



SPITALUL CLINIC JUDETEAN DE URGENTA TARGU-MURES
 Târgu - Mureș, str. Ghe. Marinescu, nr. 50, Județul Mureș
 Tel:0265 - 212111, 211292, 217235 ; Fax. 0265 – 215768
 Operator de date cu caracter personal înregistrat la ANSPDPC sub nr. 26287

BLOC-ALIMENTAR MENIUL FIXAT PE DATA 04.01.2026



REGIM	MIC DEJUN	ORA 10	PRANZ	ORA 1730MORNING
DIABET DIABET-HIPOSODAT Cea2000 CAL	UNT 20 G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 100G, MASLINE 30G TELEMEA 60G, GRAHAM 200G CEAI FAR ZAHAR 300ML	SANA 175G MAR 1BUC	CIORBA TARANEASCA DE VACUTA 300ML COTLET DE PORC LA TAVA 200G/crud 140G/prev CUS-CUS CU LEGUME 160G SALATA DE VARZA 100G	SANA 175G SALAM DE VARA 100G CASCAYAL 100G UNT 20G, ROSII 100G/80G CEAI FARA ZAHAR 300ML
NEOPLAZIC Cea2500 CAL	UNT 20 G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 100G, MASLINE 30G TELEMEA 60G,CEAI 300ML FRANZELA 300G	BANANA 1BUC	CIORBA TARANEASCA DE VACUTA 300ML COTLET DE PORC LA TAVA 200G/crud 140G/prev CUS-CUS CU LEGUME 260G SALATA DE VARZA 100G	SANA 175G SALAM DE VARA 100G CASCAYAL 100G UNT 20G, ROSII 100G/80G CEAI 300ML
TRANSPLANT Cea2600CAL	OCHURI CU CAS 2BUC MIERE 40G, BRANZA TOPITA 2BUC FRANZELA 300G, CEAI 300ML	COMPOT 260ML EUGENIA	CIORBA TARANEASCA DE VACUTA 300ML COTLET DE PORC LA TAVA 200G/crud 140G/prev CUS-CUS CU LEGUME 260G	PIEPT DE CURCAN LA TAVA 120G/80G CARTOFI NATUR 250G CEAI 300ML
NORMAL, COPII 3-16 INSOTTOR HIPOSODAT Cea2400 CAL	UNT 20 G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 60G, MASLINE 30G MIERE 20 G, CEAI 300 ML FRANZELA 300G	BANANA 1BUC	CIORBA TARANEASCA DE VACUTA 300ML COTLET DE PORC LA TAVA 110G/crud 80G/prev CUS-CUS CU LEGUME 260G SALATA DE VARZA 100G	SALAM DE VARA 50G CASCAYAL 60G, ROSII 50G/40G UNT 20G CEAI 300ML
GARDA Cea2400 CAL	UNT 20 G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 60G, MASLINE 30G MIERE 20 G, CEAI 300 ML FRANZELA 300G	BANANA 1BUC	CIORBA TARANEASCA DE VACUTA 300ML COTLET DE PORC LA TAVA 150G/crud 120G/prev CUS- CUS CU LEGUME 260G SALATA DE VARZA 100G	SUNCA PRAGA 50G CASCAYAL 50G, ROSII 50G/40G UNT 20G CEAI 300ML
LAUZE HIPERCALORIC HEPATIC Cea2400 CAL	UNT 20G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 60G, MASLINE 30G MIERE 20 gr, CEAI 300 ML FRANZELA 300G	BANANA 1BUC	CIORBA TARANEASCA DE VACUTA 300ML PIEPT DE CURCAN LA TAVA 100G/crud 70G/prev CUS- CUS CU LEGUME 260G SALATA DE SPECIA ROSIE 100G	UNT 1BUC, UNT 20 G, BISCUITI 60G BRANZA FAGARAS 1BUC/180G CEAI 300ML
LACTO-FAINOS ULCER F. SARE ULCER-ULCER SIMPLU Cea 2800CAL	UNT 20G, OU 1 BUC ,BISCUITI 60G BRANZA FAGARAS 1BUC/180G CEAI 300 ML	BUDINCA DE VANILIE 200G	SUPA CU GALUSTE DE GRIS si carne(20g)300 ML RASOL DIN PIEPT DE CURCAN 100G/70G CUS-CUS GARNI 260G SOS DE VISINE 100G	BRANZA FAGARAS 1 BUC/180G UNT 20G, GEM 2 BUC CEAI 300ML, BISCUITI 60G
COLECTIST Cea2800 CAL	BR. FAGARAS 1BUC/180G, MIERE 40G UNT 20G, BISCUITI 60G, CEAI 300 ML FRANZELA 300G	BUDINCA DE VANILIE 200G	SUPA CU GALUSTE DE GRIS si carne(20g)300 ML RASOL DIN PIEPT DE CURCAN 100G/70G CUS-CUS GARNI 260G SOS DE VISINE 100G	GEM 2BUC, UNT 20G CASCAYAL 60G BISCUITI 60G CEAI 300ML
NEFRITA Cea2900 CAL	BR. FAGARAS 1BUC/180G, MIERE 40G UNT 20 G, BISCUITI 60G, CEAI 300ML FRANZELA 300G	BUDINCA DE VANILIE 200G	SUPA TARANEASCA 300ML, CUS- CUS CU LEGUME 300G SALATA DE SPECIA ROSIE 100G	CARTOFI LA TAVA 250G CONS. TON 1BUC, ROSII 100G/80G CEAI 300ML
VEGETARIAN Cea2200 CAL	PATE VEGETAL 1 BUC, MIERE 40G MASLINE 30G, BRUSCHETE CU ROSII CEAI 300ML, FRANZELA 300G	BANANA 1BUC	CIORBA TARANEASCA 300ML, CUS- CUS CU LEGUME 300G SALATA DE SPECIA ROSIE 100G	OREZ 50G CU BRNZA FAGARAS 180G CEAI 200 ml
COPIII 6 LUNI- 1ANI Cea1100 CAL	BISCUITI CU BANANA 200G CEAI 200ML	BUDINCA DE VANILIE 200G	SUPA STRECURATA 100ML CARTOFI PUIRE 100G, SOS DE VISINE 60G CARNE TOCATA DIN PIEPT CURCANI100G /70G	OREZ 50G CU BRNZA FAGARAS 180G CEAI 200 ml
COPII 1-3 ANI Cea1500 CAL	UNT 20G, MIERE 20G, SUNCA DE PUI40G BR.FAGARAS 1BUC/180G LAPTE 200ML,FRANZELA 300G	BANANA 1BUC	SUPA CU GALUSTE DE GRIS 200 ml RASOL, PIEPT DE CURCAN 100G/70G CUS-CUS 100G, SOS DE VISINE 60G	UNT 20 G, SUNCA PRAGA 40G CASCAYAL 40G, ROSII 50G/40G CEAI 200ML
COLITA Cea2300 CAL	OU 1BUC, UNT 20G, CASCAYAL 100G CEAI 300ML, BISCUITI 60G FRANZELA 300G	BANANA 1BUC	SUPA CU GALUSTI DE GRIS si carne(20g)300ML RASOL DIN PIEPT DE CURCAN 100G/70G OREZ FIERT 200G si MORCOV BABY 100G	TELEMEA100G, UNT 20G, OU 1BUC BISCUITI 60G CEAI 30ML



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INTOLERANȚA LA GLUTEN Cea 2400 CAL	UNT 20 G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 60G, MASLINE 30G MIERE 20 G, CEAI 300 ML, TARTINA DE OREZ 1BUC	BANANA 1BUC	GIORBA TARANEASCA DE VACUTA 300ML COTLET DE PORC LA TAVA 100G/cand 70G/prep CUS-CUS CU LEGUME 260G SALATA DE VARZA 100G	SANA 178G	SUNCA PRAGA 50G CASAVAL 50G UNT 20 G, ROSII 60G/40G CEAI 300ML
INTOLERANȚA LA LACTOZA Cea 2300 CAL	SUNCA DE PUI 100G MIERE 40G, MASLINE 30G FRANZELA 300G, CEAI 300ML	BANANA 1BUC	GIORBA TARANEASCA DE VACUTA 300ML COTLET DE PORC LA TAVA 100G/cand 70G/prep CUS-CUS CU LEGUME 260G SALATA DE VARZA 100G	MAR 1BUC	ROSI 60G/40G, OU 1BUC SUNCA PRAGA 60G GEM 2BUC CEAI 300ML
PASAT SONDA Cea 2000CAL	BUDINCA DE VANILIE 200ML SANA 175G/1BUC, OU 1BUC, ZEAMA DE OREZ	LAPTEE 260ML BISCUITI 50G	=SUPA CONCENTRATA 500 L (OU, SMANTANA, OREZ, UNT, CARTOFI, MORCOV, PATRUNJEL, TELINA, CARNE) ZEAMA DE OREZ	BR. FAGARA S 1B, MIERE 1 BUC	CINA -BISCUITI 60G LAPTE 260ML, OU 1BUC
HIDRICI Cea 1700 CAL	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREE ACUTA, CEAIURI INDULCITE 300ML	ZEAMA DE OREZ 250ML	SUPE LIMPEZI DE LEGUME / DE CARNE DIUATA „DEGRESATA”300ML	ZEAMA DE OREZ 250ML	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREE ACUTA, CEAIURI INDULCITE SUPA STRECURATA 260ML

POSSIBILI ALERGENI CARE SE REGASESC ÎN MENIU: LAPTE DE VACA, GLUTENUL DIN GRAU, DROJIDIA, ALBUS DE OU, GALBENUS DE OU, USTUROI, SOIA, FAINA DE MALAI.
 PRODUSE CONGELATE DIN MENIU: PULPA SUPERIOARA DE PUI, PIEPT DE CURCAN, PIEPT DE PUI, MAZARE VERDE, CONOPIDA, AMESTREC LEGUME CONGELAT

MENIURILE SE INCADREAZA IN ALOCATIA PREVAZUTA IN ORDINUL 1488/2022 EMIS DE MIN.SANATATII.

AS. MED. PR. DE DIETETICA
 SERBANAT NICOLETA

