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**APROBAT,
 MANAGER,
 COSTACHE RAMONA**

**MENIUL SAPTAMANAL PE TIPURI DE REGIM 12-18.01.2026
 (PACIENTI SI INSOTITORI)**

Z i	Tip regim	Mic dejun	Ora 10	Pranz	Ora 16	Cina
L U N I	comun, insot	Salam din carne porc 13% g (50g), Gem de caise (2bx20 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Biscuiti cu unt * 13% g (50g)	Ciorba de pulpe pui** cu fidea* (250 ml-100 g), Piure de cartofi cu pulpe de pui ** (250 g-100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	Iaurt 3,5% g * (1bucx130 g)	Orez cu lapte UHT * 3,5%g (250g), Salam din carne porc 13% 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)/ Salam din carne porc 13% g (50g), Gem de caise (2bx20 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R desod ad)	Biscuiti cu unt * 13% g (50g)	Ciorba de pulpe pui** cu fidea* (250 ml-100 g), Piure de cartofi cu pulpe de pui ** (250 g-100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	Iaurt 3,5% g* (1bucx130 g)	Orez cu lapte UHT * 3,5%g (250g), Salam din carne porc 13% g (50g) (R desod)/ Orez cu lapte UHT * 3,5%g (250g), Telemea de vaca desarata 21% g (50g) * (R1,R5A)
	diabetic	Salam din carne porc 13% g (50g), Branza topita* 17% g (2bx17.5g), Cascaval * (50g), Ceai plante (250 ml) neindulcit, Paine* (250g/zi)	Pate ficat pui 16% g (50 g)	Ciorba de pulpe pui** cu fidea* (250 ml-100 g), Piure de cartofi cu pulpe de pui ** (250 g-100g),	Iaurt 3,5% g* (2bucx130 g)	Mancare de fasole galbena (250g) cu pulpe de pui ** (200g), Salam din carne porc 13% g (50g), Ceai plante (250 ml) neindulcit
	lehuze	Unt A*82% g (2bx10g), Cascaval * 21%g (50g), Branza topita cu smantana *17% g	Biscuiti cu unt * 13% g (50g)	Ciorba de pulpe pui** cu fidea* (250 ml-100 g), Piure de cartofi cu pulpe de pui ** (250 g-100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	Iaurt 3,5% g * (1bucx130 g)	Orez cu lapte UHT * 3,5%g (250g), Telemea de vaca desarata 21% g (50g) *

	(2bx17.5g), 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) *	Biscuiti cu unt * 13% g (50g)	Ciorba de pulpe pui** cu fidea* (250 ml-100 g), Piure de cartofi cu pulpe de pui ** (250 g-100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	Iaurt 3,5% g * (1bucx130 g)	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 * (1bucx130 g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g * (1bucx130 g)	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 * (1bucx130 g)	Orez fiert cu morcovi (250g) si piept pui fiert (100g) **, Ceai de menta (250ml) 5% zahar
comun, insot	Salam din carne porc 13% g (50g), Gem de caise (2bx20 g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Biscuiti cu unt * 13% g (50g)	Ciorba de cartofi (250 ml), Sos de rosii cu chiftelile din carne tocata de porc ** (250g -80g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)	Iaurt 3,5% g* (1bucx130 g)	Paste fainoase* telemea* de vaca desarata (250g), Salam carne porc 13% g (50g), 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)/ Salam din carne porc 13% g (50g), Gem de caise (2bx20 g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R desod ad)	Biscuiti cu unt * 13% g (50g)	Ciorba de cartofi (250 ml), Orez cu legume si pulpe de pui ** (250g -100g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)	Iaurt 3,5% g* (1bucx130 g)	Paste fainoase* telemea* de vaca desarata (250g), Salam carne porc 13% g (50g), Ceai plante (250 ml) 5% zahar / Paste fainoase* telemea* de vaca desarata (250g), Branza topita cu smantana * 17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar (R1,R5A)
diabetic	Salam din carne porc 13% g (50g), Branza topita* 17% g (2bx17.5g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) neindulcit,	Pate ficat pui 16% g (50 g)	Ciorba de cartofi (250 ml), Orez cu legume si pulpe de pui ** (250g -100g), Mere (1 buc)	Iaurt 3,5% g* (2bucx130 g)	Sos de rosii cu pulpe de pui ** (250g-200 g), Salam carne porc 13% g (50g), Ceai plante (250 ml) neindulcit

	Paine(250g/zi) *				
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) *	Biscuiti cu unt * 13% g (50g)	Ciorba de cartofi (250 ml), Orez cu legume si pulpe de pui ** (250g -100g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)	Iaurt 3,5% g * (1bucx130 g)	Paste fainoase* telemea* de vaca desarata (250g), Branza topita cu smantana * 17% g (2bx17.5g), Ceai plante (250 ml) 5% 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)	Biscuiti cu unt * 13% g (50g)	Ciorba de cartofi (250 ml), Orez cu legume si pulpe de pui ** (250g -100g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)	Iaurt 3,5% g * (1bucx130 g)	Paste fainoase* telemea* de vaca desarata (250g), Branza topita cu smantana * 17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g * (1bucx130 g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130 g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci (100 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), 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	Gem de caise (2bx20 g), Pate ficat pui 16%g (50g), Unt A*82% g (2bx10g) sau Biscuiti populari (50 g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1 buc)	Ciorba de fasole uscata (250 ml), Mancare de mazare verde cu snitele din piept de pui** (250 g-100g), Napolitane cu crema de lamaie 26,9%g (1bx40g)	Iaurt 3,5% g * (1bucx130 g)	Mamaliguta cu smantana* (100g), ou fiert* (1 buc) si telemea de vaca desarata* (100g)
R1,R5A, desod	Pate ficat pui 16%g (50g), Branza topita cu smantana * 17% g (2bx17.5g), Unt A*82% g (2bx10g) sau Biscuiti populari (50 g), 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)	Ciorba de zarzavat* cu fidea* si ou* (250 ml), Ghiveci din cartofi si orez cu pulpe de pui ** (250g-100g), Napolitane cu crema de lamaie 26,9%g (1bx40g)	Iaurt 3,5% g* (1bucx130 g)	Paste fainoase* cu lapte UHT* (250 g), Salam carne porc 13% g (50g) (R desod ad)/ Paste fainoase* cu lapte UHT* (250 g), Pate ficat pui 16% g* (50 g) (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)	Ciorba de zarzavat* cu fidea* si ou* (250 ml), Ghiveci din cartofi si orez cu pulpe de pui ** (250g-100g), Mere (1 buc)	Iaurt 3,5% g* (2bucx130 g)	Mamaliguta cu smantana* (100g), ou fiert* (1 buc) si telemea de vaca desarata* (100g)
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 (1 buc)	Ciorba de zarzavat* cu fidea* si ou* (250 ml), Ghiveci din cartofi si orez cu pulpe de pui ** (250g-100g), Napolitane cu crema de lamaie 26,9%g (1bx40g)	Iaurt 3,5% g* (1bucx130 g)	Paste fainoase* cu lapte UHT* (250 g), Ou fiert (1 buc)
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)	Ciorba de zarzavat* cu fidea* si ou* (250 ml), Ghiveci din cartofi si orez cu pulpe de pui ** (250g-100g), Napolitane cu crema de lamaie 26,9%g (1bx40g)	Iaurt 3,5% g* (1bucx130 g)	Paste fainoase* cu lapte UHT* (250 g), Pate ficat pui 16% g (50 g)
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx130 g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130 g)	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 (1 buc)	Ciorba de perisoare (cu carne tocata porc) (250 ml-80 g), Ardei umpluti cu carne tocata porc ** (250g-80g), Pandispan cu mere (50 g) *	Iaurt 3,5% g* (1bucx130 g)	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	Mere (1 buc)	Ciorba de piept de pui* cu fidea* si ou* (250 ml-80g), Mancare de dovlecei cu pulpe de pui ** (250g-100g), Pandispan cu mere (50 g) *	Iaurt 3,5% g* (1bucx130 g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai plante (250 ml) 5% zahar

	(250g/zi)* (R desod ad)				
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 (cu carne tocata porc) (250 ml-80 g), Ardei umpluti cu carne tocata porc ** (250g-80g), Mere	Iaurt 3,5% g* (2bucx130 g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai plante (250 ml) neindulcit
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 (1 buc)	Ciorba de piept de pui* cu fidea* si ou* (250 ml-80g), Mancare de dovlecei cu pulpe de pui ** (250g-100g), Pandispan cu mere (50 g) *	Iaurt 3,5% g * (1bucx130 g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai 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 piept de pui* cu fidea* si ou* (250 ml-80g), Mancare de dovlecei cu pulpe de pui ** (250g-100g), Pandispan cu mere (50 g) *	Iaurt 3,5% g * (1bucx130 g)	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* (1bucx130 g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130 g)	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)	Supa de carne pui** cu galuste de gris (250 ml) *, Musaca de cartofi (cu carne tocata porc) ** (250g-80g), Eugenia cu crema de cacao * 13%g (1bx32g)	Iaurt 3,5% g * (1bucx130 g)	Budinca de gris* cu lapte UHT * 3,5%g si sirop de zahar ars (200g), Salam carne porc 13% g (50g), Ceai 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	Mere (1buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Cartofi natur cu pulpe de pui** (250g-100g), Eugenia cu crema de cacao * 13%g (1bx32g)	Iaurt 3,5% g* (1bucx130 g)	Budinca de gris* cu lapte UHT * 3,5%g si sirop de zahar ars (200g), Salam carne porc 13% g (50g), Ceai plante (250 ml) 5% zahar (R desod ad)/ Budinca de gris* cu lapte UHT * 3,5%g si sirop de zahar ars (200g), Pate ficat pui 16% g (50g), Ceai plante (250 ml) 5% zahar (R1,R5A)

	vaca desarata (50g) *, Ceai plante (250 ml) 5% zahar, Paine (250g/zi) (R desod ad) *				
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)	Supa de carne pui** cu galuste de gris (250 ml) *, Musaca de cartofi (cu carne tocata porc) ** (250g-80g), Mere	Iaurt 3,5% g* (2bucx130 g)	Broccoli gratinat (250g) cu piept de pui** (100g), Salam carne porc 13% g (50g), Ceai plante (250 ml) neindulcit
lehuze	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)	Supa de carne pui** cu galuste de gris (250 ml) *, Cartofi natur cu pulpe de pui** (250g-100g), Eugenia cu crema de cacao * 13%g (1bx32g)	Iaurt 3,5% g* (1bucx130 g)	Budinca de gris cu lapte UHT * 3,5%g si sirop de zahar ars (200g), Cascaval * 21%g (50g), Ceai 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)	Supa de carne pui** cu galuste de gris (250 ml) *, Cartofi natur cu pulpe de pui** (250g-100g), Eugenia cu crema de cacao * 13%g (1bx32g)	Iaurt 3,5% g* (1bucx130 g)	Budinca de gris* cu lapte UHT * 3,5%g si sirop de zahar ars (200g), Cascaval * 21%g (50g), Ceai plante (250 ml) 5% zahar
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx130 g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130 g)	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) **	Iaurt 3,5% g* (1bucx130 g)	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 dovlecei (250 ml)*, Paste fainoase cu sos de rosii si pulpe de pui** (250g - 100g), Salam de biscuiti* (50g)	Iaurt 3,5% g* (1bucx130 g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar
	R1,R5A,	Mere (1buc)	Ciorba de dovlecei (250 ml)*, Paste fainoase cu sos de rosii si pulpe de pui** (250g - 100g), Salam de biscuiti* (50g) (R desod) Ciorba de dovlecei (250 ml)*, Paste fainoase cu sos de rosii	Iaurt 3,5% g* (1bucx130 g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar (R desod ad)/ Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval*

	Unt A*82% g (2bx10g), Gem de caise (2bx20 g), Ou fiert* (1 buc), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R desod ad)		si pulpe de pui** (250g - 100g), Salam de biscuiti* (50g) (R1,R5A)		21%g (50g), Ceai plante (250 ml) 5% zahar (R1,R5A)
diabetic	Unt A*82% g (2bx10g), Branza topita* 17% g (2bx17.5g), Ou fiert * (buc), Ceai plante (250 ml) neindulcit, Paine(250g/zi) *	Mere (1buc)	Ciorba de dovlecei (250 ml)*, Paste fainoase cu sos de rosii si pulpe de pui** (250g - 100g), Mere	Iaurt 3,5% g* (2bucx130 g)	Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) neindulcit
lehuze	Unt A*82% g (2bx10g), Ou fiert* (1 buc), Branza topita cu smantana *17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1buc)	Ciorba de dovlecei (250 ml)*, Paste fainoase cu sos de rosii si pulpe de pui** (250g - 100g), Salam de biscuiti* (50g)	Iaurt 3,5% g * (1bucx130 g)	Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (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 dovlecei (250 ml)*, Paste fainoase cu sos de rosii si pulpe de pui** (250g - 100g), Salam de biscuiti* (50g)	Iaurt 3,5% g * (1bucx130 g)	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 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
D U M I N I C A	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) *	Ciorba de rosii cu zdrente de ou* (250 ml), Ghiveci de legume cu pulpe de pui** (250g-100g), Biscuiti cu unt* 13%g (1bx100g)	Iaurt 3,5% g * (1bucx130 g)	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) *	Ciorba de rosii cu zdrente de ou* (250 ml), Ghiveci de legume cu pulpe de pui** (250g-100g), Biscuiti cu unt* 13%g (1bx100g)	Iaurt 3,5% g* (1bucx130 g)	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*

	(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)				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 rosii cu zdrente de ou* (250 ml), Ghiveci de legume cu pulpe de pui** (250g-100g), Mere (1buc)	Iaurt 3,5% g* (2bucx130 g)	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), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Ghiveci de legume cu pulpe de pui** (250g-100g), Biscuiti cu unt* 13%g (1bx100g)	Iaurt 3,5% g * (1bucx130 g)	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 rosii cu zdrente de ou* (250 ml), Ghiveci de legume cu pulpe de pui** (250g-100g), Biscuiti cu unt* 13%g (1bx100g)	Iaurt 3,5% g * (1bucx130 g)	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* (1bucx130 g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130 g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci (50g) *
R enterocol ita	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

Observatii:

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.

12.01.2026

Legenda:

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

-***factor alergeni:** lactoza (din lapte UHT, branza telemea de vaca, iurt, cascaval), telina (din ciorbe, supe, tocana de legume), gluten (din paine, faiuna, cozonac), proteine (din ou)

-gramajele se refera la produsul preparat termic

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

Medic sef comp,
Dr. Popescu Veronica



Intocmit,
As Preda Elena

