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**APROBAT,
 MANAGER,
 COSTACHE RAMONA**

**MENIUL SAPTAMANAL PE TIPURI DE REGIM 19-25.01.2026
 (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 perisoare (cu carne tocata porc) (250 ml-80 g), Orez cu legume si pulpe de pui ** (250g -100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	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 din piept pui** cu fidea* si ou* (250 ml-80 g), Orez cu legume si pulpe de pui ** (250g -100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	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 perisoare (cu carne tocata porc) (250 ml-80 g), 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 (50g), Branza	Mere (1 buc)	Ciorba din piept pui** cu fidea* si ou* (250 ml-80 g), Orez cu legume si pulpe	Iaurt 3,5% g * (1bucx130g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai plante (250 ml) 5%

	*17% g (2bx17.5g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *		Cozonac cu crema de nuca si cacao 18% g (50 g) *		
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 din piept pui** cu fidea* si ou* (250 ml-80 g), Orez cu legume si pulpe de pui ** (250g-100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	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 * (1bucx13 0g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g * (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Telemea de vaca desarata (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 (100g) **	Iaurt 3,5% g * (1bucx130g)	Orez fiert cu morcovi (250g) si piept pui fiert (100g) **, Ceai de menta (250ml) 5% zahar
comun, insot	Omleta cu iaurt*3,5% g (2 buc ou*), 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-100 g), Mancare de mazare verde cu snitele* din piept de pui ** (250 g-100g), Biscuiti cu unt* 13%g (1bx100g)	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Telemea de vaca descarata 21% g (50g) *
R1,R5A, desod	Omleta cu iaurt*3,5% g (2 buc ou*), 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)/ Omleta cu iaurt*3,5% g (2 buc ou*), 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-100 g), Piure de cartofi cu snitele* din piept de pui ** (250 g- 100g), Biscuiti cu unt* 13%g (1bx100g) (R desod)/ Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Piure de cartofi cu piept de pui ** (250 g-100g), Biscuiti cu unt* 13%g (1bx100g)	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Telemea de vaca descarata 21% g (50g) *
diabetic	Omleta cu iaurt*3,5% g (2 buc ou*), Branza topita* 17% g (2bx17.5g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) neindulcit,	Mere (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Piure de cartofi cu piept de pui ** (250 g-100g), Mere (1 buc)	Iaurt 3,5% g* (2bucx130g)	Fasole galbena sotata (250g) cu pulpe de pui ** (200g), Telemea de vaca descarata 21% g (50g) *, Ceai plante (250 ml) neindulcit

lehuze	Unt B*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 pulpe pui** cu fidea* si ou* (250 ml-100 g), Piure de cartofi cu piept de pui ** (250 g-100g), Biscuiti cu unt* 13%g (1bx100g)	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Telemea de vaca desarata 21% g (50g) *
copii(1-3, 3-16 ani)	Omleta cu iaurt*3,5% g (2 buc ou*), 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 piept de pui* cu fidea* si ou* (250 ml-80g), Piure de cartofi cu piept de pui ** (250 g-100g), Biscuiti cu unt* 13%g (1bx100g)	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 * (1bucx130g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	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	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) *, Ghiveci din cartofi si orez cu pulpe de pui ** (250g-100g), Pandispan cu mere (50 g) *	Iaurt 3,5% g * (1bucx130g)	Mamaliguta cu smantana* (100g), ou fiert* (1 buc) si telemea de vaca desarata* (100g)
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) *, Ghiveci din cartofi si orez cu pulpe de pui ** (250g-100g), Pandispan cu mere (50 g) *	Iaurt 3,5% g* (1bucx130g)	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	Mere (1 buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Ghiveci de legume cu pulpe de pui** (250g-100g), Mere (1buc)	Iaurt 3,5% g* (2bucx130g)	Mamaliguta cu smantana* (100g), ou fiert* (1 buc) si telemea de vaca desarata* (100g), Salam carne porc 13% g (50g), Ceai

	Paine (250g/zi) *				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)	Supa de carne pui** cu galuste de gris (250 ml) *, Ghiveci de legume cu pulpe de pui** (250g-100g), Pandispan cu mere (50 g) *	Iaurt 3,5% g * (1bucx130g)	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)	Supa de carne pui** cu galuste de gris (250 ml) *, Ghiveci de legume cu pulpe de pui** (250g-100g), Pandispan cu mere (50 g) *	Iaurt 3,5% g * (1bucx130g)	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* (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
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 cartofi (250 ml), Sos de rosii cu chiftelile din carne tocata de porc ** (250g -80g), Prajitura cu lapte * si cacao (1bx35g)	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
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 cartofi (250 ml), Mancare de dovlecei cu piept de pui ** (250g-120g), Prajitura cu lapte * si cacao (1bx35g)	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), Cascaval * (50g),	Mere (1 buc)	Ciorba de cartofi (250 ml), Mancare de dovlecei cu piept de pui ** (250g-120g),	Iaurt 3,5% g* (2bucx130g)	Sos de rosii cu pulpe de pui** (250g-200g), Salam carne porc 13% g (50g), Ceai plante (250 ml)

	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) *	Mere (1 buc)	Ciorba de cartofi (250 ml), Mancare de dovlecei cu piept de pui ** (250g-120g), Prajitura cu lapte * si cacao (1bx35g)	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
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 cartofi (250 ml), Mancare de dovlecei cu piept de pui ** (250g-120g), Prajitura cu lapte * si cacao (1bx35g)	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
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), Telemea de vaca desarata (50g) *, Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1buc)	Ciorba de rosii cu orez si ou* (250 ml), Ardei umpluti cu carne tocata porc ** (250g-80g), Salam de biscuiti* (100g)	Iaurt 3,5% g * (1bucx130g)	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
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 rosii cu orez si ou* (250 ml), Legume la cuptor cu pulpe de pui ** (250g-100g), Salam de biscuiti* (100g)	Iaurt 3,5% g* (1bucx130g)	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)
diabetic	Unt A*82% g (2bx10g), Branza topita* 17% g (2bx17.5g),	Mere (1buc)	Ciorba de rosii cu orez si ou* (250 ml), Ardei umpluti cu carne tocata porc ** (250g-80g),	Iaurt 3,5% g* (2bucx130g)	Broccoli gratinat (250g) cu piept de pui** (100g), Salam carne porc 13% g

	desarata (50g) *, Ceai plante (250 ml) neindulcit, Paine(250g/zi) *				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)	Ciorba de rosii cu orez si ou* (250 ml), Legume la cuptor cu pulpe de pui ** (250g-100g), Salam de biscuiti* (100g)	Iaurt 3,5% g * (1bucx130g)	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	
copiii(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 rosii cu orez si ou* (250 ml), Legume la cuptor cu pulpe de pui ** (250g-100g), Salam de biscuiti* (100g)	Iaurt 3,5% g * (1bucx130g)	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* (1bucx130g)	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) **	Iaurt 3,5% g* (1bucx130g)	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 (2bx20g), Ou fiert (1 buc)*, Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1buc)	Ciorba de dovlecei (250 ml) *, Varza a la Cluj (cu carne tocata de porc) ** (250g - 80g), Eugenia *cu crema de cacao (1bx32g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar	
S A M B A T A	R1,R5A, desod	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) * (R1,R5A)/ Unt A*82% g (2bx10g), Gem de caise (2bx20g), Ou fiert* (1 buc), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R desod ad)	Mere (1buc)	Ciorba de dovlecei (250 ml) *, Paste fainoase cu sos rosii si pulpe de pui** (250g-100g), Eugenia *cu crema de cacao (1bx32g)	Iaurt 3,5% g* (1bucx130g)	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* 21%g (50g), Ceai plante (250 ml) 5% zahar (R1,R5A)
diabetic	Unt A*82% g (2bx10g), Branza topita* 17% g (2bx17.5g), Ou	Mere (1buc)	Ciorba de dovlecei (250 ml) *, Varza a la Cluj (cu carne tocata de porc) ** (250g -	Iaurt 3,5% g* (2bucx130g)	Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai	

	Ceai plante (250 ml) neindulcit, Paine(250g/zi) *		Mere		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 rosii si pulpe de pui** (250g -100g), Eugenia *cu crema de cacao (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
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 rosii si pulpe de pui** (250g -100g), Eugenia *cu crema de cacao (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 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
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 zarzavat* cu fidea* si ou* (250 ml, Cartofi gratinati cu pulpe de pui** (250g-100g), Napolitane cu crema de lamaie 27,4 %g (1bx40g)	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 zarzavat* cu fidea* si ou* (250 ml, Cartofi gratinati cu pulpe de pui** (250g-100g), Napolitane cu crema de lamaie 27,4 %g (1bx40g)	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),	Mere (1buc)	Ciorba de zarzavat* cu fidea* si ou* (250 ml, Cartofi gratinati 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)

	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) *	Mere (1buc)	Ciorba de zarzavat* cu fidea* si ou* (250 ml, Cartofi gratinati cu pulpe de pui** (250g-100g), Napolitane cu crema de lamaie 27,4 %g (1bx40g)	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 zarzavat* cu fidea* si ou* (250 ml, Cartofi gratinati cu pulpe de pui** (250g-100g), Napolitane cu crema de lamaie 27,4 %g (1bx40g)	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* (1bucx13 0g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	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 descarata* (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.

19.01.2026

Legenda:

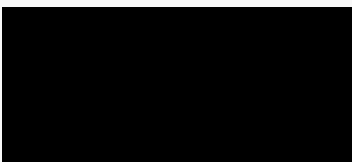
-****produs congelat:** pulpe pui, ficat de pui, piept de pui, carne tocata porc

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

