

MENIUL ZILEI-LUNI-23.02.2026

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.	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.
Enterocolita (1-2 zile-ceai fara zahar)-1500 cal	Paine,telemea,ou fiert 300g,80g,1b Ceai fara zahar-200 ml.	Mar copt-1b	Supa pui cu legume-300 ml.(20p,f.) Carne pui cu morcov si telina 150g,(p,f),100g,100g	Cartofi copti cu branza vaci -180g,80g Ceai fara zahar-200 ml-chefir-1b
Hiposodat Cardiac 2500 cal.	Paine d,sunca pui,unt,cas vaca,gem 300g,60g,16g,80g,40g -ceai menta- 200ml	mar-1b	Supa pui cu legume-300ml.(20p.f.) Papricas pui cu mamaliga-150(p.f.),200g Sfecla rosie-50g	Salata de cartofi cu oua,ardei,masline -250g,1b. Ceai-200ml.-chefir-1b
Ulcer,colecist cr. Hepatic 2000 cal.	Paine,telemea,ou fiert,unt 300g,80g,1b,16g -ceai-200 ml	Mar copt-1b	Supa pui cu legume si fidea-300 ml.(20p,f.) Carne pui cu morcov si telina 150g,(p,f),100g,100g	Cartofi copti cu branza vaci -180g,80g Ceai -200 ml –chefir-1b
Lehuze/gravide 2500-3000 cal.	Paine,sunca pui,unt,cas vaca,gem 300g,60g,16g,80g,40g -ceai menta- 200ml	mar-1b	Supa pui cu legume-300ml.(20p.f.) Papricas pui cu mamaliga-150(p.f.),200g Sfecla rosie-50g	Salata de cartofi cu oua,ardei,masline -250g,1b. Ceai-200ml.-chefir-1b
Diabet zaharat 2000-2500 cal.	Paine d,sunca pui,unt,telemea 300g,60g,16g,80g -ceai menta amar- 200ml	Mar copt-1b	Supa pui cu legume-300ml.(20p.f.) Escalop pui cu ciuperci si mamaliga- 150(p.f.),50g,200g Gogosari-50g	Salata de cartofi cu oua,ardei,masline -250g,1b. Ceai amar-200ml.-chefir-1b
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,sunca pui,unt,cas vaca,gem 300g,60g,16g,80g,40g -ceai menta- 200ml	mar-1b	Supa pui cu legume-300ml.(20p.f.) Papricas pui cu mamaliga-150(p.f.),200g Sfecla rosie-50g	Salata de cartofi cu oua,ardei,masline -250g,1b. Ceai-200ml.-chefir-1b
Comun(mixt) 2500-3000 cal.	Paine,sunca pui,unt,cas vaca,gem 300g,60g,16g,80g,40g	mar-1b	Supa pui cu legume-300ml.(20p.f.) Papricas pui cu mamaliga-150(p.f.),200g Sfecla rosie-50g	Salata de cartofi cu oua,ardei,masline -250g,1b. Ceai-200ml.-chefir-1b

	-ceai menta- 200ml			
Intoleranta Lactoza 2500 cal.	Paine,sunca pui,ou fiert,gem 300g,60g,1b,40g -ceai menta- 200ml	mar-1b	Supa pui cu legume-300ml.(20p.f.) Carne pui cu morcov si telina 150g,(p,f),100g,100g	Salata de cartofi cu oua,ardei,masline -250g,1b. Ceai-200ml.-chefir-1b
Garda medici 2500-3000 cal.	Paine,sunca pui,unt,telemea 300g,60g,16g,80g -ceai menta- 200ml	mar-1b	Supa pui cu legume-300ml.(20p.f.) Escalop pui cu ciuperci si mamaliga- 150(p.f.),50g,200g Gogosari-50g	Salata de cartofi cu oua,ardei,masline -250g,1b. Ceai-200ml.-chefir-1b
Intoleranta gluten 2500 cal.	Paine f.gluten,sunca pui,unt,cas vaca,gem 300g,60g,16g,80g,40g -ceai menta- 200ml	mar-1b	Supa pui cu legume-300ml.(20p.f.) Papricas pui cu mamaliga-150(p.f.),200g Sfecla rosie-50g	Salata de cartofi cu oua,ardei,masline -250g,1b. Ceai-200ml.-chefir-1b
Practica religioasa 2500 cal.	Paine,sunca pui,unt,cas vaca,gem 300g,60g,16g,80g,40g -ceai menta- 200ml	mar-1b	Supa pui cu legume-300ml.(20p.f.) Papricas pui cu mamaliga-150(p.f.),200g Sfecla rosie-50g	Salata de cartofi cu oua,ardei,masline -250g,1b. Ceai-200ml.-chefir-1b
Lacto-vegetarian 2500 cal.	Paine,cas vaca, Ou fiert,unt 300g,80g,1b,16g, -ceai menta- 200ml	mar-1b	Supa cu legume-300ml. Ciulama de ciuperci cu mamaliga -200g,200g Sfecla rosie-50g	Salata de cartofi cu oua,ardei,masline -250g,1b. Ceai-200ml.-chefir-1b
Intocmit:As.de dietetica-Preda Narcisa	Meniul poate suferi modificari!!		Alergeni care se regasesc in compozitia alimentelor din meniu:lactoza,gluten,albus ou,cacao,mustar,telina	Produce congelate-carne pui

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
Hidric (postoperator) 1000 cal Pasat sonda 1000 cal.	Biscuite-50g ceai indulcit(300 ml) Iaurt,ou,biscuite 150g,1b,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,sunca pui 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.	banana-1b	Supa chimion cu fidea-300 ml. Carne pui cu orez cu legume 150g,pui,180g,50g	Gris prajit cu branza vaci -180g,80g. Ceai fara zahar-200 ml. –branza topita-2b
Hipodat Cardiac Renal 2500 cal.	Paine d.,ou fiert, ,crenvusti pui,miere,unt -300g,1b,60g,40g,16g -ceai menta-200 ml.	banana-1b	Ciorba fasole boabe-300ml Gulas vita cu cartofi-150g,(p.f.),250g Gogosari -50g	Gris cu lapte,vanilie-180g,400ml Ceai-200 ml. –iaurt-1b
Ulcer, Colecist Hepatic 2000 cal.	Paine,telemea,iaurt,unt 300g,80g,140g,16g -ceai menta-200 ml.	banana-1b	Supa chimion cu fidea-300 ml. Carne vita cu orez si legume 150g,pui,180g,50g	Gris cu lapte,vanilie-180g,400ml Ceai -200 ml. –branza topita-2b
Lehuze/gravide 2500-3000 cal.	Paine,crenvusti pui, ,ou fiert,miere,unt -300g,60g,1b,40g,16g -ceai menta-200 ml	banana-1b	Supa chimion cu fidea-300ml Gulas vita cu cartofi-150g,(p.f.),250g Gogosari -50g	Gris cu lapte,vanilie-180g,400ml Ceai-200 ml. –iaurt-1b
Diabet zaharat 2500 cal.	Paine d.,salam vara, telemea,unt,rosii -150g,60g,80g,16g,1b -ceai menta amar-200 ml.	Mandarina - 1b	Supa chimion cu fidea-300ml Gulas vita cu cartofi-150g,(p.f.),250g Gogosari -50g	Mazare sote cu ou ochi -200g,2b Ceai amar-200 ml. crema branza-1b
Comun(mixt) 2500-3000 cal.	Paine,crenvusti pui, Ou fiert,miere,unt -300g,60g,1b,40g,16g -ceai menta-200 ml	banana-1b	Ciorba fasole boabe-300ml Gulas vita cu cartofi-150g,(p.f.),250g Gogosari -50g	Gris cu lapte,vanilie-180g,400ml Ceai-200 ml. –iaurt-1b
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,crenvusti pui, ,ou fiert,miere,unt -300g,60g,1b,40g,16g	banana-1b	Supa chimion cu fidea-300ml Friptura pui cu cartofi nature-150g,(p.f.),250g Gogosari -50g	Gris cu lapte,vanilie-180g,400ml Ceai-200 ml. –iaurt-1b

	-ceai menta-200 ml			
Practica religioasa 2500 cal.	Paine,crenvusti pui, ,ou fiert,miere,unt -300g,60g,1b,40g,16g -ceai menta-200 ml	banana-1b	Supa chimion cu fidea-300ml Gulas vita cu cartofi-150g,(p.f.),250g Gogosari -50g	Gris cu lapte,vanilie-180g,400ml Ceai-200 ml. -iaurt-1b
Garda medici 2500-3000 cal.	Paine,crenvusti pui, telemea,unt,rosii -150g,60g,80g,16g,1b -ceai menta amar-200 ml	banana-1b	Supa chimion cu fidea-300ml Gulas vita cu cartofi-150g,(p.f.),250g Gogosari -50g	Mazare cu ou ochi -200g,2b Ceai-200 ml. crema branza-1b
Lacto-vegetarian 2500 cal.	Paine,telemea,unt,miere, -300g,80g,16g,40g, -ceai menta-200 ml	banana-1b	Ciorba fasole boabe-300ml Gulas cu cartofi-150g,(p.f.),250g Gogosari -50g	Gris cu lapte,vanilie-180g,400ml Ceai-200 ml. -iaurt-1b
Intoleranta lactoza 2500 cal.	Paine,crenvusti pui, ou fiert,miere -300g,60g,1b,40g. -ceai menta-200 ml.	banana-1b	Ciorba fasole boabe-300ml Gulas vita cu cartofi-150g,(p.f.),250g Gogosari -50g	Mazare sote cu ou ochi -200g,2b Ceai-200 ml. crema branza-1b
Intoleranta gluten 2500 cal.	Paine,crenvusti pui, ,ou fiert,miere,unt -300g,60g,1b,40g,16g -ceai menta-200 ml	banana-1b	Ciorba fasole boabe-300ml Gulas vita cu cartofi-150g,(p.f.),250g Gogosari -50g	Mazare sote cu ou ochi -200g,2b Ceai-200 ml. crema branza-1b
Intocmit:	Meniul poate suferi modificari!		Alergeni regasiti in alimentele din meniu- lactoza,gluten,albus de ou,telina,boabe mustar	Produs congelat-carne pui,vita,mazare

MENIUL ZILEI-MIERCURI-25.02.2026

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,spanac,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(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 sunca pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	mandarina-1b	Ciorba de spanac-300m Ostropel pui cu ciuperci si cus-cus- 150g(p.f.),240g Castraveti-50g	Cartofi frantuzesti-250g,2b 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.	Banana-1b	Supa de spanac-300ml 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 sunca pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Ciorba de spanac-300m Ostropel pui cu ciuperci si cus-cus- 150g(p.f.),240g Castraveti-50g	Budinca orez cu stafide,vanilie 180g,400ml Ceai-200 ml-pate pui-1b
Diabet zaharat 2500 cal.	Paine d.,mozzarella,rosii, sunca pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Ciorba de spanac-300m Ostropel pui cu ciuperci si orez- 150g(p.f.),180g Castraveti-50g	Cartofi frantuzesti-250g,2b Ceai amar-200ml Pate pui-1b
Comun(mixt) 2500-3000 cal.	Paine ,mozzarella,rosii, sunca pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Ciorba de spanac-300m Ostropel pui cu ciuperci si cus-cus- 150g(p.f.),240g Castraveti-50g	Budinca orez cu stafide,vanilie 180g,400ml Ceai-200 ml-pate pui-1b
Copii-0-3 ANI 3-16 ani	Paine ,mozzarella,rosii, sunca pui,unt	Mandarina- 1b	Ciorba de spanac-300m Ostropel pui cu ciuperci si cus-cus-	Budinca orez cu stafide,vanilie 180g,400ml

2500 cal	300g,30g,2b,60g,16g -ceai menta-200 ml.		150g(p.f.),240g Castraveti-50g	Ceai-200 ml-pate pui-1b
Intoleranta lactoza 2500 cal.	Paine,sunca pui,rosii,miere 300g,60g,2b,40g.	Mandarina- 1b	Ciorba de spanac-300m Ostropel pui cu ciuperci si cus-cus- 150g(p.f.),240g Castraveti-50g	Cartofi copti cu ou 250g,1b Ceai-200 ml.80 cal –gem-2b
Garda medici 2500-3000 cal.	Paine,mozzarella,rosii sunca pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Ciorba de spanac-300m Ostropel pui cu ciuperci si cus-cus- 150g(p.f.),240g Castraveti-50g	Cartofi frantuzesti-250g,2b Ceai amar-200ml Pate pui-1b
Intoleranta gluten 2500 cal.	Paine fara gluten,mozzarella, rosii,sunca pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Supa de spanac-300ml Carne pui cu orez si dovlecel 150g pui,180g,100g	Cartofi copti cu ou 250g,1b Ceai-200 ml.80 cal –gem-2b
Practica religioasa 2500 cal.	Paine,mozzarella,rosii, sunca pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Ciorba de spanac-300m Ostropel pui cu ciuperci si cus-cus- 150g(p.f.),240g Castraveti-50g	Budinca orez cu stafide,vanilie 180g,400ml Ceai-200 ml-pate pui-1b
Lacto-vegetarian 2500 cal.	Paine,mozzarella,rosii, ou fiert,unt 300g,30g,2b,16g -ceai menta-200 ml	Mandarina- 1b	Supa de spanac-300ml Ciulama de ciuperci cu cus-cus 200g,240g	Budinca orez cu stafide,vanilie 180g,400ml Ceai-200 ml-pate pui-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,

MENIUL ZILEI-JOI-26.02.2026

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,300g -ceai -200 ml.	Compot fructe-100g- Mar copt-1b Biscuite-50g	Supa limpede de legume-300 ml. Supa concentrata (ou,orez,smantana,legume,carne).-300 ml.	Biscuite-50g ceai indulcit(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,branza topita, 300g,1b,30g Ceai menta f. zahar-200 ml.	Mar copt-1b	Supa pui cu legume si orez-300 ml.-(20p.f) Carne pui cu telina si morcov 150g (pui),100g,100g	Paste fainoase cu branza vaci 240gr,80g Ceai fara zahar-200 ml.
Hiposodat Cardiac Renal 2500 cal	Paine d.salam vara,ou fiert, casravete,unt 300g,60g,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vacuta-300 ml.-(20p.f) Rulada carne pui cu cartofi piure si sos rosii -150g(p.f).250g,30g	Budinca paste fainoase cu branza vacii, stafide 240g,80g,10g Ceai-200 ml.-chefir-1b
Ulcer, Colecistita Hepatic 2000 cal.	Paine,branza topita, chefir,unt 300g,30g,1b,16g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu legume-300 ml.(20pui.f) Carne pui,cartofi nature 150g (pui f.),250g	Gris cu lapte 180g,400ml. Ceai-200 ml.-chefir-1b
Lehuze/gravide 2500-3000 cal.	Paine,salam vara,ou fiert, castravete,unt 300g,60g,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vacuta-300 ml.-(20p.f) Parjoale moldovenesti cu cartofi piure si sos rosii -150g(p.f).250g,30g	Budinca paste fainoase cu branza vacii, stafide 240g,80g,10g Ceai-200 ml.-chefir-1b
Diabet zaharat 2500 cal.	Paine d.salam vara,ou fiert, castravete,unt, 150g,60g,1b,1b,16g -ceai menta amar-200 ml	Mar-1b	Ciorba taraneasca de vacuta-300 ml.-(20p.f) Parjoale moldovenesti cu cartofi piure si sos rosii -150g(p.f).250g,30g	Friptura pui cu broccoli si morcov fiert -150g(p.f),150g,100g Ceai amar-200 ml. chefir-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,salam vara,ou fiert, castravete,unt 300g,60,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vacuta-300 ml.-(20p.f) Rulada carne pui cu cartofi piure si sos rosii -150g(p.f).250g,30g	Budinca paste fainoase cu branza vacii, stafide 240g,80g,10g Ceai-200 ml.-chefir-1b
Copii-0-3 ani 3-16 ani 2500 cal	Paine,salam vara,ou fiert branza topita,unt 300g,60g,1b,18g,16g,	Mar-1b	Ciorba -300 ml.-(20p.f) Rulada carne pui cu cartofi piure si sos rosii -150g(p.f).250g,30g	Budinca paste fainoase cu branza vacii, stafide 240g,80g,10g

	-ceai menta-200 ml			Ceai-200 ml.-chefir-1b
Intoleranta lactoza 2500 cal.	Paine,salam vara,castravete, Ou fiert 300g,60g,1b,1b, -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vacuta-300 ml.-(20p.f) Rulada carne pui cu cartofi piure si sos rosii -150g(p.f).250g,30g	Friptura pui cu broccoli si morcov fiert -150g(p.f),150g,100g Ceai amar-200 ml. chefir-1b
Garda medici 2500-3000 cal.	Paine,salam vara,ou fiert,castravete,unt 300g,60g,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vacuta-300 ml.-(20p.f) Parjoale moldovenesti cu cartofi piure si sos rosii -150g(p.f).250g,30g	Friptura pui cu broccoli si morcov fiert -150g(p.f),150g,100g Ceai amar-200 ml. chefir-1b
Intoleranta gluten 2500 cal.	Paine f.gluten,salam vara,ou fiert,castravete,unt 300g,60g,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vacuta-300 ml.-(20p.f) Rulada carne pui cu cartofi piure si sos rosii -150g(p.f).250g,30g	Friptura pui cu broccoli si morcov fiert -150g(p.f),150g,100g Ceai amar-200 ml. chefir-1b
Practica religioasa 2500 cal.	Paine,pate pui,castravete,ou fiert,unt 300g,1b,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de vacuta-300 ml.-(20p.f) Rulada carne pui cu cartofi piure si sos rosii -150g(p.f).250g,30g	Budinca paste fainoase cu branza vaci,stafide 240g,80g,10g Ceai-200 ml.-chefir-1b
Lacto-vegetarian 2500 cal.	Paine,branza topita,castravete, ou fiert,unt 300g,18g,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de legume-300 ml. Cartofi piure si sos rosii 250g,30g	Budinca paste fainoase cu branza vaci,stafide 240g,80g,10g 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-27.02.2026

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 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 legume-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,unt,ardei 300g,60g,80g,16g -ceai menta-200 ml	mandarina-1b	Ciorba cartofi cu carne porc-300ml.(20g.f) Mancare de mazare cu carne pui -150g(pui f.),200g Gogonele-50g	Mamaliga cu branza si smantana -200g,80g,20g 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 legume-300 ml. Carne pui cu orez si dovlecei 150g(pui),60g,100g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml.-branza topita 2b
Lehuze/gravide 2500-3000 cal.	Paine,rulada pui,telemea,unt,ardei 300g,60g,80g,16g -ceai menta-200 ml	mandarina-1b	Ciorba cartofi cu carne porc-300ml.(20g.f) Mancare de mazare cu carne pui -150g(pui f.),200g Gogonele-50g	Mamaliga cu branza si smantana -200g,80g,20g Ceai-200 ml-chefir-1b
Diabet zaharat 2500 cal.	Paine d.,rulada pui,telemea,unt,ardei 150g,60g,80g,16g -ceai menta amar-200 ml	mandarina-1b	Ciorba cartofi cu carne porc-300ml.(20g.f) Mazare sote cu carne pui -150g(pui f.),200g Gogonele-50g	Mamaliga cu branza si smantana -200g,80g,20g Ceai-200 ml-chefir-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,rulada pui,telemea, unt,ardei 300g,60g,80g,16g -ceai menta-200 ml	mandarina-1b	Ciorba cartofi cu carne porc-300ml.(20g.f) Mancare de mazare cu carne pui -150g(pui f.),200g Gogonele-50g	Mamaliga cu branza si smantana -200g,80g,20g Ceai-200 ml-chefir-1b
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,rulada pui,telemea, ardei,unt 300g,60g,80g,16g	mandarina-1b	Ciorba cartofi cu carne porc-300ml.(20g.f) Mancare de mazare cu carne pui -150g(pui f.),200g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml.- ou fiert-1b

	-ceai menta-200 ml		Gogonele-50g	
Garda medici 2500-3000 cal.	Paine ,rulada pui,telemea,unt,ardei 300g,60g,,80g,16g -ceai menta-200 ml	mandarina-1b	Ciorba cartofi cu carne porc-300ml.(20g.f) Mancare de mazare cu carne pui -150g(pui f.),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	mandarina-1b	Ciorba cartofi cu carne porc-300ml.(20g.f) Mancare de mazare cu carne pui -150g(pui f.),200g Gogonele-50g	Cartofi copti,ou fiert 250g,1b Ceai-200 ml- pate pui-1b
Intoleranta gluten 2500 cal.	Paine f.gluten,rulada pui, telemea,unt,ardei 300g,60g,80g,16g -ceai menta-200 ml	mandarina-1b	Ciorba cartofi cu carne porc-300ml.(20g.f) Mancare de mazare cu carne pui -150g(pui f.),200g Gogonele-50g	Cartofi copti,ou fiert 250g,1b Ceai-200 ml- pate pui-1
Practica religioasa 2500 cal.	Paine,rulada pui,telemea, ardei,unt 300g,60g,80g,16g -ceai menta-200 ml	mandarina-1b	Ciorba cartofi -300ml Mancare de mazare cu carne pui -150g(pui f.),200g Gogonele-50g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml-ou fiert-1b
Lacto- vegetarian 2500 cal.	Paine,telemea, ardei,ou fiert,unt 300g,80g,1b,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba cartofi -300ml Mancare de mazare cu ochiuri -200g,2b Gogonele-50g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml –ou fiert-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,mazare

MENIUL ZILEI-SAMBATA-28.02.2026

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,iaurt 1b,1b -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,cas de vaca 300g,1b,80g Ceai menta fara zahar-200 ml.	Mar copt-1b	Supa pui cu legume-300 ml.-(20p.f) Carne pui cu morcov si telina 150g pui,100g,100g	Branza topita,chefir 18gr,300g Ceai fara zahar-200 ml.
Hiposodat Cardiac Renal 2500 cal	Paine d.unt,ou fiert, crenvusti pui,mustar 300g,16g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de varza cu afumatura-300ml.-(20p.f) Carne pui innabusita cu orez si legume mexicane-150g(p f.)-180g,50g	Pate pui,chefir 100g,300g Ceai-200 ml
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,cas vaca,unt 300g,1b,80g,16g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu legume-300 ml.-(20p.f) Carne pui cu cartofi nature 150 g,250g	Branza topita,chefir 18gr,300g Ceai fara zahar-200 ml
Lehuze/gravide 2500-3000 cal.	Paine,unt,ou fiert, crenvusti pui 300g,16g,1b,60g,1b -ceai menta-200 ml	banana-1b	Supa pui cu legume -300ml.-(20p.f) Carne pui innabusita cu orez si legume mexicane-150g(p f.)-180g,50g	Pate pui,chefir 100g,300g Ceai-200 ml
Diabet zaharat 2500 cal.	Paine d.,cas vaca,unt crenvusti pui,ou fiert 150g,80g,16g,60g,1b -ceai menta amar-200 ml	mandarina- 1b	Ciorba de varza cu afumatura-300ml.-(20p.f) Carne porc innabusita cu orez si legume mexicane-150g(p f.)-180g,50g	Crema branza,pate porc- 175g,100g Ceai-200 ml
Comun(mixt) Insotitori 2500-3000 cal.	Paine,unt,ou fiert, crenvusti pui,mustar 300g,16g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de varza cu afumatura-300ml.-(20p.f) Carne porc innabusita cu orez si legume mexicane-150g(p.f.)-180g,50g	Pate pui,chefir 100g,300g Ceai-200 ml
Copii-0-3 ani 3-16 ani 2500 cal.	Paine d.unt,ou fiert, crenvusti pui,mustar 300g,16g,1b,60g,1b-	banana-1b	Supa pui cu legume -300ml.-(20p.f) Carne pui innabusita cu orez si legume mexicane-150g(p f.)-180g,50g	Pate pui,chefir 100g,300g Ceai-200 ml

	-ceai menta-200 ml			
Garda medici 2500-3000 cal.	Paine,cas vaca,unt crenvusti pui,ou fiert 300g,80g,16g,60g,1b -ceai menta-200 ml	Mandarina- 1b	Ciorba de varza cu afumatura-300ml.-(20p.f) Carne porc innabusita cu orez si legume mexicane-150g(p f.)-180g,50g	Crema branza,pate porc- 175g,100g Ceai-200 ml
Intoleranta lactoza 2500 cal.	Paine,crenvusti pui,ou fiert 300g,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de varza cu afumatura-300ml.-(20p.f) Carne pui innabusita cu orez si legume mexicane-150g(p f.)-180g,50g	Pate porc,miere 100g,40g. Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten, ou fiert, crenvusti pui,mustar 300g,16g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de varza cu afumatura-300ml.-(20p.f) Carne pui innabusita cu orez si legume mexicane-150g(p.f.)-180g,50g	Pate pui,chefir 100g,300g Ceai-200 ml
Practica religioasa 2500 cal.	Paine,ou fiert, crenvusti pui,mustar 300g,16g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de varza-300ml. Carne pui innabusita cu orez si legume mexicane-150g(p f.)-180g,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	banana-1b	Ciorba de varza-300ml. Pilaf orez si legume mexicane -180g,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	Produs congelat-carne pui,porc

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

MENIUL ZILEI-DUMINICA-01.03.2026

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,iaurt,mozzarella 300g,140g,30g Ceai menta fara zahar-200 ml.	Banana-1b	Supa pui cu fidea-300 ml.(20pui.f) Carne pui cu morcov si orez 120g (p.f),100g,100g	Branza topita,crema de branza 18gr,150g Ceai fara zahar-200 ml.
Hiposodat Cardiac Renal 2500 cal	Paine d.,mozzarella, salam de vara,rosii 300g,30g,60g,1b -ceai menta-200 ml	para-1b	Ciorba a la grec cu carne porc-300ml.(20p.f) Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Ou fiert,Unt,iaurt 1b,16g,1b Ceai-200 ml
Ulcer, Colecistita Hepatic 2000 cal.	Paine,iaurt,mozzarella,unt 300g,140g,30g,16g Ceai menta -200 ml	Banana-1b	Supa pui cu fidea-300 ml.(20p.f) Carne pui cu cartofi nature 120(pui f.),250g	Branza topita,crema de branza 18gr,150g Ceai -200 ml.
Lehuze/gravide 2500-3000 cal.	Paine ,mozzarella, salam de vara,rosii 300g,30g,60g,1b -ceai menta-200 ml	para-1b	Ciorba a la grec cu carne porc-300ml.(20p.f) Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Ou fiert,unt,iaurt 1b,16g,1b Ceai-200 ml
Diabet zaharat 2500 cal.	Paine d.,mozzarella, salam de vara,rosii,unt 300g,30g,60g,1b,16g -ceai menta-200 ml	para-1b	Ciorba a la grec cu carne porc-300ml.(20p.f) Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Pate porc,crema branza 100g,1b Ceai-200 ml
Comun(mixt) Insotitori 2500-3000 cal.	Paine ,mozzarella, salam de vara,rosii 300g,30g,60g,1b -ceai menta-200 ml	para-1b	Ciorba a la grec cu carne porc-300ml.(20p.f) Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Ou fiert,Unt,iaurt 1b,16g,1b Ceai-200 ml
Copii-0-3 ani 3-16 ani 2500 cal	Paine ,mozzarella, salam de vara,rosii 300g,30g,60g,1b	para-1b	Ciorba a la grec cu carne porc-300ml.(20p.f) Musaca de cartofi cu carne pui -150g(p.f.),250g	Ou fiert,Unt,iaurt 1b,16g,1b Ceai-200 ml

	-ceai menta-200 ml		Sfecla rosie-50g	
Intoleranta lactoza 2500 cal.	Paine,rosii,salam vara 300g,1b,60g -ceai menta-200 ml	para-1b	Supa cu fidea-300 ml Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Ou fiert,pate pui 1b,100g Ceai-200 ml
Garda medici 2500-3000 cal.	Paine ,mozzarella, salam de vara,rosii,unt 300g,30g,60g,1b,16g -ceai menta-200 ml	para-1b	Ciorba a la grec cu carne porc-300ml.(20p.f) Friptura pui cu cartofi aurii -150g(pui f.),250g Sfecla rosie-50g	Pate porc,crema branza 100g,1b Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten,mozzarella, rosii,salam vara 300g,30g,1b,60g -ceai menta-200 ml	para-1b	Ciorba a la grec cu carne porc-300ml.(20p.f) Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Ou fiert,Unt,crema branza 1b,16g,1b Ceai-200 ml
Practica religioasa 2500 cal.	Paine,mozzarella, rosii,rulada pui 300g,30g,1b,60g -ceai menta-200 ml	para-1b	Ciorba a la grec cu carne porc-300ml.(20p.f) Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Ou fiert,Unt,crema branza 1,16g,1b Ceai-200 ml
Lacto-vegetarian 2500 cal.	Paine,mozzarella,rosii,ou fiert 300g,30g,1b -ceai menta-200 ml	para-1b	Supa cu fidea-300 ml Cartofi aurii si ciuperci sote -250g,100g	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,porc

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