

**MENIUL ZILEI-LUNI-30.03.2026**

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>	Iaurt,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 baby 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, telemea,ardei 300g,60g,80g,1b -ceai menta- 200ml	banana-1b	Ciorba a la grec de pui-300ml. (20p,f.) Friptura pui cu sos de legume si cus-cus- 150(p.f.),180g	Salata de cartofi cu oua castraveti,maslina -150g,1b Ceai-200ml.-crema branza-1b
<b>Ulcer,colecist cr. Hepatic 2000 cal.</b>	Paine,telemea,ou fiert,unt 300g,80g,1b,16g -ceai-200 ml	banana-1b	Supa pui cu legume-300 ml.(20p,f.) Carne pui cu morcov baby si telina 150g,(p,f),100g,100g	Cartofi copti cu branza vaci -180g,80g Ceai -200 ml –crema branza-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,sunca pui, Cas vaca,ardei 300g,60g,80g,1b -ceai menta- 200ml	banana-1b	Ciorba a la grec de pui-300ml. (20p,f.) Friptura pui cu sos de legume si cus-cus- 150(p.f.),180g	Salata de cartofi cu oua,castraveti,maslina -150g,1b,20g Ceai-200ml.-crema branza-1b
<b>Diabet zaharat 2000-2500 cal.</b>	Paine d,sunca pui, Cas vaca,ardei 150g,60g,80g,1b -ceai menta amar- 200ml	mar-1b	Ciorba a la grec de pui-300ml. (20p,f.) Friptura pui cu mazare sote si morcov baby 150g,(p,f),100g,100g	Salata de cartofi cu oua,castraveti,maslina -150g,1b Ceai amar-200ml.-crema branza-1b
<b>Copii-1-3 ani 3-16 ani 2500 cal.</b>	Paine,sunca pui, Cas vaca,ardei 300g,60g,80g,1b -ceai menta- 200ml	banana-1b	Ciorba a la grec de pui-300ml.(20p,f.) Friptura pui cu sos de legume si cus-cus- 150(p.f.),180g	Salata de cartofi cu oua,castraveti,maslina -150g,1b Ceai-200ml.-crema branza-1b
<b>Comun(mixt) 2500-3000 cal.</b>	Paine,sunca pui, Cas vaca,ardei 300g,60g,80g,1b -ceai menta- 200ml	banana-1b	Ciorba a la grec de pui-300ml. (20p,f.) Friptura pui cu sos de legume si cus-cus- 150(p.f.),180g	Salata de cartofi cu oua,castraveti,maslina -150g,1b Ceai-200ml.-crema branza-1b

<b>Intoleranta Lactoza 2500 cal.</b>	Paine,sunca pui,gem,ardei 300g,60g,1b,20g -ceai menta- 200ml	banana-1b	Supa pui cu legume-300ml. (20p,f.) 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, telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Ciorba a la grec de pui-300ml.(20p,f.) Friptura pui cu sos de legume si cus-cus- 150(p.f.),180g	Salata de cartofi cu oua,castraveti,masline -150g,1b Ceai-200ml.-crema branza-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,sunca pui, Cas vaca,ardei 300g,60g,80g,1b -ceai menta- 200ml	banana-1b	Ciorba a la grec de pui-300ml. (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>Practica religioasa 2500 cal.</b>	Paine,sunca pui, Cas vaca,ardei 300g,60g,80g,1b -ceai menta- 200ml	banana-1b	Supa pui cu legume-300 ml.(20p,f.) Friptura pui cu sos de legume si cus-cus- 150(p.f.),180g	Salata de cartofi cu oua,castraveti,masline -150g,1b Ceai-200ml.-crema branza-1b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,cas vaca,unt,ou fiert,ardei 300g,80g,16g,1b -ceai menta- 200ml	banana-1b	Supa cu legume-300 ml. Ciulama ciuperci cu cus-cus-180g,50g Sos rosii-50g	Salata de cartofi cu oua,castraveti,masline -150g,1b Ceai-200ml.-crema branza-1b
<b>Vegetarian 2500 cal.</b>	Paine,gem 300g,40g, -ceai menta- 200ml	banana-1b	Supa cu legume-300 ml. Ciuperci sote cu cus-cus-100g,180g Sos rosii-50g	Salata de cartofi cu castraveti,masline -150g,1b Ceai-200ml.-crema branza-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,mazare

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	Cartofi copti cu branza vaci -180g,80g. Ceai fara zahar-200 ml. –ou fiert-1b
<b>Hiposodat Cardiac Renal 2500 cal.</b>	Paine d.,ou fiert, ,rulada pui,masline -300g,1b,60g -ceai menta-200 ml.	banana-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Musaca de cartofi cu carne pui-150g,(p.f.),250g Gogosari-50g	Mamaliga cu branza framantata si smantana -200g,200ml,80g Ceai-200 ml. –crema branza-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 cartofi si morcov baby 150g,pui,250g,100g	Orez cu branza vaci-180g,400ml Ceai -200 ml. –ou fiert-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,ou fiert, ,rulada pui,masline -300g,1b,60g -ceai menta-200 ml.	Mar-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Musaca de cartofi cu carne pui-150g,(p.f.),250g Gogosari-50g	Mamaliga cu branza framantata si smantana -200g,200ml,80g Ceai-200 ml. –crema branza-1b
<b>Diabet zaharat 2500 cal.</b>	Paine d.,rulada pui, Ou fiert,masline -150g,60g,80g -ceai menta amar-200 ml.	Mar copt-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Musaca de cartofi cu carne pui-150g,(p.f.),250g Gogosari-50g	Mamaliga cu branza framantata si smantana -200g,200ml,80g Ceai-200 ml. –crema branza-1b
<b>Comun(mixt) 2500-3000 cal.</b>	Paine,ou fiert, ,rulada pui,masline -300g,1b,60g -ceai menta-200 ml.	Mar-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Musaca de cartofi cu carne pui-150g,(p.f.),250g Gogosari-50g	Mamaliga cu branza framantata si smantana -200g,200ml,80g Ceai-200 ml. –crema branza-1b
<b>Copii-1-3 ani 3-16 ani 2500 cal.</b>	Paine,ou fiert, ,rulada pui,masline -300g,1b,60g -ceai menta-200 ml.	Mar-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Musaca de cartofi cu carne pui-150g,(p.f.),250g Gogosari-50g	Mamaliga cu branza framantata si smantana -200g,200ml,80g Ceai-200 ml. –crema branza-1b

<b>Practica religioasa</b> <b>2500 cal.</b>	Paine,ou fiert, ,rulada pui,masline- 300g,1b,60g -ceai menta-200 ml.	Mar-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Musaca de cartofi cu carne pui-150g,(p.f.),250g Gogosari-50g	Mamaliga cu branza framantata si smantana -200g,200ml,80g Ceai-200 ml. –crema branza-1b
<b>Garda medici</b> <b>2500-3000 cal.</b>	Paine,rulada pui, Ou fiert,unt,masline -150g,60g,80g,16g,1b -ceai menta amar-200 ml	Mar-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Friptura pui cu cartofi piure-150g,(p.f.),250g Gogosari-50g	Mamaliga cu branza framantata si smantana -200g,200ml,80g Ceai-200 ml. –crema branza-1b
<b>Lacto-vegetarian</b> <b>2500 cal.</b>	Paine,telemea,ou fiert,masline -300g,80g,1b -ceai menta-200 ml	Mar-1b	Ciorba fasole pastai-300ml. Cartofi piure si morcov baby-180g,50g	Mamaliga cu branza framantata si smantana -200g,200ml,80g Ceai-200 ml. –crema branza-1b
<b>Intoleranta lactoza</b> <b>2500 cal.</b>	Paine,pate pui, ,rulada pui,masline -300g,1b,60g, -ceai menta-200 ml.	Mar-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Musaca de cartofi cu carne pui-150g,(p.f.),250g Gogosari-50g	Cartofi copti,ou fiert -200g,2b Ceai-200 ml. miere-2b
<b>Intoleranta gluten</b> <b>2500 cal.</b>	Paine,ou fiert, ,rulada pui,masline -300g,1b,60g -ceai menta-200 ml.	Mar-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Musaca de cartofi cu carne pui-150g,(p.f.),250g Gogosari-50g	Mamaliga cu branza framantata si smantana -200g,200ml,80g Ceai-200 ml. –crema branza-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

**MENIUL ZILEI-MIERCURI-01.04.2026**

**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 Carne 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.,pate pui,rosie Ou fiert,unt 300g,1b,1b,1b,16g -ceai menta-200 ml.	Banana-1b	Ciorba de varza-300ml -150g(p.f.),250g Friptura vita cu orez si legume 150g (p,f)180g,50g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-chefir-1b
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,ou fiert,mozzarella 300g,1b,30g,1b -ceai menta-200 ml.	Banana-1b	Supa pui cu legume-300 ml(20g.f.) Carne pui cu orez si gulie 150g (p,f)180g,100g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-crema branza-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,pate pui,rosie Ou fiert,unt 300g,100g,1b,1b,16g -ceai menta-200 ml.	Banana-1b	Supa pui cu legume-300 ml(20g.f.) -150g(p.f.),250g Friptura vita cu orez si legume 150g (p,f)180g,50g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-chefir-1b
<b>Diabet zaharat 2500 cal.</b>	Paine d.,pate pui,rosie, Ou fiert,unt 150g,100g,1b,1b,16g -ceai menta-200 ml.	Portocala-1b	Ciorba de varza-300ml -150g(p.f.),250g Friptura vita cu orez si legume 150g (p,f)180g,50g	Mazare sote cu ou ochi -200g,1b Ceai-200 ml-chefir-1b
<b>Comun(mixt) 2500-3000 cal.</b>	Paine,pate pui,rosie, ou fiert,unt 300g,100g,1b,16g -ceai menta-200 ml.	Banana-1b	Ciorba de varza-300ml -150g(p.f.),250g Friptura vita cu orez si legume 150g (p,f)180g,50g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-chefir-1b
<b>Copii-1-3 ANI 3-16 ani 2500 cal</b>	Paine,pate pui,rosie Ou fiert,unt 300g,100g,1b,1b,16g -ceai menta-200 ml.	Banana-1b	Supa pui cu legume-300 ml(20g.f.) Pilaf orez cu carne pui- 150g (p,f)180g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-chefir-1b

<b>Intoleranta lactoza 2500 cal.</b>	Paine,pate pui,ou fiert 300g,100g,1b -ceai menta-200 ml.	Banana-1b	Ciorba de varza-300ml -150g(p.f.),250g Friptura vita cu orez si legume 150g (p,f)180g,50g	Mazare sote cu ou ochi -200g,1b Ceai-200 ml-miere-2b
<b>Garda medici 2500-3000 cal.</b>	Paine,pate pui,rosie Ou fiert,unt 300g,100g,1b,1b,16g -ceai menta-200 ml.	Banana-1b	Ciorba de varza-300ml -150g(p.f.),250g Friptura vita cu orez si legume 150g (p,f)180g,50g	Mazare sote cu ou ochi -200g,2b Ceai-200 ml-chefir-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine fara gluten,pate pui, rosie,ou fiert,unt 300g,100g,1b,1b,16g -ceai menta-200 ml.	Banana-1b	Ciorba de varza-300ml -150g(p.f.),250g Friptura vita cu orez si legume 150g (p,f)180g,50g	Mazare sote cu ou ochi -200g,1b Ceai-200 ml-chefir-1b
<b>Practica religioasa 2500 cal.</b>	Paine,pate pui,rosie, crenvusti pui 300g,100g,2b,60g -ceai menta-200 ml.	Banana-1b	Ciorba de varza-300ml -150g(p.f.),250g Friptura vita cu orez si legume 150g (p,f)180g,50g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-chefir-1b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,mozzarella,rosie, ou fiert,unt 300g,30g,2b,16g -ceai menta-200 ml	Banana-1b	Ciorba de varza-300ml Pilaf orez cu guile fiarta 180g,100g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-chefir-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-carne pui,vita,mazare

**MENIUL ZILEI-JOI-02.04.2026**

**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,telemea,iaurt 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>Hipodat Cardiac Renal 2500 cal</b>	Paine d.salam vara,telemea,ardei 300g,60g,80g,1b -ceai menta-200 ml	mar-1b	Ciorba taraneasca de legume-300 ml Papricas pui cu mamaliga-150g(p.f).200g Castraveti-50g	Paste fainoase cu pesmet 180g,30g Ceai-200 ml.-miere-2b
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,ou fiert,telemea,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 branza vaci 180gr,80g Ceai-200 ml.-crema branza-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,salam vara, telemea,ardei 300g,60g,80g,1b -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de legume-300 ml Papricas pui cu mamaliga-150g(p.f).200g Castraveti-50g	Spanac sczut cu ochiuri 200g,1b Ceai-200 ml.-miere-2b
<b>Diabet zaharat 2500 cal.</b>	Paine d.salam vara,telemea,ardei,unt, 150g,60g,80g,1b -ceai menta amar-200 ml	Mar-1b	Ciorba taraneasca de legume-300 ml Papricas pui cu mamaliga-150g(p.f).200g Castraveti-50g	Spanac sczut cu ochiuri 200g,1b Ceai amar-200 ml-chefir-1b
<b>Comun(mixt)/ Insotitori 2500-3000 cal.</b>	Paine,salam vara, telemea,ardei 300g,60g,80g,1b -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de legume-300 ml Papricas pui cu mamaliga-150g(p.f).200g Castraveti-50g	Paste fainoase cu pesmet 180g,30g Ceai-200 ml.-pate pui-1b
<b>Copii-1-3 ani 3-16 ani 2500 cal</b>	Paine,salam vara, telemea,ardei 300g,60g,80g,1b -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de legume-300 ml Papricas pui cu mamaliga-150g(p.f).200g Castraveti-50g	Spanac sczut cu ochiuri 200g,1b Ceai-200 ml.-pate pui-1b

<b>Intoleranta lactoza 2500 cal.</b>	Paine,salam vara,ardei, Ou fiert 300g,60g,1b,2b, -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de legume-300 ml. Carne pui cu orez si broccoli 150g (pui),250g,200g	Spanac scazut cu ochiuri 200g,1b Ceai amar-200 ml-pate pui-1b
<b>Garda medici 2500-3000 cal.</b>	Paine,salam vara,telemea,ardei,unt 300g,60g,80g,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de legume-300 ml Papricas pui cu mamaliga-150g(p.f).200g Castraveti-50g	Spanac scazut cu ochiuri 200g,1b Ceai amar-200 ml-chefir-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,salam vara,telemea,ardei 300g,60g,80g,1b -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de legume-300 ml Papricas pui cu mamaliga-150g(p.f).200g Castraveti-50g	Spanac scazut cu ochiuri 200g,1b Ceai-200 ml.-pate pui-1b
<b>Practica religioasa 2500 cal.</b>	Paine,pate pui,ardei,telemea 300g,1b,1b,80g -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de legume-300 ml Papricas pui cu mamaliga-150g(p.f).200g Castraveti-50g	Spanac scazut cu ochiuri 200g,1b Ceai-200 ml.-pate pui-1b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,telemea,ardei, ou fiert 300g,80g,1b,1b -ceai menta-200 ml	Mar-1b	Ciorba taraneasca de legume-300 ml. Tocanita de ceapa cu mamaliga 200g,200g Castraveti-50g	Spanac scazut cu ochiuri 200g,1b 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,spanac,fasole pastai,mazare

**MENIUL ZILEI-VINERI-03.04.2026**

**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>Hipodat Cardiac Renal 2500 cal</b>	Paine d.,sunca pui,telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta-200 ml	portocala-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	portocala-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	portocala-1b	Ciorba de cartofi-300ml. Carne pui cu mazare sote si dovlecei 150g(p.f),60g,100g	Mamaliga cu lapte batut -200g,200 ml,80g Ceai-200 ml-iaurt-1b
<b>Comun(mixt)/ Insotitori 2500-3000 cal.</b>	Paine,sunca pui,telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta-200 ml	portocala-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	portocala-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	portocala-1b	Ciorba de cartofi-300ml. Carne pui cu mazare sote si dovlecei 150g(p.f),60g,100g	Mamaliga cu lapte batut -200g,200 ml,80g 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	portocala-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	portocala-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	portocala-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	portocala-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-04.04.2026**

**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>Hipodat 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) Rulada pui cu sos rosii si cus-cus -150g(p f.)-180g,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 pui 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) Rulada pui cu sos rosii si cus-cus -150g(p f.)-180g,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) Rulada pui cu sos rosii si cartofi piure -150g(p f.)-250g,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) Rulada pui cu sos rosii si cus-cus -150g(p f.)-180g,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- -ceai menta-200 ml	banana-1b	Ciorba a la grec de porc-300ml.-(20p.f) Rulada pui cu sos rosii si cus-cus -150g(p f.)-180g,50g	Miere,chefir 40g,300g Ceai-200 ml

<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) Rulada pui cu sos rosii si cus-cus -150g(p f.)-180g,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) Rulada pui cu sos rosii si cus-cus -150g(p f.)-180g,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) Rulada pui cu sos rosii si cus-cus -150g(p f.)-180g,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	Supa pui cu legume-300ml.-(20p.f) Rulada pui cu sos rosii si cus-cus -150g(p f.)-180g,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 cu legume-300ml. 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,porc

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

**MENIUL ZILEI-DUMINICA-05.04.2026**

**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	Ou fiert,crema de branza 1b,150g Ceai fara zahar-200 ml.
<b>Hipodat Cardiac Renal 2500 cal</b>	Paine d.,mozzarella, salam de vara,rosii 300g,30g,60g,1b -ceai menta-200 ml	Cozonac asortat-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi aurii -150g(p.f.),250g Gogosari-50g	Ou rosu,iaurt 1b,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	Ou fiert,crema de branza 1b,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	Cozonac asortat-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi aurii -150g(p.f.),250g Gogosari-50g	Ou rosu,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	portocala-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi aurii -150g(p.f.),250g Gogosari-50g	Pate porc,ou rosu 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	Cozonac asortat-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi aurii -150g(p.f.),250g Gogosari-50g	Ou rosu,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 -ceai menta-200 ml	Cozonac asortat-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi aurii -150g(p.f.),250g Gogosari-50g	Ou rosu,iaurt 16g,1b Ceai-200 ml

<b>Intoleranta lactoza 2500 cal.</b>	Paine,rosii,salam vara 300g,1b,60g -ceai menta-200 ml	<b>Banana-1b</b>	Supa pui cu fidea-300ml.(20p.f) Friptura pui cu cartofi aurii -150g(p.f.),250g Gogosari-50g	Ou rosu,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	Cozonac asortat-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi aurii -150g(p.f.),250g Gogosari-50g	Pate porc,ou rosu,iaurt 100g,1b,1b Ceai-200 ml
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,mozzarella, rosii,salam vara 300g,30g,1b,60g -ceai menta-200 ml	Banana-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi aurii -150g(p.f.),250g Gogosari-50g	Ou rosu,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	Cozonac asortat-1b	Supa pui cu fidea-300ml.(20p.f) Friptura pui cu cartofi piure -150g(p.f.),250g Gogosari-50g	Ou rosu,iaurt 16g,1b Ceai-200 ml
<b>Lacto-vegetarian 2500 cal.</b>	Paine,mozzarella,rosii,ou fiert 300g,30g,1b -ceai menta-200 ml	Cozonac asortat-1b	Supa cu fidea-300 ml Cartofi nature si ciuperci sote -250g,100g	Ou rosu,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!