

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,cas de vaca,chefir 300g,80g,1b Ceai fara zahar-200 ml.	Mar copt-1b	Supa pui cu fidea-300 ml.(20g.p.f.) Carne pui cu orez cu morcov baby 150g,pui,180g,50g	Paste fainoase cu branza vaci -180g,80g. Ceai fara zahar-200 ml. -iaurt-1b
Hipodat Cardiac Renal 2500 cal.	Paine d.,castravete,ou fiert,parizer porc 300g,1b,1b,60g Ceai menta-200ml	banana-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui 150g,(p.f.),180g,30g Sfecla rosie-50g	Paste fainoase cu branza -180g,80g Ceai-200 ml. -iaurt-1b
Ulcer, Colecist Hepatic 2000 cal.	Paine,cas de vaca,chefir 300g,80g,330ml -ceai menta-200 ml.	Mar copt-1b	Supa fasole pastai-300 ml. Carne pui cu orez si morcov baby 150g,pui,100g,100g	Paste fainoase cu branza vaci-180g,400ml Ceai -200 ml. - iaurt-1b
Lehuze/gravide 2500-3000 cal.	Paine,castravete, ou fiert,parizer porc 300g,1b,1b,60g Ceai menta-200ml	banana-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui 150g,(p.f.),180g,30g Sfecla rosie-50g	Paste fainoase cu branza-180g,80g Ceai-200 ml. - iaurt-1b
Diabet zaharat 2500 cal.	Paine d.,parizer porc,castravete,Branza topita 300g,60g,1b,18b,1b Ceai menta-200ml	Mar copt-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui 150g,(p.f.),180g,30g Salata varza-100g	Mamaliga cu lapte batut -200g,200g,80g Ceai amar-200 ml.-crema branza-1b
Comun(mixt) 2500-3000 cal.	Paine,castravete, ou fiert,parizer porc 300g,1b,1b,60g Ceai menta-200ml	banana-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui 150g,(p.f.),180g,30g Sfecla rosie-50g	Paste fainoase cu branza-180g,80g Ceai-200 ml. - iaurt-1b
Copii-1-3 ani 3-16 ani 2500 cal.	Paine,castravete,ou fiert,parizer porc 300g,1b1b,3b,1b Ceai menta-200ml	banana-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui 150g,(p.f.),180g,30g Sfecla rosie-50g	Paste fainoase cu branza-180g,80g Ceai-200 ml. - iaurt-1b

Practica religioasa 2500 cal.	Paine,castravete,ou fiert,crenvusti pui 300g,1b,1b,60g Ceai menta-200ml	banana-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui 150g,(p.f.),180g,30g Sfecla rosie-50g	Paste fainoase cu branza-180g,80g Ceai-200 ml. – iaurt-1b
Garda medici 2500-3000 cal.	Paine,parizer porc,castravete Branza topita 300g,60g,1b,18g Ceai menta-200ml	Mar-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui 150g,(p.f.),180g,30g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. –crema branza-1b
Lacto-vegetarian 2500 cal.	Paine,cas vaca,ou fiert,castravete 300g,80g,1b,1b Ceai menta-200ml	banana-1b	Supa cartofi-300ml. (20g.p.f.) Cus-cus cu legume-180g,50g Sfecla rosie-50g	Paste fainoase cu branza-180g,80g Ceai-200 ml. – iaurt-1b
Intoleranta lactoza 2500 cal.	Paine,ou fiert,parizer porc,castravete 300g,1b,60g,1b Ceai menta-200ml	banana-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui 150g,(p.f.),180g,30g Sfecla rosie-50g	Cartofi copti,ou fiert -200g,2b Ceai-200 ml. miere-2b
Intoleranta gluten 2500 cal.	Paine,castravete,ou fiert,parizer porc 300g,1b,1b,60g Ceai menta-200ml	banana-1b	Ciorba fasole pastai-300ml.(20g.p.f.) Pilaf orez cu ciuperci si carne pui 150g,(p.f.),180g,30g Sfecla rosie-50g	Mamaliga cu lapte batut-200g,200ml,80g Ceai-200 ml. – iaurt-1b
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,fasole pastai

MENIUL ZILEI-MIERCURI-03.06.2026

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- Mar copt-1 b	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,crema branza,mozzarella 300g,1b,80g Ceai menta f. zahar-200 ml.	Mar copt-1b	Supa chimion cu fidea-300 ml Carne pui cu orez si gulie 150g(p.f),60g,100g	Gris prajit cu branza vaci 180gr,80g Ceai fara zahar-200 ml.-iaurt-1b
Hiposodat Cardiac Renal 2500 cal	Paine d.,mozzarella,rosie rulada pui 300g,30g,1b,60g -ceai menta-200 ml.	para-1b	Ciorba taraneasca de vacuta-300ml Papricas pui cu mamaliga -150g(p.f.),250g Gogonele-50g	Gris cu lapte,vanilie -180g,400ml Ceai-200 ml-miere-2b,unt-2b.
Ulcer, Colecistita Hepatic 2000 cal.	Paine,crema branza,,mozzarella 300g,1b,30g -ceai menta-200 ml.	Mar copt-1b	Supa chimion cu fidea-300 ml(20g.f.) Carne pui cu orez si gulie 150g(p.f),180g,100g	Gris cu lapte,vanilie -180g,400ml Ceai-200 ml-iaurt-1b
Lehuze/gravide 2500-3000 cal.	Paine,mozzarella,rosie rulada pui 300g,30g,2b,60g -ceai menta-200 ml.	para-1b	Ciorba taraneasca de vacuta-300ml(20g.f.) Papricas pui cu mamaliga -150g(p.f.),250g Gogonele-50g	Gris cu lapte,vanilie -180g,400ml Ceai-200 ml- miere-2b,unt-2b
Diabet zaharat 2500 cal.	Paine d.,mozzarella,rosie, rulada pui 300g,30g,2b,60g -ceai menta-200 ml.	para-1b	Ciorba taraneasca de vacuta-300ml(20g.f.) Escalop pui cu mamaliga -150g(p.f.),250g Gogonele-50g	Cartofi frantuzesti -250g,1b,80g Ceai-200 ml- chefir
Comun(mixt) 2500-3000 cal.	Paine,mozzarella,rosie, rulada pui 300g,30g,2b,60g -ceai menta-200 ml.	para-1b	Ciorba taraneasca de vacuta-300ml(20g.f.) Papricas pui cu mamaliga -150g(p.f.),250g Gogonele-50g	Gris cu lapte,vanilie -180g,400ml Ceai-200 ml miere-2b,unt-2b
Copii-1-3 ANI 3-16 ani 2500 cal	Paine,mozzarella,rosie, rulada pui 300g,30g,2b,60g -ceai menta-200 ml.	para-1b	Ciorba taraneasca de vacuta-300ml(20g.f.) Papricas pui cu mamaliga -150g(p.f.),250g Gogonele-50g	Gris cu lapte,vanilie -180g,400ml Ceai-200 ml miere-2b,unt-2b

Intoleranta lactoza 2500 cal.	Paine,rulada pui,gem 300g,60g,40g.	para-1b	Ciorba taraneasca de vacuta-300ml(20g.f.) Carne pui cu orez si gulie 150g(p.f),180g,100g	Paste fainoase cu pesmet -180g,30g Ceai-200 ml-miere-2b
Garda medici 2500-3000 cal.	Paine,mozzarella,rosie rulada pui 300g,30g,2b,60g -ceai menta-200 ml.	para-1b	Ciorba taraneasca de vacuta-300ml(20g.f.) Papricas pui cu mamaliga -150g(p.f.),250g Gogonele-50g	Cartofi frantuzesti -250g,1b,80g Ceai-200 ml- chefir
Intoleranta gluten 2500 cal.	Paine f.gluten,mozzarella, rosie,rulada pui 300g,30g,2b,60g -ceai menta-200 ml.	para-1b	Ciorba taraneasca de vacuta-300ml(20g.f.) Papricas pui cu mamaliga -150g(p.f.),250g Gogonele-50g	Cartofi frantuzesti -250g,1b,80g Ceai-200 ml miere-2b,unt-2b
Practica religioasa 2500 cal.	Paine,mozzarella,rosie, rulada pui 300g,30g,2b,60g -ceai menta-200 ml.	para-1b	Ciorba taraneasca de vacuta-300ml(20g.f.) Papricas pui cu mamaliga -150g(p.f.),250g Gogonele-50g	Gris cu lapte,vanilie -180g,400ml Ceai-200 ml miere-2b,unt-2b
Lacto-vegetarian 2500 cal.	Paine,mozzarella,rosie, ou fiert 300g,30g,2b -ceai menta-200 ml	para-1b	Ciorba taraneasca de legume-300ml Cartofi piure,guile fiarta 250g,100g	Gris cu lapte,vanilie -180g,400ml Ceai-200 ml miere-2b,unt-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,legume ciorba

MENIUL ZILEI-JOI-04.06.2026

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,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 fiert 150g (pui),100g,100g	Cartofi copti, branza vaci 250gr,80g Ceai fara zahar-200 ml. chefir-1 b.
Hiposodat Cardiac Renal 2500 cal	Paine d.salam vara,telemea,castravete,unt 300g,60g,80g,1b -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca de pui-300 ml.-(20p.f) Tocanita porc cu paste fainoase- 150g(p.f).180g Castraveti-50g	Salata de cartofi cu oua,gogosari,masline- 250g,1b Ceai-200 ml.-chefir-1b
Ulcer, Colecistita Hepatic 2000 cal.	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 fiert 150g (pui),110g,100g	Cartofi copti, cu branza vaci 250gr,80g Ceai -200 ml.-chefir-1b
Lehuze/gravide 2500-3000 cal.	Paine,salam vara, telemea,castravete,unt 300g,60g,80g,1b -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca de pui-300 ml.-(20p.f) Tocanita porc cu paste fainoase- 150g(p.f).180g Castraveti-50g	Salata de cartofi cu oua,gogosari,masline- 250g,1b Ceai-200 ml.-chefir-1b
Diabet zaharat 2500 cal.	Paine d.salam vara,telemea,castravete,unt 150g,60g,80g,1b -ceai menta amar-200 ml	Mar-1b	Ciorba ardeleneasca de pui-300 ml.-(20p.f) Tocanita porc cu mamaliga-150g(p.f).180g Castraveti-50g	Friptura pui cu cartofi nature-150g(p.f.)250g Ceai amar-200 ml-chefir-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,salam vara, telemea,castravete,unt 300g,60g,80g,1b -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca de pui-300 ml.-(20p.f) Tocanita porc cu paste fainoase- 150g(p.f).180g Castraveti-50g	Salata de cartofi cu oua,gogosari,masline- 250g,1b Ceai-200 ml.-chefir-1b
Copii-1-3 ani 3-16 ani 2500 cal	Paine,salam vara, telemea,castravete,unt 300g,60g,80g,1b -ceai menta-200 ml	napolitana-1b	Supa pui cu fidea-300 ml.-(20p.f) Carne pui cu orez si morcov fiert 150g (pui),180g,100g	Salata de cartofi cu oua,gogosari,masline- 250g,1b Ceai-200 ml.-chefir-1b

Intoleranta lactoza 2500 cal.	Paine,salam vara, castravete,ou fiert 300g,60g,1b,2b, -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca de pui-300 ml.-(20p.f) Carne pui cu telina si morcov fiert 150g (pui),100g,100g	Salata de cartofi cu oua,gogosari,masline- 250g,1b Ceai -200 ml-miere-2b
Garda medici 2500-3000 cal.	Paine,salam vara,telemea,castravete,unt 300g,60g,80g,1b,16g, -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca de pui-300 ml.-(20p.f) Tocanita porc cu paste fainoase- 150g(p.f).180g Castraveti-50g	Friptura pui cu cartofi nature-150g(p.f.)250g Ceai -200 ml-chefir-1b
Intoleranta gluten 2500 cal.	Paine f.gluten,salam vara,telemea,castravete 300g,60g,80g,1b -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca de pui-300 ml.-(20p.f) Carne pui cu telina si morcov fiert 150g (pui),100g,100g	Salata de cartofi cu oua,gogosari,masline- 250g,1b Ceai amar-200 ml-chefir-1b
Practica religioasa 2500 cal.	Paine,pate pui,castravete,telemea 300g,1b,1b,80g -ceai menta-200 ml	mar-1b	Ciorba ardeleneasca de pui-300 ml.-(20p.f) Carne pui cu telina si morcov fiert 150g (pui),100g,100g	Salata de cartofi cu oua,gogosari,masline- 250g,1b Ceai-200 ml.-chefir-1b
Lacto-vegetarian 2500 cal.	Paine,telemea,castravete, 300g,80g,1b,1b -ceai menta-200 ml	mar-1b	Supa cu fidea-300 ml. Ciulama de ciuperci cu orez-200g,180g Castraveti-50g	Salata de cartofi cu oua,gogosari,masline- 250g,1b Ceai-200 ml.-chefir-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,porc

MENIUL ZILEI-VINERI-05.06.2026

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,chefir,branza pufoasa 300g,1b,80g Ceai menta fara zahar-200 ml.	Banana 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
Hiposodat Cardiac Renal 2500 cal	Paine d.,parizer pui, Branza topita,unt,ardei 300g,60g,18g,16g,1b -ceai menta-200 ml	banana-1b	Ciorba cartofi -300ml. Mancare de mazare cu carne pui- 150g(p.f).200g Castraveti-50g	Budinca paste fainoase cu branza vacii,vanilie,stafide -180g,80g Ceai-200 ml-miere-2b
Ulcer, Colecistita Hepatic 2000 cal.	Paine,chefir,cas de vaca,unt 300g,1b,80g,16g -ceai menta-200 ml.	Banana 1b	Supa de cartofi-300ml.(20g.p.f) Carne pui cu orez si morcovi 150g(p.f),60g,100g	Cartofi copti cu branza vaci -250g,80g Ceai-200 ml.-iaurt 2b
Lehuze/gravide 2500-3000 cal.	Paine,parizer pui, Branza topita,unt,ardei 300g,60g,18g,16g,1b -ceai menta-200 ml	banana-1b	Ciorba cartofi -300ml. Mancare de mazare cu carne pui- 150g(p.f).200g Castraveti-50g	Budinca paste fainoase cu branza vacii,vanilie,stafide -180g,80g Ceai-200 ml-miere-2b
Diabet zaharat 2500 cal.	Paine d.,parizer pui, cas de vaca,unt,ardei 300g,60g,80g,16g,1b -ceai menta-200 ml	Mar -1b	Ciorba cartofi -300ml. Mazare sote cu carne porc-150g(p.f).200g Castraveti-50g	Mamaliga cu branza si smantana -200g,80g,20g Ceai-200 ml-iaurt-1b
Comun(mixt)/ Insotitori 2500-3000 cal.	Paine,parizer pui, Branza topita,unt,ardei 300g,60g,18g,16g,1b -ceai menta amar-200 ml	banana-1b	Ciorba cartofi -300ml. Mancare de mazare cu carne pui- 150g(p.f).200g Castraveti-50g	Budinca paste fainoase cu branza vacii,vanilie,stafide -180g,80g Ceai-200 ml- miere-2b
Copii-1-3 ani 3-16 ani 2500 cal.	Paine,parizer pui, Branza topita,unt,ardei 300g,60g,18g,16g,1b -ceai menta-200 ml	banana-1b	Ciorba cartofi -300ml. Mancare de mazare cu carne pui- 150g(p.f).200g Castraveti-50g	Budinca paste fainoase cu branza vacii,vanilie,stafide -180g,80g Ceai-200 ml- miere-2b

Garda medici 2500-3000 cal.	Paine,parizer pui, cas de vaca,unt,ardei 300g,60g,80g,16g,1b -ceai menta-200 ml	banana-1b	Ciorba cartofi -300ml. Mancare de mazare cu carne porc- 150g(p.f).200g Castraveti-50g	Mamaliga cu branza si smantana -200g,80g,20g Ceai-200 ml-iaurt-1b
Intoleranta lactoza 2500 cal.	Paine,parizer porc,pate pui,ardei 300g,60g,1b,1b -ceai menta-200 ml	banana-1b	Ciorba cartofi -300ml. Mancare de mazare cu carne pui- 150g(p.f).200g Castraveti-50g	Cartofi copti,ou fiert 250g,1b Ceai-200 ml- miere-2b
Intoleranta gluten 2500 cal.	Paine f.gluten,parizer porc,branza topita,ardei 300g,60g,18g,1b -ceai menta-200 ml	banana-1b	Ciorba cartofi -300ml. Mancare de mazare cu carne pui- 150g(p.f).200g Castraveti-50g	Cartofi copti,ou fiert 250g,1b Ceai-200 ml- miere-2b
Practica religioasa 2500 cal.	Paine,sunca pui,branza topita,ardei 300g,60g,18g,1b -ceai menta-200 ml	banana-1b	Ciorba cartofi -300ml. Mancare de mazare cu carne pui- 150g(p.f).200g Castraveti-50g	Budinca paste fainoase cu branza vaci,vanilie,stafide -180g,80g Ceai-200 ml- miere-2b
Lacto- vegetarian 2500 cal.	Paine,branza topita, ardei,unt 300g,18g,1b,16g -ceai menta-200 ml	banana-1b	Supa de cartofi-300ml Mazare sote cu ou ochi-200g,1b	Budinca paste fainoase cu branza vaci,vanilie,stafide -180g,80g 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,porc,mazare

MENIUL ZILEI-SAMBATA-06.06.2026

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,cas de vaca 300g,1b,80g Ceai menta fara zahar-200 ml.	Mar copt-1b	Supa chimion cu crutoane-300 ml. Carne pui cu morcov si telina 150g pui,100g,100g	Branza topita,chefir 18 gr,330g Ceai fara zahar-200 ml.
Hiposodat Cardiac Renal 2500 cal	Paine d.,crenvusti pui, mustar,cas vaca 300g,60g,1b,80g -ceai menta-200 ml	para-1b	Ciorba fasole pastai cu ciolan porc-300ml. (20p.f) Rulada carne pui cu cus-cus -150g(p f.)-180g -Sos rosii-50g	Iaurt,gem,unt 1b,40g,16g Ceai-200 ml
Ulcer, Colecistita Hepatic 2000 cal.	Paine,ou fiert,cas vaca 300g,1b,80g -ceai menta-200 ml.	Mar copt-1b	Supa chimion cu crutoane-300 ml. Perisoare pui cu cus-cus si morcov 150g pui,180g,100g	Branza topita,chefir 18 gr,330g Ceai fara zahar-200 ml
Lehuze/gravide 2500-3000 cal.	Paine,crenvusti pui, mustar,cas vaca 300g,60g,1b,80g -ceai menta-200 ml	para-1b	Ciorba fasole pastai cu ciolan porc-300ml.(20p.f) Rulada carne pui cu cus-cus -150g(p f.)-180g Sos rosii-50g	Iaurt,gem,unt 1b,40g,16g Ceai-200 ml
Diabet zaharat 2500 cal.	Paine d.,telemea f.sare, crenvusti pui,ou fiert 150g,80g,60g,1b,1b -ceai menta amar-200 ml	para-1b	Ciorba fasole pastai cu ciolan porc-300ml.(20p.f) Rulada carne pui cu cartofi nature -150g(p f.)-200g Sos rosii-50g	Crema branza,pate pui- 1b,100g Ceai-200 ml
Comun(mixt) Insotitori 2500-3000 cal.	Paine,crenvusti pui, mustar,cas vaca 300g,60g,1b,80g -ceai menta-200 ml	para-1b	Ciorba fasole pastai cu ciolan porc-300ml. (20p.f) Rulada carne pui cu cus-cus -150g(p f.)-180g Sos rosii-50g	Iaurt,gem,unt 1b,40g,16g Ceai-200 ml
Copii-1-3 ani 3-16 ani 2500 cal.	Paine,crenvusti pui, mustar,cas vaca 300g,60g,1b,80g -ceai menta-200 ml	para-1b	Ciorba fasole pastai cu ciolan porc-300ml. (20p.f) Rulada carne pui cu cus-cus -150g(p f.)-180g Sos rosii-50g	Iaurt,gem,unt 1b,40g,16g Ceai-200 ml

Garda medici 2500-3000 cal.	Paine,telemea f.sare, crenvusti pui,ou fiert 300g,80g,60g,1b,1b -ceai menta-200 ml	para-1b	Ciorba fasole pastai cu ciolan porc-300ml.(20p.f) Rulada carne pui cu cartofi nature -150g(p f.)-200g Sos rosii-50g	Crema branza,pate pui,gem 1b,1b,40g Ceai-200 ml
Intoleranta lactoza 2500 cal.	Paine,crenvusti pui, mustar,ou fiert -300g,60g,1b,1b -ceai menta-200 ml	para-1b	Ciorba fasole pastai cu ciolan porc-300ml. (20p.f) Rulada carne pui cu cus-cus -150g(p f.)-180g Sos rosii-50g	Pate porc,miere 100g,40g. Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten, crenvusti pui,mustar,cas vaca 300g,60g,1b,80g -ceai menta-200 ml	para-1b	Supa pui cu fidea-300ml. Rulada carne pui cu cus-cus -150g(p f.)-180g Sos rosii-50g	Iaurt,gem,unt 1b,40g,16g Ceai-200 ml
Practica religioasa 2500 cal.	Paine, crenvusti pui,mustar,cas vaca 300g,60g,1b,80g -ceai menta-200 ml	para-1b	Ciorba fasole pastai cu ciolan porc-300ml.(20p.f) Rulada carne pui cu cus-cus -150g(p f.)-180g Sos rosii-50g	Iaurt,gem,unt 1b,40g,16g Ceai-200 ml
Lacto- vegetarian 2500 cal.	Paine,cas vaca,ou fiert,unt 300g,80g,1b,16g -ceai menta-200 ml	para-1b	Ciorba fasole pastai-300ml. Cartofi nature si sos rosii -250g,50g	Iaurt,gem,unt 1b,40g,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	Produs congelat-carne pui,porc,fasole pastai

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

MENIUL ZILEI-DUMINICA-07.06.2026

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 morcov si gulie fiarta 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,unt 300g,30g,60g,1b,16g -ceai menta-200 ml	banana-1b	Ciorba a la grec de pui-300ml.(20p.f) Friptura vita cu cartofi piure -150g(p.f.),250g Gogosari-50g	Branza topita,miere 18g,40g 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 piure si gulie 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,unt 300g,30g,60g,1b,16g -ceai menta-200 ml	Banana-1b	Ciorba a la grec de pui-300ml.(20p.f) Friptura pui cu cartofi piure -150g(p.f.),250g Gogosari-50g	Branza topita,miere 18g,40g Ceai-200 ml
Diabet zaharat 2500 cal.	Paine d.,mozzarella, Salam vara,rosie,unt 300g,30g,60g,1b,16g -ceai menta-200 ml	Mar copt-1b	Ciorba a la grec de pui-300ml.(20p.f) Friptura vita cu cartofi piure si gulie -150g(p.f.),250g,100g Gogosari-50g	Branza topita,pate pui 18g,1b Ceai-200 ml
Comun(mixt) Insotitori 2500-3000 cal.	Paine,mozzarella, Rulada pui,rosie,unt 300g,30g,60g,1b,16g -ceai menta-200 ml	banana-1b	Ciorba a la grec de pui-300ml.(20p.f) Friptura pui cu cartofi piure -150g(p.f.),250g Gogosari-50g	Branza topita,miere 18g,40g Ceai-200 ml
Copii-1-3 ani 3-16 ani 2500 cal	Paine,mozzarella, Rulada pui,rosie,unt 300g,30g,60g,1b,16g -ceai menta-200 ml	Banana-1b	Ciorba a la grec de pui-300ml.(20p.f) Snitel pui cu cartofi piure -150g(p.f.),250g Gogosari-50g	Branza topita,miere 18g,40g Ceai-200 ml

Intoleranta lactoza 2500 cal.	Paine,rosie,rulada pui 300g,1b,60g -ceai menta-200 ml	banana-1b	Ciorba a la grec de pui-300ml.(20p.f) Friptura pui cu cartofi piure -150g(p.f.),250g Gogosari-50g	Ou fiert,pate pui 1b,100g Ceai-200 ml
Garda medici 2500-3000 cal.	Paine,mozzarella, Salam vara,rosie,unt 300g,30g,60g,1b,16g -ceai menta-200 ml	Banana-1b	Ciorba a la grec de pui-300ml.(20p.f) Friptura vita cu cartofi piure -150g(p.f.),250g Gogosari-50g	Branza topita,crema branza,miere 18g,1b,40g Ceai-200 ml
Intoleranta gluten 2500 cal.	Paine f.gluten,mozzarella, rosie,rulada pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml	banana-1b	Supa pui cu legume-300ml.(20p.f) Friptura pui cu cartofi piure -150g(p.f.),250g Gogosari-50g	Branza topita,miere 18g,40g Ceai-200 ml
Practica religioasa 2500 cal.	Paine,mozzarella, rosie,rulada pui,unt 300g,30g,1b,60g,16g -ceai menta-200 ml	banana-1b	Ciorba a la grec de pui-300ml.(20p.f) Friptura pui cu cartofi piure -150g(p.f.),250g Gogosari-50g	Branza topita,miere 18g,40g Ceai-200 ml
Lacto-vegetarian 2500 cal.	Paine,mozzarella,rosie, ou fiert,unt 300g,30g,1b,16g -ceai menta-200 ml	banana-1b	Supa cu fidea-300 ml Cartofi nature si morcovi sote -250g,100g	Branza topita,miere 18g,40g 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,vita

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