

**MENIUL ZILEI-LUNI-06.04.2026**

**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</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.	Mar copt-1b	Supa pui cu legume-300 ml.(20gp.f.) Carne pui cu orez si morcov fiert 150g,(p,f),180g,100g	Cartofi copti cu branza vaci -180g,80g Ceai fara zahar-200 ml -branza pufoasa fara lactoza-1b
<b>Hiposodat Cardiac 2500 cal.</b>	Paine d,rulada pui, telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	mar-1b cozonac-1b	Ciorba fasole pastai-300ml. Escalop pui cu mamaliga-150(p.f.),200g Castraveti murati-50g	Salata de cartofi cu oua cu castraveti,gogosari -250g,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	Mar copt-1b	Supa fasole pastai-300 ml. Carne pui cu orez si morcov fiert 150g,(p,f),180g,100g	Cartofi copti cu branza vaci -180g,80g Ceai -200 ml –iaurt proteic-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,rulada pui telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	mar-1b cozonac-1b	Ciorba fasole pastai-300ml. Escalop pui cu mamaliga-150(p.f.),200g Castraveti murati-50g	Salata de cartofi cu oua,castraveti, gogosari -250g,1b,20g Ceai-200ml.-chefir-1b
<b>Diabet zaharat 2000-2500 cal.</b>	Paine d,rulada pui, Cas vaca,unt,ardei 150g,60g,80g,1b,16g -ceai menta amar- 200ml	Mar copt-1b	Ciorba fasole pastai-300ml. Tocanita de pui cu ciuperci si mamaliga- 150(p.f.),200g Castraveti murati-50g	Salata de cartofi cu oua cu castraveti,gogosari -250g,1b,20g Ceai amar-200ml.-chefir-1b
<b>Copii-1-3 ani 3-16 ani 2500 cal.</b>	Paine,rulada pui telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	mar-1b cozonac-1b	Ciorba fasole pastai-300ml. Escalop pui cu mamaliga-150(p.f.),200g Castraveti murati-50g	Salata de cartofi cu oua cu castraveti, gogosari -250g,1b,20g Ceai-200ml.-chefir-1b
<b>Comun(mixt) 2500-3000 cal.</b>	Paine,rulada pui, telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	mar-1b cozonac-1b	Ciorba fasole pastai-300ml. Escalop pui cu mamaliga-150(p.f.),200g Castraveti murati-50g	Salata de cartofi cu oua cu castraveti, gogosari -250g,1b,20g Ceai-200ml.-chefir-1b

<b>Intoleranta Lactoza 2500 cal.</b>	Paine,rulada pui,miere,ardei 300g,60g,1b,20g -ceai menta- 200ml	mar-1b	Ciorba fasole pastai-300ml. Tocanita de pui cu mamaliga-150(p.f.),200g Castraveti murati-50g	Cartofi copti cu ou fiert -180g,80g Ceai -200 ml -miere-2b
<b>Garda medici 2500-3000 cal.</b>	Paine,rulada pui, Cas vaca,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	mar-1b cozonac-1b	Ciorba fasole pastai-300ml. Escalop pui cu mamaliga-150(p.f.),200g Castraveti murati-50g	Salata de cartofi cu oua cu castraveti, gogosari -250g,1b,20g Ceai-200ml.-chefir-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,rulada pui, telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	mar-1b	Ciorba fasole pastai-300ml. Escalop pui cu mamaliga-150(p.f.),200g Castraveti murati-50g	Cartofi copti cu branza vaci -180g,80g Ceai -200 ml –chefir-1b
<b>Practica religioasa 2500 cal.</b>	Paine,rulada pui, telemea,unt,ardei 300g,60g,80g,1b,16g -ceai menta- 200ml	mar-1b cozonac-1b	Ciorba fasole pastai-300ml. Escalop pui cu mamaliga-150(p.f.),200g Castraveti murati-50g	Salata de cartofi cu oua cu castraveti, gogosari -250g,1b,20g Ceai-200ml.-chefir-1b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,telemea,unt,ou fiert,ardei 300g,80g,16g,1b -ceai menta- 200ml	mar-1b cozonac-1b	Ciorba fasole pastai-300ml. Ciulama ciuperci cu mamaliga-200g,200g Castraveti murati-50g	Salata de cartofi cu oua cu castraveti, gogosari -250g,1b,20g Ceai-200ml.-chefir-1b
<b>Vegetarian 2500 cal.</b>	Paine,gem 300g,40g, -ceai menta- 200ml	mar-1b cozonac-1b	Ciorba fasole pastai-300ml. Ciuperci sote cu mamaliga-100g,200g Castraveti murati-50g	Salata de cartofi cu castraveti,gogosari -250g,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

**MENIUL ZILEI-MARTI-07.04.2026**

**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)  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.	Biscuite-1b	Supa pui cu fidea-300 ml.(20g.p.f.) Carne pui cu telina cu morcov 150g,pui,180g,50g	Orez cu branza vaci -180g,80g. Ceai fara zahar-200 ml. -branza topita-2b
<b>Hiposodat Cardiac Renal 2500 cal.</b>	Paine d.,branza topita, ,salam vara,unt -300g,2b,60g,16g -ceai menta-200 ml.	banana-1b	Supa vita cu fidea-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -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.	Biscuite-1b	Supa vita cu fidea-300 ml.(20g.p.f.) Carne pui cu piure de telina si morcov 150g,pui,100g,100g	Orez cu lapte,vanilie-180g,400ml Ceai -200 ml. -branza topita-2b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,branza topita, ,salam vara,unt -300g,2b,60g,16g -ceai menta-200 ml.	banana-1b	Supa vita cu fidea-300ml.(20g.p.f.) Pilaf orez cu carne pui -150g,(p.f.),180g Gogosari -50g	Mamaliga cu lapte batut -200g,200ml,80g Ceai-200 ml. -iaurt-1b
<b>Diabet zaharat 2500 cal.</b>	Paine d.,salam vara, Branza topita,unt -150g,60g,2b,16g -ceai menta amar-200 ml.	Mar-1b	Supa vita cu fidea-300ml.(20g.p.f.) Pulpe pui la tava cu piure de morcov si ciuperci sote 150g,(p.f.),100g,100g	Mamaliga cu lapte batut -200g,200ml,80g Ceai amar-200 ml.-iaurt-1b
<b>Comun(mixt) 2500-3000 cal.</b>	Paine,branza topita, ,salam vara,unt -300g,2b,60g,16g -ceai menta-200 ml.	banana-1b	Supa vita cu fidea-300ml.(20g.p.f.) Pilaf orez cu carne pui-150g,(p.f.),180g Gogosari -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,branza topita, ,salam vara,unt -300g,2b,60g,16g	banana-1b	Supa vita cu fidea-300ml.(20g.p.f.) Pilaf orez cu carne pui -150g,(p.f.),180g	Mamaliga cu lapte batut -200g,200ml,80g Ceai-200 ml. -iaurt-1b

	-ceai menta-200 ml.		Gogosari -50g	
<b>Practica religioasa 2500 cal.</b>	Paine,branza topita, ,salam vara,unt- 300g,2b,60g,16g -ceai menta-200 ml.	banana-1b	Supa vita cu fidea-300ml.(20g.p.f.) Pilaf orez cu carne pui-150g,(p.f.),180g Gogosari -50g	Mamaliga cu lapte batut -200g,200ml,80g Ceai-200 ml. –iaurt-1b
<b>Garda medici 2500-3000 cal.</b>	Paine,salam vara, Branza topita,unt -150g,60g,2b16g,1b -ceai menta amar-200 ml	banana-1b	Supa vita cu fidea-300ml.(20g.p.f.) Pilaf orez cu carne pui-150g,(p.f.),180g Gogosari -50g	Mamaliga cu lapte batut -200g,200g,80g Ceai-200 ml.iaurt-1b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,branza topita,ou fiert,unt,masline -300g,2b,1b,16g, -ceai menta-200 ml	banana-1b	Supa vita cu fidea-300ml.(20g.p.f.) Pilaf orez cu ciuperci -180g,50g Gogosari -50g	Mamaliga cu lapte batut -200g,200ml,80g Ceai-200 ml. –iaurt-1b
<b>Intoleranta lactoza 2500 cal.</b>	Paine,pate pui, ,salam vara -300g,1b,60g, -ceai menta-200 ml.	banana-1b	Supa vita cu fidea-300ml.(20g.p.f.). Pilaf orez cu carne pui-150g,(p.f.),180g Gogosari -50g	Cartofi copti,ou fiert -200g,2b Ceai-200 ml. gem-2b
<b>Intoleranta gluten 2500 cal.</b>	Paine,ou fiert, ,salam vara,unt -300g,1b,60g,16g -ceai menta-200 ml.	banana-1b	Supa vita cu legume-300ml.(20g.p.f.) Pilaf orez cu carne pui-150g,(p.f.),180g Gogosari -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 meniulactoza,gluten,albus de ou,telina,boabe mustar	Produs congelat-carne pui,vita,mazare

**MENIUL ZILEI-MIERCURI-08.04.2026**

**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-300 ml(20g.f.)- Perisoare pui cu orez si gulie 150g(p.f),60g,100g	Paste fainoase cu branza vaci 180gr,80g Ceai fara zahar-200 ml. Iaurt-1b
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,mozzarella,rosii crenvusti pui,mustar,unt 300g,30g,2b,60g,1b,16g -ceai menta-200 ml.	mandarina-1b	Supa pui cu legume-300ml(20g.f.) Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Paste fainoase cu branza si smantana -200g,80g 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-300ml(20g.f.) Perisoare pui cu orez si gulie 150g (p,f)60g,100g	Paste fainoase cu branza vaci -180g,80g Ceai-200 ml-crema branza-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,mozzarella,rosii crenvusti pui,mustar,unt 300g,30g,2b,60g,1b,16g -ceai menta-200 ml.	Mandarina-1b	Supa pui cu legume-300ml(20g.f.) Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Paste fainoase cu branza si smantana -200g,80g Ceai-200 ml-miere-2b
<b>Diabet zaharat 2500 cal.</b>	Paine d.,mozzarella,rosii, crenvusti pui,mustar,unt 300g,30g,2b,60g,1b,16g -ceai menta-200 ml.	Mandarina-1b	Supa pui cu legume-300ml(20g.f.) Ceafa porc la tava cu cartofi nature 150g(p.f.)-250g Gogosari-50g	Mamaliguta cu branza si smantana -200g,80g Ceai-200 ml-chefir-2b
<b>Comun(mixt) 2500-3000 cal.</b>	Paine,mozzarella,rosii, crenvusti pui,mustar,unt 300g,30g,2b,60g,1b,16g -ceai menta-200 ml.	Mandarina-1b	Supa pui cu legume-300ml(20g.f.) Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Paste fainoase cu branza si smantana -180g,80g Ceai-200 ml-miere-2b
<b>Copii-1-3 ANI 3-16 ani 2500 cal</b>	Paine,mozzarella,rosii, Crenvusti pui,mustar,unt 300g,30g,2b,60g,1b,16g	Mandarina-1b	Supa pui cu legume-300ml(20g.f.) Musaca de cartofi cu carne pui -150g(p.f.),250g	Paste fainoase cu branza si smantana -200g,80g Ceai-200 ml-miere-2b

	-ceai menta-200 ml.		Sfecla rosie-50g	
<b>Intoleranta lactoza 2500 cal.</b>	Paine,crenvusti pui,mustar,miere 300g,60g,1b,40g.	Mandarina-1b	Supa pui cu legume-300ml(20g.f.) Musaca de cartofi cu carne pui -150g(p.f.),250g	Paste fainoase cu pesmet -180g,30g Ceai-200 ml-gem-2b
<b>Garda medici 2500-3000 cal.</b>	Paine,mozzarella,rosii Crenvusti pui,mustar,unt 300g,30g,2b,60g,1b,16g -ceai menta-200 ml.	Mandarina-1b	Supa pui cu legume-300ml(20g.f.) Ceafa porc la tava cu cartofi nature 150g(p.f.)-250g Sfecla rosie-50g	Mamaliguta cu branza si smantana -200g,80g Ceai-200 ml-chefir-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine fara gluten,mozzarella, rosii,crenvusti pui,mustar,unt 300g,30g,2b,60g,1b,16g -ceai menta-200 ml.	Mandarina-1b	Supa pui cu legume-300ml(20g.f.) Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Mamaliguta cu branza si smantana -200g,80g Ceai-200 ml-miere-2b
<b>Practica religioasa 2500 cal.</b>	Paine,mozzarella,rosii, crenvusti pui,mustar,unt 300g,30g,2b,60g,1b,16g -ceai menta-200 ml.	Mandarina-1b	Supa pui cu legume-300ml(20g.f.) Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Paste fainoase cu branza si smantana -180g,80g Ceai-200 ml-gem-2b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,mozzarella,rosii, ou fiert,unt 300g,30g,2b,16g -ceai menta-200 ml	Mandarina-1b	Supa de legume-300ml Cus-cus cu varza calita 180g,250g	Mamaliguta cu branza si smantana -200g,80g Ceai-200 ml-gem-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,legume supa

**MENIUL ZILEI-JOI-09.04.2026**

**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,chefir,branza topita, 300g,1b,30g Ceai menta f. zahar-200 ml.	Mar copt-1b	Supa chimion cu fidea-300 ml. Carne pui cu telina si morcov 150g (pui),100g,100g	Orez 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,castravete,unt 300g,60g,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba rosii cu orez-300 ml Varza calita cu carne porc -150g(p.f.),250g	Budinca paste fainoase cu branza vaci,stafide 180g,80g,10g 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 chimion cu fidea-300 ml. Carne pui cu cartofi piure 150g (pui),250g,200g	Orez cu branza vaci 180gr,80g Ceai-200 ml.-crema branza-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,salam vara,ou fiert, castravete,unt 300g,60g,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba rosii cu orez-300 ml. Friptura pui cu cartofi piure -150g(p.f).250g Gogosari-50g	Budinca paste fainoase cu branza vaci,stafide 180g,80g,10g Ceai-200 ml.-miere-2b
<b>Diabet zaharat 2500 cal.</b>	Paine d.salam vara,ou fiert,castravete,unt, 150g,60g,1b,1b,16g -ceai menta amar-200 ml	Mar-1b	Ciorba rosii cu orez-300 ml Varza calita cu carne porc -150g(p.f.),250g	Ghiveci de legume cu ciolan 200g,150g(p.f.) Ceai amar-200 ml-chefir-1b
<b>Comun(mixt)/ Insotitori 2500-3000 cal.</b>	Paine,salam vara,ou fiert, castravete,unt 300g,60,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba rosii cu orez-300 ml. Varza calita cu carne porc -150g(p.f.),250g	Budinca paste fainoase cu branza vaci,stafide 180g,80g,10g Ceai-200 ml.-miere-2b
<b>Copii-1-3 ani 3-16 ani 2500 cal</b>	Paine,salam vara,ou fiert castravete,unt 300g,60g,1b,1b,16g,	Mar-1b	Ciorba rosii cu orez-300 ml. Friptura pui cu cartofi piure -150g(p.f).250g	Budinca paste fainoase cu branza vaci,stafide 180g,80g,10g

	-ceai menta-200 ml		Gogosari-50g	Ceai-200 ml.-miere-2b
<b>Intoleranta lactoza 2500 cal.</b>	Paine,salam vara,castravete, Ou fiert 300g,60g,1b,1b -ceai menta-200 ml	Mar-1b	Ciorba rosii cu orez-300 ml Friptura pui cu cartofi piure -150g(p.f.).250g Gogosari-50g	Paste fainoase cu pesmet 180g,30g Ceai amar-200 ml-chefir-1b
<b>Garda medici 2500-3000 cal.</b>	Paine,salam vara,ou fiert,castravete,unt 300g,60g,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba rosii cu orez-300 ml.- (20p.f) Varza calita cu carne porc -150g(p.f.),250g	Ghiveci de legume cu ciolan 200g,150g(p.f.) Ceai amar-200 ml-chefir-1b
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,salam vara,ou fiert,castravete,unt 300g,60g,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba rosii cu orez-300 ml Varza calita cu carne porc -150g(p.f.),250g	Budinca paste fainoase cu branza vaci,staffide 180g,80g,10g Ceai-200 ml.-miere-2b
<b>Practica religioasa 2500 cal.</b>	Paine,pate pui,castravete,ou fiert,unt 300g,1b,1b,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba rosii cu orez-300 ml Varza calita cu carne porc -150g(p.f.),250g	Budinca paste fainoase cu branza vaci,staffide 180g,80g,10g Ceai-200 ml.-miere-2b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,cas vaca,castravete, ou fiert,unt 300g,80g,1b,1b,16g -ceai menta-200 ml	Mar-1b	Ciorba rosii cu orez-300 ml. Varza calita cu cus-cus -250g(p.f.),180g	Budinca paste fainoase cu branza vaci,staffide 180g,80g,10g 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

**MENIUL ZILEI-VINERI-10.04.2026**

**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	Branza topita,iaurt-18,1b Ceai fara zahar-200 ml.
<b>Hipodat Cardiac Renal 2500 cal</b>	Paine d.,gem,unt, ardei,branza topita 300g,2b,16g,2b -ceai menta-200 ml	mandarina-1b	Ciorba tarneasca de legume-300ml. Pilaf orez cu ciuperci-180g,30g Gogonele-50g	Miere,iaurt 2b,1b Ceai-200 ml
<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	Branza topita,iaurt-18,1b Ceai-200 ml.
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine, gem,unt, ardei,branza topita 300g,2b,16g,2b -ceai menta-200 ml	mandarina-1b	Ciorba tarneasca de legume-300ml. Pilaf orez cu ciuperci-180g,30g Gogonele-50g	Miere,iaurt 2b,1b Ceai-200 ml
<b>Diabet zaharat 2500 cal.</b>	Paine d.unt, ardei,branza topita,parizer porc 150g,16g,1b,2b,60g -ceai menta amar-200 ml	mandarina-1b	Ciorba tarneasca de legume-300ml. Pilaf orez cu ciuperci-180g,30g Gogonele-50g	Ou fiert,iaurt 1b,1b Ceai amar-200 ml
<b>Comun(mixt)/ Insotitori 2500-3000 cal.</b>	Paine,gem,unt, ardei,branza topita 300g,2b,16g,2b -ceai menta-200 ml	mandarina-1b	Ciorba tarneasca de legume-300ml. Pilaf orez cu ciuperci-180g,30g Gogonele-50g	Miere,iaurt 2b,1b Ceai-200 ml
<b>Copii-1-3 ani 3-16 ani 2500 cal.</b>	Paine,gem,unt, ardei,branza topita 300g,2b,16g,2b -ceai menta-200 ml	mandarina-1b	Ciorba tarneasca de legume-300ml. Pilaf orez cu ciuperci-180g,30g Gogonele-50g	Miere,iaurt 2b,1b Ceai-200 ml

<b>Garda medici 2500-3000 cal.</b>	Paine,unt,ardei,branza topita,parizer porc 300g,16g,1b,2b,60g -ceai menta-200 ml	mandarina-1b	Ciorba taraneasca de legume-300ml. Pilaf orez cu ciuperci-180g,30g Gogonele-50g	Ou fiert,iaurt,gem 1b,1b,2b Ceai-200 ml
<b>Intoleranta lactoza 2500 cal.</b>	Paine,gem,unt, ardei,branza topita 300g,2b,16g,2b -ceai menta-200 ml	mandarina-1b	Ciorba taraneasca de legume-300ml. Pilaf orez cu ciuperci-180g,30g Gogonele-50g	Miere,iaurt 2b,1b Ceai-200 ml
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,gem,unt, ardei,branza topita 300g,2b,16g,2b -ceai menta-200 ml	mandarina-1b	Ciorba taraneasca de legume-300ml. Pilaf orez cu ciuperci-180g,30g Gogonele-50g	Miere,iaurt 2b,1b Ceai-200 ml
<b>Practica religioasa 2500 cal.</b>	Paine,gem,unt, ardei,branza topita 300g,2b,16g,2b -ceai menta-200 ml	mandarina-1b	Ciorba taraneasca de legume-300ml. Pilaf orez cu ciuperci-180g,30g Gogonele-50g	Miere,iaurt 2b,1b Ceai-200 ml
<b>Lacto- vegetarian 2500 cal.</b>	Paine,gem,unt, ardei,branza topita 300g,2b,16g,2b -ceai menta-200 ml	mandarina-1b	Ciorba taraneasca de legume-300ml. Pilaf orez cu ciuperci-180g,30g Gogonele-50g	Miere,iaurt 2b,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-pulpe pui,mazare,fasole

**MENIUL ZILEI-SAMBATA-11.04.2026**

**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 si orez-300 ml.-(20p.f) Carne pui cu morcov si telina 150g pui,100g,100g	Branza topita,chefir 18gr,300g Ceai fara zahar-200 ml.
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.unt,telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Ostropel pui cu cus-cus -150g(p f.)-180g Sfecla rosie-50g	Pate pui,chefir 100g,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 si orez-300 ml.-(20p.f) Carne pui cu morcov si telina 150g pui,100g,100g	Branza topita,chefir 18gr,300g Ceai fara zahar-200 ml
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,unt,telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Ostropel pui cu cus-cus -150g(p f.)-180g Sfecla rosie-50g	Pate pui,chefir 100g,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 copt-1b	Ciorba de cartofi-300ml Ostropel pui cu mamaliga -150g(p f.)-200g Gogosari-50g	Ou fiert,pate porc- 1b,100g Ceai-200 ml
<b>Comun(mixt) Insotitori 2500-3000 cal.</b>	Paine,unt,telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Ostropel pui cu cus-cus -150g(p f.)-180g Sfecla rosie-50g	Pate pui,chefir 100g,300g Ceai-200 ml
<b>Copii-1-3 ani 3-16 ani 2500 cal.</b>	Paine d.unt,telemea, crenvusti pui,mustar 300g,16g,1b,60g,1b	banana-1b	Ciorba de cartofi-300ml. Ostropel pui cu cus-cus -150g(p f.)-180g	Pate pui,chefir 100g,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 de cartofi-300ml. Ostropel pui cu mamaliga -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 de cartofi-300ml. Ostropel pui cu cus-cus -150g(p f.)-180g Sfecla rosie-50g	Pate porc,miere 100g,40g. Ceai-200 ml
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Ostropel pui cu mamaliga -150g(p f.)-200g Sfecla rosie-50g	Pate pui,chefir 100g,300g Ceai-200 ml
<b>Practica religioasa 2500 cal.</b>	Paine,telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Ostropel pui cu cus-cus -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 de cartofi-300ml. Ciulama de ciuperci-200g Sfecla rosie-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-12.04.2026**

**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 orez si dovlecei 120g (p.f),60g,200g	Ou fiert,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	urdoaica-1b	Supa pui cu galuste gris-300ml.(20p.f) Friptura porc cu sos de legume si cartofi piure -150g(p.f.),250g	Ou fiert rosu,unt 1b,16g 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 galuste gris-300 ml.(20p.f) Carne pui cu cartofi nature 120(p f.),250g	Ou fiert rosu,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	urdoaica-1b	Supa pui cu galuste gris-300ml.(20p.f) Friptura porc cu sos de legume si cartofi piure -150g(p.f.),250g	Ou fiert rosu,unt 1b,16g 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 galuste gris-300ml.(20p.f) Friptura porc cu sos de legume si cartofi piure -150g(p.f.),250g	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	urdoaica-1b	Supa pui cu galuste gris-300ml.(20p.f) Friptura porc cu sos de legume si cartofi piure -150g(p.f.),250g	Ou fiert rosu,unt 1b,16g Ceai-200 ml
<b>Copii-1-3 ani 3-16 ani 2500 cal</b>	Paine,mozzarella, salam de vara,rosii 300g,30g,60g,1b	urdoaica-1b	Supa pui cu galuste gris-300ml.(20p.f) Snitel piept pui cu cartofi piure -150g(p.f.),250g	Ou fiert rosu,unt 1b,16g Ceai-200 ml

	-ceai menta-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 galuste gris-300ml.(20p.f) Friptura porc cu sos de legume si cartofi piure -150g(p.f.),250g	Ou fiert 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	urdoaica-1b	Supa pui cu galuste gris-300ml.(20p.f) Friptura porc cu sos de legume si cartofi piure -150g(p.f.),250g	Pate porc,ou fiert,miere 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	Banana-1b	Supa pui cu galuste gris-300ml.(20p.f) Friptura porc cu sos de legume si cartofi piure -150g(p.f.),250g	Ou fiert rosu,unt 1b,16g Ceai-200 ml
<b>Practica religioasa 2500 cal.</b>	Paine,mozzarella, rosii,rulada pui 300g,30g,1b,60g -ceai menta-200 ml	urdoaica-1b	Supa pui cu galuste gris-300ml.(20p.f) Friptura pui cu sos de legume si cartofi piure -150g(p.f.),250g	Ou fiert rosu,unt 1b,16g Ceai-200 ml
<b>Lacto-vegetarian 2500 cal.</b>	Paine,mozzarella,rosii,ou fiert rosu-300g,30g,1b -ceai menta-200 ml	urdoaica-1b	Supa cu galuste gris-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!

**MENIUL ZILEI-LUNI-13.04.2026**

**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</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.(20gp.f.) Carne pui cu orez si morcov fiert 150g,(p,f),180g,100g	Branza topita,iaurt-18g,1b Ceai fara zahar-200 ml
<b>Hiposodat Cardiac 2500 cal.</b>	Paine d,rulada pui, telemea,unt,ridiche 300g,60g,80g,1b,16g -ceai menta- 200ml	napolitana-1b	Ciorba ardeleneasca de porc-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Pate pui,chefir-1b,1b Ceai-200ml.
<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.(20gp.f.) Carne pui cu cus-cus si morcov fiert 150g,(p,f),180g,100g	Branza topita,iaurt-18g,1b Ceai -200 ml
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine,rulada pui telemea,unt,ridiche 300g,60g,80g,1b,16g -ceai menta- 200ml	napolitana-1b	Ciorba ardeleneasca de porc-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Pate pui,chefir-1b,1b Ceai-200ml.
<b>Diabet zaharat 2000-2500 cal.</b>	Paine d,rulada pui, Cas vaca,unt,ridiche 150g,60g,80g,1b,16g -ceai menta amar- 200ml	Mar copt-1b	Ciorba ardeleneasca de porc-300ml.(20gp.f.) Rulada carne pui cu cartofi piure-150(p.f.),250g Sos rosii-50g	Pate pui,chefir-1b,1b Ceai amar-200ml
<b>Copii-1-3 ani 3-16 ani 2500 cal.</b>	Paine,rulada pui telemea,unt,ridiche 300g,60g,80g,1b,16g -ceai menta- 200ml	napolitana-1b	Ciorba ardeleneasca de porc-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Pate pui,chefir-1b,1b Ceai-200ml.
<b>Comun(mixt) 2500-3000 cal.</b>	Paine,rulada pui, telemea,unt,ridiche 300g,60g,80g,1b,16g -ceai menta- 200ml	napolitana-1b	Ciorba ardeleneasca de porc-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Pate pui,chefir-1b,1b Ceai-200ml.

<b>Intoleranta Lactoza 2500 cal.</b>	Paine,rulada pui,miere,ridiche 300g,60g,1b,20g -ceai menta- 200ml	Banana-1b	Ciorba ardelenasca de porc-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Pate pui,ou fiert-1b,1b Ceai-200ml.
<b>Garda medici 2500-3000 cal.</b>	Paine,rulada pui, Cas vaca,unt,ridiche 300g,60g,80g,1b,16g -ceai menta- 200ml	napolitana-1b	Ciorba ardelenasca de porc-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Pate pui,ou fiert,chefir-1b,1b,1b Ceai-200ml.
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,rulada pui, telemea,unt,ridiche 300g,60g,80g,1b,16g -ceai menta- 200ml	banana-1b	Supa pui cu legume-300 ml.(20gp.f.) Carne pui cu orez si morcov fiert 150g,(p,f),180g,100g	Pate pui,chefir-1b,1b Ceai-200ml.
<b>Practica religioasa 2500 cal.</b>	Paine,rulada pui, telemea,unt,ridiche 300g,60g,80g,1b,16g -ceai menta- 200ml	napolitana-1b	Ciorba ardelenasca de porc-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Pate pui,chefir-1b,1b Ceai-200ml.
<b>Lacto-vegetarian 2500 cal.</b>	Paine,telemea,unt,ou fiert,ridiche 300g,80g,16g,1b -ceai menta- 200ml	napolitana-1b	Supa cu legume-300 ml.(20gp.f.) Pilaf orez si morcov fiert 180g,100g	Miere,chefir-2b,1b Ceai-200ml.
<b>Vegetarian 2500 cal.</b>	Paine,gem 300g,40g, -ceai menta- 200ml	Banana-1b	Supa cu legume-300 ml. Pilaf orez si morcov fiert 150g,(p,f),180g,100g	Miere-2b Ceai-200ml.
<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,porc