

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+ CINA
<b>Hidric</b> (postoperator) 1000 cal	Biscuite ½buc. ceai indulcitr(300 ml)	Compot 100ml-	Supa limpede de legume.	Biscuite ½-208 cal. ceai indulcitr(300 ml)80 cal.
<b>Pasat sonda</b> 1000 cal.	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 Cei-200ml. chefir-1b.
<b>Enterocolita</b> (1-2 zile-ceai fara zahar)-1500 cal	Paine,telemea,ou fiert 300g,80g,1b Cei 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 copți cu branza vaci -180g,80g Cei fara zahar-200 ml-
<b>Hiposodat</b> <b>Cardiac</b> 2500 cal.	Paine d,parizer, telemea,unt, 300g,60g,80g,1b,16g -ceai menta-200ml	Biscuiti cu crema-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 Cei-200ml.-
<b>Ulcer,colecist cr.</b> <b>Hepatic</b> 2000 cal.	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 si telina 150g,(p,f),100g,100g	Cartofi copți cu branza vaci -180g,80g Cei-200 ml
<b>Lehuze/gravide</b> 2500-3000 cal.	Paine,parizer, telemea,unt, 300g,60g,80g,1b,16g -ceai menta-200ml	Biscuiti cu crema-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 Cei-200ml.
<b>Diabet zaharat</b> 2000-2500 cal.	Paine d,parizer, telemea,unt, 150g,60g,80g,1b,16g -ceai menta amar-200ml	mar-1b	Ciorba fasole pastai-300ml. Rulada pui cu cus-cus-150(p.f.),250g Sos rosii-50gr	Salata de cartofi cu oua cu ardei,masline -150g,1b Cei amar-200ml.-crema de branza-1buc
<b>Copii-1-3 ani</b> 3-16 ani 2500 cal.	Paine,parizer, telemea,unt, 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 Cei-200ml.
<b>Commun(mixt)</b> 2500-3000 cal.	Paine,parizer, telemea,unt, 300g,60g,80g,1b,16g	Biscuiti cu crema-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 Cei-200ml.

	-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 copii cu ou fiert -180g,80g Ceai -200 ml –pate pui-1b	
<b>Garda medici 2500-3000 cal.</b>	Paine,parizer, Cas vaca,unt, 300g,60g,80g,1b,16g -ceai menta- 200ml	mar-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 cus-cus-150(p.f.),180g Sos rosii-50g	Cartofi copii 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>Intocmi: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</b>	Biscuite-50g ceai indulcit(300 ml)	Compot fructe- 100ml	Supa limpede de legume	Biscuite-50g ceai indulcit(300 ml)
<b>Pasat sonda 1000 cal.</b>	Iaurt,ou,biscuite 150g,1b,50g -ceai-200 ml.	Banana	Supa concentrata (ou,smantana,carne,morcov, orez,unt)-300 ml.	Cartofi piure,branza vaci 250g,100g -ceai-200 ml.
<b>Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.</b>	Paine,cas de vaca,chefir 300g,80g,1b.-918 cal. Ceai fara zahar-200 ml.	Banana-1b	Supa pui cu fidea-300 ml.(20g.p.f.) Carne pui cu orez cu morcov 150g,pui,180g,50g	Paste fainoase cu branza vaci -180g,80g. Ceai fara zahar-200 ml.
<b>Hiposodat Cardiac Renal 2500 cal.</b>	Paine d.,crenvusti mustar,ou fiert,unt 300g,60g,1b,1b,16g Ceai menta-200ml	Biscuiti 1 buc	Ciorba ardeleneasca de pui-300ml.(20g.p.f.) Friptura pui cu pilaf de orez si ciuperci- 150g,(p.f.),180g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. -
<b>Ulcer, Colecist Hepatic 2000 cal.</b>	Paine,cas de vaca,chefir,unt 300g,80g,140g,16g -ceai menta-200 ml.	Banana-1b	Supa pui cu fidea-300 ml.(20g.p.f.) Carne pui cu orez si morcov fiert 150g,pui,100g,100g	Paste fainoase cu branza vaci-180g,400ml Ceai -200 ml. -ou fiert-1b
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine ,crenvusti mustar,ou fiert,unt 300g,60g,1b,1b,16g Ceai menta-200ml	Banana -1buc	Ciorba ardeleneasca de pui-300ml.(20g.p.f.) Friptura pui cu pilaf de orez si ciuperci- 150g,(p.f.),180g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. -
<b>Diabet zaharat 2500 cal.</b>	. Paine d.,crenvusti mustar,ou fiert,unt 300g,60g,1b,1b,16g Ceai menta-200ml	Mar -1b	Ciorba ardeleneasca de pui-300ml.(20g.p.f.) Friptura porc cu pilaf de orez si ciuperci- 150g,(p.f.),180g Castraveti-50g	Mamaliga cu lapte batut -200g,200g,80g Ceai amar-200 ml.-crema branza-1b
<b>Comun(mixt) 2500-3000 cal.</b>	Paine ,crenvusti mustar,ou fiert,unt 300g,60g,1b,1b,16g Ceai menta-200ml	Napolitane- 1buc	Ciorba ardeleneasca de pui-300ml.(20g.p.f.) Friptura pui cu pilaf de orez si ciuperci- 150g,(p.f.),180g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. -
<b>Copii-1-3 ani 3-16 ani 2500 cal.</b>	Paine ,crenvusti mustar,ou fiert,unt 300g,60g,1b,1b,16g Ceai menta-200ml	Banana-1b	Ciorba ardeleneasca de pui-300ml.(20g.p.f.) Friptura pui cu pilaf de orez si ciuperci- 150g,(p.f.),180g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. -

<b>Practica religioasa</b> 2500 cal.	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</b> 2500-3000 cal.	Paine, crenvusti mustar, ou fiert, unt 300g, 60g, 1b, 1b, 16g Ceai menta-200ml	Banana -1b	Ciorba ardelenasca de pui-300ml.(20g.p.f.) Friptura porc cu pilaf de orez si ciuperci-150g,(p.f.),180g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. -crema branza-1b
<b>Lacto-vegetarian</b> 2500 cal.	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</b> 2500 cal.	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</b> 2500 cal.	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:</b> <b>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, fasole

**MENIUL ZILEI-MIERCURI-22.04.2026**

**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-50g ceai indulcit(300 ml)	Compot fructe-100g-	Supa limpede de legume-300 ml.	Biscuite-50g ceai indulcit(300 ml.)
<b>Pasat sonda 1000 cal</b>	Ou fiert, chefir 1b, 175g -ceai fara zahar-200 ml.	Biscuite-50g-	Supa concentrata (ou, orez, smantana, legume, spanac, carne) -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 Piept pui cu orez si gulie 150g(p.f.), 60g, 100g	Gris prajit cu branza vaci 250gr, 80g Ceai fara zahar-200 ml.
<b>Hiposodat Cardiac Renal 2500 cal</b>	Paine d., mozzarella, rosie rulada pui, unt 300g, 30g, 1b, 60g, 16g -ceai menta-200 ml.	mandarina-1b	Supa vita cu fidea-300ml(20g.f.) Ostropel pui cu cartofi piure -150g(p.f.), 250g Gogosari	Gris cu lapte, vanilie-180g, 400 ml. Ceai-200 ml-
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine, ou fiert, mozzarella, unt 300g, 1b, 30g, 16g -ceai menta-200 ml.	Banana-1b	Supa pui cu legume-300 ml(20g.f.) Piept pui cu cartofi piure si gulie 150g (p.f)250g, 100g	Gris cu lapte, vanilie-180g, 400 ml. Ceai-200 ml-
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine, mozzarella, rosie rulada pui, unt 300g, 30g, 2b, 60g, 16g -ceai menta-200 ml.	mandarina-1b	Supa vita cu fidea-300ml(20g.f.) Ostropel pui cu cartofi piure -150g(p.f.), 250g Gogosari	Gris cu lapte, vanilie-180g, 400 ml. Ceai-200 ml-
<b>Diabet zaharat 2500 cal.</b>	Paine d., mozzarella, rosie, rulada pui, unt 300g, 30g, 2b, 60g, 16g -ceai menta-200 ml.	mandarina-1b	Supa vita cu fidea-300ml(20g.f.) Ostropel pui cu cartofi piure -150g(p.f.), 250g Gogosari	Mazare sote cu ou ochi -200g, 1b Ceai-200 ml-
<b>Comun(mixt) 2500-3000 cal.</b>	Paine, mozzarella, rosie, rulada pui, unt 300g, 30g, 2b, 60g, 16g -ceai menta-200 ml.	mandarina-1b	Supa vita cu fidea-300ml(20g.f.) Ostropel pui cu cartofi piure -150g(p.f.), 250g Gogosari	Gris cu lapte, vanilie-180g, 400 ml. Ceai-200 ml-
<b>Copii-1-3 ANI 3-16 ani 2500 cal</b>	Paine, mozzarella, rosie, rulada pui, unt 300g, 30g, 2b, 60g, 16g	mandarina-1b	Supa vita cu fidea-300ml(20g.f.) Ostropel pui cu cartofi piure -150g(p.f.), 250g	Gris cu lapte, vanilie-180g, 400 ml. Ceai-200 ml-

<b>Intoleranta lactoza 2500 cal.</b>	-ceai menta-200 ml. Paine,crenvusti pui,gem 300g,60g,40g.	mandarina-1b	Supa pui cu fidea-300ml(20g.f.) Ostropel pui cu cartofi piure -150g(p.f.),250g Gogosari	Mazare sote cu ou ochi -200g,1b Ceai-200 ml-miere-2b
<b>Garda medici 2500-3000 cal.</b>	Paine,mozzarella,rosie rulada pui,unt 300g,30g,2b,60g,16g -ceai menta-200 ml.	mandarina-1b	Supa vita cu fidea-300ml(20g.f.) Ostropel pui cu cartofi piure -150g(p.f.),250g Gogosari	Mazare sote cu ou ochi -200g,2b Ceai-200 ml-
<b>Intoleranta gluten 2500 cal.</b>	Paine fara gluten,mozzarella, rosie,crenvusti pui 300g,30g,2b,60g -ceai menta-200 ml.	Mandarina-1b	Supa pui cu fidea-300ml(20g.f.) Ostropel pui cu cartofi piure -150g(p.f.),250g Gogosari	Mazare sote cu ou ochi -200g,1b Ceai-200 ml-pate pui-1b
<b>Practica religioasa 2500 cal.</b>	Paine,mozzarella,rosie, crenvusti pui 300g,30g,2b,60g -ceai menta-200 ml.	mandarina-1b	Supa pui cu fidea-300ml(20g.f.) Ostropel pui cu cartofi piure -150g(p.f.),250g Gogosari	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-crema branza-1b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,mozzarella,rosie, ou fiert,unt 300g,30g,2b,16g -ceai menta-200 ml	mandarina-1b	Supa de rosii cu orez-300ml Cartofi piure,guile fiarta 250g,100g	Gris cu lapte,vanilie-180g,400 ml. Ceai-200 ml-crema branza-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,mazare

**MENIUL ZILEI-JOI-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-50g ceai indulcit(300 ml)	Compot fructe-100g-	Supa limpede de legume-300 ml.	Biscuite-50g ceai indulcit(300 ml.)
<b>Pasat sonda 1000 cal.</b>	Ou crud,crema branza 1b,1b -ceai -200 ml.	Mar copt-1b Biscuite-50g	Supa concentrata (ou,orez,smantana,legume,carne).-300 ml.	Cartofii 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 fidea-300 ml.-(20p.f) Carne pui cu telina si morcov baby 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,telemea,ardei 300g,60g,80g,1b -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca de porc-300 ml Escalop pui cu mamaliga-150g(p.f).200g Castraveti-50g	Budinca orez cu rahat,staffide,vanilie 180g,400ml 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 fidea-300 ml.(20pui.f) Carne pui cu telina si morcov baby 150g (pui),110g,100g	Orez cu lapte 180gr,400ml. 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 ardeleneasca de porc-300 ml Escalop pui cu mamaliga-150g(p.f).200g Castraveti-50g	Budinca orez cu rahat,staffide,vanilie 180g,400ml Ceai-200 ml.-miere-2b
<b>Diabet zaharat 2500 cal.</b>	Paine d.salam vara,telemea,ardei 150g,60g,80g,1b -ceai menta amar-200 ml	Mar-1b	Ciorba ardeleneasca de porc-300 ml Escalop pui cu mamaliga-150g(p.f).200g Castraveti-50g	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, telemea,ardei 300g,60g,80g,1b -ceai menta-200 ml	Mar-1b	Ciorba ardeleneasca de porc-300 ml Escalop pui cu mamaliga-150g(p.f).200g Castraveti-50g	Budinca orez cu rahat,staffide,vanilie 180g,400ml Ceai-200 ml.-miere-2b
<b>Copii-1-3 ani 3-16 ani 2500 cal</b>	Paine,salam vara, telemea,ardei 300g,60g,80g,1b	Mar-1b	Ciorba ardeleneasca de porc-300 ml Escalop pui cu mamaliga-150g(p.f).200g Castraveti-50g	Budinca orez cu rahat,staffide,vanilie 180g,400ml Ceai-200 ml.-miere-2b

<b>Intoleranta lactoza 2500 cal.</b>	-ceai menta-200 ml 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 telina si morcov baby 150g (pui),100g,100g	Varza calita cu orez 250g,180g 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 ardelenasca de porc-300 ml Escalop pui cu mamaliga-150g(p.f).200g Castraveti-50g	Pulpa 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,telemea,ardei 300g,60g,80g,1b -ceai menta-200 ml	Mar-1b	Ciorba ardelenasca de porc-300 ml Escalop pui cu mamaliga-150g(p.f).200g Castraveti-50g	Budinca orez cu rahat,stafide,vanilie 180g,400ml Ceai-200 ml.-miere-2b
<b>Practica religioasa 2500 cal.</b>	Paine,pate pui,ardei,telemea 300g,1b,1b,80g -ceai menta-200 ml	Mar-1b	Supa pui cu fidea -300 ml(20gp.f.) Escalop pui cu mamaliga-150g(p.f).200g Castraveti-50g	Budinca orez cu rahat,stafide,vanilie 180g,400ml Ceai-200 ml.-miere-2b
<b>Lacto-vegetarian 2500 cal.</b>	Paine,telemea,ardei, ou fiert 300g,80g,1b,1b -ceai menta-200 ml	Mar-1b	Supa cu fidea-300 ml. Ciuperci sote si morcov baby 200g,100g	Budinca orez cu rahat,stafide,vanilie 180g,400ml 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-24.04.2026**

**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-50g ceai indulcit(300 ml)	Compot fructe-100g-	Supa limpede de legume-300 ml.	Biscuite-50g ceai indulcit(300 ml.)
<b>Pasat sonda 1000 cal</b>	Ou fiert, chefir 1b,175g -ceai zahar-200 ml.	Mar-copt 1b biscuite	Supa concentrata (ou,orez,smantana,legume,carne).-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, Mozarella,masline 300g,60g,30g,3b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Mancare de mazare cu carne pui -150g(p f.),100g Gogonele-50g	Budinca paste fainoase cu branza vacii,vanilie,staffide -180g,80g Ceai-200 ml-chefir-1b
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,ou fiert,telemea 300g,1b,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,masline 300g,60g,80g,3b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Mancare de mazare cu carne pui -150g(p f.),100g Gogonele-50g	Budinca paste fainoase cu branza vacii,vanilie,staffide -180g,80g Ceai-200 ml-chefir-1b
<b>Diabet zaharat 2500 cal.</b>	Paine d.,sunca pui, telemea,masline 150g,60g,80g,3b -ceai menta amar-200 ml	Mar copt-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,masline 300g,60g,80g,3b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Mancare de mazare cu carne pui -150g(p f.),100g Gogonele-50g	Budinca paste fainoase cu branza vacii,vanilie,staffide -180g,80g Ceai-200 ml-chefir-1b
<b>Copii-1-3 ani 3-16 ani 2500 cal.</b>	Paine,sunca pui, telemea,masline 300g,60g,80g,3b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Mancare de mazare cu carne pui -150g(p f.),100g Gogonele-50g	Budinca paste fainoase cu branza vacii,vanilie,staffide -180g,80g Ceai-200 ml-chefir-1b

<b>Garda medici 2500-3000 cal.</b>	Paine,sunca pui,telemea ,unt,masline 300g,60g,80g,3b,16g -ceai menta-200 ml	banana-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,150g(p.f.) Ceai-200 ml- chefir-1b
<b>Intoleranta lactoza 2500 cal.</b>	Paine,sunca pui,pate pui,masline 300g,60g,1b,3b -ceai menta-200 ml	banana-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,masline 300g,60g,80g,3b -ceai menta-200 ml	banana-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- chefir-1b
<b>Practica religioasa 2500 cal.</b>	Paine,sunca pui,telemea,masline 300g,60g,80g,3b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Mancare de mazare cu carne pui -150g(p f.),100g Gogonele-50g	Budinca paste fainoase cu branza vaci,vanilie,stafide -180g,80g Ceai-200 ml- chefir-1b
<b>Lacto- vegetarian 2500 cal.</b>	Paine,telemea, masline,ou fiert,unt 300g,80g,1b,3b,16g -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml Mazare sote cu cus-cus-180g,50g Gogonele-50g	Budinca paste fainoase cu branza vaci,vanilie,stafide -180g,80g 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-pulpe pui,mazare

**MENIUL ZILEI-SAMBATA-25.04.2026**

**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-100g. ceai indulcit(300 ml)	Compot fructe-100g-	Supa limpede de legume-300 ml.	Biscuite-100g ceai indulcit(300 ml.)
<b>Pasat sonda 1000 cal</b>	Ou fiert,iaurt 1b,1b -ceai fara zahar-200 ml.	Mar copt-1b biscuite	Supa concentrata (ou,orez,smantana,legume,carne).-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 fidea-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.ou fiert, crenvusti pui,cas vaca 300g,16g,1b,60g,80g -ceai menta-200 ml	banana-1b	Ciorba ardeleneasca de porc-300ml. Friptura pui innabusita cu pilaf de orez -150g(p f.)-180g Sfecla rosie-50g	Crema branza,salam vara 1b,60g Ceai-200 ml
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,ou fiert,cas vaca 300g,1b,80g -ceai menta-200 ml.	Mar copt-1b	Supa pui cu fidea-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,ou fiert, crenvusti pui,cas vaca 300g,16g,1b,60g,80g -ceai menta-200 ml	banana-1b	Ciorba ardeleneasca de porc-300ml. Friptura pui innabusita cu pilaf de orez -150g(p f.)-180g Sfecla rosie-50g	Crema branza,salam vara 1b,60g Ceai-200 ml
<b>Diabet zaharat 2500 cal.</b>	Paine d.,cas vaca rulada pui,ou fiert 150g,80g,60g,1b -ceai menta amar-200 ml	mar-1b	Ciorba ardeleneasca de porc-300ml. Friptura pui innabusita cu pilaf de orez -150g(p f.)-180g Castraveti murati-50g	Iaurt,pate porc- 1b,100g Ceai-200 ml
<b>Comun(mixt) Insoțitori 2500-3000 cal.</b>	Paine,ou fiert, crenvusti pui,cas vaca 300g,16g,1b,60g,80g -ceai menta-200 ml	banana-1b	Ciorba ardeleneasca de porc-300ml. Friptura pui innabusita cu pilaf de orez -150g(p f.)-180g Sfecla rosie-50g	Crema branza,salam vara 1b,60g Ceai-200 ml
<b>Copii-1-3 ani 3-16 ani 2500 cal.</b>	Paine,ou fiert, crenvusti pui,cas vaca 300g,16g,1b,60g,80g	banana-1b	Ciorba ardeleneasca de porc-300ml. Friptura pui innabusita cu pilaf de orez -150g(p f.)-180g	Crema branza,salam vara 1b,60g Ceai-200 ml

	-ceai menta-200 ml		Sfecla rosie-50g	
<b>Garda medici 2500-3000 cal.</b>	Paine,cas vaca,unt crenvusti pui,ou fiert 300g,80g,16g,60g,1b -ceai menta-200 ml	Mar-1b	Ciorba ardelenasca de porc-300ml. Friptura pui innabusita cu pilaf de orez -150g(p f.)-180g Castraveti murati-50g	Iaurt,pate porc,miere 1b,100g,2b Ceai-200 ml
<b>Intoleranta lactoza 2500 cal.</b>	Paine,crenvusti pui,ou fiert- 300g,60g,1b -ceai menta-200 ml	banana-1b	Ciorba rosii cu fidea-300ml. 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,cas vaca 300g,16g,1b,60g,80g -ceai menta-200 ml	banana-1b	Ciorba rosii cu orez-300ml. Friptura pui innabusita cu orez -150g(p f.)-180g Sfecla rosie-50g	Crema branza,salam vara 1b,60g Ceai-200 ml
<b>Practica religioasa 2500 cal.</b>	Paine,ou fiert, crenvusti pui,cas vaca 300g,16g,1b,60g,80g -ceai menta-200 ml	banana-1b	Ciorba rosii cu fidea-300ml. Friptura pui innabusita cu orez -150g(p f.)-180g Sfecla rosie-50g	Pate pui,chefir 100g,330g 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 fidea-300ml. Pilaf orez cu ciuperci -180g,50g	Pate pui,chefir 100g,330g 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-26.04.2026**

**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-100g ceai indulcit(300 ml)	Compot fructe-100g-	Supa limpede de legume-300 ml.	Biscuite-100g ceai indulcit(300 ml.)
<b>Pasat sonda 1000 cal</b>	Ou fiert,crema branza 1b,175g -ceai fara zahar-200 ml.	Biscuite-100g- -banana	Supa concentrata (ou,orez,smantana,legume,carne).-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 zdrente-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>Hiposodat Cardiac Renal 2500 cal</b>	Paine d.,mozzarella, Rulada pui,rosie 300g,30g,60g,1b -ceai menta-200 ml	mar-1b	Supa pui cu zdrente-300ml.(20p.f) Tocanita pui cu cartofi piure -150g(p.f.),250g Gogosari-50g	Pate pui,iaurt 1b,1b Ceai-200 ml
<b>Ulcer, Colecistita Hepatic 2000 cal.</b>	Paine,iaurt,mozzarella 300g,140g,30g Ceai menta -200 ml	Banana-1b	Supa pui cu zdrente-300 ml.(20p.f) Carne pui cu cartofi piure 120(pui f.),250g	Ou fiert,crema de branza 1b,150g Ceai -200 ml.
<b>Lehuze/gravide 2500-3000 cal.</b>	Paine ,mozzarella, Rulada pui,rosie 300g,30g,60g,1b -ceai menta-200 ml	mar-1b	Supa pui cu zdrente-300ml.(20p.f) Tocanita porc cu cartofi piure -150g(p.f.),250g Gogosari-50g	Pate pui,iaurt 1b,1b Ceai-200 ml
<b>Diabet zaharat 2500 cal.</b>	Paine d.,mozzarella, Rulada pui,rosie 300g,30g,60g,1b -ceai menta-200 ml	Mar copt-1b	Supa pui cu zdrente-300ml.(20p.f) Tocanita porc cu cartofi piure -150g(p.f.),250g Gogosari-50g	Pate porc,crema branza 100g,1b Ceai-200 ml
<b>Comun(mixt) Insotitori 2500-3000 cal.</b>	Paine ,mozzarella, Rulada pui,rosie 300g,30g,60g,1b -ceai menta-200 ml	mar-1b	Supa pui cu zdrente-300ml.(20p.f) Tocanita porc cu cartofi piure -150g(p.f.),250g Gogosari-50g	Pate pui,iaurt 1b,1b Ceai-200 ml
<b>Copii-1-3 ani 3-16 ani 2500 cal</b>	Paine ,mozzarella, Rulada pui,rosie 300g,30g,60g,1b	mar-1b	Supa pui cu zdrente-300ml.(20p.f) Tocanita pui cu cartofi piure -150g(p.f.),250g	Pate pui,iaurt 1b,1b Ceai-200 ml

<b>Intoleranta lactoza 2500 cal.</b>	-ceai menta-200 ml Paine,rosie,rulada pui 300g,1b,60g -ceai menta-200 ml	mar-1b	Gogosari-50g Supa pui cu zdrente-300ml.(20p.f) Tocanita porc cu cartofi piure -150g(p.f.),250g Gogosari-50g	Ou fiert,pate pui 1b,100g Ceai-200 ml
<b>Garda medici 2500-3000 cal.</b>	Paine ,mozzarella, Rulada pui,rosie,unt 300g,30g,60g,1b,16g -ceai menta-200 ml	mar-1b	Supa pui cu zdrente-300ml.(20p.f) Tocanita porc cu cartofi piure -150g(p.f.),250g Gogosari-50g	Pate porc,crema branza,ou fiert 100g,1b,1b Ceai-200 ml
<b>Intoleranta gluten 2500 cal.</b>	Paine f.gluten,mozzarella, rosii,rulada pui 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	Pate pui,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 zdrente-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,rosie,ou fiert 300g,30g,1b -ceai menta-200 ml	mar-1b	Supa cu zdrente-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!