

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
Hidric (postoperator) 1000 cal Pasat sonda 1000 cal.	Biscuite-50g ceai indulcit(300 ml) Chefir,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,chefir 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 telina cu morcov 150g,pui,180g,50g	Cartofi copti cu branza vaci -180g,80g. Ceai fara zahar-200 ml. -branza topita-2b
Hipodat Cardiac Renal 2500 cal.	Paine d.,cas vaca, ,parizer porc,unt,mustar -300g,80g,60g,16g -ceai menta-200 ml.	banana-1b	Supa pui cu fidea-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -50g	Salata de cartofi cu oua,castraveti,masline -250g,1b Ceai-200 ml. – gem-2b
Ulcer, Colecist Hepatic 2000 cal.	Paine,telemea,chefir,unt 300g,80g,140g,16g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu fidea-300 ml.(20g.p.f.) Carne pui cu telina si morcov 150g,pui,100g,100g	Cartofi copti cu branza vaci-180g,80g Ceai -200 ml. –branza topita-2b
Lehuze/gravide 2500-3000 cal.	Paine,cas vaca, ,parizer porc,unt,mustar -300g,80g,60g,16g -ceai menta-200 ml.	banana-1b	Supa pui cu fidea-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -50g	Salata de cartofi cu oua,castraveti,masline -250g,1b Ceai-200 ml. – gem-2b
Diabet zaharat 2500 cal.	Paine d.,parizer porc,mustar Branza topita,unt -150g,60g,2b,16g -ceai menta amar-200 ml.	Mar-1b	Supa pui cu fidea-300ml.(20g.p.f.) Pulpe pui la tava cu mazare sote si ciuperci sote 150g,(p.f.),100g,100g	Salata de cartofi cu oua,castraveti,masline -250g,1b Ceai amar-200 ml.-chefir-1b
Comun(mixt) 2500-3000 cal.	Paine,cas vaca, ,parizer porc,unt,mustar -300g,80g,60g,16g -ceai menta-200 ml.	banana-1b	Supa pui cu fidea-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -50g	Salata de cartofi cu oua,castraveti,masline -250g,1b Ceai-200 ml. – gem-2b
Copii-1-3 ani 3-16 ani 2500 cal.	Paine,cas vaca, ,parizer porc,unt,mustar -300g,80g,60g,16g	banana-1b	Supa pui cu fidea-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g	Salata de cartofi cu oua,castraveti,masline -250g,1b Ceai-200 ml. – gem-2b

	-ceai menta-200 ml.		Gogosari -50g	
Practica religioasa 2500 cal.	Paine,cas vaca,ou fiert,unt- 300g,80g,1b,16g -ceai menta-200 ml.	banana-1b	Supa pui cu fidea-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -50g	Salata de cartofi cu oua,castraveti,masline -250g,1b Ceai-200 ml. –gem-2b
Garda medici 2500-3000 cal.	Paine,pariser porc,mustar Branza topita,unt -150g,60g,2b16g,1b -ceai menta amar-200 ml	banana-1b	Supa pui cu fidea-300ml.(20g.p.f.) Pulpe pui la tava cu mazare sote si ciuperci sote 150g,(p.f.),100g,100g	Salata de cartofi cu oua,castraveti,masline -250g,1b Ceai-200 ml.chefir-1b
Lacto-vegetarian 2500 cal.	Paine,branza topita,ou fiert,unt -300g,2b,1b,16g, -ceai menta-200 ml	banana-1b	Supa cu fidea-300ml. Mazare si ciuperci sote -180g,50g Gogosari -50g	Salata de cartofi cu oua,castraveti,masline -250g,1b Ceai-200 ml. –gem-2b
Intoleranta lactoza 2500 cal.	Paine,pate pui, ,parizer porc,mustar -300g,1b,60g, -ceai menta-200 ml.	banana-1b	Supa pui cu fidea-300ml.(20g.p.f.) Mancare de mazare cu carne pui -150g,(p.f.),200g Gogosari -50g	Salata de cartofi cu oua,castraveti,masline -250g,1b Ceai-200 ml. –gem-2b
Intoleranta gluten 2500 cal.	Paine,ou fiert, ,parizer porc,unt,mustar -300g,1b,60g,16g -ceai menta-200 ml.	banana-1b	Supa pui cu legume-300ml.(20g.p.f.) Mazare sote cu carne pui -150g,(p.f.),200g Gogosari -50g	Salata de cartofi cu oua,castraveti,masline -250g,1b Ceai-200 ml. –gem-2b
Intocmit:As.de dietetica: Preda Narcisa	Meniul poate suferi modificari!		Alergeni regasiti in alimentele din meniu- lactoza,gluten,albus de ou,telina,boabe mustar	Produs congelat-carne pui,mazare

MENIUL ZILEI-MIERCURI-15.04.2026

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,branza pufoasa 300g,1b,1b 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
Hiposodat Cardiac Renal 2500 cal	Paine d.,mozzarella,rosii pate pui,unt 300g,100g,2b,60g,1b,16g -ceai menta-200 ml.	mar-1b	Ciorba salata verde-300ml Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Mamaliga cu branza si smantana -200g,80g Ceai-200 ml-ou fiert-1b
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,mozzarella,unt 300g,1b,30g,1b,16g -ceai menta-200 ml.	Banana-1b	Supa salata verde-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
Lehuze/gravide 2500-3000 cal.	Paine,mozzarella,rosii pate pui,unt 300g,100g,2b,60g,1b,16g -ceai menta-200 ml.	Mar-1b	Ciorba salata verde-300ml Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Mamaliga cu branza si smantana -200g,80g Ceai-200 ml- ou fiert-1b
Diabet zaharat 2500 cal.	Paine d.,mozzarella,rosii, pate pui,unt 150g,100g,2b,60g,1b,16g -ceai menta-200 ml.	Mar-1b	Ciorba salata verde-300ml Tocanita pui cu cartofi nature si dovlecei 150g(p.f.)-250g,150g Gogosari-50g	Spanac scazut cu ou ochi -200g,1b Ceai-200 ml-chefir-2b
Comun(mixt) 2500-3000 cal.	Paine,mozzarella,rosii, pate pui,unt 300g,100g,2b,60g,1b,16g -ceai menta-200 ml.	Mar-1b	Ciorba salata verde-300ml Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Mamaliga cu branza si smantana -180g,80g Ceai-200 ml ou fiert-1b
Copii-1-3 ANI 3-16 ani 2500 cal	Paine,mozzarella,rosii, crenvusti pui,unt 300g,100g,2b,60g,1b,16g	Mar-1b	Ciorba salata verde-300ml Musaca de cartofi cu carne pui -150g(p.f.),250g	Mamaliga cu branza si smantana -200g,80g Ceai-200 ml- ou fiert-1b

	-ceai menta-200 ml.		Sfecla rosie-50g	
Intoleranta lactoza 2500 cal.	Paine,crenvusti pui,mustar,gem 300g,60g,1b,40g.	Mandarina-1b	Ciorba salata verde-300ml Musaca de cartofi cu carne pui -150g(p.f.),250g	Paste fainoase cu pesmet -180g,30g Ceai-200 ml- ou fiert-1b
Garda medici 2500-3000 cal.	Paine,mozzarella,rosii pate pui,unt 300g,100g,2b,60g,1b,16g -ceai menta-200 ml.	Mar-1b	Ciorba salata verde-300ml Tocanita porc cu cartofi nature si dovlecei 150g(p.f.)-250g,150g Gogosari-50g	Spanac scazut cu ou ochi -200g,2b Ceai-200 ml-chefir-1b
Intoleranta gluten 2500 cal.	Paine fara gluten,mozzarella, rosii,crenvusti pui,mustar,unt 300g,30g,2b,60g,1b,16g -ceai menta-200 ml.	Mar-1b	Ciorba salata verde-300ml Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Mamaliguta cu branza si smantana -200g,80g Ceai-200 ml ou fiert-1b
Practica religioasa 2500 cal.	Paine,mozzarella,rosii, crenvusti pui,mustar,unt 300g,30g,2b,60g,1b,16g -ceai menta-200 ml.	Mar-1b	Ciorba salata verde-300ml Musaca de cartofi cu carne pui -150g(p.f.),250g Sfecla rosie-50g	Mamaliga cu branza si smantana -180g,80g Ceai-200 ml- ou fiert-1b
Lacto-vegetarian 2500 cal.	Paine,mozzarella,rosii, ou fiert,unt 300g,30g,2b,16g -ceai menta-200 ml	Mar-1b	Ciorba salata verde -300ml Cartofi nature cu dovlecei 250g,150g	Mamaliguta cu branza si smantana -200g,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,spanac

MENIUL ZILEI-JOI-16.04.2026

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 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
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 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
Hiposodat Cardiac Renal 2500 cal	Paine d.salam vara,ou fiert,castravete,unt 300g,60g,1b,1b,16g, -ceai menta-200 ml	banana-1b	Ciorba fasole pastai-300 ml Pilaf orez cu carne vita -150g(p.f.),180g	Budinca paste fainoase cu branza vaci,stafide 180g,80g,10g Ceai-200 ml.-crema branza-1b
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert, chefir,unt 300g,1b,1b,16g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu fidea-300 ml. Carne pui cu orez 150g (pui),180g	Paste fainoase cu branza vaci 180gr,80g Ceai-200 ml.-crema branza-1b
Lehuze/gravide 2500-3000 cal.	Paine,salam vara,ou fiert, castravete,unt 300g,60g,1b,1b,16g, -ceai menta-200 ml	banana-1b	Ciorba fasole pastai-300 ml Pilaf orez cu carne vita -150g(p.f.),180g	Budinca paste fainoase cu branza vaci,stafide 180g,80g,10g Ceai-200 ml.- crema branza-1b
Diabet zaharat 2500 cal.	Paine d.salam vara,cas vaca,castravete,unt, 150g,60g,80g,1b,16g -ceai menta amar-200 ml	Mar-1b	Ciorba fasole pastai-300 ml Ostropel vita cu orez -150g(p.f.),180g	Mancare de mazare cu ou ochi 200g,1b. Ceai amar-200 ml-chefir-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,salam vara,ou fiert, castravete,unt 300g,60,1b,1b,16g, -ceai menta-200 ml	banana-1b	Ciorba fasole pastai-300 ml Pilaf orez cu carne vita -150g(p.f.),180g	Budinca paste fainoase cu branza vaci,stafide 180g,80g,10g Ceai-200 ml.- crema branza-1b
Copii-1-3 ani 3-16 ani 2500 cal	Paine,salam vara,ou fiert castravete,unt 300g,60g,1b,1b,16g,	banana-1b	Ciorba fasole pastai-300 ml Pilaf orez cu carne pui -150g(p.f.),180g	Budinca paste fainoase cu branza vaci,stafide 180g,80g,10g

	-ceai menta-200 ml			Ceai-200 ml.- crema branza-1b
Intoleranta lactoza 2500 cal.	Paine,salam vara,castravete, Ou fiert 300g,60g,1b,1b -ceai menta-200 ml	banana-1b	Ciorba fasole pastai-300 ml Pilaf orez cu carne vita -150g(p.f.),180g	Paste fainoase cu pesmet 180g,30g Ceai amar-200 ml-gem-2b
Garda medici 2500-3000 cal.	Paine,salam vara,ou fiert,castravete,unt 300g,60g,1b,1b,16g, -ceai menta-200 ml	Mar-1b	Ciorba fasole pastai-300 ml Ostropel vita cu orez -150g(p.f.),180g	Mancare de mazare cu ou ochi 200g,1b. Ceai amar-200 ml-chefir-1b
Intoleranta gluten 2500 cal.	Paine f.gluten,salam vara,ou fiert,castravete,unt 300g,60g,1b,1b,16g, -ceai menta-200 ml	banana-1b	Ciorba fasole pastai-300 ml Pilaf orez cu carne vita -150g(p.f.),180g	Budinca paste fainoase cu branza vaci,stafide 180g,80g,10g Ceai-200 ml.-gem-2b
Practica religioasa 2500 cal.	Paine,pate pui,castravete,ou fiert,unt 300g,1b,1b,1b,16g -ceai menta-200 ml	banana-1b	Ciorba fasole pastai-300 ml Pilaf orez cu carne vita -150g(p.f.),180g	Budinca paste fainoase cu branza vaci,stafide 180g,80g,10g Ceai-200 ml.-gem-2b
Lacto-vegetarian 2500 cal.	Paine,cas vaca,castravete, ou fiert,unt 300g,80g,1b,1b,16g -ceai menta-200 ml	banana-1b	Ciorba fasole pastai-300 ml. Pilaf orez cu ciuperci -180g,30g	Budinca paste fainoase cu branza vaci,stafide 180g,80g,10g 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-carne pui,vita,fasole,mazare

MENIUL ZILEI-VINERI-17.04.2026

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	Branza topita,iaurt-18,1b Ceai fara zahar-200 ml.
Hiposodat Cardiac Renal 2500 cal	Paine d.,unt,rulada pui ardei,branza topita 300g,16g,60g,2b -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Papricas pui cu paste fainoase -150g(p.f.)180g Gogonele-50g	Gris cu lapte,vanilie Ceai-200 ml -miere-2b
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,unt,telemea 300g,1b,16g,80g -ceai menta-200 ml.	Mar copt 1b	Supa pui cu legume-300ml.(20g.p.f) Carne pui cu orez si dovlecei 150g(p.f),60g,100g	Gris cu lapte,vanilie Ceai-200 ml -miere-2b
Lehuze/gravide 2500-3000 cal.	Paine,unt,rulada pui ardei,branza topita 300g,16g,2b,60g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Papricas pui cu paste fainoase -150g(p.f.)180g Gogonele-50g	Gris cu lapte,vanilie Ceai-200 ml -miere-2b
Diabet zaharat 2500 cal.	Paine d.unt, ardei,branza topita,rulada pui 150g,16g,1b,2b,60g -ceai menta amar-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Carne pui cu morcov baby si dovlecei 150g(p.f),60g,100g	Mamaliga cu branza si smantana 200g,80g Ceai amar-200 ml –iaurt-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,unt,rulada pui ardei,branza topita 300g,16g,2b,60g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Papricas pui cu paste fainoase -150g(p.f.)180g Gogonele-50g	Gris cu lapte,vanilie Ceai-200 ml -miere-2b
Copii-1-3 ani 3-16 ani 2500 cal.	Paine,unt,rulada pui ardei,branza topita 300g,16g,2b,60g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Papricas pui cu paste fainoase -150g(p.f.)180g Gogonele-50g	Gris cu lapte,vanilie Ceai-200 ml -miere-2b

Garda medici 2500-3000 cal.	Paine,unt,ardei,branza topita,rulada pui 300g,16g,1b,2b,60g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Papricas pui cu paste fainoase -150g(p.f.)180g Gogonele-50g	Mamaliga cu branza si smantana 200g,80g Ceai amar-200 ml –iaurt-1b
Intoleranta lactoza 2500 cal.	Paine,gem, ardei,rulada pui 300g,1b,2b,60g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Carne pui cu orez si dovlecei 150g(p.f),60g,100g	Cartofi copti,ou fiert 250g,1b-Miere 2b Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten,unt,rulada pui ardei,branza topita 300g,16g,2b,60g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Carne pui cu orez si dovlecei 150g(p.f),60g,100g	Cartofi copti,ou fiert 250g,1b-Miere 2b Ceai-200 ml
Practica religioasa 2500 cal.	Paine,unt,rulada pui ardei,branza topita 300g,16g,2b,60g -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Papricas pui cu paste fainoase -150g(p.f.)180g Gogonele-50g	Gris cu lapte,vanilie Ceai-200 ml -miere-2b
Lacto- vegetarian 2500 cal.	Paine,unt, ardei,branza topita 300g,16g,2b -ceai menta-200 ml	mandarina-1b	Ciorba de cartofi-300ml. Pilaf orez cu dovlecei-180g,30g Gogonele-50g	Gris cu lapte,vanilie Ceai-200 ml -miere-2b
Intocmit:As.de dietetica: Preda Narcisa				
	Meniul poate suferi modificari!!		Alergeni regasiti in compozitia alimentelor- lactoza,gluten,albus de ou,telina,cacao	Produs congelat-pulpe pui,morcov baby

MENIUL ZILEI-SAMBATA-18.04.2026

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 proteic 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 si orez-300 ml.-(20p.f) Carne pui cu morcov si telina 150g pui,100g,100g	Branza topita,branza pufoasa 18gr,1b Ceai fara zahar-200 ml.
Hiposodat Cardiac Renal 2500 cal	Paine d.unt,telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec de porc-300ml. -(20p.f) Ostropel pui 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 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
Lehuze/gravide 2500-3000 cal.	Paine,unt,telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec de porc-300ml. -(20p.f) Ostropel pui 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,mustar 150g,80g,16g,60g,1b -ceai menta amar-200 ml	Mar copt-1b	Ciorba a la grec de porc-300ml. -(20p.f) Ostropel pui cu mamaliga -150g(p f.)-200g Gogosari-50g	Ou fiert,pate porc- 1b,100g Ceai-200 ml
Comun(mixt) Insotitori 2500-3000 cal.	Paine,unt,telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec de porc-300ml. -(20p.f) Ostropel pui cu mamaliga -150g(p f.)-200g Sfecla rosie-50g	Miere,chefir 40g,300g Ceai-200 ml
Copii-1-3 ani 3-16 ani 2500 cal.	Paine d.unt,telemea, crenvusti pui,mustar 300g,16g,1b,60g,1b	banana-1b	Ciorba a la grec de porc-300ml. -(20p.f) Ostropel pui cu mamaliga -150g(p f.)-200g	Miere,actimel 40g,1b Ceai-200 ml

	-ceai menta-200 ml		Sfecla rosie-50g	
Garda medici 2500-3000 cal.	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) Ostropel pui cu mamaliga -150g(p f.)-180g Sfecla rosie-50g	Ou fiert,pate porc,gem 175g,100g,2b Ceai-200 ml
Intoleranta lactoza 2500 cal.	Paine,crenvusti pui,mustar,ou fiert-300g,60g,1b -ceai menta-200 ml	banana-1b	Supa pui cu legume-300ml.-(20p.f) Ostropel pui cu mamaliga -150g(p f.)-200g Sfecla rosie-50g	Pate porc,miere 100g,40g. Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten,telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba a la grec de porc-300ml. -(20p.f) Ostropel pui cu mamaliga -150g(p f.)-200g Sfecla rosie-50g	Miere,chefir 100g,300g Ceai-200 ml
Practica religioasa 2500 cal.	Paine,telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Supa pui cu legume-300ml.-(20p.f) Ostropel pui 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 de legume-300ml. Ciulama de ciuperci cu mamaliga-200g,200g Sfecla rosie-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-19.04.2026

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 orez si dovlecei 120g (p.f),60g,200g	Ou fiert,crema de branza 80 gr,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	banana-1b	Supa pui cu fidea-300ml.(20p.f) Friptura porc cu sos de legume si cartofi piure -150g(p.f.),250g	Ou fiert,unt 1b,16g 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(p f.),250g	Ou fiert crema de branza 80 gr,150g Ceai -200 ml.
Lehuze/gravide 2500-3000 cal.	Paine,mozzarella, salam de vara,rosii 300g,30g,60g,1b -ceai menta-200 ml	banana-1b	Supa pui cu fidea-300ml.(20p.f) Friptura porc cu sos de legume si cartofi piure -150g(p.f.),250g	Ou fiert ,unt 1b,16g 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 fidea-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
Comun(mixt) Insotitori 2500-3000 cal.	Paine,mozzarella, salam de vara,rosii 300g,30g,60g,1b -ceai menta-200 ml	banana-1b	Supa pui cu fidea-300ml.(20p.f) Friptura porc cu sos de legume si cartofi piure -150g(p.f.),250g	Ou fiert,unt 1b,16g Ceai-200 ml
Copii-1-3 ani 3-16 ani	Paine,mozzarella, salam de vara,rosii	banana-1b	Supa pui cu fidea-300ml.(20p.f) Snitel piept pui cu cartofi piure	Ou fiert,unt 1b,16g

2500 cal	300g,30g,60g,1b -ceai menta-200 ml		-150g(p.f.),250g	Ceai-200 ml
Intoleranta lactoza 2500 cal.	Paine,rosii,salam vara 300g,1b,60g -ceai menta-200 ml	Banana-1b	Supa pui cu fidea-300ml.(20p.f) Friptura porc cu sos de legume si cartofi piure -150g(p.f.),250g	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	banana-1b	Supa pui cu fidea-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
Intoleranta gluten 2500 cal.	Paine f.gluten,mozzarella, rosii,salam vara 300g,30g,1b,60g -ceai menta-200 ml	Banana-1b	Supa pui cu fidea-300ml.(20p.f) Friptura porc cu sos de legume si cartofi piure -150g(p.f.),250g	Ou fiert ,unt 1b,16g Ceai-200 ml
Practica religioasa 2500 cal.	Paine,mozzarella, rosii,rulada pui 300g,30g,1b,60g -ceai menta-200 ml	banana-1b	Supa pui cu fidea-300ml.(20p.f) Friptura pui cu sos de legume si cartofi piure -150g(p.f.),250g	Ou fiert ,unt 1b,16g Ceai-200 ml
Lacto-vegetarian 2500 cal.	Paine,mozzarella,rosii,ou fiert rosu-300g,30g,1b -ceai menta-200 ml	banana-1b	Supa cu fidea-300 ml Cartofi nature si ciuperci sote -250g,100g	Unt,iaurt 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	Produce congelat-carne pui,porc

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