



**SPITALUL CLINIC JUDETEAN DE URGENTA TARGU-MURES**

Târgu - Mureş, str. Ghe. Marinescu, nr. 50, Judeţul Mureş  
Tel:0265 - 212111, 211292, 217235 ; Fax. 0265 - 215768  
Operator de date cu caracter personal înregistrat la ANSPDCP sub nr. 26287

**AVIZAT**

**DIRECTOR**

MINISTERUL SĂNĂTĂŢII  
SPITALUL CLINIC DE URGENTA  
TARGU-MURES  
ROMANIA

**BIOC-ALIMENTAR MENIU FIXAT PE DATA 26.01.2026**

REGIM	MIC DEJUN	ORA 10	PRANZ	ORA 17	CINA
DIABET DIABET FARA SARE Cea 2000 CAL	UNT 20G, BR. TOPITA 1BUC SALAM DE VARA 100 G,OU 1 BUC ROSII 100G/80G GRAHAM 200 G CEAI FARA ZAHAR 300ML	MAR 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (100G CARNE/150G-CRUD) MAMALIGUTA 170G MAR1BUC	CONS. TON 1BUC SANA 175G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALAT ASORTATA 100G CEAI FARA ZAHAR 300ML
DIABET DESODAT Cea2000CAL	UNT 20G, CASCVAL 40G OU 1 BUC,ROSII 100G/80G BRANZA FAGARAS 1BUC GRAHAM 200 G CEAI FARA ZAHAR 300ML	MAR 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (100G CARNE/150G-CRUD) MAMALIGUTA 250G, MAR 1BUC	SANA 175 G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALAT ASORTATA 100G CEAI FARA ZAHAR 300ML
NEOPLAZIC NEOPLAZIC COPII Cea 2500 CAL	UNT 20G, BR. TOPITA 1BUC SALAM VATA 100 G,OU 1 BUC MASLINE 30G FRANZELA 800 G,CEAI 300ML	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (100G CARNE/150G-CRUD) MAMALIGUTA 250G, MAR 1BUC	PATE FICAT 1 BUC SANA 175G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALAT ASORTATA 100G, CEAI 300ML
TRANSPLANT Cea2500 CAL	OMLETA CU CAS 100G GEM 2 BUC, BR. TOPITA 2BUC CEAI 300 ML FRANZELA 300G,LAMAIE	COMPOT DE VISINE 250ML	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/150G CRUD) MAMALIGUTA 250G, MAR 1BUC	PATE FICAT 1 BUC SANA 175G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G CEAI 300ML
NORMAL INSOTIORI Cea2400 CAL	SALAM DE VARA 50G OU 1 BUC, UNT 20G BR. TOPITA 1BUC,MASLINE 30G FRANZELA 300G, CEAI 300 ML.	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/150G CRUD) MAMALIGUTA 250G, MAR 1BUC	OREZ IN LAPTE 300G CEAI 300 ML	
HEPATIC, HIPOSODAT COPII 3-16 ANI HIPERCALORIC LAUZE Cea2400 CAL	SUNCA 50 G OU 1 BUC, UNT 20G BR. TOPITA 1BUC,MASLINE 30G FRANZELA 300G,CEAI 300 ML.	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/150G CRUD) MAMALIGUTA 250G, MAR 1BUC	OREZ IN LAPTE 300G CEAI 300 ML	
GARDA CCA2500CAL	SALAM DE VARA 50G OU 1 BUC, UNT 20G BR. TOPITA 1BUC,MASLINE 30G FRANZELA 300G, CEAI 300 ML.	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/150G CRUD) MAMALIGUTA 250G, MAR 1BUC	CARNATI DE CASA LA TAVA 80G OREZ CU LEGUME 200G SALAT ASORTATA 100G, CEAI 300ML	
LACTO-FAINOS ULGER SIMPLU ULGER F. SARE ULGER Cea2300 CAL.	UNT 20 G, OU 1BUC, BISCUITI 50G BRANZA FAGARAS 180G/1BUC FRANZELA 300G CEAI 300 ML	SANA 175G	SUPA DE ZARZAVAT 300 ML RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G SOS MARINATA 100G	BR. FAGARAS 1 BUC BISCUITI 60G	OREZ IN LAPTE 300G CEAI 300 ML
COLICIST Cea2300 CAL	UNT 20 G, GEM 2BUC, BISCUITI 50G BRANZA FAGARAS 180G/1BUC FRANZELA 300G CEAI 300 ML	SANA 175G	SUPA DE ZARZAVAT 300 ML RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G SOS MARINATA 100G	BR. FAGARAS 1 BUC BISCUITI 60G	OREZ IN LAPTE 300G CEAI 300 ML
NEFRITA Cea2200 CAL	UNT 20 G, GEM 2BUC, OU 1BUC BRANZA FAGARAS 180G/1BUC FRANZELA 300G CEAI 300 ML	SANA 175G	SUPA DE ZARZAVAT 300 ML RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G SOS MARINATA 100G	BR. FAGARAS 1 BUC BISCUITI 60G	OREZ IN LAPTE 300G CEAI 300 ML
VEGETARIAN Cea 2200 CAL	PATE YEG 1 BUC, GEM 2 BUC BRUSCHETE CU ROSII MASLINE 30G,CEAI 300ML FRANZELA 300G	EUGENIA 1BUC	SUPA DE FASOLE VERDE 300 ML CARTOFI LA TAVA 300G SALATA DE VARZA 100G MAR 1BUC	COMPOT DE MERE 250ML	OREZ CU LEGUME 250G CONS. TON 1BUC CEAI 300ML

COPIII 6 LUNI- IANI Cca 1000 CAL	BANANA CU BISCUITI 250G CEAI 200ML	GRIS IN LAPTE 200G	SUPA STRECURATA 100 ML CARTOFI PURE 100G PIEPT DE CURCAN TOCAT 100G/70G SOS I MARINATA 50G	BR. FAGARAS 1 BUC BISCUITI 30G	OREZ IN LAPTE 200G CEAI 200 ML
COPII 1-3 ANI Cca 1300 CAL	OU IBUC, UNT 20G, SUNCA 40G, GEM IBUC LAPTE 200ML FRANZELA 300 GR	MAR IBUC	SUPA DE ZARZAVAT 200 ML PABICAS DIN PIEPT DE CURCAN 120G/80G MAMALIGUTA 150G	BR. FAGARAS 1 BUC BISCUITI 30G	OREZ IN LAPTE 200G CEAI 200 ML
COLITA Cca 2300 CAL	OU FIERT TARE, UNT 20G CASCAVAI 100G, BISCUITI 50G FRANZELA 300G CEAI 300ML	ZEAMA DE OREZ 250ML	SUPA DE ZARZAVAT 300 ML RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G MORCOVI SOTE 100G	ZEAMA DE OREZ 250ML	RASOL DE PUI 180G/120G OREZ CU MORCOVI 250G CEAI 300ML
NTOLERANTA LA GLUTEN Cca 2300 CAL	SUNCA 60G OU 1 BUC, UNT 20G BR. TOPITA IBUC, MASLINE 30G TARTINA DE OREZ IBUC, CEAI 300	GEM IBUC	SUPA DE FASOLE VERDE (FARA FAINA) 300ML. PIEPT DE CURCAN CU LEGUM 120G/80G MAMALIGUTA 250G MAR IBUC	SANA 175G	PULPA DEZOSATA LA TAVA 100G OREZ CU LEGUME 200G CEAI 300ML
INTOLERANTA LA LACTOZA Cca 2300 CAL	SUNCA 100G GEM 2 BUC, OU IBUC, MASLINE 80G FRANZELA 300G, CEAI 300 ML	MAR IBUC	SUPA DE FASOLE VERDE (FARA LACTATE) 300ML PIEPT DE CURCAN CU LEGUM 120G/80G MAMALIGUTA 250G MAR IBUC	COMPOT DE MERE 250ML	PULPA DEZOSATA LA TAVA 100G OREZ CU LEGUME 200G CEAI 300ML
HIDRICI Cca 1300 CAL	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREEACUTA, CEAIURI INDULCITE	ZEAMA DE OREZ 250ML	SUPE LIMPEZI DE LEGUME / DE CARNE DILUATA „DEGRESATA”	COMPOT DE MERE 250ML	POST OPERATOR (PRIMELE 1-2 ZILE), CEAIURI INDULCITE, SUPA STRECURATA
PASAT SONDA Cca 2000 CAL	GRIS CU LAPTE 250 ML SANA 175G, OU IBUC, ZEAMA DE OREZ	LAPTE 250ML BISCUITI 50 G	SUPA CONCENTRATA 500 L (OU, SMANTANA, OREZ, UNT, CARTOFI, MORCOV, TERINA, PATRUMEL, CARNE) ZEAMA DE OREZ	BRANZA FAGARAS 180G MERE IBUC	CINA : BISCUITI 50 GR. LAPTE 250 ML, OU IBUC

POSSIBILI ALERGENI CARE SE REGASESC IN MENIU : LAPTE DE VACA, GLUTENUL DIN GRAU, DROJIDIA, ALBUS DE OU, GALBENUS DE OU, USFUROI, SOIA, FAINA DE MALAI  
PRODUSE CONGELATE DIN MENU - PULPA SUPERIOARA DE PUI, FASOLE VERDE, BABY MORCOV, AMESTEC LEGUME CONGELAT, PIEPT DE CURCAN

MENIURILE SE INCADREAZA IN ALOCATIILE PREVAZUTE IN ORDINUL 1488/2022 EMIS DE MIN.SANATATI.

INTOCMIT  
AS.MED.PR. DE DIETETICA  
SERBANAT NICOLETA


