mar copt-1b	Supa chimion cu crutoane-300 ml. Carne pui cu cartofi piure 150g,pui,250g	Paste fainoase cu branza vaci -250g,80g. Ceai fara zahar-200 ml. chefir-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,sunca curcan, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml	Mar -1b	Supa pui cu galuste gris-300ml(20g pui f.) Gulas porc cu cartofi 150g,(pui f.),250g Gogosari-50g	Budinca paste fainoase cu branza vacii, stafide, vanilie -180g,80g Ceai-200 ml. iaurt-1b
<b>Diabet zaharat 2500 cal.</b>	Paine d.,sunca curcan, telemea,unt -150g,60g,80g,16g -ceai menta amar-200 ml.	Mar -1b	Supa pui cu galuste gris-300ml(20g pui f.) Gulas porc cu cartofi 150g,(pui f.),250g Gogosari-50g	Mazare sote cu ou ochi -200g,2b Ceai amar-200 ml. crema branza-1b
<b>Comun(mixt) 2500-3000 cal.</b>	Paine,sunca curcan, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml	Mar -1b	Supa pui cu galuste gris-300ml(20g pui f.) Gulas porc cu cartofi 150g,(pui f.),250g Gogosari-50g	Budinca paste fainoase cu branza vacii, stafide, vanilie -180g,80g Ceai-200 ml. iaurt-1b
<b>Copii-0-3 ani 3-16 ani 2500 cal.</b>	Paine,sunca curcan, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g	Mar -1b	Supa pui cu galuste gris-300ml(20g pui f.) Friptura pui cu cartofi piure 150g,(pui f.),250g	Budinca paste fainoase cu branza vacii, stafide, vanilie -180g,80g

	-ceai menta-200 ml		Gogosari-50g	Ceai-200 ml. iaurt-1b
<b>Practica religioasa 2500 cal.</b>	Paine,sunca curcan, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml	Mar -1b	Supa pui cu legume-300ml(20g pui f.) Friptura pui cu cartofi piure 150g,(pui f.),250g Gogosari-50g	Budinca paste fainoase cu branza vaci,stafide,vanilie -180g,80g Ceai-200 ml. iaurt-1b
<b>Garda medici 2500-3000 cal.</b>	Paine,sunca curcan, telemea f.sare -300g,60g,80g -ceai menta-200 ml.	Mar -1b	Supa pui cu galuste gris-300ml(20g pui f.) Gulas porc cu cartofi 150g,(pui f.),250g Gogosari-50g	Mazare sote cu ou ochi -200g,2b Ceai-200 ml. crema branza-1b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,sunca curcan, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml	Mar -1b	Supa chimion cu crutoane-300 ml. Cartofi nature cu ochi 250g,2b	Budinca paste fainoase cu branza vaci,stafide,vanilie -180g,80g Ceai-200 ml. iaurt-1b
<b>Intoleranta lactoza 2500 cal.</b>	Paine,sunca curcan, ou fiert,gem -300g,60g,1b,40g. -ceai menta-200 ml.	Mar -1b	Supa pui cu galuste gris-300ml(20g pui f.) Gulas porc cu cartofi 150g,(pui f.),250g Gogosari-50g	Paste fainoase cu pesmet -180g,30g. Ceai-200ml-miere-2b
<b>Intoleranta gluten 2500 cal.</b>	Paine,sunca curcan, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml	Mar -1b	Supa pui cu legume-300ml(20g pui f.) Gulas porc cu cartofi 150g,(pui f.),250g Gogosari-50g	Mazare sote cu ou ochi -200g,2b Ceai-200 ml. iaurt-1b
<b>Intocmit:As.de dietetica-Preda Narcisa</b>	Meniul poate suferi modificari!		Alergeni regasiti in alimentele din meniulactoza,gluten,albus de ou,telina,boabe mustar	Produs congelat-carne pui,porc

**MENIUL ZILEI-MIERCURI-28.01.2026**

**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 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
<b>Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.</b>	Paine,ou fiert,mozzarella 300g,1b,80g Ceai menta f. zahar-200 ml.	Mar copt-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
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,mozzarella,rosii, crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml.	para-1b	Ciorba de salata verde-300ml Papricas pui cu paste fainoase 150g(pui f.),180g Castraveti-50g	Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,ou fiert,mozzarella,unt 300g,1b,30g,1b,16g -ceai menta-200 ml.	Mar copt-1b	Supa de pui cu fidea-300ml(20g.pui f.) Carne pui cu orez si dovlecel 150g pui,180g,100g	Cartofi copti cu branza vaci 250gr,80g Ceai -200 ml. Crema branza-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,mozzarella,rosii, crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml.	para-1b	Ciorba de salata verde-300ml Papricas pui cu paste fainoase 150g(pui f.),180g Castraveti-50g	Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b
<b>Diabet zaharat 2500 cal.</b>	Paine d.,mozzarella,rosii, crenvusti pui,unt 150g,30g,1b,60g,16g -ceai menta amar-200 ml	para-1b	Ciorba de salata verde-300ml Friptura pui cu orez si legume 150g(pui f.),60g,100g Castraveti-50g	Cartofi frantuzesti 250g,80g Ceai amar- 200ml Crema branza-1b
<b>Comun(mixt) 2500-3000 cal.</b>	Paine,mozzarella,rosii, crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml.	para-1b	Ciorba de salata verde-300ml Papricas pui cu paste fainoase 150g(pui f.),180g Castraveti-50g	Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b
<b>Copii-0-3 ANI 3-16 ani 2500 cal</b>	Paine,mozzarella,rosii, crenvusti pui,unt 300g,30g,1b,60g,16g	para-1b	Ciorba de salata verde-300ml Papricas pui cu paste fainoase 150g(pui f.),180g	Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b

	-ceai menta-200 ml.		Castraveti-50g	
<b>Intoleranta lactoza 2500 cal.</b>	Paine,mozzarella,rosii,crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml.	para-1b	Ciorba de salata verde-300ml Carne pui innabusita cu orez 150g(pui f.),180g Castraveti-50g	Cartofi copti cu ou 250g,1b Ceai-200 ml.80 cal –gem-2b
<b>Garda medici 2500-3000 cal.</b>	Paine,mozzarella,rosii,crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml	para-1b	Ciorba de salata verde-300ml Papricas pui cu paste fainoase 150g(pui f.),180g Castraveti-50g	Cartofi frantuzesti 250g,80g Ceai amar- 200ml Crema branza-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,mozzarella,rosii,crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml.	para-1b	Ciorba de salata verde-300ml Carne pui innabusita cu orez 150g(pui f.),180g Castraveti-50g	Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b
<b>Practica religioasa 2500 cal.</b>	Paine,mozzarella,rosii,crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml.	para-1b	Ciorba de salata verde-300ml Papricas pui cu paste fainoase 150g(pui f.),180g Castraveti-50g	Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,mozzarella,rosii,ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml	para-1b	Ciorba de salata verder-300ml Paste fainoase cu branza 200g,80g	Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b
<b>Intocmit:As.de dietetica- Preda Narcisa</b>				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelorlactoza,gluten,albus de ou,telina,cacao	Produs congelat-carne pui

**MENIUL ZILEI-JOI-29.01.2026**

**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	Supa pui cu legume si orez-300 ml.-(20pui.f) Carne pui cu telina si morcov 150g (pui),100g,100g	Orez cu branza vaci 240gr,80g Ceai fara zahar-200 ml. Branza topita-2b
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.salam vara,ardei, branza topita,unt 300g,60g,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba taraneasca de vacuta-300ml(20vita f.) Ardei umlputi cu carne si sos rosii -150g(pui)20g,50g	Budinca orez cu rahat,vanilie 180g,400ml Ceai-200 ml.-gem-2b
<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,cartofi nature 150g (pui f.),250g	Orez cu lapte 180gr,400 ml Ceai fara zahar-200 ml. branza topita-2b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,salam vara,ardei, branza topita,unt 300g,60g,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba taraneasca de vacuta-300ml(20vita f.) Pui Tivoli cu cartofi aurii -150g(pui)250g Gogosari-50g	Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.-chefir-1b
<b>Diabet zaharat 2500 cal.</b>	Paine d.salam vara,ardei, branza topita,unt 150g,60g,1b,18g,16g -ceai menta amar-200 ml	portocala-1b	Ciorba taraneasca de vacuta-300ml(20vita f.) Pui Tivoli cu cartofi aurii -150g(pui)250g Gogosari-50g	Ghiveci de legume cu carne vita 150g,200g Ceai-200 ml.crema branza-1b
<b>Comun(mixt)/ Insotitori 2500-3000 cal.</b>	Paine,salam vara,ardei, branza topita,unt 300g,60,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba taraneasca de vacuta-300ml(20vita f.) Pui Tivoli cu cartofi aurii -150g(pui)250g Gogosari-50g	Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.- chefir-1b
<b>Copii-0-3 ani 3-16 ani 2500 cal</b>	Paine,salam vara,ardei, branza topita,unt 300g,60g,1b,18g,16g,	portocala-1b	Ciorba taraneasca de vacuta-300ml(20vita f.) Pui Tivoli cu cartofi aurii -150g(pui)250g	Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.- chefir-1b

	-ceai menta-200 ml		Gogosari-50g	
<b>Intoleranta lactoza 2500 cal.</b>	Paine,salam vara,ardei, Ou fiert 300g,60g,1b,1b, -ceai menta-200 ml	portocala-1b	Ciorba taraneasca de vacuta-300ml(20vita f.) Ardei umlputi cu carne si sos rosii -150g(pui)20g,50g	Ghiveci de legume cu carne vita 150g,200g Ceai-200 ml.- miere-2b
<b>Garda medici 2500-3000 cal.</b>	Paine,salam vara,ardei, branza topita,unt 300g,60g,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba taraneasca de vacuta-300ml(20vita f.) Pui Tivoli cu cartofi aurii -150g(pui)250g Gogosari-50g	Ghiveci de legume cu carne vita 150g,200g Ceai-200 ml.crema branza-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,salam vara,ardei,branza topita,unt 300g,60g,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba taraneasca de vacuta-300ml(20vita f.) Ardei umlputi cu carne si sos rosii -150g(pui)20g,50g	Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.- chefir-1b
<b>Practica religioasa 2500 cal.</b>	Paine,pate pui,ardei, branza topita,unt 300g,1b,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba taraneasca de vacuta-300ml(20vita f.) Pui Tivoli cu cartofi aurii -150g(pui)250g Gogosari-50g	Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.- chefir-1b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,branza topita,ardei, ou fiert,unt 300g,18g,1b,16g -ceai menta-200 ml	portocala-1b	Ciorba taraneasca de legume-300ml Cartofi nature si ciuperci sote 250g,100g	Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.- chefir-1b
<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,vita

**MENIUL ZILEI-VINERI-30.01.2026**

**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-copt1b 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
<b>Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.</b>	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
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,crenvusti pui,telemea,unt 300g,60g,80g,16g -ceai menta-200 ml	mar-1b	Ciorba de cartofi cu ciolan-300ml.(20g.f) Friptura pui cu orez si legume -150g(pui f.),180g ,50g Gogonele-50g	Paste fainoase cu branza framantata -180g,80g Ceai-200 ml.-chefir-1b
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,ou fiert,unt,telemea 300g,1b,16g,80g -ceai menta-200 ml.	Mar copt-1b	Supa de cartofi-300 ml. Carne pui cu orez si dovlecei 150g(pui),60g,100g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml.-chefir-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,crenvusti pui,telemea,unt 300g,60g,80g,16g -ceai menta-200 ml	mar-1b	Ciorba de cartofi cu ciolan-300ml.(20g.f) Friptura pui cu orez si legume -150g(pui f.),180g ,50g	Paste fainoase cu branza framantata -180g,80g Ceai-200 ml.-chefir-1b
<b>Diabet zaharat 2500 cal.</b>	Paine d.,rulada pui,ou fiert,telemea,unt 150g,60g,80g,16g -ceai menta amar-200 ml	Mar copt-1b	Ciorba de cartofi cu ciolan-300ml.(20g.f) Friptura pui cu orez si mazare sote -150g(pui f.),180g ,200g Gogonele-50g	Mamaliga cu branza si smantana- 200g,80g,20g Ceai-200 ml.-crema branza-1b
<b>Comun(mixt)/ Insotitori 2500-3000 cal.</b>	Paine,crenvusti pui,telemea,unt 300g,60g,80g,16g -ceai menta-200 ml	mar-1b	Ciorba de cartofi cu ciolan-300ml.(20g.f) Friptura pui cu orez si legume -150g(pui f.),180g ,50g Gogonele-50g	Paste fainoase cu branza framantata -180g,80g Ceai-200 ml.-chefir-1b
<b>Copii-0-3 ani 3-16 ani 2500 cal.</b>	Paine,crenvusti pui,telemea,unt 300g,60g,80g,16g -ceai menta-200 ml	mar-1b	Ciorba de cartofi cu ciolan-300ml.(20g.f) Friptura pui cu orez si legume -150g(pui f.),180g ,50g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml.- pate pui-1b

<b>Garda medici 2500-3000 cal.</b>	Paine d.,crenvusti pui,telemea,unt 300g,60g,,80g,16g -ceai menta-200 ml	Mar -1b	Ciorba de cartofi cu ciolan-300ml.(20g.f) Friptura pui cu orez si mazare sote -150g(pui f.),180g ,200g Gogonele-50g	Mamaliga cu branza si smantana- 200g,80g,20g Ceai-200 ml.-crema branza-1b
<b>Intoleranta lactoza 2500 cal.</b>	Paine,crenvusti pui,miere 300g,60,40g -ceai menta-200 ml	mar-1b	Ciorba de cartofi cu ciolan-300ml.(20g.f) Friptura pui cu orez si legume -150g(pui f.),180g ,50g Gogonele-50g	Cartofi copti,ou fiert 250g,1b Ceai-200 ml- pate pui-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,crenvusti pui, telemea,unt 300g,60g,80g,16g -ceai menta-200 ml	mar-1b	Ciorba de cartofi cu ciolan-300ml.(20g.f) Friptura pui cu orez si legume -150g(pui f.),180g ,50g Gogonele-50g	Mamaliga cu branza si smantana- 200g,80g,20g Ceai-200 ml- pate pui-1b
<b>Practica religioasa 2500 cal.</b>	Paine,crenvusti pui,telemea,unt 300g,60g,80g,16g -ceai menta-200 ml	mar-1b	Ciorba de cartofi cu ciolan-300ml.(20g.f) Friptura pui cu orez si legume -150g(pui f.),180g ,50g Gogonele-50g	Paste fainoase cu branza framantata -180g,80g Ceai-200 ml.-chefir-1b
<b>Lacto- vegetarian 2500 cal.</b>	Paine,telemea, ardei,ou fiert,unt 300g,80g,1b,1b,16g -ceai menta-200 ml	mar-1b	Ciorba de cartofi cu ciolan-300ml.(20g.f) Pilaf orez si legume-180g,50g Gogonele-50g	Paste fainoase cu branza framantata -180g,80g Ceai-200 ml.-chefir-1b
<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-31.01.2026**

**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,telemea 300g,1b,80g 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 curcan,ou fiert 300g,80g,60g,1b -ceai menta-200 ml	Portocala- 1b	Ciorba a la grec-300ml.-(20pui.f) Varza a la Cluj -150g(porc f.)250g	Miere,unt,iaurt- 40g,16g,140g Ceai-200 ml
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,ou fiert,cas vaca 300g,1b,80g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu legume-300 ml.-(20pui.f) Carne pui cu cartofi nature 150 g,250g	Branza topita,iaurt,unt 18gr,150g,16g Ceai-200 ml.
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,cas vaca,sunca curcan,ou fiert 300g,80g,60g,1b -ceai menta-200 ml	Portocala- 1b	Ciorba a la grec-300ml.-(20pui.f)) Friptura pui la tava cu cartofi piure -150g(pui f.)250g Gogosari-50g	Miere,unt,iaurt- 40g,16g,140g Ceai-200 ml
<b>Diabet zaharat 2500 cal.</b>	Paine d.,cas vaca,sunca curcan,ou fiert 150g,80g,60g,1b -ceai menta amar-200 ml	portocala-1b	Ciorba a la grec-300ml.-(20pui.f) Varza a la Cluj -150g(porc f.)250g	Crema branza,unt,pate porc- 175g,16g,100g Ceai-200 ml
<b>Comun(mixt) Insotitori 2500-3000 cal.</b>	Paine,cas vaca,sunca curcan,ou fiert 300g,80g,60g,1b -ceai menta-200 ml	Portocala- 1b	Ciorba a la grec-300ml.-(20pui.f) Varza a la Cluj -150g(porc f.)250g	Miere,unt,iaurt- 40g,16g,140g Ceai-200 ml
<b>Copii-0-3 ani 3-16 ani 2500 cal.</b>	Paine,cas vaca,sunca curcan,ou fiert 300g,80g,60g,1b	Portocala- 1b	Ciorba a la grec-300ml.-(20pui.f) Snitel pui cu cartofi piure-150g(pui f.)250g Gogosari-50g	Miere,unt,iaurt- 40g,16g,140g Ceai-200 ml

	-ceai menta-200 ml			
<b>Garda medici 2500-3000 cal.</b>	Paine,cas vaca,sunca curcan,ou fiert 300g,80g,60g,1b -ceai menta-200 ml	Portocala- 1b	Ciorba cu perisoare-300ml.-(20porc.f) Friptura porc la tava cu cartofi piure -150g(porc f.)250g Gogosari-50g	Crema branza,unt,pate porc- 175g,16g,100g Ceai-200 ml
<b>Intoleranta lactoza 2500 cal.</b>	Paine,sunca curcan,ou fiert 300g,60g,1b -ceai menta-200 ml	portocala-1b	Ciorba a la grec-300ml.-(20pui.f) Varza a la Cluj -150g(porc f.)250g	Pate porc,miere 100g,40g. Ceai-200 ml
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,cas vaca,sunca curcan,ou fiert 300g,80g,60g,1b -ceai menta-200 ml	portocala-1b	Ciorba a la grec-300ml.-(20pui.f) Varza a la Cluj -150g(porc f.)250g	Miere,unt,iaurt- 40g,16g,140g Ceai-200 ml
<b>Practica religioasa 2500 cal.</b>	Paine,cas vaca,sunca curcan,ou fiert 300g,80g,60g,1b -ceai menta-200 ml	Portocala- 1b	Ciorba a la grec-300ml.-(20pui.f) Friptura pui la tava cu cartofi piure -150g(pui f.)250g Gogosari-50g	Miere,unt,iaurt- 40g,16g,140g Ceai-200 ml
<b>Lacto- vegetarian 2500 cal.</b>	Paine,cas vaca,ou fiert,ardei 300g,80g,150g,1b -ceai menta-200 ml	Portocala- 1b	Supa cu legume-300ml Ciuperci sote cu cartofi piure -100g,250g Castraveti murtati-50g	Miere,unt,iaurt- 40g,16g,140g 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	Probus congelat-carne pui,porc

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

**MENIUL ZILEI-DUMINICA-01.02.2026**

**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- -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.
<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 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.
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,mozzarella, salam vara,ou fiert 300g,30g,60g,1b -ceai menta-200 ml	Banana-1b	Ciorba de porc-300ml.(20porc.f) Ostropel pui cu paste fainoase -150g(pui f.),180g Gogosari-50g	Unt,crema branza 16g,1b Ceai-200 ml
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	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.
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,mozzarella, rosii,salam vara 300g,30g,1b,60g -ceai menta-200 ml	Banana-1b	Ciorba de porc-300ml.(20porc.f) Ostropel pui cu paste fainoase -150g(pui f.),180g Gogosari-50g	Unt,crema branza 16g,1b Ceai-200 ml
<b>Diabet zaharat 2500 cal.</b>	Paine d.,mozzarella,rosii, Salam vara 150g,30g,1b,60g -ceai menta amar-200 ml	mar-1b	Ciorba de porc-300ml.(20porc.f) Ostropel pui cu orez -150g(pui f.),180g Gogosari-50g	Pate porc,unt,ou fiert 100g,16g,1b Ceai-200 ml
<b>Comun(mixt) Insotitori 2500-3000 cal.</b>	Paine,mozzarella, rosii,salam vara 300g,30g,60g -ceai menta-200 ml	Banana-1b	Ciorba de porc-300ml.(20porc.f) Ostropel pui cu paste fainoase -150g(pui f.),180g Gogosari-50g	Unt,pate porc 16g,1b Ceai-200 ml
<b>Copii-0-3 ani 3-16 ani 2500 cal</b>	Paine,mozzarella, Rosii,salam vara 300g,30g,1b,60g	Banana-1b	Ciorba de porc-300ml.(20porc.f) Ostropel pui cu paste fainoase -150g(pui f.),180g	Unt,crema branza 16g,1b Ceai-200 ml

	-ceai menta-200 ml		Gogosari-50g	
<b>Intoleranta lactoza 2500 cal.</b>	Paine,rosii,salam vara 300g,1b,60g -ceai menta-200 ml	Banana-1b	Ciorba de porc-300ml.(20porc.f) Ostropel pui cu paste fainoase -150g(pui f.),180g Gogosari-50g	Pate porc,ou fiert 100g,1b Ceai-200 ml
<b>Garda medici 2500-3000 cal.</b>	Paine,mozzarella, rosii,salam vara 300g,30g,1b,60g -ceai menta-200 ml	mar-1b	Ciorba de porc-300ml.(20porc.f) Ostropel pui cu paste fainoase -150g(pui f.),180g Gogosari-50g	Pate porc,unt,ou fiert 100g,16g,40g Ceai-200 ml
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,mozzarella, rosii,salam vara 300g,30g,1b,60g -ceai menta-200 ml	Banana-1b	Ciorba de porc-300ml.(20porc.f) Ostropel pui cu orez -150g(pui f.),180g Gogosari-50g	Unt,crema branza 16g,1b Ceai-200 ml
<b>Practica religioasa 2500 cal.</b>	Paine,mozzarella, rosii,salam vara 300g,30g,1b,60g -ceai menta-200 ml	Banana-1b	Ciorba de porc-300ml.(20porc.f) Ostropel pui cu paste fainoase -150g(pui f.),180g Gogosari-50g	Unt,crema branza 16g,1b Ceai-200 ml
<b>Lacto-vegetarian 2500 cal.</b>	Paine,mozzarella,rosii,ou fiert 300g,30g,1b -ceai menta-200 ml	Banana-1b	Supa cu legume-300 ml Paste fainoase cu branza -180g,80g	Unt,crema branza 16g,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,vita

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