

**MENIUL ZILEI-LUNI-09.02.2026**

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</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>	Chefir,ou 300g,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,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
<b>Hiposodat Cardiac 2500 cal.</b>	Paine d,crenvusti pui,iaurt,unt,branza topita 300g,60g,1b,16g,18g -ceai menta- 200ml	Banana-1b	Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne porc-150(p.f.),180g Sfecla rosie-50g	Mamaliga cu branza framantata -200g,80g. Ceai-200ml.
<b>Ulcer,colecist cr. Hepatic 2000 cal.</b>	Paine,branza topita, iaurt,unt 300g,18g,1b,16g -ceai-200 ml	Banana-1b	Supa pui cu legume-300 ml.(20pui,f.) Carne pui cu orez si legume 150g(p.f),250g	Paste fainoase cu branza vaci -180g,80g Ceai -200 ml
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine ,crenvusti pui,iaurt,unt,branza topita 300g,60g,1b,16g,18g -ceai menta- 200ml	Banana-1b	Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne pui-150(p.f.),180g Sfecla rosie-50g	Mamaliga cu branza framantata 200g,80g Ceai-200ml
<b>Diabet zaharat 2000-2500 cal.</b>	Paine d,crenvusti pui,iaurt,unt,branza topita 300g,60g,1b,16g,18g -ceai menta- 200ml	portocala-1b	Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez si mazare sote cu carne porc- 150(p.f.),180g Castraveti murati-50g	Mamaliga cu branza framantata 200g,80g Crema de branza Ceai-200ml
<b>Copii-0-3 ani 3-16 ani 2500 cal.</b>	Paine ,crenvusti pui,iaurt,unt,branza topita 300g,60g,1b,16g,18g -ceai menta- 200ml	Banana-1b	Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne pui-150(p.f.),180g Sfecla rosie-50g	Mamaliga cu branza framantata 200g,80g Ceai-200ml
<b>Comun(mixt) 2500-3000 cal.</b>	Paine ,crenvusti pui,iaurt,unt,branza topita 300g,60g,1b,16g,18g	Banana-1b	Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne pui-150(p.f.),180g Sfecla rosie-50g	Mamaliga cu branza framantata 200g,80g Ceai-200ml

<b>Intoleranta Lactoza</b> 2500 cal.	-ceai menta- 200ml Paine, crenvusti 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 porc-150(p.f.),180g Sfecla rosie-50g	Paste fainoase cu pesmet-180g,30g Ceai-200ml.-miere-2b
<b>Garda medici</b> 2500-3000 cal.	Paine, crenvusti pui, iaurt, unt, branza topita 300g, 60g, 1b, 16g, 18g -ceai menta- 200ml	Banana-1b	Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez si mazare sote cu carne porc-150(p.f.),180g Castraveti murati-50g	Mamaliga cu branza framantata si ochiuri, Crema de branza 200g, 80g, 2b Ceai-200ml
<b>Intoleranta gluten</b> 2500 cal.	Paine f. gluten, rulada pui pui, ou fiert, unt 300g, 60g, 1b, 16g -ceai menta- 200ml	Banana-1b	Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne porc-150(p.f.),180g Sfecla rosie-50g	Mamaliga cu branza framantata 200g, 80g Ceai-200ml crema branza-1b miere-40g
<b>Practica religioasa</b> 2500 cal.	Paine, rulada pui, ou fiert, unt 300g, 60g, 1b, 16g -ceai menta- 200ml	Banana-1b	Ciorba fasole pastai cu ciolan-300ml.(20p.f.) Pilaf orez cu carne pui-150(p.f.),180g Sfecla rosie-50g	Mamaliga cu branza framantata 200g, 80g Ceai-200ml crema branza-1b miere-40g
<b>Lacto-vegetarian</b> 2500 cal.	Paine, branza topita, Ou fiert, unt 300g, 18g, 1b, 16g, -ceai menta- 200ml	Banana-1b	Ciorba fasole pastai-300ml. Pilaf orez cu legume-180g, 50g Sfecla rosie-50g	Mamaliga cu branza framantata 200g, 80g Ceai-200ml crema branza-1b miere-40g
<b>Intocmit:</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, porc

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.	biscuite-1b	Supa chimion cu crutoane-300 ml. Carne pui cu orez cu legume 150g,pui,250g	Orez cu branza vaci -100g,80g. Ceai fara zahar-200 ml. chefir-1b
<b>Hiposodat Cardiac Renal 2500 cal.</b>	Paine d.,rulada pui, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml.	Mar-1b	Ciorba taraneasca de vacuta-300ml(20g v.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Gogosari -50g	Paste fainoase cu pesmet-180g,80g Chefir-1b Ceai-200 ml.
<b>Ulcer, Colecist Hepatic 2000 cal.</b>	Paine,telemea,iaurt,unt 300g,80g,140g,16g -ceai menta-200 ml.	biscuite-1b	Supa chimion cu crutoane-300 ml. Carne pui cu orez si legume 150g,pui,250g	Orez cu branza vaci -100g,80g. Ceai fara zahar-200 ml. chefir-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,rulada pui, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vacuta-300ml(20g v.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Gogosari -50g	Paste fainoase cu pesmet-180g,80g Chefir-1b Ceai-200 ml.
<b>Diabet zaharat 2500 cal.</b>	Paine d.,rulada pui, telemea,unt,iaurt -150g,60g,80g,16g -ceai menta amar-200 ml.	Mar -1b	Ciorba taraneasca de vacuta-300ml(20g v.f.) Friptura pui cu cartofi piure-150g,(p.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,rulada pui, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vacuta-300ml(20g v.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Gogosari -50g	Paste fainoase cu pesmet-180g,80g Chefir-1b Ceai-200 ml.
<b>Copii-0-3 ani 3-16 ani 2500 cal.</b>	Paine,rulada pui, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g	Mar-1b	Ciorba taraneasca de vacuta-300ml(20g v.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Gogosari -50g	Paste fainoase cu pesmet-180g,80g Chefir-1b Ceai-200 ml.

<b>Practica religioasa</b> 2500 cal.	-ceai menta-200 ml Paine,rulada pui, ,telemea f.sare,miere,unt -300g,60g,80g,40g,16g -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vacuta-300ml(20g v.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Gogosari -50g	Paste fainoase cu pesmet-180g,80g Chefir-300g Ceai-200 ml.
<b>Garda medici</b> 2500-3000 cal.	Paine ,rulada pui, telemea,unt,iaurt -150g,60g,80g,16g -ceai menta amar-200 ml	Mar-1b	Ciorba taraneasca de vacuta-300ml(20g v.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Gogosari -50g	Mazare sote cu ou ochi -200g,2b Ceai amar-200 ml. crema branza-1b
<b>Lacto-vegetarian</b> 2500 cal.	Paine,rulada pui, ,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	Paste fainoase cu pesmet-180g,80g Chefir-300g Ceai-200 ml.
<b>Intoleranta lactoza</b> 2500 cal.	Paine,rulada pui, 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
<b>Intoleranta gluten</b> 2500 cal.	Paine,rulada pui, ,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 amar-200 ml. crema branza-1b
<b>Intocmit:</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-11.02.2026**

**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.</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,chefir 1b,175g -ceai fara zahar-200 ml.	Biscuite-50g-	Supa concentrata (ou,orez,smantana,legume,carne).-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.	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
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,mozzarella,iaurt, sunca pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml.	Banana-1b	Ciorba ardeleneasca de porc-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
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,ou fiert,mozzarella,unt 300g,1b,30g,1b,16g -ceai menta-200 ml.	Banana-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,iaurt, sunca pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml.	Banana-1b	Ciorba ardeleneasca de porc-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
<b>Diabet zaharat 2500 cal.</b>	Paine d.,mozzarella,pate pui, sunca pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Ciorba ardeleneasca de porc-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
<b>Comun(mixt) 2500-3000 cal.</b>	Paine ,mozzarella,iaurt, sunca pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml.	Banana-1b	Ciorba ardeleneasca de porc-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
<b>Copii-0-3 ANI 3-16 ani 2500 cal</b>	Paine ,mozzarella,iaurt, sunca pui,unt 300g,30g,1b,60g,16g	Banana-1b	Ciorba ardeleneasca de porc-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

<b>Intoleranta lactoza 2500 cal.</b>	-ceai menta-200 ml. Paine,sunca pui,rosii,miere 300g,1b,40g.	Banana-1b	Supa pui cu fidea-300m(20p.f) Rulada carne pui cu cus-cus-150g(p.f.),180g Castraveti-50g	Cartofi copți cu ou 250g,1b Ceai-200 ml.80 cal -gem-2b
<b>Garda medici 2500-3000 cal.</b>	Paine ,mozzarella, sunca pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml.	Mandarina-1b	Ciorba ardelenasca de porc-300m(20p.f) Rulada carne pui cu cus-cus-150g(p.f.),180g Castraveti-50g	Cartofi frantuzesti 250g,80g Ceai amar- 200ml Crema branza-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine fara gluten ,mozzarella,iaurt, sunca pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml.	Banana-1b	Ciorba ardelenasca de porc-300m(20p.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
<b>Practica religioasa 2500 cal.</b>	Paine ,mozzarella,iaurt, sunca 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
<b>Lacto-vegetarian 2500 cal.</b>	Paine,mozzarella,rosii, ou fierț,unt 300g,30g,1b,16g -ceai menta-200 ml	para-1b	Supa cu fidea-300ml Pilaf orez cu dovlecei 180g,100g	Salata cartofi cu oua,ardei,castraveti 250 ml,1b Ceai-200 ml-pate pui-1b
<b>Intocmit:</b>				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor:lactoza,gluten,albus de ou,teina,cacao	Produs congelat-carne pui,porc

MENIUL ZILEI-JOI-12.02.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
<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,branza topita, 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	Paste fainoase cu branza vaci 240gr,80g Ceai fara zahar-200 ml. Crema de branza- 1b
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.salam vara,rosii, branza topita,unt 300g,60g,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba de cartofi-300ml Papricas de pui cu mamaliga -150g(p.f.20g,250g	Paste fainoase cu branza framantata 180g,80g Ceai-200 ml.-gem-2b
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,branza topita, 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	Paste fainoase cu branza vaci 240gr,80g Ceai fara zahar-200 ml. Crema de branza- 1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,salam vara,rosii, branza topita,unt 300g,60g,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba de cartofi-300ml Papricas de pui cu mamaliga -150g(p.f.20g,250g	Paste fainoase cu branza framantata 180g,80g Ceai-200 ml.-gem-2b
<b>Diabet zaharat 2500 cal.</b>	Paine d.salam vara,rosii, branza topita,unt 150g,60g,1b,18g,16g -ceai menta amar-200 ml	portocala-1b	Ciorba de cartofi-300ml Papricas de pui cu mamaliga -150g(p.f.20g,250g	Pilaf orez cu ciolan porc 150g,(ciolan f)60g Castraveti murati-50g Ceai amar-200 ml.chefir-1b
<b>Comun(mixt)/ Insotitori 2500-3000 cal.</b>	Paine,salam vara,rosii, branza topita,unt 300g,60,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba de cartofi-300ml Papricas de pui cu mamaliga -150g(p.f.20g,250g	Paste fainoase cu branza framantata 180g,80g Ceai-200 ml.-gem-2b
<b>Copii-0-3 ani 3-16 ani</b>	Paine,salam vara,rosii, branza topita,unt	portocala-1b	Ciorba de cartofi-300ml Papricas de pui cu mamaliga	Paste fainoase cu branza framantata 180g,80g

<b>2500 cal</b>	300g,60g,1b,18g,16g, -ceai menta-200 ml		-150g(p.f.20g,250g	Ceai-200 ml.-gem-2b
<b>Intoleranta lactoza 2500 cal.</b>	Paine,salam vara,rosii, Ou fiert 300g,60g,1b,1b, -ceai menta-200 ml	portocala-1b	Supa pui cu legume-300 ml.(20pui.f) Carne pui,cartofi nature 150g (pui f.),250g	Pilaf orez cu ciolan porc 150g,(ciolan f)60g Ceai-200 ml.- miere-2b
<b>Garda medici 2500-3000 cal.</b>	Paine,salam vara,rosii, branza topita,unt 300g,60g,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba de cartofi-300ml Papricas de pui cu mamaliga -150g(p.f.20g,250g	Pilaf orez cu ciolan porc 150g,(ciolan f)60g Castraveti murati-50g Ceai-200 ml.chefir-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,salam vara,rosii,branza topita,unt 300g,60g,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba de cartofi-300ml Papricas de pui cu mamaliga -150g(p.f.20g,250g	Pilaf orez cu ciolan porc 150g,(ciolan f)60g Ceai-200 ml.- miere-2b
<b>Practica religioasa 2500 cal.</b>	Paine,pate pui,rosii, branza topita,unt 300g,1b,1b,18g,16g, -ceai menta-200 ml	portocala-1b	Ciorba de cartofi-300ml Papricas de pui cu mamaliga -150g(p.f.20g,250g	Paste fainoase cu branza framantata 180g,80g Ceai-200 ml.-gem-2b
<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 sos rosii 250g,100g	Paste fainoase cu branza framantata 180g,80g Ceai-200 ml.-gem-2b
<b>Intocmit:</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-13.02.2026**  
**SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN**

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
<b>Hidric</b> (postoperator) <b>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</b> <b>1000 cal</b>	Ou fiert, chefir 1b, 175g -ceai zahar-200 ml.	Mar-copt 1b biscuite	Supa concentrata (ou, orez, smantana, legume, carne), -300 ml.	Paste fainoase cu branza vaci 240g, 80g- Ceai -200 ml.-crema branza-1b
<b>Enterocolita</b> (1-2 zile- <b>ceai</b> fara zahar) <b>1500 cal.</b>	Paine, ou fiert, telemea 300g, 1b, 80g Ceai menta fara zahar-200 ml.	Biscuiti 1b	Supa pui cu zdrente-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</b> <b>Cardiac</b> <b>Renal</b> <b>2500 cal</b>	Paine d., rulada pui, telemea, unt, ardei 300g, 60g, 80g, 16g -ceai menta-200 ml	Para-1b	Supa pui cu zdrente-300ml.(20g.f) Musaca de cartofi cu carne pui -150g(pui f.), 250g Gogonele-50g	Gris cu lapte, vanilie 180gr, 400 ml. Ceai-200 ml.-chefir-1b
<b>Ulcer,</b> <b>Colecistita</b> <b>Hepatic</b> <b>2000 cal.</b>	Paine, ou fiert, unt, telemea 300g, 1b, 16g, 80g -ceai menta-200 ml.	Biscuiti 1b	Supa pui cu zdrente-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</b> <b>2500-3000 cal.</b>	Paine, rulada pui, telemea, unt, ardei 300g, 60g, 80g, 16g -ceai menta-200 ml	Para-1b	Supa pui cu zdrente-300ml.(20g.f) Musaca de cartofi cu carne pui -150g(pui f.), 250g Gogonele-50g	Gris cu lapte, vanilie 180gr, 400 ml. Ceai-200 ml.- chefir-1b
<b>Diabet zaharat</b> <b>2500 cal.</b>	Paine d., rulada pui, telemea, unt, ardei 150g, 60g, 80g, 16g -ceai menta amar-200 ml	Mar 1b	Supa pui cu zdrente-300ml.(20g.f) Musaca de cartofi cu carne pui -150g(pui f.), 250g Gogonele-50g	Friptura porc cu mazare sote -200g, Ceai-200 ml.-chefir-1b
<b>Comun(mixt)/</b> <b>Insootitori</b> <b>2500-3000 cal.</b>	Paine, rulada pui, telemea, unt, ardei 300g, 60g, 80g, 16g -ceai menta-200 ml	Para-1b	Supa pui cu zdrente-300ml.(20g.f) Musaca de cartofi cu carne pui -150g(pui f.), 250g Gogonele-50g	Gris cu lapte, vanilie 180gr, 400 ml. Ceai-200 ml.- chefir-1b
<b>Copii-0-3 ani</b> <b>3-16 ani</b> <b>2500 cal.</b>	Paine, rulada pui, telemea, ardei, unt 300g, 60g, 80g, 16g -ceai menta-200 ml	Para-1b	Supa pui cu zdrente-300ml.(20g.f) Musaca de cartofi cu carne pui -150g(pui f.), 250g	Gris cu lapte, vanilie 180gr, 400 ml. Ceai-200 ml.- chefir-1b

<b>Garda medici 2500-3000 cal.</b>	Paine, rulada pui, telemea, unt, ardei 300g, 60g, 80g, 16g -ceai menta-200 ml	Para-1b	Gogonele-50g Supa pui cu zdrente-300ml.(20g.f) Musaca de cartofi cu carne pui -150g(pui f.),250g Gogonele-50g	Mazare sote cu ochiuri -200g,2b Ceai-200 ml.-crema branza-1b
<b>Intoleranta lactoza 2500 cal.</b>	Paine, rulada pui, miere 300g, 60, 40g -ceai menta-200 ml	Para-1b	Supa pui cu zdrente-300ml.(20g.f) Musaca de cartofi cu carne pui -150g(pui f.),250g Gogonele-50g	Cartofi copti, ou fiert 250g, 1b Ceai-200 ml- pate pui-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine f. gluten, rulada pui, telemea, unt, ardei 300g, 60g, 80g, 16g -ceai menta-200 ml	Para-1b	Supa pui cu legume-300ml.(20g.f) Musaca de cartofi cu carne pui -150g(pui f.),250g Gogonele-50g	Friptura porc cu mazare sote -200g, Ceai-200 ml-chefir-1b
<b>Practica religioasa 2500 cal.</b>	Paine, rulada pui, telemea, ardei, unt 300g, 60g, 80g, 16g -ceai menta-200 ml	Para-1b	Supa pui cu zdrente-300ml.(20g.f) Musaca de cartofi cu carne pui -150g(pui f.),250g Gogonele-50g	Gris cu lapte, vanilie 180gr, 400 ml. 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	Para-1b	Supa pui cu legume-300ml.(20g.f) Pilaf de orez cu legume	Gris cu lapte, vanilie 180gr, 400 ml. Ceai-200 ml.- chefir-1b
<b>Intocmit:</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-14.02.2026**  
**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.</b>	Biscuite-100g. ceai indulcit(300 ml)	Compot fructe-100g-	Supa limpede de legume-300 ml.	Biscuite-100g ceai indulcit(300 ml.)
<b>Pasat sonda 1000 cal</b>	Ou fiert,iaurt 1b,1b -ceai fara zahar-200 ml.	Mar copt-1b biscuite	Supa concentrata (ou,orez,smantana,legume,carne).-300 ml.	Crema branza,unt 175g,16g Ceai-200 ml
<b>Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.</b>	Paine,ou fiert,cas de vaca 300g,1b,80g Ceai menta fara zahar-200 ml.	banana-1b	Supa pui cu legume-300 ml.- (20pui.f) Carne pui cu morcov si telina 150g pui,100g,100g	Branza topita,chefir 18gr,300g Ceai fara zahar-200 ml.
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,cas vaca, crenvusti pui,iaurt 300g,80g,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec-300ml.- (20pui.f) Varza a la Cluj -150g(porc f.)250g	Miere,unt,pate pui- 40g,16g,100g Ceai-200 ml
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,ou fiert,cas vaca,unt 300g,1b,80g,16g -ceai menta-200 ml.	banana-1b	Supa pui cu legume-300 ml.- (20pui.f) Carne pui cu cartofi piure 150 g,250g	Branza topita,chefir 18gr,300g Ceai fara zahar-200 ml
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,cas vaca, crenvusti pui,iaurt 300g,80g,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec-300ml.- (20pui.f) Friptura pui la tava cu cartofi piure -150g(pui f.)250g Gogosari-50g	Miere,unt,pate pui- 40g,16g,100g Ceai-200 ml
<b>Diabet zaharat 2500 cal.</b>	Paine d.,cas vaca,unt crenvusti pui,ou fiert 150g,80g,16g,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,pate porc- 175g,100g Ceai-200 ml
<b>Comun(mixt) Insotitori 2500-3000 cal.</b>	Paine,cas vaca, crenvusti pui,iaurt 300g,80g,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec-300ml.- (20pui.f) Friptura pui la tava cu cartofi piure -150g(pui f.)250g Gogosari-50g	Miere,unt,pate pui- 40g,16g,100g Ceai-200 ml
<b>Copii-0-3 ani 3-16 ani 2500 cal.</b>	Paine,cas vaca, sunca curcan,iaurt 300g,80g,60g,1b	banana-1b	Ciorba a la grec-300ml.- (20pui.f) Friptura pui la tava cu cartofi piure -150g(pui f.)250g	Miere,unt,pate pui- 40g,16g,100g Ceai-200 ml

<b>Garda medici 2500-3000 cal.</b>	-ceai menta-200 ml Paine,cas vaca,unt crenvusti pui,ou fiert 300g,80g,16g,60g,1b -ceai menta-200 ml	Portocala- 1b	Ciorba a la grec-300ml.-(20pui.f) Varza a la Cluj -150g(porc f.)250g	Gogosari-50g	Crema branza,pate porc- 175g,100g Ceai-200 ml
<b>Intoleranta lactoza 2500 cal.</b>	Paine,crenvusti pui,ou fiert 300g,60g,1b -ceai menta-200 ml	banana-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, crenvusti pui,iaurt 300g,80g,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec-300ml.-(20pui.f) Varza a la Cluj -150g(porc f.)250g		Miere,unt,pate pui- 40g,16g,100g Ceai-200 ml
<b>Practica religioasa 2500 cal.</b>	Paine,cas vaca, crenvusti pui,iaurt 300g,80g,60g,1b -ceai menta-200 ml	banana-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	banana-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:</b>					
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao		Produs congelat-carne pui,porc

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

**MENIUL ZILEI-DUMINICA-15.02.2026**

**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.</b>	Biscuite-100g ceai indulcit(300 ml)	Compot fructe-100g-	Supa limpede de legume-300 ml.	Biscuite-100g ceai indulcit(300 ml.)
<b>Pasat sonda 1000 cal</b>	Ou fiert,crema branza 1b,175g -ceai fara zahar-200 ml.	Biscuite-100g- -banana	Supa concentrata (ou,orez,smantana,legume,carne).-300 ml.	Iaurt,branza vaci 150g,80g Ceai -200 ml.
<b>Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.</b>	Paine,iaurt,mozzarella 300g,140g,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,crema de branza 18gr,150g Ceai fara zahar-200 ml.
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,mozzarella, rulada pui,rosii 300g,30g,60g,1b -ceai menta-200 ml	para-1b	Ciorba de porc cu smantana-300ml.(20porc.f) Ciulama pui cu paste faimoase -150g(pui f.),180g Sfecla rosie-50g	Ou fiert,Unt,crema branza 1b,16g,1b Ceai-200 ml
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,iaurt,mozzarella 300g,140g,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,crema de branza 18gr,150g Ceai -200 ml.
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine ,mozzarella, rulada pui,rosii 300g,30g,60g,1b -ceai menta-200 ml	para-1b	Ciorba de porc cu smantana-300ml.(20porc.f) Ciulama pui cu paste faimoase -150g(pui f.),180g Sfecla rosie-50g	Ou fiert,unt,crema branza 1b,16g,1b Ceai-200 ml
<b>Diabet zaharat 2500 cal.</b>	Paine d.,mozzarella, rulada pui,rosii,unt 300g,30g,60g,1b,16g -ceai menta-200 ml	para-1b	Ciorba de porc cu smantana-300ml.(20porc.f) Ciulama pui cu orez -150g(pui f.),180g Gogosari-50g	Pate porc,crema branza 100g,1b Ceai-200 ml
<b>Comun(mixt) Insotitori 2500-3000 cal.</b>	Paine ,mozzarella, rulada pui,rosii 300g,30g,60g,1b -ceai menta-200 ml	para-1b	Ciorba de porc cu smantana-300ml.(20porc.f) Ciulama pui cu paste faimoase -150g(pui f.),180g Sfecla rosie-50g	Ou fiert,Unt,crema branza 1b,16g,1b Ceai-200 ml
<b>Copii-0-3 ani 3-16 ani 2500 cal</b>	Paine ,mozzarella, rulada pui,rosii 300g,30g,60g,1b	para-1b	Ciorba de porc cu smantana-300ml.(20porc.f) Ciulama pui cu paste faimoase -150g(pui f.),180g	Ou fiert,Unt,crema branza 1b,16g,1b Ceai-200 ml

<b>Intoleranta lactoza 2500 cal.</b>	-ceai menta-200 ml Paine,rosii,salam vara 300g,1b,60g -ceai menta-200 ml	para-1b	<b>Sfecla rosie-50g</b> Ciorba de porc -300ml.(20porc.f) Ciulama pui cu paste fainoase -150g(pui f.),180g Sfecla rosie-50g	Ou fiert,pate pui 1b,100g Ceai-200 ml
<b>Garda medici 2500-3000 cal.</b>	Paine ,mozzarella, rulada pui,rosii,unt 300g,30g,60g,1b,16g -ceai menta-200 ml	para-1b	Ciorba de porc cu smantana-300ml.(20porc.f) Ciulama pui cu paste fainoase -150g(pui f.),180g Sfecla rosie-50g	Pate porc,crema branza 100g,1b Ceai-200 ml
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,mozzarella, rosii,salam vara 300g,30g,1b,60g -ceai menta-200 ml	para-1b	Ciorba de porc cu smantana-300ml.(20porc.f) Ciulama pui cu orez -150g(pui f.),180g Sfecla rosie-50g	Ou fiert,Unt,crema branza 1b,16g,1b Ceai-200 ml
<b>Practica religioasa 2500 cal.</b>	Paine,mozzarella, rosii,rulada pui 300g,30g,1b,60g -ceai menta-200 ml	para-1b	Ciorba de porc cu smantana-300ml.(20porc.f) Ciulama pui cu paste fainoase -150g(pui f.),180g Sfecla rosie-50g	Ou fiert,Unt,crema branza 1,16g,1b Ceai-200 ml
<b>Lacto-vegetarian 2500 cal.</b>	Paine,mozzarella,rosii,ou fiert 300g,30g,1b -ceai menta-200 ml	para-1b	Supa cu legume-300 ml Paste fainoase cu branza -180g,80g	Unt,crema branza 16g,1b Ceai-200 ml
<b>Intocmit:</b>				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao	Produs congelat-carne pui,porc

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