

MENIUL ZILEI-LUNI-25.05.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+ CINA
Hidric (postoperator) 1000 cal	Biscuite ½buc. ceai indulcit(300 ml)	Compot 100ml-	Supa limpede de legume.	Biscuite ½-208 cal. ceai indulcit(300 ml)80 cal.
Pasat sonda 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 Ceai-200ml. chefir-1b.
Enterocolita (1-2 zile-ceai fara zahar)-1500 cal	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 -iaurt-1b
Hiposodat Cardiac 2500 cal.	Paine d,parizer porc, Branza topita,unt,castravete 300g,60g,18g,16g,50g -ceai menta- 200ml	Mar-1b	Ciorba de rosii cu orez-300ml. Papricas pui cu mamaliga-150(p.f.),200g Gogosari murati-50g	Budinca paste fainoase cu branza vacii, vanilie-180g,80g Ceai-200ml.-chefir-1b
Ulcer,colecist cr. Hepatic 2000 cal.	Paine,telemea,ou fiert,unt 300g,80g,1b,16g -ceai-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	Budinca paste fainoase cu branza vacii, vanilie-180g,80g Ceai-200ml.-chefir-1b
Lehuze/gravide 2500-3000 cal.	Paine,parizer porc, Branza topita,unt,castravete 300g,60g,18g,16g,50g -ceai menta- 200ml	Mar-1b	Ciorba de rosii cu orez-300ml. Papricas pui cu mamaliga-150g,(p,f),200g Gogosari murati-50g	Budinca paste fainoase cu branza vacii, vanilie-180g,80g Ceai-200ml.-chefir-1b
Diabet zaharat 2000-2500 cal.	Paine d,parizer porc, Cas vaca,unt,castravete 150g,60g,80g,16g,50g -ceai menta amar- 200ml	Mar-1b	Ciorba de rosii cu orez-300ml. Tocanita pui cu mamaliga-150g,(p,f),200g Gogosari murati-50g	Fasole pastai cu ciolan -250g,150g(p.f.) Ceai amar-200ml.-chefir-1b
Copii-1-3 ani 3-16 ani 2500 cal.	Paine,parizer porc, Branza topita,unt,castravete 300g,60g,18g,16g,50g -ceai menta- 200ml	Napolitana- 1b	Ciorba de rosii cu orez-300ml. Papricas pui cu mamaliga-150g,(p,f),200g Gogosari murati-50g	Budinca paste fainoase cu branza vacii, vanilie-180g,80g Ceai-200ml.-chefir-1b
Comun(mixt) 2500-3000 cal.	Paine,parizer porc, Branza topita,unt,castravete 300g,60g,18g,16g,50g -ceai menta- 200ml	Mar-1b	Ciorba de rosii cu orez-300ml. Papricas pui cu mamaliga-150g,(p,f),200g Gogosari murati-50g	Budinca paste fainoase cu branza vacii, vanilie-180g,80g Ceai-200ml.-chefir-1b

Intoleranta Lactoza 2500 cal.	Paine,parizer porc, Ou fiert,castravete 300g,60g,1b,50g -ceai menta- 200ml	Mar-1b	Ciorba de rosii cu orez-300ml. Tocanita pui cu mamaliga-150g,(p,f),200g Gogosari murati-50g	Fasole pastai cu ciolan -250g,150g(p.f.) Ceai -200 ml -miere-2b
Garda medici 2500-3000 cal.	Paine,parizer porc, Cas vaca,unt,castravete 300g,60g,80g,16g,50g -ceai menta- 200ml	Mar-1b	Ciorba de rosii cu orez-300ml. Papricas pui cu mamaliga-150(p.f.),200g Gogosari murati-50g	Fasole pastai cu ciolan -250g,150g(p.f.) Ceai-200ml.-chefir-1b
Intoleranta gluten 2500 cal.	Paine f.gluten, parizer porc, Branza topita,unt,castravete 300g,60g,18g,16g,50g -ceai menta- 200ml	Mar-1b	Ciorba de rosii cu orez-300ml. Tocanita pui cu mamaliga-150g,(p,f),200g Gogosari murati-50g	Fasole pastai cu ciolan -250g,150g(p.f.) Ceai -200 ml –chefir-1b
Practica religioasa 2500 cal.	Paine,parizer porc, Branza topita,unt,castravete 300g,60g,18g,16g,50g -ceai menta- 200ml	Mar-1b	Ciorba de rosii cu orez-300ml. Papricas pui cu mamaliga-150(p.f.),200g Gogosari murati-50g	Budinca paste fainoase cu branza vaci,vanilie-180g,80g Ceai-200ml.-chefir-1b
Lacto-vegetarian 2500 cal.	Paine,branza topita,unt,ou fiert,castravete 300g,18g,1b,50g -ceai menta- 200ml	Mar-1b	Ciorba de rosii cu orez-300ml. Tocanita ciuperci cu mamaliga 200g,200g Gogosari murati-50g	Budinca paste fainoase cu branza vaci,vanilie-180g,80g Ceai-200ml.-chefir-1b
Vegetarian 2500 cal.	Paine,gem 300g,40g, -ceai menta- 200ml	Mar-1b	Ciorba de rosii cu orez-300ml. Tocanita ciuperci cu mamaliga 200g,200g Gogosari murati-50g	Salata de cartofi cu masline,gogosari -250g,1b Ceai-200ml.-miere-2b
Intocmit:As.de dietetica-Preda Narcisa	Meniul poate suferi modificari!!		Alergeni care se regasesc in compozitia alimentelor din meniu:lactoza,gluten,albus ou,cacao,mustar,telina	Produse congelate-carne pui,ciolan

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+CINA
Hidric (postoperator) 1000 cal Pasat sonda 1000 cal.	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.
Enterocolita (1-2 zile-ceai fara zahar) 1500 cal.	Paine,branza telemea,iaurt 300g,150g,1b.-918 cal. Ceai fara zahar-200 ml.	Mar copt-1b	Supa chimion cu crutoane-300 ml. Carne pui cu telina cu morcov 150g,pui,180g,50g	Gris prajit cu branza vaci -180g,80g. Ceai fara zahar-200 ml. -branza topita-2b
Hipodat Cardiac Renal 2500 cal.	Paine d.,telemea,rulada pui,ardei,unt -300g,80,50g,60g,16g -ceai menta-200 ml.	banana-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui -150g,(p.f.),180g,50g Castraveti murati -50g	Gris cu lapte,vanilie-180g,400ml. Ceai-200 ml. -iaurt-1b
Ulcer, Colecist Hepatic 2000 cal.	Paine,telemea,iaurt 300g,80g,140g, -ceai menta-200 ml.	Mar copt-1b	Supa chimion cu crutoane-300 ml. Carne vita cu piure de cartofi si morcov 150g,pui,100g,100g	Gris cu lapte,vanilie-180g,400ml. Ceai -200 ml. -branza topita-2b
Lehuze/gravide 2500-3000 cal.	Paine,telemea,rulada pui,ardei,unt -300g,80,50g,60g,16g -ceai menta-200 ml.	banana-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui -150g,(p.f.),180g,50g Castraveti murati -50g	Gris cu lapte,vanilie-180g,400ml. Ceai-200 ml. -iaurt-1b
Diabet zaharat 2500 cal.	Paine d.,telemea,rulada pui,ardei,unt -150g,80,60g,50g,16g -ceai menta amar-200 ml.	Mar-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui -150g,(p.f.),180g,50g Castraveti murati -50g	Conopida gratinata -300g,80g,20g Ceai amar-200 ml.-iaurt-1b
Comun(mixt) 2500-3000 cal.	Paine,telemea,rulada pui,ardei,unt -300g,80,50g,60g,16g -ceai menta-200 ml.	banana-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui -150g,(p.f.),180g,50g Castraveti murati -50g	Gris cu lapte,vanilie-180g,400ml. Ceai-200 ml. -iaurt-1b
Copii-1-3 ani 3-16 ani 2500 cal.	Paine,telemea,rulada pui,ardei,unt -300g,80,50g,60g,16g -ceai menta-200 ml.	banana-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui -150g,(p.f.),180g,50g Castraveti murati -50g	Gris cu lapte,vanilie-180g,400ml. Ceai-200 ml. -iaurt-1b

Practica religioasa 2500 cal.	Paine,telemea,rulada pui,ardei,unt -300g,80,50g,60g,16g -ceai menta-200 ml.	banana-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui -150g,(p.f.),180g,50g Castraveti murati -50g	Gris cu lapte,vanilie-180g,400ml. Ceai-200 ml. -iaurt-1b
Garda medici 2500-3000 cal.	Paine,telemea,rulada pui,ardei,unt -300g,80,50g,60g,16g -ceai menta-200 ml.	banana-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui -150g,(p.f.),180g,50g Castraveti murati -50g	Conopida gratinata -300g,80g,20g Ceai-200 ml.-iaurt-1b
Lacto-vegetarian 2500 cal.	Paine,branza topita,ou fiert,unt,masline -300g,2b,1b,16g, -ceai menta-200 ml	banana-1b	Ciorba taraneasca cu legume-300ml. Pilaf orez cu ciuperci-180g,50g Castraveti murati -50g	Gris cu lapte,vanilie-180g,400ml. Ceai-200 ml. -iaurt-1b
Intoleranta lactoza 2500 cal.	Paine,rulada pui,ardei,ou fiert -300g,60,50g,1b -ceai menta-200 ml.	banana-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui -150g,(p.f.),180g,50g Castraveti murati -50g	Conopida la cuptor cu ou si pesmet -300g,1b,30g Ceai-200 ml. gem-2b
Intoleranta gluten 2500 cal.	Paine,telemea,rulada pui,ardei,unt -300g,80,50g,60g,16g -ceai menta-200 ml.	banana-1b	Ciorba taraneasca de vacuta-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui -150g,(p.f.),180g,50g Castraveti murati -50g	Conopida la cuptor cu ou -300g,1b Ceai-200 ml. gem-2b
Intocmit:As.de dietetica: Preda Narcisa	Meniul poate suferi modificari!		Alergeni regasiti in alimentele din meniulactoza,gluten,albus de ou,telina,boabe mustar	Produs congelat-carne pui,vita,legume.

MENIUL ZILEI-MIERCURI-27.05.2026

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,mozzarella 300g,1b,80g Ceai menta f. zahar-200 ml.	Banana-1b	Supa pui cu legume-300 ml(20g.f.)- Carne pui cu orez si gulie 150g(p.f),60g,100g	Fidea cu branza vaci 180gr,80g Ceai fara zahar-200 ml. Iaurt-1b
Hiposodat Cardiac Renal 2500 cal	Paine d.,mozzarella,rosie Salam vara,unt 300g,30g,1/2b,60g,16g -ceai menta-200 ml.	banana-1b	Supa de pui cu legume-300ml(20g.f.) Friptura pui cu cartofi nature-150g(p.f.),250g Salata varza-100g	Fidea cu lapte,vanilie -180g,400ml Ceai-200 ml-gem-2b
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,mozzarella 300g,1b,30g,1b -ceai menta-200 ml.	Banana-1b	Supa pui cu legume-300 ml(20g.f.) Carne vita cu cartofi nature 150g (p,f)60g,100g	Fidea cu branza vaci -180g,80g Ceai-200 ml-crema branza-1b
Lehuze/gravide 2500-3000 cal.	Paine,mozzarella,rosie Salam vara,unt 300g,30g,1/2b,60g,16g -ceai menta-200 ml.	para-1b	Supa de pui cu legume-300ml(20g.f.) Friptura vita cu cartofi nature-150g(p.f.),250g Sfecla rosie-500g	Fidea cu lapte,vanilie -180g,400ml Ceai-200 ml-gem-2b
Diabet zaharat 2500 cal.	Paine d.,mozzarella,rosie, Salam vara,unt 150g,30g,1/2b,60g,16g -ceai menta-200 ml.	para-1b	Supa de pui cu legume-300ml(20g.f.) Friptura vita cu cartofi nature-150g(p.f.),250g Salata varza-100g	Mamaliga cu branza si smantana -200g,80g Ceai-200 ml-chefir-2b
Comun(mixt) 2500-3000 cal.	Paine,mozzarella,rosie Salam vara,unt 300g,30g,1/2b,60g,16g -ceai menta-200 ml.	para-1b	Supa de pui cu legume-300ml(20g.f.) Friptura vita cu cartofi nature-150g(p.f.),250g Salata varza-100g	Fidea cu lapte,vanilie -180g,400ml Ceai-200 ml-gem-2b
Copii-1-3 ANI 3-16 ani 2500 cal	Paine,mozzarella,rosie Salam vara,unt 300g,30g,1/2b,60g,16g -ceai menta-200 ml.	para-1b	Supa de pui cu legume-300ml(20g.f.) Friptura pui cu cartofi nature-150g(p.f.),250g Salata varza-100g	Fidea cu lapte,vanilie -180g,400ml Ceai-200 ml-gem-2b

Intoleranta lactoza 2500 cal.	Paine,salam vara,rosie,ou fiert 300g,60g,1/2b,1b -ceai menta-200 ml.	para-1b	Supa pui cu legume-300ml(20g.f.) Friptura vita cu cartofi nature-150g(p.f.),250g Salata varza-100g	Paste fainoase cu pesmet -180g,30g Ceai-200 ml-gem-2b
Garda medici 2500-3000 cal.	Paine,mozzarella,rosie Salam vara,unt 300g,30g,1/2b,60g,16g -ceai menta-200 ml.	para-1b	Supa de pui cu legume-300ml(20g.f.) Friptura vita cu cartofi nature-150g(p.f.),250g Salata varza-100g	Mamaliga cu branza si smantana -200g,80g Ceai-200 ml-chefir-2b
Intoleranta gluten 2500 cal.	Paine fara gluten,mozzarella, Rosie,salam vara,unt 300g,30g,1/2b,60g,16g -ceai menta-200 ml.	para-1b	Supa de pui cu legume-300ml(20g.f.) Friptura vita cu cartofi nature-150g(p.f.),250g Salata varza-100g	Orez cu lapte -180g,400ml Ceai-200 ml-gem-2b
Practica religioasa 2500 cal.	Paine,mozzarella,rosie rulada pui,unt 300g,30g,1/2b,60g,16g -ceai menta-200 ml.	para-1b	Supa de pui cu legume-300ml(20g.f.) Friptura vita cu cartofi nature-150g(p.f.),250g Salata varza-100g	Fidea cu lapte,vanilie -180g,400ml Ceai-200 ml-gem-2b
Lacto-vegetarian 2500 cal.	Paine,mozzarella,rosii, ou fiert-300g,30g,2b -ceai menta-200 ml	para-1b	Supa cu legume-300ml Varza calita cu orez -250g,60g	Fidea cu lapte,vanilie -180g,400ml 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,vita

MENIUL ZILEI-JOI-28.05.2026

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,ou fiert, 300g,1b,30g Ceai menta f. zahar-200 ml.	Mar copt-1b	Supa pui cu fidea-300 ml.(20gp.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
Hiposodat Cardiac Renal 2500 cal	Paine d.salam vara,ou fiert,ardei 300g,60g,1b,1b, -ceai menta-200 ml	Mar-1b	Ciorba a la grec de porc-300 ml.(20gp.f.) Mancare de mazare cu carne pui -150g(p.f.),200g	Mamaliga cu branza si smantana 200g,80g,20g Ceai-200 ml.-miere-2b
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,chefir, 300g,1b,1b -ceai menta-200 ml.	Mar copt-1b	Supa pui cu fidea-300 ml. Carne pui cu telina si morcov baby 150g (pui),250g	Orez cu branza vaci 180gr,80g Ceai-200 ml.-crema branza-1b
Lehuze/gravide 2500-3000 cal.	Paine,salam vara, ou fiert,ardei 300g,60g,1b,1b -ceai menta-200 ml	Mar-1b	Ciorba a la grec de porc-300 ml.(20gp.f.) Mancare de mazare cu carne pui -150g(p.f.),200g	Mamaliga cu branza si smantana 200g,80g,20g Ceai-200 ml.-miere-2b
Diabet zaharat 2500 cal.	Paine d.salam vara,ou fiert,ardei 150g,60g,80g,1b -ceai menta amar-200 ml	Mar-1b	Ciorba a la grec de porc-300 ml.(20gp.f.) Friptura pui cu mazare sote si dovlecei -150g(p.f.),200g,100g	Mamaliga cu branza si smantana 200g,80g,20g Ceai amar-200 ml-chefir-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,salam vara, ou fiert,ardei 300g,60,1b,1b -ceai menta-200 ml	Mar-1b	Ciorba a la grec de porc-300 ml.(20gp.f.) Mancare de mazare cu carne pui -150g(p.f.),200g	Mamaliga cu branza si smantana 200g,80g,20g Ceai-200 ml.-miere-2b
Copii-1-3 ani 3-16 ani 2500 cal	Paine,salam vara, ou fiert,ardei, 300g,60g,1b,1b -ceai menta-200 ml	Mar-1b	Ciorba a la grec de porc-300 ml.(20gp.f.) Mancare de mazare cu carne pui -150g(p.f.),200g	Mamaliga cu branza si smantana 200g,80g,20g Ceai-200 ml.-miere-2b

Intoleranta lactoza 2500 cal.	Paine,salam vara,ardei, Ou fiert 300g,60g,1b,1b -ceai menta-200 ml	Mar-1b	Ciorba a la grec de porc-300 ml.(20gp.f.) Mancare de mazare cu carne pui -150g(p.f.),200g	Mamaliga cu branza si smantana 200g,80g,20g Ceai-200 ml.-miere-2b Ceai amar-200 ml- miere-2b
Garda medici 2500-3000 cal.	Paine,salam vara,ou fiert,ardei 300g,60g,1b,1b -ceai menta-200 ml	Mar-1b	Ciorba a la grec de porc-300 ml.(20gp.f.) Mancare de mazare cu carne pui -150g(p.f.),200g	Cartofi frantuzesti 250g,1b.,80g Ceai amar-200 ml-chefir-1b
Intoleranta gluten 2500 cal.	Paine f.gluten,salam vara,ou fiert,ardei 300g,60g,1b,1b -ceai menta-200 ml	Mar-1b	Ciorba a la grec de porc-300 ml.(20gp.f.) Mazare sote cu carne pui -150g(p.f.),200g	Cartofi frantuzesti 250g,1b.,80g Ceai amar-200 ml-chefir-1b
Practica religioasa 2500 cal.	Paine,pate pui,ardei,ou fiert 300g,1b,1b,1b,16g -ceai menta-200 ml	Mar-1b	Supa pui cu fidea-300 ml.(20gp.f.) Mancare de mazare cu carne pui -150g(p.f.),200g	Mamaliga cu branza si smantana 200g,80g,20g Ceai-200 ml.-miere-2b
Lacto-vegetarian 2500 cal.	Paine,cas vaca,ardei ou fiert 300g,80g,1b,1b -ceai menta-200 ml	Mar-1b	Supa cu legume-300 ml. Varza calita cu cus-cus -250g(p.f.),180g	Mamaliga cu branza si smantana 200g,80g,20g 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-carne pui,porc,legume supa

MENIUL ZILEI-VINERI-29.05.2026

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	Cartofi copti,Branza vaci 250g,80g Ceai fara zahar-200 ml. Iaurt-1b
Hiposodat Cardiac Renal 2500 cal	Paine d.,rulada pui ridiche,branza topita 300g,60g,2b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Iahnie fasole cu ciolan porc -150 g(p.f.)100g Castraveti murati-50g	Orez cu lapte,vanilie-180g,400ml Ceai-200 ml -ou fiert-1b
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,unt,telemea 300g,1b,16g,80g -ceai menta-200 ml.	Mar copt 1b	Supa de cartofi-300ml. Carne pui cu cus-cus si morcov 150g(p.f),60g,100g	Cartofi copti,Branza vaci 250g,80g Ceai fara zahar-200 ml. Iaurt-1b
Lehuze/gravide 2500-3000 cal.	Paine,rulada pui ridiche,branza topita 300g,60g,2b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Friptura pui cu cus-cus si sos rosii -150 g(p.f.)180g,50g	Orez cu lapte,vanilie-180g,400ml Ceai-200 ml -ou fiert-1b
Diabet zaharat 2500 cal.	Paine d.ridiche, branza topita,rulada pui 150g,1b,2b,60g -ceai menta amar-200 ml	para-1b	Ciorba de cartofi-300ml. Friptura pui cu fasole sote si morcov baby -150 g(p.f.)200g,100g	Varza calita cu ciolan 250g,150g(p.f.) Ceai amar-200 ml Ou fiert-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,rulada pui, ridiche,branza topita 300g,60g,2b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Iahnie fasole cu ciolan porc -150 g(p.f.)100g Castraveti murati-50g	Orez cu lapte,vanilie-180g,400ml Ceai-200 ml -ou fiert-1b
Copii-1-3 ani 3-16 ani 2500 cal.	Paine,rulada pui, ridiche,branza topita 300g,60g,2b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Friptura pui cu cus-cus si sos rosii -150 g(p.f.)180g,50g	Orez cu lapte,vanilie-180g,400ml Ceai-200 ml -ou fiert-1b

Garda medici 2500-3000 cal.	Paine,ridiche,branza topita, Rulada pui 300g,1b,2b,60g -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Friptura pui cu cus-cus si sos rosii -150 g(p.f.)180g,50g	Varza calita cu ciolan 250g,150g(p.f.) Ceai amar-200 ml Ou fiert-1b
Intoleranta lactoza 2500 cal.	Paine,rulada pui, ridiche,ou fiert 300g,60g,16g,1b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Iahnie fasole cu ciolan porc -150 g(p.f.)100g Castraveti murati-50g	Varza calita cu ciolan 250g,150g(p.f.) Ceai amar-200 ml Ou fiert-1b
Intoleranta gluten 2500 cal.	Paine,rulada pui, ridiche,branza topita 300g,60g,2b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Iahnie fasole cu ciolan porc -150 g(p.f.)100g Castraveti murati-50g	Orez cu lapte,vanilie-180g,400ml Ceai-200 ml -ou fiert-1b
Practica religioasa 2500 cal.	Paine,rulada pui, ridiche,branza topita 300g,1b,60g,2b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Friptura pui cu cus-cus si sos rosii -150 g(p.f.)180g,50g	Orez cu lapte,vanilie-180g,400ml Ceai-200 ml -ou fiert-1b
Lacto- vegetarian 2500 cal.	Paine,ou fiert ridiche,branza topita 300g,1b,2b -ceai menta-200 ml	banana-1b	Ciorba de cartofi-300ml. Iahnie de fasole-200g Castraveti murati-50g	Orez cu lapte,vanilie-180g,400ml Ceai-200 ml -ou fiert-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-pulpe pui,porc

MENIUL ZILEI-SAMBATA-30.05.2026

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 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,telemea 300g,1b,80g Ceai menta fara zahar-200 ml.	banana-1b	Supa pui cu legume si orez-300 ml.-(20p.f) Carne pui cu morcov si telina 150g pui,100g,100g	Branza topita,iaurt 18gr,1b Ceai fara zahar-200 ml.
Hiposodat Cardiac Renal 2500 cal	Paine d.telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de varza-300ml. Tocanita pui cu mamaliga-150g(p f.)-200g Sfecla rosie-50g	Ou fiert,branza topita 1b,18g Ceai-200 ml
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,telemea 300g,1b,80g,16g -ceai menta-200 ml.	banana-1b	Supa pui cu legume-300 ml.-(20p.f) Carne pui cu morcov si telina 150g pui,100g,100g	Branza topita,iaurt 18gr,300g Ceai fara zahar-200 ml
Lehuze/gravide 2500-3000 cal.	Paine,telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Supa pui cu legume-300 ml.-(20p.f) Tocanita pui cu mamaliga-150g(p f.)-200g Sfecla rosie-50g	Ou fiert,chefir 1b,300g Ceai-200 ml
Diabet zaharat 2500 cal.	Paine d.,cas vaca crenvusti pui,mustar 150g,80g,16g,60g,1b -ceai menta amar-200 ml	Mar copt-1b	Ciorba de varza-300ml Tocanita pui cu mamaliga-150g(p f.)-200g Castraveti murati	Ou fiert,branza topita- 1b,18g Ceai-200 ml
Comun(mixt) Insotitori 2500-3000 cal.	Paine,telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de varza-300ml. Tocanita pui cu mamaliga-150g(p f.)-200g Sfecla rosie-50g	Ou fiert,branza topita 1b,18g Ceai-200 ml
Copii-1-3 ani 3-16 ani 2500 cal.	Paine d.telemea, crenvusti pui,mustar 300g,16g,1b,60g,1b -ceai menta-200 ml	banana-1b	Supa pui cu legume-300 ml.-(20p.f) Tocanita pui cu mamaliga-150g(p f.)-200g Sfecla rosie-50g	Ou fiert,chefir 1b,300g Ceai-200 ml

Garda medici 2500-3000 cal.	Paine,cas vaca crenvusti pui,mustar 300g,80g,16g,60g,1b -ceai menta-200 ml	Mar-1b	Ciorba de varza-300ml. Tocanita pui cu mamaliga-150g(p f.)-200g Castraveti murati	Ou fiert,branza topita,iaurt 175g,18g,1b Ceai-200 ml
Intoleranta lactoza 2500 cal.	Paine,crenvusti pui,mustar,ou fiert-300g,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de varza-300ml. Tocanita 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 de varza-300ml. Tocanita pui cu mamaliga-150g(p f.)-200g Castraveti murati	Ou fiert,chefir 1b,300g Ceai-200 ml
Practica religioasa 2500 cal.	Paine,telemea, crenvusti pui,mustar 300g,80g,1b,60g,1b -ceai menta-200 ml	banana-1b	Ciorba de varza-300ml. Tocanita pui cu mamaliga-150g(p f.)-200g Sfecla rosie-50g	Ou fiert,chefir 1b,300g Ceai-200 ml
Lacto-vegetarian 2500 cal.	Paine,telemea,ou fiert,ardei 300g,80g,150g,1b -ceai menta-200 ml	banana-1b	Ciorba de varza-300ml. Tocanita ceapa cu mamaliga-100g,200g Sfecla rosie-50g	Branza topita,chefir 18g,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	Probus congelat-carne pui

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

MENIUL ZILEI-DUMINICA-31.05.2026

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,branza topita,mozzarella 300g,140g,30g Ceai menta fara zahar-200 ml.	Mar copt-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.
Hiposodat Cardiac Renal 2500 cal	Paine d.,mozzarella, Rulada pui,rosie 300g,30g,60g,1b -ceai menta-200 ml	Corn cu ciocolata-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi piure si sos rosii -150g(p.f.),250g,50g	Branza topita,ou fiert,unt 18g,1b,16g Ceai-200 ml
Ulcer, Colecistita Hepatic 2000 cal.	Paine,branza topita,mozzarella,unt 300g,140g,30g,16g Ceai menta -200 ml	Mar copt-1b	Supa pui cu fidea-300 ml.(20p.f) Carne pui cu cartofi piure si guile fiarta 120(pui f.),250g,10g	Ou fiert,crema de branza 1b,150g Ceai -200 ml.
Lehuze/gravide 2500-3000 cal.	Paine,mozzarella, Rulada pui,rosie 300g,30g,60g,1b -ceai menta-200 ml	Corn cu ciocolata-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi piure si sos rosii -150g(p.f.),250g,50g	Branza topita,ou fiert,unt 18g,1b,16g Ceai-200 ml
Diabet zaharat 2500 cal.	Paine d.,mozzarella, Rulada pui,rosie 300g,30g,60g,1b,16g -ceai menta-200 ml	Mar copt-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi piure si sos rosii -150g(p.f.),250g,50g	Branza topita,crema branza 18g,1b Ceai-200 ml
Comun(mixt) Insotitori 2500-3000 cal.	Paine,mozzarella, Rulada pui,rosie 300g,30g,60g,1b -ceai menta-200 ml	Corn cu ciocolata-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi piure si sos rosii -150g(p.f.),250g,50g	Branza topita,ou fiert,unt 18g,1b,16g Ceai-200 ml
Copii-1-3 ani 3-16 ani 2500 cal	Paine,mozzarella, Rulada pui,rosie 300g,30g,60g,1b -ceai menta-200 ml	Corn cu ciocolata-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi piure si sos rosii -150g(p.f.),250g,50g	Branza topita,ou fiert,unt 18g,1b,16g Ceai-200 ml

Intoleranta lactoza 2500 cal.	Paine,ardei,rulada pui 300g,1b,60g -ceai menta-200 ml	mar-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi piure si sos rosii -150g(p.f.),250g,50g	Ou fiert,pate pui 1b,100g Ceai-200 ml
Garda medici 2500-3000 cal.	Paine,mozzarella, Rulada pui,rosie 300g,30g,60g,1b -ceai menta-200 ml	Corn cu ciocolata-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi piure si sos rosii -150g(p.f.),250g,50g	Branza topita,crema branza,miere 18g,1b,40g Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten,mozzarella, rosie,rulada pui 300g,30g,1b,60g -ceai menta-200 ml	mar-1b	Ciorba cu perisoare-300ml.(20p.f) Friptura pui cu cartofi piure si sos rosii -150g(p.f.),250g,50g	Branza topita,ou fiert,unt 18g,1b,16g Ceai-200 ml
Practica religioasa 2500 cal.	Paine,mozzarella, rosie,rulada pui 300g,30g,1b,60g -ceai menta-200 ml	Corn cu ciocolata-1b	Supa pui cu fidea-300ml.(20p.f) Friptura pui cu cartofi piure si sos rosii -150g(p.f.),250g,50g	Branza topita,ou fiert,unt 18g,1b,16g Ceai-200 ml
Lacto-ovo-vegetarian fainos 2500 cal.	Paine,mozzarella,rosie, ou fiert 300g,30g,1b -ceai menta-200 ml	Corn cu ciocolata-1b	Supa cu fidea-300 ml Cartofi piure si morcovi fierti si sos rosii -250g,100g,50g	Branza topita,ou fiert,unt 18g,1b,16g 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!

MENIUL ZILEI-LUNI-01.06.2026

SPITAL MUNICIPAL DR.EUGEN NICOARA REGHIN

REGIM	MIC DEJUN	GUSTARE	PRANZ	H 16+ CINA
Hidric (postoperator) 1000 cal	Biscuite ½buc. ceai indulcit(300 ml)	Compot 100ml-	Supa limpede de legume.	Biscuite ½-208 cal. ceai indulcit(300 ml)80 cal.
Pasat sonda 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 Ceai-200ml. chefir-1b.
Enterocolita (1-2 zile-ceai fara zahar)-1500 cal	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	Crema branza ,branza topita -175g,18g Ceai fara zahar-200 ml
Hiposodat Cardiac 2500 cal.	Paine d,parizer porc, Branza topita,unt,castravete 300g,60g,18g,16g,50g -ceai menta- 200ml	Mar-1b	Supa vita cu galuste gris-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Miere,chefir-40g,1b Ceai-200ml
Ulcer,colecist cr. Hepatic 2000 cal.	Paine,telemea,ou fiert,unt 300g,80g,1b,16g -ceai-200 ml	Mar copt-1b	Supa vita cu galuste gris-300 ml.(20gp.f.) Carne pui cu orez si morcov fiert 150g,(p,f),180g,100g	Crema branza ,branza topita -175g,18g Ceai-200 ml
Lehuze/gravide 2500-3000 cal.	Paine,parizer porc, Branza topita,unt,castravete 300g,60g,18g,16g,50g -ceai menta- 200ml	Mar-1b	Supa vita cu galuste gris-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Miere,chefir-40g,1b Ceai-200ml
Diabet zaharat 2000-2500 cal.	Paine d,parizer porc, Cas vaca,unt,castravete 150g,60g,80g,16g,50g -ceai menta amar- 200ml	Mar-1b	Supa vita cu galuste gris-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Ou fiert,branza topita,chefir-1b,18g,1b Ceai amar-200ml
Copii-1-3 ani 3-16 ani 2500 cal.	Paine,parizer porc, Branza topita,unt,castravete 300g,60g,18g,16g,50g -ceai menta- 200ml	Napolitana- 1b	Supa vita cu galuste gris-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Miere,chefir-40g,1b Ceai-200ml
Comun(mixt) 2500-3000 cal.	Paine,parizer porc, Branza topita,unt,castravete 300g,60g,18g,16g,50g -ceai menta- 200ml	Mar-1b	Supa vita cu galuste gris-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Miere,chefir-40g,1b Ceai-200ml

Intoleranta Lactoza 2500 cal.	Paine,parizer porc, Ou fiert,castravete 300g,60g,1b,50g -ceai menta- 200ml	Mar-1b	Supa vita cu galuste gris-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Miere,pate pui-40g,1b Ceai-200ml
Garda medici 2500-3000 cal.	Paine,parizer porc, Cas vaca,unt,castravete 300g,60g,80g,16g,50g -ceai menta- 200ml	Mar-1b	Supa vita cu galuste gris-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Ou fiert,branza topita,chefir-1b,18g,1b Ceai amar-200ml
Intoleranta gluten 2500 cal.	Paine f.gluten, parizer porc, Branza topita,unt,castravete 300g,60g,18g,16g,50g -ceai menta- 200ml	Mar-1b	Supa vita cu legume-300 ml.(20gp.f.) Carne pui cu orez si morcov fiert 150g,(p,f),180g,100g	Miere,chefir-40g,1b Ceai-200ml
Practica religioasa 2500 cal.	Paine,parizer porc, Branza topita,unt,castravete 300g,60g,18g,16g,50g -ceai menta- 200ml	Mar-1b	Supa vita cu galuste gris-300ml.(20gp.f.) Rulada carne pui cu cus-cus-150(p.f.),180g Sos rosii-50g	Miere,chefir-40g,1b Ceai-200ml
Lacto-vegetarian 2500 cal.	Paine,branza topita,unt,ou fiert,castravete 300g,18g,1b,50g -ceai menta- 200ml	Mar-1b	Supa vita cu galuste gris-300 ml.(20gp.f.) Ciuperci sote cu cus-cus-200180g	Miere,chefir-40g,1b Ceai-200ml
Vegetarian 2500 cal.	Paine,gem 300g,40g, -ceai menta- 200ml	Mar-1b	Supa cu galuste gris-300 ml. Ciuperci sote cu cus-cus-200180g	Miere,-40g Ceai-200ml
Intocmit:As.de dietetica-Preda Narcisa	Meniul poate suferi modificari!!		Alergeni care se regasesc in compozitia alimentelor din meniu:lactoza,gluten,albus ou,cacao,mustar,telina	Produse congelate-carne pui,vita