

**SPITALUL ORĂȘENESC BALȘ**

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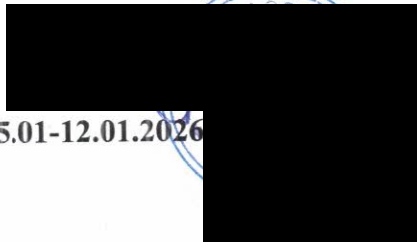
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**APROBAT,  
MANAGER,**



**MENIUL SAPTAMANAL PE TIPURI DE REGIM 05.01-12.01.2026  
(PACIENTI SI INSOTITORI)**

Z i	Tip regim	Mic dejun	Ora 10	Pranz	Ora 16	Cina
L U N I	comun, insot	Unt A*82% g (2bx10g), Gem de caise (2bx20 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1 buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Orez cu legume si pulpe de pui ** (250g -100g), Napolitane cu crema de lamaie* (1bx40g)	Iaurt 3,5% g* (1bucx130g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai plante (250 ml) 5% zahar
	R1,R5A, desod	Unt A *82% g (2bx10g), Cascaval* 21%g (50g), Branza topita cu smantana * 17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R1,R5A)/ Unt A *82% g (2bx10g), Gem de caise (2bx20 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R desod ad)	Mere (1 buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Orez cu legume si pulpe de pui ** (250g -100g), Napolitane cu crema de lamaie* (1bx40g)	Iaurt 3,5% g* (1bucx130g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai plante (250 ml) 5% zahar
	diabetic	Unt A *82% g (2bx10g), Branza topita* 17% g (2bx17.5g), Cascaval * (50g), Ceai plante (250 ml) neindulcit, Paine* (250g/zi)	Mere (1 buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Orez cu legume si pulpe de pui ** (250g -100g), Mere (1 buc)	Iaurt 3,5% g* (2bucx130g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai plante (250 ml) neindulcit
	lehuze	Unt A*82% g (1bx10g), Cascaval * 21%g	Mere (1 buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Orez cu legume si pulpe de	Iaurt 3,5% g* (1bucx130g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai

	(50g), Branza topita cu smantana *17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *		pui ** (250g -100g), Napolitane cu crema de lamaie* (1bx40g)		plante (250 ml) 5% zahar
copii(1-3, 3-16 ani)	Unt A*82% g (2bx10g), Cascaval * 21%g (50g), Gem de caise (2bx20 g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1 buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Orez cu legume si pulpe de pui ** (250g -100g), Napolitane cu crema de lamaie* (1bx40g)	Iaurt 3,5% g * (1bucx130g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai plante (250 ml) 5% zahar
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g * (1bucx130g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g * (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Telemea de vaca desarata (50g) *
R enterocolita	Telemea de vaca desarata* (50g), Ou fiert (1 buc) *, Ceai de menta 5% zahar (250 ml), Paine prajita (250g) *		Supa de morcovi (250ml), Orez fiert (250g) cu pulpa de pui fiarta (100g) **	Iaurt 3,5% g * (1bucx130g)	Orez fiert cu morcovi (250g) si piept pui fiert (100g) **, Ceai de menta (250ml) 5% zahar
comun, insot	Ou fiert* (1 buc), Gem de caise (2bx20 g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1 buc)	Ciorba de pulpe pui ** cu fidea * si ou* (250 ml), Ghiveci din cartofi si orez cu pulpe de pui ** (250g-100g), Pandispan * cu mere (100 g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) 5% zahar
R1,R5A, desod	Ou fiert* (1 buc), Pate ficat pui 16%g (50g), Branza topita cu smantana * 17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R1,R5A)/ Ou fiert* (1 buc), Gem de caise (2bx20 g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R desod ad)	Mere (1 buc)	Ciorba de pulpe pui ** cu fidea * si ou* (250 ml), Ghiveci din cartofi si orez cu pulpe de pui ** (250g-100g), Pandispan* cu mere (100 g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) 5% zahar (R desod ad)/  Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar (R1,R5A)
diabetic	Ou fiert* (1 buc), Branza topita* 17% g (2bx17.5g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi) *	Mere (1 buc)	Ciorba de pulpe pui ** cu fidea * si ou* (250 ml), Ghiveci din cartofi si orez cu pulpe de pui ** (250g-100g), Mere (100 g)	Iaurt 3,5% g * (2bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) neindulcit
lehuze	Ou fiert* (1 buc), Cascaval * 21%g (50g), Branza topita cu smantana *17% g (2bx17.5g),	Mere (1 buc)	Ciorba de pulpe pui ** cu fidea * si ou* (250 ml), Ghiveci din cartofi si orez cu pulpe de pui ** (250g-100g), Pandispan* cu mere (100 g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Cascaval* 21%g (50g), Telemea de vaca desarata* (50g), Ceai

	Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *				plante (250 ml) 5% zahar
copii(1-3, 3-16 ani)	Ou fiert* (1 buc), Pate ficat pui 16%g (50g), Gem de caise (2bx20 g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere (1 buc)	Ciorba de pulpe pui ** cu fidea * si ou* (250 ml), Ghiveci din cartofi si orez cu pulpe de pui ** (250g-100g), Pandispan* cu mere (100 g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g * (1bucx130g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci (50g) *
R enterocolita	Telemea de vaca desarata* (50g), Ou fiert (1 buc) *, Ceai de menta 5% zahar (250 ml), Paine prajita (250g) *		Supa de morcovi (250ml), Gris fiert (250g*) cu pulpa de pui fiarta** (150g)	Telemea de vaca desarata* (50g),	Orez fiert cu morcovi (250g) si piept pui fiert (100g) **, Ceai de menta (250ml) 5% zahar
comun, insot	Unt A*82% g (2bx10g), Gem de caise (2bx20 g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1 buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Piure de cartofi cu snitele piept de pui ** (250 g-100g), Prajitura cu lapte* si cacao * 23,6% g (1bx32g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) 5% zahar
R1,R5A, desod	Unt A*82% g (2bx10g), Pate ficat pui 16%g (50g), Branza topita cu smantana * 17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt A*82% g (2bx10g), Gem de caise (2bx20 g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi)* (R desod ad)	Mere (1 buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Piure de cartofi cu snitele piept de pui ** (250 g-100g), Prajitura cu lapte* si cacao * 23,6% g (1bx32g) (R desod ad)/  Supa de carne pui** cu galuste de gris (250 ml) *, Piure de cartofi cu piept de pui ** (250 g-100g), Prajitura cu lapte* si cacao * 23,6% g (1bx32g) (R1,R5A)	Iaurt 3,5% g* (1bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) 5% zahar (R desod ad)/  Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar (R1,R5A)
diabetic	Unt A*82% g (2bx10g), Branza topita* 17% g (35g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) neindulcit, Paine (250g/zi) *	Mere (1 buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Piure de cartofi cu piept de pui ** (250 g-100g), Mere (1 buc)	Iaurt 3,5% g* (2bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) neindulcit
lehuze	Unt A*82% g (2bx10g), Cascaval * 21%g (50g), Branza topita cu smantana *17% g (2bx17.5g),	Mere (1 buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Piure de cartofi cu piept de pui ** (250 g-100g), Prajitura cu lapte* si cacao * 23,6% g (1bx32g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Cascaval* 21%g (50g), Telemea de vaca desarata* (50g), Ceai plante (250 ml) 5%

	Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *				zahar
copii (1-3, 3-16 ani)	Unt A*82% g (2bx10g), Pate ficat pui 16%g (50g), Gem de caise (2bx20 g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1 buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Piure de cartofi cu piept de pui ** (250 g-100g), Prajitura cu lapte* si cacao * 23,6% g (1bx32g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx 130g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci (50 g) *
R enterocolita	Telemea de vaca desarata* (50g), Ou fiert (1 buc) *, Ceai de menta 5% zahar (250 ml), Paine prajita (250g) *		Supa de morcovi (250ml), Orez fiert (250g) cu pulpa de pui fiarta (150g) **	Telemea de vaca desarata* (50g),	Orez fiert cu morcovi (250g) si piept pui fiert (100g) **, Ceai de menta (250ml) 5% zahar
comun, insot	Unt A*82% g (2bx10g), Gem de caise (2bx20 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1 buc)	Ciorba de perisoare (din carne tocata de porc) (250 ml-80 g) *, Varza a la Cluj (cu carne tocata de porc) ** (250g-100g), Cozonac cu lapte* si cacao * (50g)	Iaurt 3,5% g* (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Telemea de vaca desarata 21% g (50g) *
R1,R5A, desod	Unt A*82% g (2bx10g), Cascaval* 21%g (50g), Branza topita cu smantana * 17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R1,R5A)/ Unt A*82% g (2bx10g), Gem de caise (2bx20 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi)* (R desod ad)	Mere (1 buc)	Ciorba de piept de pui cu fidea si ou (250 ml-80 g) *, Paste fainoase cu sos de rosii si pulpe de pui ** (250g-100g), Cozonac cu lapte* si cacao * (50g)	Iaurt 3,5% g* (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Telemea de vaca desarata 21% g (50g) *
diabetic	Unt A*82% g (2bx10g), Branza topita* 17% g (2bx17.5g), Cascaval * (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi) *	Mere (1 buc)	Ciorba de perisoare (din carne tocata de porc) (250 ml-80 g) *, Varza a la Cluj (cu carne tocata de porc) ** (250g-100g), Mere	Iaurt 3,5% g* (2bucx130g), Pate ficat pui 16% g (50 g)	Sos de rosii cu pulpe de pui ** (250 g-200g), Telemea de vaca desarata 21% g (50g) *, Ceai plante (250 ml) neindulcit
lehuze	Unt A*82% g (2bx10g), Cascaval * 21%g (50g), Branza topita cu smantana *17% g (2bx17.5g),	Mere (1 buc)	Ciorba de piept de pui cu fidea si ou (250 ml-80 g) *, Paste fainoase cu sos de rosii si pulpe de pui ** (250g-100g), Cozonac cu lapte* si cacao * (50g)	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Telemea de vaca desarata 21% g (50g) *

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	Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *				
copii (1-3, 3-16 ani)	Unt A*82% g (2bx10g), Cascaval * 21%g (50g), Gem de caise (2bx20 g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1 buc)	Ciorba de piept de pui cu fidea si ou (250 ml-80 g) *, Paste fainoase cu sos de rosii si pulpe de pui ** (250g-100g), Cozonac cu lapte* si cacao * (50g)	Iaurt 3,5% g* (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Telemea de vaca desarata 21% g (50g) *
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx 130g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci (50g) *
R enterocolita	Telemea de vaca desarata* (50g), Ou fiert (1 buc) *, Ceai de menta 5% zahar (250 ml), Paine prajita (250g) *		Supa de morcovi (250ml), Gris fiert (250g) * cu pulpa de pui fiarta (150g) **	Telemea de vaca desarata* (50g),	Orez fiert cu morcovi (250g) si piept pui fiert (100g) **, Ceai de menta (250ml) 5% zahar
comun, insot	Unt A*82% g (2bx10g), Gem de caise (2bx20 g), Telemea de vaca desarata (50g) *, Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1buc)	Ciorba de zarzavat cu fidea* si ou* (250 ml), Musaca de cartofi (cu carne tocata de porc) ** (250g -100g), Biscuiti cu unt 13% g (1x50 g)*	Iaurt 3,5% g* (1bucx130g)	Paste fainoase* cu telemea* de vaca desarata (250g), Salam carne porc 13% g (50g), Ceai de plante (250 ml) 5% zahar
V I N E R I  R1,R5A, desod	Unt A*82% g (2bx10g), Telemea de vaca desarata (50g) *, Branza topita cu smantana * 17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R1,R5A)/ Unt A*82% g (2bx10g), Gem de caise (2bx20 g), Telemea de vaca desarata (50g) *, Ceai plante (250 ml) 5% zahar, Paine (250g/zi) (R desod ad) *	Mere (1buc)	Ciorba de zarzavat cu fidea* si ou* (250 ml), Musaca de cartofi (cu carne tocata de porc) ** (250g -100g), Biscuiti cu unt 13% g (1x50 g)* (Rdesod ad)/ Ciorba de zarzavat cu fidea* si ou* (250 ml), Mancare de cartofi cu pulpe de pui (250-100g), Biscuiti cu unt 13% g (1x50 g)* (R1,R5A)	Iaurt 3,5% g* (1bucx130g)	Paste fainoase* cu telemea* de vaca desarata (250g), Salam carne porc 13% g (50g), Ceai de plante (250 ml) 5% zahar (R desod ad)/ Paste fainoase* cu telemea* de vaca desarata (250g), Biscuiti cu unt * 13% g (50g), Ceai de plante (250 ml) 5% zahar (R1,R5A)
diabetic	Unt A*82% g (2bx10g), Branza topita* 17% g (2bx17.5g), Telemea de vaca desarata (50g) *, Ceai plante (250 ml) neindulcit, Paine(250g/zi) *	Mere (1buc)	Ciorba de zarzavat cu fidea* si ou* (250 ml), Mancare de cartofi cu pulpe de pui (250-100g), Mere	Iaurt 3,5% g* (2bucx130g)	Broccoli gratinat** cu piept de pui (250g-100 g), Salam carne porc 13% g (50g), Ceai plante (250 ml) neindulcit
lehuze	Unt A*82% g (2bx10g), Telemea de vaca *desarata (50g), Branza	Mere (1buc)	Ciorba de zarzavat cu fidea* si ou* (250 ml), Mancare de cartofi cu pulpe de pui (250-100g),	Iaurt 3,5% g* (1bucx130g)	Paste fainoase* cu telemea* de vaca desarata (250g), Biscuiti cu unt* 13%

	topita cu smantana *17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *		Biscuiti cu unt 13% g (1x50 g)*		g (50g), Ceai de plante (250 ml) 5% zahar
copii(1-3, 3-16 ani)	Unt A*82% g (2bx10g), Telemea de vaca *desarata (50g), Branza topita cu smantana *17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1buc)	Ciorba de zarzavat cu fidea* si ou* (250 ml), Mancare de cartofi cu pulpe de pui (250-100g), Biscuiti cu unt 13% g (1x50 g)*	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu telemea* de vaca desarata (250g), Biscuiti cu unt* 13% g (50g), Ceai de plante (250 ml) 5% zahar
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx130g)	Supa de zarzavat strecurata/pasata	Iaurt 130g	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci cu smantana*
R enterocolita	Telemea de vaca desarata* (50g), Ou fiert (1 buc) *, Ceai de menta 5% zahar (250 ml), Paine prajita (250g) *		Supa de morcovi (250ml), Gris fiert (250g) * cu pulpa de pui fiarta (150g)**	Telemea de vaca desarata* (50g),	Orez fiert cu morcovi (250g) si piept pui fiert (100g)** , Ceai de menta (250ml) 5% zahar
S A M B A T A	comun, insot	Mere (1buc)	Ciorba de cartofi (250 ml) *, Legume la cuptor cu pulpe de pui** (250g-100g), Eugenia cu crema de cacao 13%g (1bx32g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) 5% zahar
	R1,R5A, desod	Mere (1buc)	Ciorba de cartofi (250 ml) *, Legume la cuptor cu pulpe de pui** (250g-100g), Eugenia cu crema de cacao 13%g (1bx32g)	Iaurt 3,5% g* (1bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) 5% zahar (R desod ad)  Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar (R1,R5A)
	diabetic	Mere (1buc)	Ciorba de cartofi (250 ml) *, Legume la cuptor cu pulpe de pui** (250g-100g), Mere (1buc)	Iaurt 3,5% g* (2bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) neindulcit
	lehuze	Mere (1buc)	Ciorba de cartofi (250 ml) *, Legume la cuptor cu pulpe de pui** (250g-100g), Eugenia cu crema de cacao	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Cascaval* 21%g (50g), Telemea de vaca

	smantana *17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *		13%g (1bx32g)		desarata* (50g), Ceai plante (250 ml) 5% zahar
copii(1-3, 3-16 ani)	Unt A*82% g (2bx10g), Ou fiert* (1 buc), Gem de caise (2bx20 g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1buc)	Ciorba de cartofi (250 ml) *, Legume la cuptor cu pulpe de pui** (250g-100g), Eugenia cu crema de cacao 13%g (1bx32g)	Iaurt 3,5% g* (1bucx130g)	Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 130g	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci (50g) *
R enterocolita	Telemea de vaca desarata* (50g), Ou fiert (1 buc) *, Ceai de menta 5% zahar (250 ml), Paine prajita (250g) *		Supa de morcovi (250ml), Orez fiert (250g) cu pulpa de pui fiarta (150g) **	Telemea de vaca desarata* (50g),	Orez fiert cu morcovi (250g) si piept pui fiert (100g) **, Ceai de menta (250ml) 5% zahar
comun, insot	Unt A*82% g (2bx10g), Gem de caise (2bx20 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1buc)	Ciorba de fasole galbena (250 ml) *, Pilaf de orez cu ciuperci si pulpe de pui** (250g-100g), Pandispan * cu mere (100 g)	Iaurt 3,5% g* (1bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) 5% zahar
R1,R5A, desod	Unt A*82% g (2bx10g), Cascaval* 21%g (50g), Branza topita cu smantana * 17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R1,R5A)/ Unt A*82% g (2bx10g), Gem de caise (2bx20 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R desod ad)	Mere (1buc)	Ciorba de fasole galbena (250 ml) *, Pilaf de orez cu ciuperci si pulpe de pui** (250g-100g), Pandispan * cu mere (100 g)	Iaurt 3,5% g* (1bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) 5% zahar (R desod ad)/  Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar (R1,R5A)
diabetic	Unt A*82% g (2bx10g), Branza topita* 17% g (2bx17.5g), Cascaval * (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi) *	Mere (1buc)	Ciorba de fasole galbena (250 ml) *, Pilaf de orez cu ciuperci si pulpe de pui** (250g-100g), Mere (100 g)	Iaurt 3,5% g* (2bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) neindulcit

DUMINICA

lehuze	Unt A*82% g (2bx10g), Cascaval * 21%g (50g), Branza topita cu smantana *17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1buc)	Ciorba de fasole galbena (250 ml) *, Pilaf de orez cu ciuperci si pulpe de pui** (250g-100g), Pandispan * cu mere (100 g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Cascaval* 21%g (50g), Telemea de vaca desarata* (50g), Ceai plante (250 ml) 5% zahar
copii(1-3, 3-16 ani)	Unt A*82% g (2bx10g), Cascaval * 21%g (50g), Gem de caise (1bx20 g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1buc)	Ciorba de fasole galbena (250 ml) *, Pilaf de orez cu ciuperci si pulpe de pui** (250g-100g), Pandispan * cu mere (100 g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx130g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci (50g) *
R enterocolita	Telemea de vaca desarata* (50g), Ou fiert (1 buc) *, Ceai de menta 5% zahar (250 ml), Paine prajita (250g) *		Supa de morcovi (250ml), Orez fiert (250g) cu pulpa de pui fiarta (150g) **	Telemea de vaca desarata* (50g),	Orez fiert cu morcovi (250g) si piept pui fiert (100g) **, Ceai de menta (250ml) 5% zahar

**Observatie:**

La solicitarea pacientilor/insotitorilor, Blocul Alimentar va asigura regimuri vegane, lacto-ovo-vegetariene, adaptate orientarilor spirituale sau sensibilitatii alimentare ale acestora.

Asistenta care intocmeste foaia de alimentatie va specifica aceste aspecte in vederea raspunderii solicitarilor.

Meniul poate varia in functie de numarul de pacienti internati si de posibilitatea de aprovizionare a firmei de distributie in functie de solicitarile unitatii.

05.01.2026

**Legenda:**

-\*\***produs congelat:** pulpe pui, ficat de pui, piept de pui, carne tocata porc

-\***factor alergeni:** lactoza (din lapte UHT, branza telemea de vaca, iaurt, cascaval), telina (din ciorbe, supe, tocana de legume), gluten (din paine, fidea, paste fainoase, prajituri, biscuiti, faina, cozonac), proteine (din ou)

-gramajele se refera la produsul preparat termic

-continutul de grasimi (g) este raportat la 100 g produs

Medic s  
Dr. Pop

