

MENIUL ZILEI-LUNI-02.02.2026

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,iaurt 300g,18g,1b Ceai fara zahar-200 ml. | Banana-1b | Supa pui cu legume-300 ml.(20p,f.) Carne pui cu orez si morcov 150g,(p,f),60g,100g | Paste fainoase cu branza vaci -180g,80g Ceai fara zahar-200 ml chefir-1b |
| Hiposodat Cardiac 2500 cal. | Paine d,rulada pui pui,ardei,unt,gem 300g,60g,1b,16g,40g -ceai menta- 200ml | Banana-1b | Ciorba de fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne pui-150(p.f.),180g Castraveti murati-50g | Mamaliga cu branza framantata -200g,80g. Ceai-200ml.-miere-40g |
| Ulcer,colecist cr. Hepatic 2000 cal. | Paine,crema branza, ou fiert,unt 300g,18g,1b,16g -ceai-200 ml | Banana-1b | Supa pui cu legume-300 ml.(20pui,f.) Carne pui cu orez 150g(p.f),180g | Paste fainoase cu branza vaci -180g,80g Ceai -200 ml chefir-1b |
| Lehuze/gravide 2500-3000 cal. | Paine,rulada pui pui,ardei,unt,gem 300g,60g,1b,16g,40g -ceai menta- 200ml | Banana-1b | Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne pui-150(p.f.),180g | Mamaliga cu branza framantata 200g,80g Ceai-200ml -miere-40g |
| Diabet zaharat 2000-2500 cal. | Paine d.,rulada pui,branza topita,unt,ardei 150g,60g,16g,1b -ceai menta amar- 200ml | Mar copt-1b | Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne porc-150(p.f.),180g Castraveti murati-50g | Mamaliga cu branza framantata 200g,80g Ceai-200ml chefir-1b |
| Copii-0-3 ani 3-16 ani 2500 cal. | Paine,rulada pui,ardei,unt,gem 300g,60g,1b,16g,40g -ceai menta- 200ml | Banana-1b | Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne pui-150(p.f.),180g | Mamaliga cu branza framantata 200g,80g Ceai-200ml -miere-40g |
| Comun(mixt) 2500-3000 cal. | Paine,rulada pui pui,ardei,unt,gem 300g,60g,1b,16g,40g | Banana-1b | Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne pui-150(p.f.),180g Castraveti murati-50g | Mamaliga cu branza framantata 200g,80g Ceai-200ml -miere-40g |

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| | -ceai menta- 200ml | | | |
| Intoleranta Lactoza 2500 cal. | Paine,rulada pui pui,ou fiert,gem 300g,60g,1b,40g -ceai menta- 200ml | Banana-1b | Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne pui-150(p.f.),180g Castraveti murati-50g | Paste fainoase cu pesmet-180g,30g Ceai-200ml.-miere-2b |
| Garda medici 2500-3000 cal. | Paine,rulada pui,branza topita,unt,ardei 300g,60g,18g,16g,1b -ceai menta- 200ml | Banana-1b | Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne porc-150(p.f.),180g Castraveti murati-50g | Mamaliga cu branza framantata si ochiuri 200g,80g,2b Ceai-200ml chefir-1b |
| Intoleranta gluten 2500 cal. | Paine f.gluten,rulada pui pui,ardei,unt,gem 300g,60g,1b,16g,40g -ceai menta- 200ml | Banana-1b | Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne pui-150(p.f.),180g Castraveti murati-50g | Mamaliga cu branza framantata 200g,80g Ceai-200ml -miere-40g |
| Practica religioasa 2500 cal. | Paine,rulada pui,ardei,unt,gem 300g,60g,1b,16g,40g -ceai menta- 200ml | Banana-1b | Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne pui-150(p.f.),180g Castraveti murati-50g | Mamaliga cu branza framantata 200g,80g Ceai-200ml -miere-40g |
| Lacto-vegetarian 2500 cal. | Paine,branza topita, ardei,unt,gem 300g,18g,1b,16g,40g -ceai menta- 200ml | Banana-1b | Ciorba fasole pastai-300ml. Pilaf orez cu legume-180g,50g Castraveti murati-50g | Mamaliga cu branza framantata 200g,80g Ceai-200ml -miere-40g |
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| 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,porc |
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| REGIM | MIC DEJUN | GUSTARE | PRANZ | H 16+CINA |
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| Hidric (postoperator) 1000 cal Pasat sonda 1000 cal. | 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. |
| Enterocolita (1-2 zile-ceai fara zahar) 1500 cal. | Paine,branza telemea,iaurt 300g,150g,1b.-918 cal. Ceai fara zahar-200 ml. | biscuite-1b | Supa chimion cu crutoane-300 ml. Carne pui cu cartofi nature 150g,pui,250g | Paste fainoase cu branza vaci -250g,80g. Ceai fara zahar-200 ml. chefir-1b |
| Hipodat Cardiac Renal 2500 cal. | Paine d.,sunca curcan, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml. | Mar-1b | Ciorba ardeleneasca de porc-300ml(20g p.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Sos rosii-50g | Budinca paste fainoase cu branza vacii, stafide, vanilie -180g,80g Ceai-200 ml. iaurt-1b |
| Ulcer, Colecist Hepatic 2000 cal. | Paine,telemea,iaurt,unt 300g,80g,140g,16g -ceai menta-200 ml. | biscuite-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 |
| Lehuze/gravide 2500-3000 cal. | Paine,sunca curcan, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml | Mar-1b | Ciorba ardeleneasca de porc-300ml(20g p.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Sos rosii-50g | Budinca paste fainoase cu branza vacii, stafide, vanilie -180g,80g Ceai-200 ml. iaurt-1b |
| Diabet zaharat 2500 cal. | Paine d.,sunca curcan, Cas vaca,unt -150g,60g,80g,16g -ceai menta amar-200 ml. | Mar copt-1b | Ciorba ardeleneasca de porc-300ml(20g p.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Sos rosii-50g | Mazare sote cu ou ochi -200g,2b Ceai amar-200 ml. crema branza-1b |
| Comun(mixt) 2500-3000 cal. | Paine,sunca curcan, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml | Mar-1b | Ciorba ardeleneasca de porc-300ml(20g p.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Sos rosii-50g | Budinca paste fainoase cu branza vacii, stafide, vanilie -180g,80g Ceai-200 ml. iaurt-1b |
| Copii-0-3 ani 3-16 ani 2500 cal. | Paine,sunca curcan, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g | Mar-1b | Ciorba ardeleneasca de porc-300ml(20g p.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Sos rosii-50g | Budinca paste fainoase cu branza vacii, stafide, vanilie -180g,80g |

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| | -ceai menta-200 ml | | | Ceai-200 ml. iaurt-1b |
| Practica religioasa 2500 cal. | Paine,sunca curcan, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml | Mar-1b | Ciorba ardelenasca de porc-300ml(20g p.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Sos rosii-50g | Budinca paste fainoase cu branza vaci,stafide,vanilie -180g,80g Ceai-200 ml. iaurt-1b |
| Garda medici 2500-3000 cal. | Paine,sunca curcan, Cas vaca,unt -300g,60g,80g,16g -ceai menta-200 ml. | Mar-1b | Ciorba ardelenasca de porc-300ml(20g p.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Sos rosii-50g | Mazare sote cu ou ochi -200g,2b Ceai-200 ml. crema branza-1b |
| Lacto-vegetarian 2500 cal. | 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 piure si sos rosii 150g,pui,250g,50g | Budinca paste fainoase cu branza vaci,stafide,vanilie -180g,80g Ceai-200 ml. iaurt-1b |
| Intoleranta lactoza 2500 cal. | Paine,sunca curcan, ou fiert,gem -300g,60g,1b,40g. -ceai menta-200 ml. | Mar-1b | Ciorba ardelenasca de porc-300ml(20g p.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Sos rosii-50g | Paste fainoase cu pesmet -180g,30g. Ceai-200ml-miere-2b |
| Intoleranta gluten 2500 cal. | Paine,sunca curcan, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml | Mar-1b | Ciorba ardelenasca de porc-300ml(20g p.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Sos rosii-50g | Mazare sote cu ou ochi -200g,2b Ceai-200 ml. iaurt-1b |
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| Intocmit:As.de dietetica-Preda Narcisa | Meniul poate suferi modificari! | | Alergeni regasiti in alimentele din meniulactoza,gluten,albus de ou,telina,boabe mustar | Produs congelat-carne pui,porc |
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MENIUL ZILEI-MIERCURI-04.02.2026

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 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. | 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 |
| Hiposodat Cardiac Renal 2500 cal | Paine d.,mozzarella,rosii, crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml. | para-1b | Ciorba de varza -300m(20porc.f) Rulada carne pui cu cus-cus-150g(p.f.),180g Castraveti-50g | Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b |
| Ulcer, Colecistita Hepatic 2000 cal. | 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 |
| Lehuze/gravide 2500-3000 cal. | Paine,mozzarella,rosii, crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml. | para-1b | Supa pui cu legume-300m(20p.f) Rulada carne pui cu cus-cus-150g(p.f.),180g Castraveti-50g | Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b |
| Diabet zaharat 2500 cal. | Paine d.,mozzarella,rosii, crenvusti pui,unt 150g,30g,1b,60g,16g -ceai menta amar-200 ml | para-1b | Ciorba de varza-300m(20p.f) Rulada carne pui cu cus-cus-150g(p.f.),180g Castraveti-50g | Conopida gatinata 200g,80g,20g Ceai amar- 200ml Chefir-1b |
| Comun(mixt) 2500-3000 cal. | Paine,mozzarella,rosii, crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml. | para-1b | Ciorba de varza-300m(20p.f) Rulada carne pui cu cus-cus-150g(p.f.),180g Castraveti-50g | Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b |
| Copii-0-3 ANI 3-16 ani 2500 cal | Paine,mozzarella,rosii, crenvusti pui,unt 300g,30g,1b,60g,16g | para-1b | Supa pui cu legume-300m(20p.f) Rulada carne pui cu cus-cus-150g(p.f.),180g Castraveti-50g | Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b |

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| | -ceai menta-200 ml. | | | |
| Intoleranta lactoza 2500 cal. | Paine,mozzarella,rosii,crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml. | para-1b | Ciorba de varza-300m(20porc.f) Rulada carne pui cu cus-cus-150g(p.f.),180g Castraveti-50g | Cartofi copti cu ou 250g,1b Ceai-200 ml.80 cal –gem-2b |
| Garda medici 2500-3000 cal. | Paine,mozzarella,rosii,crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml | para-1b | Ciorba de varza-300m(20porc.f) Rulada carne pui cu cus-cus-150g(p.f.),180g Castraveti-50g | Cartofi frantuzesti 250g,80g Ceai amar- 200ml Crema branza-1b |
| Intoleranta gluten 2500 cal. | Paine f.gluten,mozzarella,rosii,crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml. | para-1b | Ciorba de varza-300m(20porc.f) Rulada carne pui cu orez-150g(p.f.),180g Castraveti-50g | Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b |
| Practica religioasa 2500 cal. | Paine,mozzarella,rosii,crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml. | para-1b | Supa pui cu fidea-300m(20p.f) Rulada carne pui cu cus-cus-150g(p.f.),180g Castraveti-50g | Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b |
| Lacto-vegetarian 2500 cal. | Paine,mozzarella,rosii,ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml | para-1b | Ciorba de varza-300ml Pilaf orez cu dovlecei 180g,100g | Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b |
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| 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,porc |
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MENIUL ZILEI-JOI-05.02.2026

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.-(20p.f) Carne pui cu telina si morcov 150g (p.f.),100g,100g | Orez cu branza vaci 240gr,80g Ceai fara zahar-200 ml. Branza topita-2b |
| Hiposodat Cardiac Renal 2500 cal | Paine d.salam vara,ardei, branza topita,unt 300g,60g,1b,18g,16g, -ceai menta-200 ml | mandarina-1b | Ciorba taraneasca de vacuta-300ml.-(20p.f) Papricas pui cu mamaliga -150g(p.f)200g Sfecla rosie-50g | Budinca orez cu rahat,vanilie 180g,400ml Ceai-200 ml.-gem-2b |
| 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,cartofi nature 150g (p.f.),250g | Orez cu lapte 180gr,400 ml Ceai fara zahar-200 ml. branza topita-2b |
| Lehuze/gravide 2500-3000 cal. | Paine,salam vara,ardei, branza topita,unt 300g,60g,1b,18g,16g, -ceai menta-200 ml | mandarina-1b | Ciorba taraneasca de vacuta-300ml.-(20p.f) Papricas pui cu mamaliga -150g(p.f)200g Sfecla rosie-50g | Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.-gem-1b |
| Diabet zaharat 2500 cal. | Paine d.salam vara,ardei, branza topita,unt 150g,60g,1b,18g,16g -ceai menta amar-200 ml | mandarina-1b | Ciorba taraneasca de vacuta-300ml.-(20p.f) Carne pui cu cascaval si cartofi aurii -150g(p.f)20g,250g | Pilaf orez cu ciolan porc 150g,(ciolan f)60g Castraveti murati-50g Ceai amar-200 ml.chefir-1b |
| Comun(mixt)/ Insotitori 2500-3000 cal. | Paine,salam vara,ardei, branza topita,unt 300g,60,1b,18g,16g, -ceai menta-200 ml | mandarina-1b | Ciorba taraneasca de vacuta-300ml.-(20p.f) Papricas pui cu mamaliga -150g(p.f)200g Sfecla rosie-50g | Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.- gem-1b |
| Copii-0-3 ani 3-16 ani 2500 cal | Paine,salam vara,ardei, branza topita,unt 300g,60g,1b,18g,16g, | mandarina-1b | Ciorba taraneasca de vacuta-300ml.-(20p.f) Papricas pui cu mamaliga -150g(p.f)200g | Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.- gem-1b |

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| | -ceai menta-200 ml | | Sfecla rosie-50g | |
| Intoleranta lactoza 2500 cal. | Paine,salam vara,ardei, Ou fiert 300g,60g,1b,1b, -ceai menta-200 ml | mandarina-1b | Ciorba taraneasca de vacuta-300ml.-(20p.f) Carne pui cu cascaval si cartofi aurii -150g(p.f)20g,250g | Ghiveci de legume cu carne vita 150g,200g Ceai-200 ml.- miere-2b |
| Garda medici 2500-3000 cal. | Paine,salam vara,ardei, branza topita,unt 300g,60g,1b,18g,16g, -ceai menta-200 ml | mandarina-1b | Ciorba taraneasca de vacuta-300ml.-(20p.f) Carne pui cu cascaval si cartofi aurii -150g(p.f)20g,250g | Pilaf orez cu ciolan porc 150g,(ciolan f)60g Castraveti murati-50g Ceai-200 ml.chefir-1b |
| Intoleranta gluten 2500 cal. | Paine f.gluten,salam vara,ardei,branza topita,unt 300g,60g,1b,18g,16g, -ceai menta-200 ml | mandarina-1b | Ciorba taraneasca de vacuta-300ml.-(20p.f) Papricas pui cu mamaliga -150g(p.f)200g Sfecla rosie-50g | Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.-gem-1b |
| Practica religioasa 2500 cal. | Paine,pate pui,ardei, branza topita,unt 300g,1b,1b,18g,16g, -ceai menta-200 ml | mandarina-1b | Ciorba taraneasca de vacuta-300ml.-(20p.f) Papricas pui cu mamaliga -150g(p.f)200g Sfecla rosie-50g | Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.-gem-1b |
| Lacto-vegetarian 2500 cal. | Paine,branza topita,ardei, ou fiert,unt 300g,18g,1b,16g -ceai menta-200 ml | mandarina-1b | Ciorba taraneasca de legume-300ml Cartofi nature si mazare sote 250g,200g | Budinca orez cu rahat,vanilie 180g,400ml. Ceai-200 ml.-gem-1b |
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| 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 |
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MENIUL ZILEI-VINERI-06.02.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

| REGIM | MIC DEJUN | GUSTARE | PRANZ | H 16+CINA |
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| 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-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 |
| 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 |
| Hipodat Cardiac Renal 2500 cal | Paine d.,rulada pui,telemea,castravete,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 |
| Ulcer, Colecistita Hepatic 2000 cal. | 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 |
| Lehuze/gravide 2500-3000 cal. | Paine,rulada pui,telemea,castravete,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 |
| Diabet zaharat 2500 cal. | Paine d.,rulada pui,telemea,castravete,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 |
| Comun(mixt)/ Insotitori 2500-3000 cal. | Paine,rulada pui,telemea,castravete,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 |
| Copii-0-3 ani 3-16 ani 2500 cal. | Paine,rulada pui,telemea,castravete,unt 300g,60g,80g,16g | 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 |

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| | -ceai menta-200 ml | | | |
| Garda medici 2500-3000 cal. | Paine d.,rulada pui,telemea,castravete,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 |
| Intoleranta lactoza 2500 cal. | Paine,rulada 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 |
| Intoleranta gluten 2500 cal. | Paine f.gluten,rulada pui, telemea,castravete,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 |
| Practica religioasa 2500 cal. | Paine,rulada pui,telemea,castravete,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 |
| Lacto- vegetarian 2500 cal. | Paine,telemea, castravete,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 |
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| 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-07.02.2026

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,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. |
| Hiposodat Cardiac Renal 2500 cal | Paine d.,cas vaca,sunca curcan,ou fiert 300g,80g,60g,1b -ceai menta-200 ml | Mar-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 |
| Ulcer, Colecistita Hepatic 2000 cal. | 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. |
| Lehuze/gravide 2500-3000 cal. | Paine,cas vaca,sunca curcan,ou fiert 300g,80g,60g,1b -ceai menta-200 ml | Mar-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 |
| Diabet zaharat 2500 cal. | 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) Friptura porc la tava cu varza calita -150g(porc f.)250g | Crema branza,unt,pate porc- 175g,16g,100g Ceai-200 ml |
| Comun(mixt) Insotitori 2500-3000 cal. | Paine,cas vaca,sunca curcan,ou fiert 300g,80g,60g,1b -ceai menta-200 ml | Mar-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 |
| Copii-0-3 ani 3-16 ani 2500 cal. | Paine,cas vaca,sunca curcan,ou fiert 300g,80g,60g,1b | Mar-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 |

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| | -ceai menta-200 ml | | | |
| Garda medici 2500-3000 cal. | 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 |
| Intoleranta lactoza 2500 cal. | Paine,sunca curcan,ou fiert 300g,60g,1b -ceai menta-200 ml | Mar-1b | Ciorba a la grec-300ml.-(20pui.f) Varza a la Cluj -150g(porc f.)250g | Pate porc,miere 100g,40g. Ceai-200 ml |
| Intoleranta gluten 2500 cal. | Paine f.gluten,cas vaca,sunca curcan,ou fiert 300g,80g,60g,1b -ceai menta-200 ml | Mar-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 |
| Practica religioasa 2500 cal. | Paine,cas vaca,sunca curcan,ou fiert 300g,80g,60g,1b -ceai menta-200 ml | Mar-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 |
| 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 |
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Meniurile se incadreaza in alocatia prevazuta in ordinul 1488/2022,emis de MINISTERUL SANATATII!

MENIUL ZILEI-DUMINICA-08.02.2026

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,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. |
| Hiposodat Cardiac Renal 2500 cal | 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 |
| 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,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 |
| Diabet zaharat 2500 cal. | 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 |
| Comun(mixt) Insotitori 2500-3000 cal. | 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 |
| Copii-0-3 ani 3-16 ani 2500 cal | 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 |

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| Intoleranta lactoza 2500 cal. | 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 |
| Garda medici 2500-3000 cal. | 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 |
| Intoleranta gluten 2500 cal. | 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 |
| Practica religioasa 2500 cal. | 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 |
| Lacto-vegetarian 2500 cal. | 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 |
| | | | | |
| 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 |
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Meniurile se incadreaza in alocatia prevazuta in ordinul 1488/2022,emis de MINISTERUL SANATATII!