

**MENIUL ZILEI-LUNI-23.03.2026**

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,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-crema branza-1b
<b>Hiposodat Cardiac 2500 cal.</b>	Paine d,sunca pui, Cas vaca,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Rulada pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai-200ml.-chefir-1b
<b>Ulcer,colecist cr. Hepatic 2000 cal.</b>	Paine,telemea,ou fiert,unt 300g,80g,1b,16g -ceai-200 ml	banana-1b	Supa de fasole pastai-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
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,sunca pui, Cas vaca,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Rulada pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Salata de cartofi cu oua,ardei,masline -150g,1b,20g Ceai-200ml.-chefir-1b
<b>Diabet zaharat 2000-2500 cal.</b>	Paine d,sunca pui, Cas vaca,unt,ardei 150g,60g,80g,1b,16g -ceai menta amar- 200ml	mar-1b	Ciorba fasole pastai-300ml. Rulada pui cu varza calita-150(p.f.),250g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai amar-200ml.-crema branza-1b
<b>Copii-1-3 ani 3-16 ani 2500 cal.</b>	Paine,sunca pui, Cas vaca,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Rulada pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai-200ml.-chefir-1b
<b>Comun(mixt) 2500-3000 cal.</b>	Paine,sunca pui, Cas vaca,unt,ardei 300g,60g,80g,1b,16g	banana-1b	Ciorba fasole pastai-300ml. Rulada pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai-200ml.-chefir-1b

	-ceai menta- 200ml			
<b>Intoleranta Lactoza 2500 cal.</b>	Paine,sunca pui,gem,ardei 300g,60g,1b,20g -ceai menta- 200ml	banana-1b	Supa fasole pastai-300ml. Carne pui cu morcov si telina 150g,(p,f),100g,100g	Cartofi copti cu ou fiert -180g,80g Ceai -200 ml –pate pui-1b
<b>Garda medici 2500-3000 cal.</b>	Paine,sunca pui, Cas vaca,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Rulada pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai-200ml.-crema branza-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten, sunca pui, Cas vaca,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Rulada pui cu varza calita-150(p.f.),250g	Cartofi copti cu branza vaci -180g,80g Ceai -200 ml –chefir-1b
<b>Practica religioasa 2500 cal.</b>	Paine,sunca pui, Cas vaca,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Rulada pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai-200ml.-chefir-1b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,cas vaca,unt,ou fiert,ardei 300g,80g,16g,1b -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Ciulama ciuperci cu cus-cus-180g,50g Sos rosii-50g	Salata de cartofi cu oua cu ardei,masline -150g,1b Ceai-200ml.-chefir-1b
<b>Vegetarian 2500 cal.</b>	Paine,gem 300g,40g, -ceai menta- 200ml	banana-1b	Ciorba fasole pastai-300ml. Ciuperci sote cu cus-cus-100g,180g Sos rosii-50g	Salata de cartofi cu ardei,masline -150g,1b Ceai-200ml.-chefir-1b
<b>Intocmit:As.de dietetica-Preda Narcisa</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,fasole pastai

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,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.
<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.	Mar copt-1b	Supa pui cu fidea-300 ml.(20g.p.f.) Carne pui cu orez cu morcov 150g,pui,180g,50g	Orez cu branza vaci -180g,80g. Ceai fara zahar-200 ml. –chefir-1b
<b>Hipodat Cardiac Renal 2500 cal.</b>	Paine d.,ou fiert, ,rulada pui,unt,masline -300g,1b,60g,16g -ceai menta-200 ml.	Mar-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu carne pui-150g,(p.f.),180g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. –iaurt-1b
<b>Ulcer, Colecist Hepatic 2000 cal.</b>	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 pui cu piure de pastarnac si morcov fiert 150g,pui,100g,100g	Orez cu branza vaci-180g,400ml Ceai -200 ml. –chefir-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,ou fiert, ,rulada pui,unt,masline -300g,1b,60g,16g -ceai menta-200 ml.	Mar-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu carne pui-150g,(p.f.),180g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. –iaurt-1b
<b>Diabet zaharat 2500 cal.</b>	Paine d.,rulada pui, telemea,unt,masline -150g,60g,80g,16g -ceai menta amar-200 ml.	Mar copt-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu carne pui-150g,(p.f.),180g Gogosari-50g	Mamaliga cu lapte batut -200g,200g,80g Ceai amar-200 ml.-iaurt-1b
<b>Comun(mixt) 2500-3000 cal.</b>	Paine,ou fiert, ,rulada pui,unt,masline -300g,1b,60g,16g -ceai menta-200 ml.	Mar-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu carne pui-150g,(p.f.),180g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. –iaurt-1b
<b>Copii-1-3 ani 3-16 ani 2500 cal.</b>	Paine,ou fiert, ,rulada pui,unt,masline -300g,1b,60g,16g	Mar-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu carne pui-150g,(p.f.),180g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. –iaurt-1b

	-ceai menta-200 ml.			
<b>Practica religioasa 2500 cal.</b>	Paine,ou fiert, ,rulada pui,unt,masline- 300g,1b,60g,16g -ceai menta-200 ml.	Mar-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu carne pui-150g,(p.f.),180g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. –iaurt-1b
<b>Garda medici 2500-3000 cal.</b>	Paine,rulada pui, telemea,unt,masline -150g,60g,80g,16g,1b -ceai menta amar-200 ml	Mar-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu carne pui-150g,(p.f.),180g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. –iaurt-1b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,telemea,ou fiert,unt,masline -300g,80g,1b,16g, -ceai menta-200 ml	Mar-1b	Supa cu fidea-300ml. Pilaf orez cu legume-180g,50g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. –iaurt-1b
<b>Intoleranta lactoza 2500 cal.</b>	Paine,pate pui, ,rulada pui,masline -300g,1b,60g, -ceai menta-200 ml.	Mar-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu carne pui-150g,(p.f.),180g Sfecla rosie-50g	Cartofi copti,ou fiert -200g,2b Ceai-200 ml. miere-2b
<b>Intoleranta gluten 2500 cal.</b>	Paine,ou fiert, ,rulada pui,unt,masline -300g,1b,60g,16g -ceai menta-200 ml.	Mar-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu carne pui-150g,(p.f.),180g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. –iaurt-1b
<b>Intocmit:As.de dietetica: Preda Narcisa</b>	Meniul poate suferi modificari!		Alergeni regasiti in alimentele din meniu- lactoza,gluten,albus de ou,telina,boabe mustar	Produs congelat-carne pui,vita,mazare,fasole

**MENIUL ZILEI-MIERCURI-25.03.2026**

**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. Pasat sonda 1000 cal</b>	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
<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(20g.f.)-300 ml Perisoare pui cu orez si gulie 150g(p.f),60g,100g	Gris prajit cu branza vaci 250gr,80g Ceai fara zahar-200 ml. Iaurt-1b
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,mozzarella,rosie crenvusti pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml.	Corn cu ciocolata-1b	Ciorba de rosii cu orez si pui-300ml(20g.f.) Chiftelute pui marinate cu cartofi piure -150g(p.f.),250g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-miere-2b
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,ou fiert,mozzarella,unt 300g,1b,30g,1b,16g -ceai menta-200 ml.	Banana-1b	Supa pui cu legume-300 ml(20g.f.) Perisoare pui cu cartofi piure si gulie 150g (p,f)250g,100g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-crema branza-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,mozzarella,rosie crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Corn cu ciocolata-1b	Ciorba de rosii cu orez si pui-300ml(20g.f.) Ceafa porc la tava cu cartofi piure -150g(p.f.),250g Gogosari-50g.	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-miere-2b
<b>Diabet zaharat 2500 cal.</b>	Paine d.,mozzarella,rosie, crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina-1b	Ciorba de rosii cu orez si pui-300ml(20g.f.) Ceafa porc la tava cu cartofi piure si dovlecei -150g(p.f.),250g,200g	Mazare sote cu ou ochi -200g,1b Ceai-200 ml-chefir-2b
<b>Comun(mixt) 2500-3000 cal.</b>	Paine,mozzarella,rosie, crenvusti puiunt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Corn cu ciocolata-1b	Ciorba de rosii cu orez si pui-300ml(20g.f.) Ceafa porc la tava cu cartofi piure -150g(p.f.),250g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-miere-2b
<b>Copii-1-3 ANI 3-16 ani 2500 cal</b>	Paine,mozzarella,rosie, Crenvusti pui,unt 300g,30g,2b,60g,16g	Corn cu ciocolata-1b	Ciorba de rosii cu orez si pui-300ml(20g.f.) Chiftelute pui marinate cu cartofi piure -150g(p.f.),250g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-miere-2b

	-ceai menta-200 ml.			
<b>Intoleranta lactoza 2500 cal.</b>	Paine,crenvusti pui,miere 300g,60g,40g.	Corn cu ciocolata-1b	Ciorba de rosii cu orez si pui-300ml(20g.f.) Chiftelute pui marinate cu cartofi piure -150g(p.f.),250g	Mazare sote cu ou ochi -200g,1b Ceai-200 ml-gem-2b
<b>Garda medici 2500-3000 cal.</b>	Paine,mozzarella,rosie Crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Corn cu ciocolata-1b	Ciorba de rosii cu orez si pui-300ml(20g.f.) Ceafa porc la tava cu cartofi piure -150g(p.f.),250g	Mamaliguta cu branza si smantana -200g,80g Ceai-200 ml-chefir-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine fara gluten,mozzarella, rosie,crenvusti pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Mandarina-1b	Ciorba de rosii cu orez si pui-300ml(20g.f.) Chiftelute pui marinate cu cartofi piure -150g(p.f.),250g	Mazare sote cu ou ochi -200g,1b Ceai-200 ml-gem-2b
<b>Practica religioasa 2500 cal.</b>	Paine,mozzarella,rosie, crenvusti puiunt 300g,30g,2b,60g,16g -ceai menta-200 ml.	Corn cu ciocolata-1b	Ciorba de rosii cu orez si pui-300ml(20g.f.) Chiftelute marinate cu cartofi piure -150g(p.f.),250g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-miere-2b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,mozzarella,rosie, ou fiert,unt 300g,30g,2b,16g -ceai menta-200 ml	Corn cu ciocolata-1b	Supa de rosii cu orez-300ml Cartofi nature,guile fiarta 250g,100g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-miere-2b
<b>Intocmit:As.de dietetica-Preda Narcisa</b>				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao	Produs congelat-carne pui,porc,mazare

**MENIUL ZILEI-JOI-26.03.2026**

**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. Pasat sonda 1000 cal.</b>	Biscuite-50g ceai indulcit(300 ml)  Ou crud,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
<b>Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.</b>	Paine,chefir,branza topita, 300g,1b,30g Ceai menta f. zahar-200 ml.	Mar copt-1b	Supa pui cu legume -300 ml.-(20p.f) Carne pui cu telina si morcov 150g (pui),100g,100g	Fidea cu branza vaci 180gr,80g Ceai fara zahar-200 ml. Crema branza-1b
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.salam vara,ou fiert,ardei,unt 300g,60g,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba ardeleneasca de pui-300 ml Papricas pui cu mamaliga-150g(p.f).200g Castraveti-50g	Varza calita cu orez 250g,180g Ceai-200 ml.-miere-2b
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,ou fiert,chefir,unt 300g,1b,1b,16g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu legume-300 ml.(20pui.f) Carne pui cu orez si broccoli 150g (pui),250g,200g	Fidea cu lapte 180gr,400ml. Ceai-200 ml.-crema branza-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,salam vara,ou fiert, ardei,unt 300g,60g,1b,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba ardeleneasca de pui-300 ml Papricas pui cu cus-cus-150g(p.f).180g Castraveti-50g	Fidea cu lapte 180gr,400ml. Ceai-200 ml.-miere-2b
<b>Diabet zaharat 2500 cal.</b>	Paine d.salam vara,ou fiert,ardei,unt, 150g,60g,1b,1b,16g -ceai menta amar-200 ml	Mar-1b	Ciorba ardeleneasca de pui-300 ml Friptura pui cu broccoli si morcov baby- 150g(p.f).200g,100g	Ciolan porc cu varza calita-150g(p.f).250g Ceai amar-200 ml-chefir-1b
<b>Comun(mixt)/ Insotitori 2500-3000 cal.</b>	Paine,salam vara,ou fiert, ardei,unt 300g,60,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba ardeleneasca de pui-300 ml Papricas pui cu cus-cus-150g(p.f).180g Castraveti-50g	Varza calita cu orez 250g,180g Ceai-200 ml.-pate pui-1b
<b>Copii-1-3 ani 3-16 ani 2500 cal</b>	Paine,salam vara,ou fiert ardei,unt 300g,60g,1b,2b,16g,	Mar-1b	Ciorba ardeleneasca de pui-300 ml Papricas pui cu cus-cus-150g(p.f).180g Castraveti-50g	Fidea cu lapte 180gr,400ml. Ceai-200 ml.-pate pui-1b

	-ceai menta-200 ml			
<b>Intoleranta lactoza 2500 cal.</b>	Paine,salam vara,ardei, Ou fiert 300g,60g,1b,2b, -ceai menta-200 ml	Mar-1b	Supa pui cu fidea-300 ml.(20pui.f) Carne pui cu orez si broccoli 150g (pui),250g,200g	Varza calita cu orez 250g,180g Ceai amar-200 ml-pate pui-1b
<b>Garda medici 2500-3000 cal.</b>	Paine,salam vara,ou fiert,ardei,unt 300g,60g,1b,2b,16g, -ceai menta-200 ml	Mar-1b	Ciorba ardeleneasca de pui-300 ml Somon la cuptor,broccoli si morcov baby- 150g(p.f).200g,100g	Ciolan porc cu varza calita-150g(p.f).250g Ceai amar-200 ml-chefir-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,salam vara,ou fiert,ardei,unt 300g,60g,1b,2b,16g, -ceai menta-200 ml	Mar-1b	Ciorba ardeleneasca de pui-300 ml Papricas pui cu mamaliga-150g(p.f).200g Castraveti-50g	Varza calita cu orez 250g,180g Ceai-200 ml.-pate pui-1b
<b>Practica religioasa 2500 cal.</b>	Paine,pate pui,ardei,ou fiert,unt 300g,1b,2b,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba ardeleneasca de pui-300 ml Papricas pui cu mamaliga-150g(p.f).200g Castraveti-50g	Varza calita cu orez 250g,180g Ceai-200 ml.-pate pui-1b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,cas vaca,ardei, ou fiert,unt 300g,80g,2b,1b,16g -ceai menta-200 ml	Mar-1b	Supa cu fidea-300 ml. Ciuperci sote si broccoli 200g,150g	Varza calita cu orez 250g,180g Ceai-200 ml.-miere-2b
<b>Intocmit:As.de dietetica: Preda Narcisa</b>				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao	Produs congelat-carne pui

**MENIUL ZILEI-VINERI-27.03.2026**

**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. Pasat sonda 1000 cal</b>	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
<b>Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.</b>	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	Cartofi copti cu branza vaci-180gr,80g Ceai fara zahar-200 ml. Branza topita-2b
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,sunca pui,telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Iahnie de fasole cu ciolan-150g(p f.),100g Gogonele-50g	Budinca orez cu rahat,vanilie,stafide -180g,400ml. Ceai-200 ml-ou fiert-1b
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	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	Cartofi copti cu branza vaci -250g,80g Ceai-200 ml.-iaurt 2b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,sunca pui,telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Mancare de mazare cu carne pui -150g(p f.),100g Gogonele-50g	Budinca orez cu rahat,vanilie,stafide -180g,400ml. Ceai-200 ml-ou fiert-1b
<b>Diabet zaharat 2500 cal.</b>	Paine d.,sunca pui,telemea,unt,ardei 150g,60g,80g,1b,16g -ceai menta amar-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Carne pui cu fasole pastai sote si dovlecei 150g(p.f),60g,100g	Mancare de mazare cu ou ochi -200g,1b Ceai-200 ml-chefir-1b
<b>Comun(mixt)/ Insotitori 2500-3000 cal.</b>	Paine,sunca pui,telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Iahnie de fasole cu ciolan-150g(p f.),100g Gogonele-50g	Budinca orez cu rahat,vanilie,stafide -180g,400ml. Ceai-200 ml-ou fiert-1b
<b>Copii-1-3 ani 3-16 ani 2500 cal.</b>	Paine,sunca pui,telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Mancare de mazare cu carne pui -150g(p f.),100g Gogonele-50g	Budinca orez cu rahat,vanilie,stafide -180g,400ml. Ceai-200 ml-ou fiert-1b

<b>Garda medici 2500-3000 cal.</b>	Paine,sunca pui,telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta-200 ml	Mandarina-1b	Ciorba de cartofi-300ml. Carne pui cu fasole pastai sote si dovlecei 150g(p.f),60g,100g	Mancare de mazare cu ciolan -200g,150g(p.f.) Ceai-200 ml-iaurt-1b
<b>Intoleranta lactoza 2500 cal.</b>	Paine,sunca pui,pate pui,ardei 300g,60g,1b,1b -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Mancare de mazare cu carne pui -150g(p f.),100g Gogonele-50g	Cartofi copti,ou fiert 250g,1b Ceai-200 ml- miere-2b
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,sunca pui,telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Mancare de mazare cu carne pui -150g(p f.),100g Gogonele-50g	Cartofi copti,ou fiert 250g,1b Ceai-200 ml- miere-2b
<b>Practica religioasa 2500 cal.</b>	Paine,sunca pui,telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Mancare de mazare cu carne pui -150g(p f.),100g Gogonele-50g	Budinca orez cu rahat,vanilie,stafide -180g,400ml. Ceai-200 ml-ou fiert-1b
<b>Lacto- vegetarian 2500 cal.</b>	Paine,telemea, ardei,ou fiert,unt 300g,80g,1b,1b,16g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml Mazare sote cu cus-cus-180g,50g Gogonele-50g	Budinca orez cu rahat,vanilie,stafide -180g,400ml. Ceai-200 ml-ou fiert-1b
<b>Intocmit:As.de dietetica: Preda Narcisa</b>				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao	Produs congelat-pulpe pui,mazare

**MENIUL ZILEI-SAMBATA-28.03.2026**

**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. Pasat sonda 1000 cal</b>	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
<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.	Mar copt-1b	Supa pui cu legume-300 ml.-(20p.f) Carne pui cu morcov si telina 150g pui,100g,100g	Branza vaci,chefir 80 gr,300g Ceai fara zahar-200 ml.
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.unt,ou fiert, crenvusti pui,mustar 300g,16g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec de porc-300ml.-(20p.f) Friptura pui innabusita cu orez -150g(p f.)-180g Sfecla rosie-50g	Miere,chefir 40g,300g Ceai-200 ml
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	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 vaci,chefir 80 gr,300g Ceai fara zahar-200 ml
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,unt,ou fiert, crenvusti pui,mustar 300g,16g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec de porc-300ml.-(20p.f) Friptura pui innabusita cu orez -150g(p f.)-180g Sfecla rosie-50g	Miere,chefir 40g,300g Ceai-200 ml
<b>Diabet zaharat 2500 cal.</b>	Paine d.,cas vaca,unt crenvusti pui,mustar 150g,80g,16g,60g,1b -ceai menta amar-200 ml	mar-1b	Ciorba a la grec de porc-300ml.-(20p.f) Friptura pui innabusita cu orez -150g(p f.)-180g Sfecla rosie-50g	Ou fiert,pate porc- 1b,100g Ceai-200 ml
<b>Comun(mixt) Insotitori 2500-3000 cal.</b>	Paine,unt,ou fiert, crenvusti pui,mustar 300g,16g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec de porc-300ml.-(20p.f) Friptura pui innabusita cu orez -150g(p f.)-180g Sfecla rosie-50g	Miere,chefir 40g,300g Ceai-200 ml
<b>Copii-1-3 ani 3-16 ani 2500 cal.</b>	Paine d.unt,ou fiert, crenvusti pui,mustar 300g,16g,1b,60g,1b-	banana-1b	Ciorba a la grec de porc-300ml.-(20p.f) Friptura pui innabusita cu orez -150g(p f.)-180g	Miere,chefir 40g,300g Ceai-200 ml

	-ceai menta-200 ml		Sfecla rosie-50g	
<b>Garda medici 2500-3000 cal.</b>	Paine,cas vaca,unt crenvusti pui,mustar 300g,80g,16g,60g,1b -ceai menta-200 ml	Mar-1b	Ciorba a la grec de porc-300ml.-(20p.f) Friptura pui innabusita cu orez -150g(p f.)-180g Sfecla rosie-50g	Ou fiert,pate porc,miere 175g,100g,2b Ceai-200 ml
<b>Intoleranta lactoza 2500 cal.</b>	Paine,crenvusti pui,mustar,ou fiert-300g,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec de porc-300ml.-(20p.f) Friptura pui innabusita cu orez -150g(p f.)-180g Sfecla rosie-50g	Pate porc,miere 100g,40g. Ceai-200 ml
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten, ou fiert, crenvusti pui,mustar 300g,16g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec de porc-300ml.-(20p.f) Friptura pui innabusita cu orez -150g(p f.)-180g Sfecla rosie-50g	Miere,chefir 40g,300g Ceai-200 ml
<b>Practica religioasa 2500 cal.</b>	Paine,ou fiert, crenvusti pui,mustar 300g,16g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec de porc-300ml.-(20p.f) Friptura pui innabusita cu orez -150g(p f.)-180g Sfecla rosie-50g	Miere,chefir 40g,300g 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 pui cu legume-300ml.-(20p.f) Pilaf orez cu ciuperci -180g,50g	Miere,chefir 40g,300g Ceai-200 ml
<b>Intocmit:As.de dietetica: Preda Narcisa</b>				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao	Produs congelat-carne pui

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

**MENIUL ZILEI-DUMINICA-29.03.2026**

**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. Pasat sonda 1000 cal</b>	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.
<b>Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.</b>	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 vaci,crema de branza 80 gr,150g Ceai fara zahar-200 ml.
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,mozzarella, salam de vara,rosii 300g,30g,60g,1b -ceai menta-200 ml	mar-1b	Supa pui cu fidea-300ml.(20p.f) Tocanita porc cu cartofi piure -150g(p.f.),250g Gogosari-50g	Unt,iaurt 16g,1b Ceai-200 ml
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	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 vaci,crema de branza 80 gr,150g Ceai -200 ml.
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine ,mozzarella, salam de vara,rosii 300g,30g,60g,1b -ceai menta-200 ml	mar-1b	Supa pui cu fidea-300ml.(20p.f) Tocanita porc cu cartofi piure -150g(p.f.),250g Gogosari-50g	Unt,iaurt 16g,1b Ceai-200 ml
<b>Diabet zaharat 2500 cal.</b>	Paine d.,mozzarella, salam de vara,rosii,unt 300g,30g,60g,1b,16g -ceai menta-200 ml	Mandarina-1b	Supa pui cu fidea-300ml.(20p.f) Tocanita porc cu cartofi piure -150g(p.f.),250g Gogosari-50g	Pate porc,crema branza 100g,1b Ceai-200 ml
<b>Comun(mixt) Insotitori 2500-3000 cal.</b>	Paine ,mozzarella, salam de vara,rosii 300g,30g,60g,1b -ceai menta-200 ml	mar-1b	Supa pui cu fidea-300ml.(20p.f) Tocanita porc cu cartofi piure -150g(p.f.),250g Gogosari-50g	Unt,iaurt 16g,1b Ceai-200 ml
<b>Copii-1-3 ani 3-16 ani 2500 cal</b>	Paine ,mozzarella, salam de vara,rosii 300g,30g,60g,1b	mar-1b	Supa pui cu fidea-300ml.(20p.f) Tocanita pui cu cartofi piure -150g(p.f.),250g	Unt,iaurt 16g,1b Ceai-200 ml

	-ceai menta-200 ml		Gogosari-50g	
<b>Intoleranta lactoza 2500 cal.</b>	Paine,rosii,salam vara 300g,1b,60g -ceai menta-200 ml	mar-1b	Supa pui cu fidea-300ml.(20p.f) Tocanita porc cu cartofi piure -150g(p.f.),250g Gogosari-50g	Ou fiert,pate pui 1b,100g Ceai-200 ml
<b>Garda medici 2500-3000 cal.</b>	Paine ,mozzarella, salam de vara,rosii,unt 300g,30g,60g,1b,16g -ceai menta-200 ml	mar-1b	Supa pui cu fidea-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
<b>Intoleranta gluten 2500 cal.</b>	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	Unt,iaurt 16g,1b Ceai-200 ml
<b>Practica religioasa 2500 cal.</b>	Paine,mozzarella, rosii,rulada pui 300g,30g,1b,60g -ceai menta-200 ml	mar-1b	Supa pui cu fidea-300ml.(20p.f) Tocanita pui cu cartofi piure -150g(p.f.),250g Gogosari-50g	Unt,iaurt 16g,1b Ceai-200 ml
<b>Lacto-vegetarian 2500 cal.</b>	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	Unt,iaurt 16g,1b Ceai-200 ml
<b>Intocmit:As.de dietetica: Preda Narcisa</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!