

MENIUL ZILEI-LUNI-09.03.2026

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, Ou fiert,unt,castravete 300g,60g,1b,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Pilaf orez cu carne pui-150(p.f.),180g Castraveti murati-50g	Salata rece de paste cu ardei,masline si sos de iaurt -150g,1b,20g 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, Ou fiert,unt,castravete 300g,60g,1b,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Pilaf orez cu carne porc-150(p.f.),180g Castraveti murati-50g	Salata rece de paste cu ardei,masline si sos de iaurt -150g,1b,20g Ceai-200ml.-chefir-1b
Diabet zaharat 2000-2500 cal.	Paine d,sunca pui, Cas vaca,unt,castravete 150g,60g,80g,1b,16g -ceai menta amar- 200ml	Mar copt-1b	Ciorba fasole pastai-300ml. Pilaf orez cu carne porc-150(p.f.),180g Castraveti murati-50g	Mamaliga cu branza si smantana -200g,80g,20g Ceai amar-200ml.-chefir-1b
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,sunca pui, Ou fiert,unt,castravete 300g,60g,1b,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Pilaf orez cu carne pui-150(p.f.),180g Castraveti murati-50g	Salata rece de paste cu ardei,masline si sos de iaurt -150g,1b,20g Ceai-200ml.-chefir-1b
Comun(mixt) 2500-3000 cal.	Paine,sunca pui, Ou fiert,unt,castravete 300g,60g,1b,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Pilaf orez cu carne porc-150(p.f.),180g Castraveti murati-50g	Salata rece de paste cu ou,ardei,masline si sos de iaurt -150g,1b,20g Ceai-200ml.-chefir-1b

Intoleranta Lactoza 2500 cal.	Paine,sunca pui,pate pui,masline 300g,60g,1b,20g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Pilaf orez cu carne pui-150(p.f.),180g Castraveti murati-50g	Cartofi copti cu ou fiert -180g,80g Ceai -200 ml -miere-2b
Garda medici 2500-3000 cal.	Paine,sunca pui, Ou fiert,unt,castravete 300g,60g,1b,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Pilaf orez cu carne porc-150(p.f.),180g Castraveti murati-50g	Mamaliga cu branza si smantana -200g,80g,20g Ceai-200ml.-chefir-1b
Intoleranta gluten 2500 cal.	Paine f.gluten, sunca pui, Cas vaca,unt,castravete 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Pilaf orez cu carne pui-150(p.f.),180g Castraveti murati-50g	Cartofi copti cu branza vaci -180g,80g Ceai -200 ml –chefir-1b
Practica religioasa 2500 cal.	Paine,sunca pui, Ou fiert,unt,castravete 300g,60g,1b,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Pilaf orez cu carne pui-150(p.f.),180g Castraveti murati-50g	Salata rece de paste cu ardei,masline si sos de iaurt -150g,1b,20g Ceai-200ml.-chefir-1b
Lacto-vegetarian 2500 cal.	Paine,cas vaca,unt,masline 300g,80g,16g,20g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Pilaf orez cu ciuperci-180g,50g Castraveti murati-50g	Salata rece de paste cu ardei,masline si sos de iaurt -150g,1b,20g Ceai-200ml.-chefir-1b
Vegetarian 2500 cal.	Paine,gem 300g,40g, -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Ciuperci sote si orez-100g,180g Castraveti murati-50g	Cartofi copti,ardei,maidine -180g,10g,10g Ceai -200 ml -miere-2b
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,fasole pastai

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN
MENIUL ZILEI-MARTI-10.03.2026

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 pui cu fidea-300 ml.(20g.p.f.) 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
Hiposodat Cardiac Renal 2500 cal.	Paine d.,branza topita, ,rulada pui,unt,gem -300g,18g,60g,40g,16g -ceai menta-200 ml.	banana-1b	Ciorba ardeleneasca de pui-300ml.(20g.p.f.) Ostropel pui cu mamaliga -150g,(p.f.),200g 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 pui cu fidea-300 ml.(20g.p.f.) 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,branza topita, ,rulada pui,unt,gem -300g,18g,60g,40g,16g -ceai menta-200 ml.	banana-1b	Ciorba ardeleneasca de pui-300ml.(20g.p.f.) Ostropel vita cu mamaliga -150g,(p.f.),200g Gogosari -50g	Gris cu lapte,vanilie-180g,400ml Ceai-200 ml. –iaurt-1b
Diabet zaharat 2500 cal.	Paine d.,rulada pui, telemea,unt,ardei -150g,60g,80g,16g,1b -ceai menta amar-200 ml.	Mar copt-1b	Ciorba ardeleneasca de pui-300ml.(20g.p.f.) Ostropel vita cu mamaliga -150g,(p.f.),200g Gogosari -50g	Cartofi frantuzesti -200g,80g Ceai amar-200 ml. crema branza-1b
Comun(mixt) 2500-3000 cal.	Paine,branza topita, ,rulada pui,unt,gem -300g,18g,60g,40g,16g -ceai menta-200 ml.	banana-1b	Ciorba ardeleneasca de pui-300ml.(20g.p.f.) Ostropel vita cu mamaliga -150g,(p.f.),200g Gogosari -50g	Gris cu lapte,vanilie-180g,400ml Ceai-200 ml. –iaurt-1b
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,branza topita, ,rulada pui,unt,gem -300g,18g,60g,40g,16g -ceai menta-200 ml.	banana-1b	Ciorba ardeleneasca de pui-300ml.(20g.p.f.) Ostropel pui cu mamaliga -150g,(p.f.),200g Gogosari -50g	Gris cu lapte,vanilie-180g,400ml Ceai-200 ml. –iaurt-1b

Practica religioasa 2500 cal.	Paine,branza topita, ,rulada pui,unt,gem -300g,18g,60g,40g,16g -ceai menta-200 ml.	banana-1b	Ciorba ardeleneasca de pui-300ml.(20g.p.f.) Ostropel pui cu mamaliga -150g,(p.f.),200g Gogosari -50g	Gris cu lapte,vanilie-180g,400ml Ceai-200 ml. –iaurt-1b
Garda medici 2500-3000 cal.	Paine,rulada pui, telemea,unt,ardei -150g,60g,80g,16g,1b -ceai menta amar-200 ml	banana-1b	Ciorba ardeleneasca de pui-300ml.(20g.p.f.) Ostropel vita cu mamaliga -150g,(p.f.),200g Gogosari -50g	Cartofi frantuzesti -200g,80g Ceai-200 ml. crema branza-1b
Lacto-vegetarian 2500 cal.	Paine,telemea,unt,gem, -300g,80g,16g,40g, -ceai menta-200 ml	banana-1b	Supa cu zdrente-300ml. Pilaf cu orez si ciuperci 180g,50g Gogosari -50g	Gris cu lapte,vanilie-180g,400ml Ceai-200 ml. –iaurt-1b
Intoleranta lactoza 2500 cal.	Paine,ou fiert, ,rulada pui,unt,gem -300g,1b,60g,40g,16g -ceai menta-200 ml.	banana-1b	Supa pui cu fidea-300ml.(20g.p.f.) Ostropel vita cu mamaliga -150g,(p.f.),200g Gogosari -50g	Conopida la cuptor cu pesmet -200g,30g Ceai-200 ml. crema branza-1b
Intoleranta gluten 2500 cal.	Paine,branza topita, ,rulada pui,unt,gem -300g,18g,60g,40g,16g -ceai menta-200 ml.	banana-1b	Ciorba ardeleneasca de pui-300ml.(20g.p.f.) Ostropel vita cu mamaliga -150g,(p.f.),200g Gogosari -50g	Conopida gratinata -200g,80g 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

MENIUL ZILEI-MIERCURI-11.03.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
Hidric (postoperator) 1000 cal. Pasat sonda 1000 cal	Biscuite-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 gulie 150g(pui f),60g,100g	Paste fainoase cu branza vaci 250gr,80g Ceai fara zahar-200 ml. Iaurt-1b
Hiposodat Cardiac Renal 2500 cal	Paine d.,mozzarella,rosii crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	mandarina-1b	Ciorba salata verde-300ml Friptura pui cu cartofi piure,sos rosii- 150g(p.f.),250g,50g	Budinca paste fainoase cu branza vacii, stafide-240g,80g Ceai-200 ml-gem-2b
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,mozzarella,unt 300g,1b,30g,1b,16g -ceai menta-200 ml.	Banana-1b	Supa de salata verde-300 ml Carne pui cu cartofi piure 150g pui,250g	Budinca paste fainoase cu branza vacii, stafide-240g,80g Ceai-200 ml-iaurt-1b
Lehuze/gravide 2500-3000 cal.	Paine,mozzarella,rosii crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Ciorba salata verde-300ml Friptura pui cu cartofi piure,sos rosii- 150g(p.f.),250g,50g	Budinca paste fainoase cu branza vacii, stafide-240g,80g Ceai-200 ml-gem-2b
Diabet zaharat 2500 cal.	Paine d.,mozzarella,rosii, crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Ciorba salata verde-300ml Chiftelute marinate cu cartofi piure -150g(p.f.),150g,50g	Mamaliga cu lapte batut-200g,80g,20g Ceai-200 ml-branza topita-2b
Comun(mixt) 2500-3000 cal.	Paine,mozzarella,rosii, crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Ciorba salata verde-300ml Friptura pui cu cartofi piure,sos rosii- 150g(p.f.),250g,50g	Budinca paste fainoase cu branza vacii, stafide-240g,80g Ceai-200 ml-gem-2b
Copii-0-3 ANI 3-16 ani 2500 cal	Paine,mozzarella,rosii, Crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Ciorba salata verde-300ml Chiftelute marinate cu cartofi piure- 150g(p.f.),150g,50g	Budinca paste fainoase cu branza vacii, stafide-240g,80g Ceai-200 ml-gem-2b

Intoleranta lactoza 2500 cal.	Paine,sunca pui,rosii,miere 300g,60g,2b,40g.	Mandarina- 1b	Supa salata verde-300ml Friptura pui cu cartofi piure,sos rosii- 150g(p.f.),250g,50g	Paste fainoase cu pesmet 250g,30g Ceai-200 ml.80 cal –pate pui-1b
Garda medici 2500-3000 cal.	Paine,mozzarella,rosii Crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Ciorba salata verde-300ml Chiftelute marinate cu cartofi piure- 150g(p.f.),250g,50g	Mamaliga cu lapte batut-200g,80g,20g Ceai-200 ml-branza topita-2b
Intoleranta gluten 2500 cal.	Paine fara gluten,mozzarella, rosii,crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Ciorba salata verde-300ml Friptura pui cu cartofi piure,sos rosii- 150g(p.f.),250g,50g	Mamaliga cu lapte batut-200g,80g,20g Ceai-200 ml-branza topita-2b
Practica religioasa 2500 cal.	Paine,mozzarella,rosii, crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina- 1b	Ciorba salata verde-300ml Friptura pui cu cartofi piure,sos rosii- 150g(p.f.),250g,50g	Budinca paste fainoase cu branza vaci,stafide-240g,80g Ceai-200 ml-gem-2b
Lacto-vegetarian 2500 cal.	Paine,mozzarella,rosii, ou fiert,unt 300g,30g,2b,16g -ceai menta-200 ml	Mandarina- 1b	Supa de salata-300ml Cartofi piure si sos rosii 250g,50g	Budinca paste fainoase cu branza vaci,stafide-240g,80g Ceai-200 ml-gem-2b
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

MENIUL ZILEI-JOI-12.03.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
Hidric (postoperator) 1000 cal. Pasat sonda 1000 cal.	Biscuite-50g ceai indulcit(300 ml) Ou fiert,crema branza 1b,1b -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 fidea-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. Crema branza-1b
Hiposodat Cardiac Renal 2500 cal	Paine d.salam vara,branza topita,casravete,unt 300g,60g,2b,1b,16g, -ceai menta-200 ml	Mar-1b	Supa pui cu fidea-300 ml.-(20p.f) Rulada carne pui cu varza calita -150g(p.f).250g,	Salata de cartofi cu oua,ardei,maslina,castraveti 250g,1b,20g Ceai-200 ml.-gem-2b
Ulcer, Colecistita Hepatic 2000 cal.	Paine,branza topita, chefir,unt 300g,30g,1b,16g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu fidea-300 ml.(20pui.f) Carne pui cu telina si morcov 150g (pui),100g,100g	Paste fainoase cu branza vaci 240g,80g Ceai-200 ml.-crema branza-1b
Lehuze/gravide 2500-3000 cal.	Paine,salam vara,cas vaca, castravete,unt 300g,60g,80g,1b,16g, -ceai menta-200 ml	Mar-1b	Supa pui cu fidea-300 ml.-(20p.f) Rulada carne pui cu cartofi nature -150g(p.f).250g	Paste fainoase cu branza vaci 240g,80g Ceai-200 ml.-crema branza-1b
Diabet zaharat 2500 cal.	Paine d.salam vara,branza topita,castravete,unt, 150g,60g,2b,1b,16g -ceai menta amar-200 ml	Mar-1b	Supa pui cu fidea-300 ml.-(20p.f) Rulada carne pui cu varza calita -150g(p.f).250g,	Salata de cartofi cu oua,ardei,maslina,castraveti 250g,1b,20g Ceai amar-200 ml-chefir-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,salam vara,cas vaca, castravete,unt 300g,60,80g,1b,16g, -ceai menta-200 ml	Mar-1b	Supa pui cu fidea-300 ml.-(20p.f) Rulada carne pui cu varza calita -150g(p.f).250g,	Salata de cartofi cu oua,ardei,maslina,castraveti 250g,1b,20g Ceai-200 ml.-gem-2b
Copii-0-3 ani 3-16 ani 2500 cal	Paine,salam vara,cas vaca castravete,unt 300g,60g,80g,16g, -ceai menta-200 ml	Mar-1b	Supa pui cu fidea-300 ml.-(20p.f) Rulada carne pui cu cartofi nature- 150g(p.f).250g,50g	Paste fainoase cu branza vaci 240g,80g Ceai-200 ml.-crema branza-1b

Intoleranta lactoza 2500 cal.	Paine,salam vara,castravete, Ou fiert 300g,60g,1b,1b, -ceai menta-200 ml	Mar-1b	Supa pui cu fidea-300 ml.-(20p.f) Rulada carne pui cu varza calita -150g(p.f).250g,	Salata de cartofi cu oua,ardei,masline,castraveti 250g,1b,20g Ceai-200 ml.-gem-2b
Garda medici 2500-3000 cal.	Paine,salam vara,branza topita,castravete,unt 300g,60g,2b,1b,16g, -ceai menta-200 ml	Mar-1b	Supa pui cu fidea-300 ml.-(20p.f) Rulada carne pui cu varza calita -150g(p.f).250g,	Salata de cartofi cu oua,ardei,masline,castraveti 250g,1b,20g Ceai-200 ml-chefir-1b
Intoleranta gluten 2500 cal.	Paine f.gluten,salam vara,cas vaca,castravete,unt 300g,60g,80g,1b,16g, -ceai menta-200 ml	Mar-1b	Supa pui cu legume-300 ml.-(20p.f) Rulada carne pui cu varza calita -150g(p.f).250g,	Salata de cartofi cu oua,ardei,masline,castraveti 250g,1b,20g Ceai-200 ml.-gem-2b
Practica religioasa 2500 cal.	Paine,pate pui,castravete,cas vaca,unt 300g,1b,80g,2b,16g, -ceai menta-200 ml	Mar-1b	Supa pui cu fidea-300 ml.-(20p.f) Rulada carne pui cu varza calita -150g(p.f).250g,	Salata de cartofi cu oua,ardei,masline,castraveti 250g,1b,20g Ceai-200 ml.-gem-2b
Lacto-vegetarian 2500 cal.	Paine,cas vaca,castravete, ou fiert,unt 300g,800g,1b,16g -ceai menta-200 ml	Mar-1b	Supa cu fidea-300 ml. Varza calita cu cus-cus 250g,240g	Salata de cartofi cu oua,ardei,masline,castraveti 250g,1b,20g Ceai-200 ml.-gem-2b
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-VINERI-13.03.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
Hidric (postoperator) 1000 cal. Pasat sonda 1000 cal	Biscuite-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.) Cartofi piure cu carne pui 250g,100g- 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.(20p.f) Carne pui cu orez si morcov 150g pui,60g,100g	Gris prajit cu branza vaci 180gr,80g Ceai fara zahar-200 ml. Branza topita-2b
Hiposodat Cardiac Renal 2500 cal	Paine d.,rulada pui,ou fiert,unt,ardei 300g,60g,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba taraneasca de legume -300ml. Iahnie de fasole cu ciolan -150g(p.f.),200g Gogonele-50g	Paste fainoase cu branza -200g,80g Ceai-200 ml-miere-2b
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-300ml.(20g.p.f) Carne pui cu orez si dovlecei 150g(p.f),60g,100g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml.-branza topita 2b
Lehuze/gravide 2500-3000 cal.	Paine,rulada pui,ou fiert, unt,ardei 300g,60g,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba taraneasca de legume -300ml. Friptura pui cu orez si legume -150g(p.f),100g,50g Gogonele-50g	Paste fainoase cu branza -200g,80g Ceai-200 ml- miere-2b
Diabet zaharat 2500 cal.	Paine d.,rulada pui,ou fiert,unt,ardei 150g,60g,1b,16g -ceai menta amar-200 ml	mandarina-1b	Ciorba taraneasca de legume -300ml. Ciolan porc cu orez si broccoli -150g(p.f),100g,50g Gogonele-50g	Mamaliga cu branza si smantana -200g,80g,20g Ceai-200 ml-chefir-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,rulada pui,ou fiert unt,ardei 300g,60g,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba taraneasca de legume -300ml. Iahnie de fasole cu ciolan -150g(p.f.),200g Gogonele-50g	Paste fainoase cu branza -200g,80g, Ceai-200 ml- miere-2b
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,rulada pui,ou fiert, ardei,unt 300g,60g,1b,16g	mandarina-1b	Ciorba taraneasca de legume -300ml. Friptura pui cu orez si legume -150g(p.f),100g,50g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml.- miere-2b

	-ceai menta-200 ml			
Garda medici 2500-3000 cal.	Paine,rulada puiou fiert,unt,ardei 300g,60g,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba taraneasca de legume -300ml. Ciolan porc cu orez si legume -150g(p.f),100g,50g Gogonele-50g	Mamaliga cu branza si smantana -200g,80g,20g Ceai-200 ml-iaurt-1b
Intoleranta lactoza 2500 cal.	Paine,rulada pui,pate pui 300g,60,1b -ceai menta-200 ml	mandarina-1b	Ciorba taraneasca de legume -300ml. Iahnie de fasole cu ciolan -150g(p f.),200g Gogonele-50g	Cartofi copti,ou fiert 250g,1b Ceai-200 ml- miere-2b
Intoleranta gluten 2500 cal.	Paine f.gluten,rulada pui, telemea,unt,ardei 300g,60g,80g,16g -ceai menta-200 ml	mandarina-1b	Ciorba taraneasca de legume -300ml. Iahnie de fasole cu ciolan -150g(p f.),200g Gogonele-50g	Cartofi copti,ou fiert 250g,1b Ceai-200 ml- miere-2b
Practica religioasa 2500 cal.	Paine,rulada pui,ou fiert, ardei,unt 300g,60g,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba taraneasca de legume -300ml. Friptura pui cu orez si legume -150g(p.f),100g,50g Gogonele-50g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml- miere-2b
Lacto- vegetarian 2500 cal.	Paine,telemea, ardei,ou fiert,unt 300g,80g,1b,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba taraneasca de legume -300ml Iahnie de fasole -100g Gogonele-50g	Gris cu lapte,vanilie 180gr,400 ml. Ceai-200 ml – miere-2b
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,fasole,mazare

MENIUL ZILEI-SAMBATA-14.03.2026

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,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 300g,16g,1b,60g, -ceai menta-200 ml	banana-1b	Supa pui cu legume-300ml.-(20p.f) Carne pui innabusita cu cartofi aurii -150g(p f.)-250g Sfecla rosie-50g	Miere,chefir 40g,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 vita cu orez si morcov 150g pui,180g,100g	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 cartofi aurii -150g(p f.)-250g Sfecla rosie-50g	Miere,chefir 40g,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	mar-1b	Carne pui innabusita cu cartofi aurii Supa pui cu legume-300ml.-(20p.f) -150g(p f.)-250g Gogosari-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	Supa pui cu legume-300ml.-(20p.f) Carne pui innabusita cu cartofi aurii -150g(p f.)-250g Sfecla rosie-50g	Miere,chefir 40g,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- -ceai menta-200 ml	banana-1b	Supa pui cu legume-300ml.-(20p.f) Carne pui innabusita cu cartofi aurii -150g(p f.)-250g Sfecla rosie-50g	Miere,chefir 40g,300g Ceai-200 ml

Garda medici 2500-3000 cal.	Paine,cas vaca,unt crenvusti pui,ou fiert 300g,80g,16g,60g,1b -ceai menta-200 ml	Mar-1b	Supa pui cu legume-300ml.-(20p.f) Carne pui innabusita cu cartofi aurii -150g(p f.)-250g Sfecla rosie-50g	Crema branza,pate porc,miere 175g,100g,2b Ceai-200 ml
Intoleranta lactoza 2500 cal.	Paine,crenvusti pui,ou fiert 300g,60g,1b -ceai menta-200 ml	banana-1b	Supa pui cu legume-300ml.-(20p.f) Carne pui innabusita cu cartofi aurii -150g(p f.)-250g Sfecla rosie-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	Supa pui cu legume-300ml.-(20p.f) Carne pui innabusita cu cartofi aurii -150g(p f.)-250g Sfecla rosie-50g	Miere,chefir 40g,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	Supa pui cu legume-300ml.-(20p.f) Carne pui innabusita cu cartofi aurii -150g(p f.)-250g Sfecla rosie-50g	Miere,chefir 40g,300g Ceai-200 ml
Lacto- vegetarian 2500 cal.	Paine,cas vaca,ou fiert,ardei 300g,80g,150g,1b -ceai menta-200 ml	banana-1b	Supa pui cu legume-300ml.-(20p.f) Pilaf orez cu ciuperci -180g,50g	Miere,chefir 40g,300g Ceai-200 ml
Intocmit:				
	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-15.03.2026

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	mar-1b	Ciorba a la grec cu carne pui-300ml.(20p.f) Tocanita porc cu cus-cus -150g(p.f.),250g Gogosari-50g	Gem,Unt,iaurt 2b,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	mar-1b	Ciorba a la grec cu carne pui-300ml.(20p.f) Tocanita porc cu cus-cus -150g(p.f.),250g Gogosari-50g	Gem,Unt,iaurt 2b,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	Mandarina-1b	Ciorba a la grec cu carne pui-300ml.(20p.f) Tocanita porc cu mamaliga -150g(p.f.),200g Gogosari-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	mar-1b	Ciorba a la grec cu carne pui-300ml.(20p.f) Tocanita porc cu cus-cus -150g(p.f.),250g Gogosari-50g	Gem,Unt,iaurt 2b,16g,1b Ceai-200 ml
Copii-0-3 ani 3-16 ani 2500 cal	Paine ,mozzarella, salam de vara,rosii 300g,30g,60g,1b -ceai menta-200 ml	mar-1b	Ciorba a la grec cu carne pui-300ml.(20p.f) Snitel pui cu cus-cus -150g(p.f.),250g Gogosari-50g	Gem,Unt,iaurt 2b,16g,1b Ceai-200 ml

Intoleranta lactoza 2500 cal.	Paine,rosii,salam vara 300g,1b,60g -ceai menta-200 ml	mar-1b	Supa pui cu fidea-300 ml.(20p.f) Tocanita porc cu cus-cus -150g(p.f.),250g Gogosari-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	mar-1b	Ciorba a la grec cu carne pui-300ml.(20p.f) Tocanita porc cu cus-cus -150g(p.f.),250g Gogosari-50g	Pate porc,crema branza,gem 100g,1b,2b Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten,mozzarella, rosii,salam vara 300g,30g,1b,60g -ceai menta-200 ml	mar-1b	Ciorba a la grec cu carne pui-300ml.(20p.f) Tocanita porc cu cus-cus -150g(p.f.),250g Gogosari-50g	Gem,Unt,iaurt 2b,16g,1b Ceai-200 ml
Practica religioasa 2500 cal.	Paine,mozzarella, rosii,rulada pui 300g,30g,1b,60g -ceai menta-200 ml	mar-1b	Ciorba a la grec cu carne pui-300ml.(20p.f) Carne pui cu cartofi nature 120(pui f.),250g Gogosari-50g	Gem,Unt,iaurt 2b,16g,1b Ceai-200 ml
Lacto-vegetarian 2500 cal.	Paine,mozzarella,rosii,ou fiert 300g,30g,1b -ceai menta-200 ml	mar-1b	Supa cu fidea-300 ml Cartofi nature si ciuperci sote -250g,100g	Gem,Unt,iaurt 2b,16g,1b Ceai-200 ml
	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!