

MENIUL ZILEI-LUNI-16.03.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+ CINA
Hidric (postoperator) 1000 cal Pasat sonda 1000 cal.	Biscuite ½buc. ceai indulcit(300 ml) Chefir,ou 300g,1b-216 cal. -ceai.-200 ml	Compot 100ml- Biscuite-50 g.-Lapte- 100ml	Supa limpede de legume. Supa concentrata- (ou,smantana,morcov,carne)-300 ml.	Biscuite ½-208 cal. ceai indulcit(300 ml)80 cal. 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.	banana-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, telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Papricas pui cu paste fainoase-150(p.f.),180g Castraveti murati-50g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai-200ml.-chefir-1b
Ulcer,colecist cr. Hepatic 2000 cal.	Paine,telemea,ou fiert,unt 300g,80g,1b,16g -ceai-200 ml	banana-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, telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Papricas pui cu paste fainoase-150(p.f.),180g Castraveti murati-50g	Salata de cartofi cu oua,ardei,masline -150g,1b,20g Ceai-200ml.-chefir-1b
Diabet zaharat 2000-2500 cal.	Paine d,sunca pui, Cas vaca,unt,ardei 150g,60g,80g,1b,16g -ceai menta amar- 200ml	mandarina-1b	Ciorba fasole pastai-300ml. Friptura de pui cu orez-150(p.f.),180g Castraveti murati-50g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai amar-200ml.-chefir-1b
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,sunca pui, telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Papricas pui cu paste fainoase-150(p.f.),180g Castraveti murati-50g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai-200ml.-chefir-1b
Comun(mixt) 2500-3000 cal.	Paine,sunca pui, telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Papricas pui cu paste fainoase-150(p.f.),180g Castraveti murati-50g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai-200ml.-chefir-1b

Intoleranta Lactoza 2500 cal.	Paine,sunca pui,miere,ardei 300g,60g,1b,20g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Carne pui cu morcov si telina 150g,(p,f),100g,100g Castraveti murati-50g	Cartofi copti cu ou fiert -180g,80g Ceai -200 ml -miere-2b
Garda medici 2500-3000 cal.	Paine,sunca pui, telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Friptura de pui cu orez-150(p.f.),180g Castraveti murati-50g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai-200ml.-chefir-1b
Intoleranta gluten 2500 cal.	Paine f.gluten, sunca pui, telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Papricas pui cu mamaliga-150(p.f.),200g Castraveti murati-50g	Cartofi copti cu branza vaci -180g,80g Ceai -200 ml –chefir-1b
Practica religioasa 2500 cal.	Paine,sunca pui, telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Papricas pui cu paste fainoase-150(p.f.),180g Castraveti murati-50g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai-200ml.-chefir-1b
Lacto-vegetarian 2500 cal.	Paine,telemea,unt,ou fiert,ardei 300g,80g,16g,1b -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Ciulama ciuperci cu paste fainoase-180g,50g Castraveti murati-50g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai-200ml.-chefir-1b
Vegetarian 2500 cal.	Paine,gem 300g,40g, -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Ciuperci sote cu paste fainoase-100g,180g Castraveti murati-50g	Salata de cartofi cu ardei,masline -150g,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	Produse congelate-carne pui,fasole pastai

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,branza vaci 250g,100g -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.	Mar copt-1b	Supa pui cu fidea-300 ml.(20g.p.f.) Carne pui cu orez cu morcov 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.,cas vaca, ,rulada pui,unt,masline -300g,80g,60g,16g -ceai menta-200 ml.	Mar -1b	Supa vita cu fidea-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -50g	Budinca orez cu rahat,stafide,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.	Mar copt-1b	Supa pui cu fidea-300 ml.(20g.p.f.) Carne vita cu piure de telina 150g,pui,100g	Orez cu lapte,vanilie-180g,400ml Ceai -200 ml. –branza topita-2b
Lehuze/gravide 2500-3000 cal.	Paine,telemea, ,rulada pui,unt,masline -300g,80g,60g,16g -ceai menta-200 ml.	Mar -1b	Supa vita cu fidea-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -50g	Budinca orez cu rahat,stafide,vanilie- 180g,400ml Ceai-200 ml. –iaurt-1b
Diabet zaharat 2500 cal.	Paine d.,rulada pui, telemea,unt,masline -150g,60g,80g,16g -ceai menta amar-200 ml.	Mar -1b	Supa vita cu fidea-300ml.(20g.p.f.) Ceafa porc la tava cu sos de legume si cartofi nature150g,(p.f.),250g Gogosari -50g	Mamaliga cu lapte batut -200g,200g,80g Ceai amar-200 ml.-iaurt-1b
Comun(mixt) 2500-3000 cal.	Paine,telemea, ,rulada pui,unt,masline -300g,80g,60g,16g -ceai menta-200 ml.	Mar -1b	Supa vita cu fidea-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -50g	Budinca orez cu rahat,stafide,vanilie- 180g,400ml Ceai-200 ml. –iaurt-1b

Copii-0-3 ani 3-16 ani 2500 cal.	Paine,telemea, ,rulada pui,unt,masline -300g,80g,60g,16g -ceai menta-200 ml.	Mar -1b	Supa vita cu fidea-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -50g	Budinca orez cu rahat,stafide,vanilie- 180g,400ml Ceai-200 ml. –iaurt-1b
Practica religioasa 2500 cal.	Paine,telemea, ,rulada pui,unt,masline- 300g,80g,60g,16g -ceai menta-200 ml.	Mar -1b	Supa vita cu fidea-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -50g	Budinca orez cu rahat,stafide,vanilie- 180g,400ml Ceai-200 ml. –iaurt-1b
Garda medici 2500-3000 cal.	Paine,rulada pui, telemea,unt,masline -150g,60g,80g,16g,1b -ceai menta amar-200 ml	Mar -1b	Supa vita cu fidea-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -50g	Spanac scazut cu ou ochi -200g,2b Ceai-200 ml.iaurt-1b
Lacto- vegetarian 2500 cal.	Paine,telemea,unt,masline -300g,80g,16g, -ceai menta-200 ml	Mar -1b	Supa vita cu fidea-300ml.(20g.p.f.) Mancare de mazare cu ou ochi -200g,2b Gogosari -50g	Budinca orez cu rahat,stafide,vanilie- 180g,400ml Ceai-200 ml. –iaurt-1b
Intoleranta lactoza 2500 cal.	Paine,pate pui, ,rulada pui,masline -300g,1b,60g, -ceai menta-200 ml.	Mar -1b	Supa vita cu fidea-300ml.(20g.p.f.). Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -50g	Spanac scazut cu ou ochi -200g,2b Ceai-200 ml. miere-2b
Intoleranta gluten 2500 cal.	Paine,telemea, ,rulada pui,unt,masline -300g,80g,60g,16g -ceai menta-200 ml.	Mar -1b	Supa vita cu legume-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -50g	Budinca orez cu rahat,stafide,vanilie- 180g,400ml Ceai-200 ml. –iaurt-1b
Intocmit:As.de dietetica: Preda Narcisa	Meniul poate suferi modificari!		Alergeni regasiti in alimentele din meniul- lactoza,gluten,albus de ou,telina,boabe mustar	Produs congelat-carne pui,vita,mazare

MENIUL ZILEI-MIERCURI-18.03.2026

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 Perisoare pui cu orez si gulie 150g(p.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 de cartofi-300ml Carne porc la tava cu varza calita -150g(p.f.),250g	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 cartofi-300 ml Perisoare pui cu orez si gulie 150g (p,f)60g,100g	Budinca paste fainoase cu branza vacii, stafide-240g,80g Ceai-200 ml-crema branza-1b
Lehuze/gravide 2500-3000 cal.	Paine,mozzarella,rosii crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina-1b	Ciorba de cartofi-300ml Chiftelute marinate cu cus-cus- 150g(p.f.),150g,50g	Spanac scazut cu ou ochi -150g,1b 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 de cartofi-300ml Carne porc la tava cu varza calita -150g(p.f.),250g	Mamaliguta cu lapte batut -200g,200ml,80g Ceai-200 ml-chefir-2b
Comun(mixt) 2500-3000 cal.	Paine,mozzarella,rosii, crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina-1b	Ciorba de cartofi-300ml Carne porc la tava cu varza calita -150g(p.f.),250g	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 de cartofi-300ml Chiftelute marinate cu cus-cus- 150g(p.f.),150g,50g	Spanac scazut cu ou ochi -150g,1b Ceai-200 ml-gem-2b

Intoleranta lactoza 2500 cal.	Paine,sunca pui,rosii,miere 300g,60g,2b,40g.	Mandarina-1b	Supa de cartofi-300 ml Carne porc la tava cu varza calita -150g(p.f.),250g	Spanac scazut cu ou ochi -150g,1b Ceai-200 ml-gem-2b
Garda medici 2500-3000 cal.	Paine,mozzarella,rosii Crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina-1b	Ciorba de cartofi-300ml Chiftelute marinate cu cus-cus- 150g(p.f.),150g,50g	Spanac scazut cu ou ochi -150g,1b Ceai-200 ml-chefir-1b
Intoleranta gluten 2500 cal.	Paine fara gluten,mozzarella, rosii,crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina-1b	Supa de cartofi-300 ml Carne porc la tava cu varza calita -150g(p.f.),250g	Spanac scazut cu ou ochi -150g,1b Ceai-200 ml-gem-2b
Practica religioasa 2500 cal.	Paine,mozzarella,rosii, crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina-1b	Ciorba de cartofi-300ml Chiftelute marinate cu cus-cus- 150g(p.f.),150g,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 cartofi-300ml Cus-cus cu varza calita 180g,250g	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	Produs congelat-carne pui,porc

MENIUL ZILEI-JOI-19.03.2026

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,ou fiert,ridichi,unt 300g,60g,1b,2b,16g, -ceai menta-200 ml	Mar-1b	Ciorba rosii cu fidea-300 ml Musaca de cartofi cu carne pui -150g(p.f).250g Gogosari-50g	Mamaliga cu branza si smantana 200g,80g,20g Ceai-200 ml.-miere-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 cartofi piure 150g (pui),250g	Paste fainoase cu branza vaci 240gr,80g Ceai-200 ml.-crema branza-1b
Lehuze/gravide 2500-3000 cal.	Paine,salam vara,ou fiert, ridichi,unt 300g,60g,1b,2b,16g, -ceai menta-200 ml	Mar-1b	Ciorba rosii cu fidea-300 ml. Musaca de cartofi cu carne pui -150g(p.f).250g Gogosari-50g	Mamaliga cu branza si smantana 200g,80g,20g Ceai-200 ml.-miere-2b
Diabet zaharat 2500 cal.	Paine d.salam vara,ou fiert,ridichi,unt, 150g,60g,1b,2b,16g -ceai menta amar-200 ml	Mar-1b	Ciorba rosii cu fidea-300 ml Friptura pui cu ciuperci sote si broccoli -150g(p.f).180g,150g Gogosari-50g	Mamaliga cu branza si smantana 200g,80g,20g Ceai amar-200 ml-chefir-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,salam vara,ou fiert, ridichi,unt 300g,60,1b,2b,16g, -ceai menta-200 ml	Mar-1b	Ciorba rosii cu fidea-300 ml. Musaca de cartofi cu carne pui -150g(p.f).250g Gogosari-50g	Mamaliga cu branza si smantana 200g,80g,20g Ceai-200 ml.-miere-2b
Copii-0-3 ani 3-16 ani 2500 cal	Paine,salam vara,ou fiert ridichi,unt 300g,60g,1b,2b,16g, -ceai menta-200 ml	Mar-1b	Ciorba rosii cu fidea-300 ml. Musaca de cartofi cu carne pui -150g(p.f).250g Gogosari-50g	Mamaliga cu branza si smantana 200g,80g,20g Ceai-200 ml.-miere-2b

Intoleranta lactoza 2500 cal.	Paine,salam vara,ridichi, Ou fiert 300g,60g,1b,2b, -ceai menta-200 ml	Mar-1b	Ciorba rosii cu fidea-300 ml Musaca de cartofi cu carne pui -150g(p.f).250g Gogosari-50g	Ciuperci sote cu mamaliga 200g,200g Ceai amar-200 ml-chefir-1b
Garda medici 2500-3000 cal.	Paine,salam vara,ou fiert,ridichi,unt 300g,60g,1b,2b,16g, -ceai menta-200 ml	Mar-1b	Ciorba rosii cu fidea-300 ml.-(20p.f) Friptura pui cu ciuperci sote si broccoli -150g(p.f).180g,150g Gogosari-50g	Mamaliga cu branza si smantana 200g,80g,20g Ceai amar-200 ml-chefir-1b
Intoleranta gluten 2500 cal.	Paine f.gluten,salam vara,ou fiert,ridichi,unt 300g,60g,1b,2b,16g, -ceai menta-200 ml	Mar-1b	Ciorba de legume-300 ml Musaca de cartofi cu carne pui -150g(p.f).250g Gogosari-50g	Mamaliga cu branza si smantana 200g,80g,20g Ceai-200 ml.-miere-2b
Practica religioasa 2500 cal.	Paine,pate pui,ridichi,ou fiert,unt 300g,1b,2b,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba rosii cu fidea-300 ml Musaca de cartofi cu carne pui -150g(p.f).250g Gogosari-50g	Mamaliga cu branza si smantana 200g,80g,20g Ceai-200 ml.-miere-2b
Lacto-vegetarian 2500 cal.	Paine,cas vaca,ridichi, ou fiert,unt 300g,80g,2b,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba rosii cu fidea-300 ml. Ciuperci sote si broccoli 200g,150g	Mamaliga cu branza si smantana 200g,80g,20g 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-carne pui

MENIUL ZILEI-VINERI-20.03.2026

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
Hipodat Cardiac Renal 2500 cal	Paine d.,rulada pui,ou fiert,unt,ardei 300g,60g,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba fasole boabe-300ml. Pilaf orez cu carne pui-150g(p f.),180g Gogonele-50g	Paste fainoase cu pesmet -240g,30g Ceai-200 ml-crema branza-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-300ml.(20g.p.f) Carne pui cu orez si dovlecei 150g(p.f),60g,100g	Paste fainoase cu branza vaci 240gr,80 gr. 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	Supa pui cu legume-300ml.(20g.p.f) Pilaf orez cu carne pui-150g(p f.),180g Gogonele-50g	Paste fainoase cu pesmet -240g,30g Ceai-200 ml-crema branza-1b
Diabet zaharat 2500 cal.	Paine d.,rulada pui,ou fiert,unt,ardei 150g,60g,1b,16g -ceai menta amar-200 ml	mandarina-1b	Supa pui cu legume-300ml.(20g.p.f) Pilaf orez cu carne pui-150g(p f.),180g 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 fasole boabe-300ml. Pilaf orez cu carne pui-150g(p f.),180g Gogonele-50g	Paste fainoase cu pesmet -240g,30g Ceai-200 ml-crema branza-1b
Copii-0-3 ani 3-16 ani 2500 cal.	Paine,rulada pui,ou fiert, ardei,unt 300g,60g,1b,16g -ceai menta-200 ml	mandarina-1b	Supa pui cu legume-300ml.(20g.p.f) Pilaf orez cu carne pui-150g(p f.),180g Gogonele-50g	Paste fainoase cu pesmet -240g,30g Ceai-200 ml-crema branza-1b

Garda medici 2500-3000 cal.	Paine,rulada puiou fiert,unt,ardei 300g,60g,1b,16g -ceai menta-200 ml	mandarina-1b	Supa pui cu legume-300ml.(20g.p.f) Pilaf orez cu carne pui-150g(p f.),180g 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 fasole boabe-300ml. Pilaf orez cu carne pui-150g(p f.),180g 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 fasole boabe-300ml. Pilaf orez cu carne pui-150g(p f.),180g 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 fasole boabe-300ml. Pilaf orez cu carne pui-150g(p f.),180g Gogonele-50g	Paste fainoase cu pesmet -240g,30g Ceai-200 ml-crema branza-1b
Lacto- vegetarian 2500 cal.	Paine,telemea, ardei,ou fiert,unt 300g,80g,1b,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba fasole boabe -300ml Pilaf orez cu legume-180g,50g Gogonele-50g	Paste fainoase cu pesmet -240g,30g Ceai-200 ml-crema branza-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,

MENIUL ZILEI-SAMBATA-21.03.2026

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,castravete 300g,16g,1b,60g, -ceai menta-200 ml	banana-1b	Ciorba ardeleneasca de porc-300ml.-(20p.f) Ostropel pui innabusita cu mamaliga -150g(p f.)-200g 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,castravete 300g,16g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba ardeleneasca de porc-300ml.-(20p.f) Ostropel pui innabusita cu mamaliga -150g(p f.)-200g Sfecla rosie-50g	Miere,chefir 40g,300g Ceai-200 ml
Diabet zaharat 2500 cal.	Paine d.,cas vaca,unt crenvusti pui,ou fiert,castravete 150g,80g,16g,60g,1b -ceai menta amar-200 ml	mar-1b	Ciorba ardeleneasca de porc-300ml.-(20p.f) Ostropel pui innabusita cu mamaliga -150g(p f.)-200g Gogosari-50g	Crema branza,pate porc- 175g,100g Ceai-200 ml
Comun(mixt) Insotitori 2500-3000 cal.	Paine,unt,ou fiert, crenvusti pui,castravete 300g,16g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba ardeleneasca de porc-300ml.-(20p.f) Ostropel pui innabusita cu mamaliga -150g(p f.)-200g 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,castravete 300g,16g,1b,60g,1b- -ceai menta-200 ml	banana-1b	Ciorba ardeleneasca de porc-300ml.-(20p.f) Ostropel pui innabusita cu mamaliga -150g(p f.)-200g 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	Ciorba ardelenneasca de porc-300ml.-(20p.f) Ostropel pui innabusita cu mamaliga -150g(p f.)-200g 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	Ciorba ardelenneasca de porc-300ml.-(20p.f) Ostropel pui innabusita cu mamaliga -150g(p f.)-200g 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	Ciorba ardelenneasca de porc-300ml.-(20p.f) Ostropel pui innabusita cu mamaliga -150g(p f.)-200g 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	Ciorba ardelenneasca de pui-300ml.-(20p.f) Ostropel pui innabusita cu mamaliga -150g(p f.)-200g 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: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-22.03.2026

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	Supa pui cu zdrente-300ml.(20p.f) Tocanita porc cu cartofi piure -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	Supa pui cu zdrente-300ml.(20p.f) Tocanita porc cu cartofi piure -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	Supa pui cu zdrente-300ml.(20p.f) Tocanita porc cu cartofi piure -150g(p.f.),250g 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	Supa pui cu zdrente-300ml.(20p.f) Tocanita porc cu cartofi piure -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	Supa pui cu zdrente-300ml.(20p.f) Tocanita pui cu cartofi piure -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 zdrente-300ml.(20p.f) Tocanita porc cu cartofi piure -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	Supa pui cu zdrente-300ml.(20p.f) Tocanita porc cu cartofi piure -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	Supa pui cu legume-300ml.(20p.f) Tocanita porc cu cartofi piure -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	Supa pui cu zdrente-300ml.(20p.f) Tocanita pui cu cartofi piure -150g(p.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
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!