



SPITALUL CLINIC JUDETEAN DE URGENTA TARGU-MURES
 Targu - Mures, str. Ghe. Marinescu, nr. 50, Judetul Mures
 Tel:0265 - 212111, 211292, 217235 ; Fax. 0265 - 215768
 Operator de date cu caracter personal Inregistrat la ANSPDCP sub nr. 26287



BLOC-ALIMENTAR MENU FIXAT PE DATA 23.02.2026

REGIM	MIC DEJUN	ORA 10	PRANZ	ORA 17	CINA
DIABET DIABET FARA SARE Cea 2000 CAL	UNT 20G, BR. TOPITA 2BUC SALAM DE VARA 100 G OU 1 BUC ROSIU 100G/80G, GRAHAM 200 G CEAI FARA ZAHAR 300ML	SANA 175G	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (110G CARNE/160G-CRUD) MAMALIGUTA 180G, MAR 1BUC	PATE FICAT 1 BUC SANA 175G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G CEAI FARA ZAHAR 300ML
DIABET DESODAT Cea2000CAL	SUPEDE LEGUME 160G UNT 20G,ROSIU 100G/80G BRANZA FAGARAS 1BUC GRAHAM 200G,CEAI FARA ZAHAR	SANA 175G	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (110G CARNE/160G-CRUD) MAMALIGUTA 180G, MAR 1BUC	PATE FICAT 1 BUC SANA 175G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G CEAI FARA ZAHAR 300ML
NEOPLAZIC NEOPLAZIC COPII Cea 2800 CAL	UNT 20G, BR. TOPITA 1BUC SALAM VARA 100 G,OU 1 BUC ROSIU 100G/80G FRANZELA 300 G,CEAI 300ML	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (110G CARNE/160G-CRUD) MAMALIGUTA 250G, MAR 1BUC	PATE FICAT 1 BUC SANA 175G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G, CEAI 300M
TRANSPLANT Cea2800 CAL	OMLETA CU CAS 100G GEM 2 BUC, BR. TOPITA 2BUC CEAI 300 ML FRANZELA 300G,LAMAI	COMPOZ DE VISINE 250ML	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (110G CARNE/160G-CRUD) MAMALIGUTA 250G	PATE FICAT 1 BUC SANA 175G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G CEAI 300ML
NORMAL INSOTICRI Cea2400 CAL	SALAM DE VARA 60G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 50G/40G 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	PATE FICAT 1 BUC SANA 175G	OREZ IN LAPTE 300G CEAI 300 ML
HIPODIAT COPII 3-16 ANI HIPERCALORIC LAUZE Cea2400 CAL	SUNCA 60 G OU 1 BUC, UNT 20G BR. TOPITA 1BUC,ROSIU 50G/40G 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	PATE FICAT 1 BUC SANA 175G	OREZ IN LAPTE 300G CEAI 300 ML
HEPATIC Cea2400CAL	SUNCA 50 G OU 1 BUC, UNT 20G BR. TOPITA 1BUC,ROSIU 50G/40G 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	BR. FAGARAS 180G BISCUITI 50G	OREZ IN LAPTE 300G CEAI 300 ML
GARDA Cea2500CAL	SALAM DE VARA 60G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 50G/40G 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	SANA 175G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G, CEAI 300M
LACTO-FAINOS UICER SIMPLU UICER F. SARE UICER Cea2300 CAL	UNT 20 G, OU 1BUC, BISCUITI 60G BRANZA FAGARAS 180G/1BUC TELEMEA DESARATA 40G 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 180G BISCUITI 50G	OREZ IN LAPTE 300G CEAI 300 ML
COLECIST Cea2300 CAL	UNT 20 G, GEM 2BUC, BISCUITI 60G BRANZA FAGARAS 180G/1BUC TELEMEA DESARATA 40G FRANZELA 300G, CEAI 300ML	SANA 175G	SUPA DE ZARZAVAT 300 ML RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G SOS MARINATA 100G	BR. FAGARAS 180G BISCUITI 50G	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 200 ML RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G SOS MARINATA 100G	BR. FAGARAS 180G BISCUITI 50G	OREZ IN LAPTE 300G CEAI 300 ML
VEGETARIAN Cea 2200 CAL	PATE VEG 1 BUC, GEM 2 BUC BRUSCHETE CU ROSII ROSIU 60G/40G,CEAI 300ML FRANZELA 300G	EUGENIA 1BUC	SUPA DE FASOLE VERDE 300 ML PAPRICAS DE CIUPERCI 150G MAMALIGUTA 250G MAR 1BUC	COMPOZ DE MERE 250ML	OREZ CU LEGUME 250G SALATA ASORTATA 100G CONS, TON 1BUC CEAI 300ML

COPIII '6 LUNI - IANI Cca 1000 CAL	BANANA CU BISCUITI 250G CEAI 200ML	IAURT CU FRUCTE 125G	SUPA STRECURATA 100 ML CARTOFI PURE 100G PIEPT DE CURCAN TOCAT 100G/70G SOS I MARINATA 50G	BR. FAGARAS 180G BISCUIT 30G	OREZ IN LAPTE 200G CEAI 200 ML
COPII 1-3 ANI Cca 1300 CAL	OU 1BUC, UNT 20G, SUNCA 40G GEM 1BUC, ROSII 50G/40G LAPTE 200ML, FRANZELA 300 GR	IAURT CU FRUCTE 125G	SUPA DE ZARZAVAT 200 ML PAPRICAS DIN PIEPT DE CURCAN 120G/80G MAMALIGUTA 150G, MAR 1BUC	BR. FAGARAS 180G BISCUIT 30G	OREZ IN LAPTE 200G CEAI 200 ML
COLITA Cca 2300 CAL	OU FIERT TARE, UNT 20G TELEMEA 100G, BISCUITI 50G FRANZELA 300G CEAI 300ML	ZEAMA DE OREZ 250ML	RUPADA DE ZARZAVAT 300 ML CARTOFI NATUR 200G MORCOVI SOTE 100G	ZEAMA DE OREZ 250ML	RASOL DE PUI 180G/120G OREZ CU MORCOVI 250G CEAI 300ML
INTOLERANTA LA GLUTEN Cca 2300 CAL	SUNCA 60G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 50G/40G TARTINA DE OREZ 1BUC, CEAI 300	GEM 1BUC	SUPA DE FASOLE VERDE (FARA LACTATE) 300ML PIEPT DE CURCAN CU LEGUM 120G/80G MAMALIGUTA 250G, MAR 1BUC	SANA 175G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G, CEAI 300ML
INTOLERANTA LA LACTOZA Cca 2300 CAL	SUNCA 100G, ROSII 50G/40G GEM 2 BUC, OU 1BUC FRANZELA 300G, CEAI 300 ML	MAR 1BUC	SUPA DE FASOLE VERDE (FARA LACTATE) 300ML PIEPT DE CURCAN CU LEGUM 120G/80G MAMALIGUTA 250G, MAR 1BUC	COMPOT DE MERE 250ML	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G, 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 1BUC, ZEAMA DE OREZ	LAPTE 250ML BISCUITI 50 G	SUPA CONCENTRATA 500 L (OU, SMANTANA, OREZ, UNT, CARTOFI, MORCOV, TELINA, PATRUNJEL, CARNE)	BRANZA FAGARAS 180G MIERE 1BUC	CINA : BISCUITI 50 GR LAPTE 250 ML, OU 1BUC

POSSIBILI ALERGENI CARE SE REGASESC IN MENIUL LAPTE DE VAÇA, GLUTENUL, DIN GRAU, DROJIDIA, ALBUS DE OU, GALBENUS DE OU, USTUROI, SOIA, FAINA DE MALAI
PRODUSE CONGELATE DIN MENIU - PUI, PA SUPERIOARA DE PUI, PIEPT DE CURCAN, FASOLE VERDE, BABY MORCOV, AMESTEC LEGUME CONGELAT

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

INTOCMIT
AS.MED.PR. DE DIETETICĂ
SERBANAT NICOLETA

