



SPITALUL CLINIC JUDETEAN DE URGENTA TARGU-MURES
 Targu - Mures, str. Ghe. Marincescu, nr. 50, Judetului Mures
 Tel: 0265 - 212111, 217292, 217235 ; Fax. 0265 - 215768
 Operator de date cu caracter personal inregistrat la ANSPDCP sub nr. 26287



BLOC-ALIMENTAR MENIU FIXAT PE DATA 12.03.2026

REGIM	MIC DEJUN	ORA 10	PRANZ	ORA 17	CINA
DIABET- DIABET HIPOSDAT Cca.2000 CAL	UNT 20G, OU 1 BUC, CASCAVAL 60G SUNCA PRAGA100G ROSII 100G/80G, GRAHAM 200G CEAI FARA ZAHAR, 300ML	BRANZA FAGARAS 180G	SUPA DE CARTOFI (FARA PAINA) 300 ML PASTE BOLOGNEZE 150G CARNE / 20 G CAS PORTOCALIA 1BUC	SANA176 G 1 BUC	SPANAC SOTE 200G CARNATI LA TAVA150 G CEAI FARA ZAHAR 300ML
DIABET DESODAT Cca.2000CAL	SUFLE DE LEGUME 150G, UNT 20G ROSII 100G/80G GRAHAM FARA SARE 200G CEAI FARA ZAHAR 300ML	BRANZA FAGARAS 180G	SUPA DE CARTOFI (FARA PAINA) 300 ML PASTE BOLOGNEZE 150G CARNE / 20 G CAS PORTOCALIA 1BUC	SANA176 G 1 BUC	SPANAC SOTE 200G RULADA DIN PIEPT DE CURCAN 100G/70G CEAI FARA ZAHAR 300ML
DIABET HIPOS. CU INTOLERANTA LACTOZA Cca.2000CAL	SUFLE DE LEGUME 150G SUNCA PUI 60G, ROSII 100G/80G GRAHAM FARA SARE 200G CEAI FARA ZAHAR 300ML	BRANZA FAGARAS 180G	SUPA DE CARTOFI 300 ML PASTE BOLOGNEZE 150G CARNE / 20 G CAS PORTOCALIA 1 BUC	SANA176 G 1 BUC	MANCARE DE SPANAC 250G CARNATI LA TAVA 150 G CEAI 300ML
NEOPLAZIC Cca 2500 CAL	MIERE 1 BUC, UNT 20 G CASCAVAL 60G, ROSII 100G/80G SUNCA PRAGA100G CEAI 300ML PRANZELA 300G	BRANZA FAGARAS 180G	SUPA DE CARTOFI 300 ML PASTE BOLOGNEZE 150G CARNE / 20 G CAS PRAJITURA 1 BUC	SANA176 G 1 BUC	MANCARE DE SPANAC 250G RULADA DIN PIEPT DE CURCAN 100G/70G CEAI 300ML
NEOPLAZIC COPRI Cca 2500 CAL	MIERE 1 BUC UNT 20 G CASCAVAL 60G, ROSIE 100G/80G SUNCA PRAGA 100G CEAI 300ML PRANZELA 300G	BRANZA FAGARAS 180G	SUPA DE CARTOFI 300 ML PASTE BOLOGNEZE 150G CARNE / 20 G CAS PRAJITURA 1 BUC	SANA176 G 1 BUC	MANCARE DE SPANAC 250G CARNATI LA TAVA 150 G CEAI 300ML
TRANSPLANT Cca. 2800 CAL	SUFLE DE LEGUME 150 G BR.TOPTA 2BUC, MIERE 2BUC CEAI 300 ML / 1 LAMAIE PRANZELA 300G	COMPOT DE VISINE 250ML	SUPA DE CARTOFI 300 ML PASTE BOLOGNEZE 150G CARNE / 20 G CAS PRAJITURA 1 BUC	SANA176 G 1 BUC	MANCARE DE SPANAC 250G CARNATI LA TAVA 70 G CEAI 300 ML
NORMAL INSDOTOR GABDA Cca.2800CAL	UNT 20 G, SUNCA PRAGA 60G ROSII 50G/40G, MIERE 1 BUC PRANZELA 300G, CEAI 300ML	BRANZA FAGARAS 180G	SUPA DE CARTOFI 300 ML PASTE BOLOGNEZE 100G CARNE / 20 G CAS PRAJITURA 1 BUC	SANA176 G 1 BUC	MANCARE DE SPANAC 250G CARNATI LA TAVA 70 G CEAI 300 ML
HIPOSDAT Cca 2800CAL	UNT 20 G, SUNCA PRAGA 60G ROSII 50G/40G, MIERE 1 BUC PRANZELA 300G, CEAI 300ML	BRANZA FAGARAS 180G	SUPA DE CARTOFI 300 ML PASTE BOLOGNEZE 100G CARNE / 20 G CAS PRAJITURA 1 BUC	SANA176 G 1 BUC	MANCARE DE SPANAC 250G CARNATI LA TAVA 70 G CEAI 300 ML
COPII 3-16 ANI HIPERCALORIC LAUZECca. 2800 CAL	UNT 20 G, SUNCA PRAGA 60G ROSII 50G/40G, MIERE 1 BUC PRANZELA 300G, CEAI 300ML	BRANZA FAGARAS 180G	SUPA DE CARTOFI 300 ML PASTE BOLOGNEZE 100G CARNE / 20 G CAS PRAJITURA 1 BUC	SANA176 G 1 BUC	MANCARE DE SPANAC 250G CARNATI LA TAVA 70 G CEAI 300 ML
HEPATIC Cca.2800 CAL	UNT 20 G, SUNCA PRAGA 60G ROSII 50G/40G, MIERE 1 BUC PRANZELA 300G, CEAI 300ML	BRANZA FAGARAS 180G	SUPA DE CARTOFI 300 ML MUSACA DE PASTE CU PIEPT DE PUI 250 G PRAJITURA 1BUC	SANA176 G 1 BUC	MANCARE DE SPANAC 250G OU POSAT 1BUC CEAI 300 ML
LACTO-FAINOS ULCER ULCER F. SARE Cca.2800 CAL	BR. FAGARAS 180G, OU 1 BUC UNT 20 G, BISCUITI 60G PRANZELA 300 G, CEAI 300ML	OREZ CU LAPTE 200G	SUPA DE CARTOFI 300 ML MUSACA DE PASTE CU PIEPT DE PUI 250 G SOS MARINATA 100 G	SANA176 G 1 BUC	PURE DE SPANAC DIETETIC 250G RULADA DIN PIEPT DE CURCAN 80G/60G CEAI 300ML
COLITA Cca.2200 CAL	CASCAVAL 100G, BISCUITI 60G OU 1 BUC, UNT 20 G PRANZELA 300G, CEAI 300ML	ZEAMA DE OREZ 250ML	SUPA DE CARTOFI 300 ML RASOL DIN PIEPT DE PUI 150G/100G OREZ FIERT 200G, SOS DE MORCOVI 100G	ZEAMA DE OREZ 250ML	RULADA DIN PIEPT DE CURCAN 80G/60G OREZ CU TELEMENIA 250G CEAI 300 ML



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COLECIST CCA 2800 CAL	BR. FAGARAS 180G, MIERE 2 BUC UNT 20 G, BISCUITI 50G FRANZELA 300 G, CEAI 300ML	LAPTE 200G	SUPA DE CARTOFI 300 ML, MUSACA DE PASTE CU PIEPT DE PUI 250 G SOS MARINATA 100 G	SANA175 G 1 BUC	PIURE DE SPANAC DIETETIC 250G RULADA DIN PIEPT DE CURCAN 80G/50G CEAI 300ML
NERETIA Cea 2200 CAL	BR. FAGARAS 180G, UNT 20G MIERE 2BUC, OU 1 BUC, CEAI 200ml FRANZELA 300 G	OREZ CU LAPTE 200G	SUPA DE CARTOFI 200 ML MUSACA DE PASTE CU PIEPT DE PUI 250 G SOS MARINATA 100 G	SANA175 G 1BUC	PIURE CARTOFI 200G/BABY MORCOVI 100G OU POSAT 1BUC CEAI 300ML
COPIII 6 LUNI- IANI Cea1000 CAL	BISCUITI CU MAR 200G CEAI 200 ml	OREZ CU LAPTE 200G	SUPA STRECURATA CU CARNE 100ML CARTOFI PURE 100 G CARNE TOCATA DIN PIEPT PUI 50 gr SOS MARINATA 50 G	IAURT CU FRUCTE 1 BUC	PIURE DE SPANAC DIETETIC 100G OU POSAT 1BUC CEAI 200ML
COPIII 1-3 ANI Cea 1500 CAL	MIERE 1 BUC, UNT 20G SUNCA PRAGA 40 G, ROSII 50G/40G FRANZELA 150G, LAPTE 250ML	OREZ CU LAPTE 200G	SUPA DE CARTOFI 150 ML MUSACA DE PASTE CU PIEPT DE PUI 150 G SOS MARINATA 50 G, PRAJITURA	IAURT CU FRUCTE 1 BUC	PIURE DE SPANAC DIETETIC 100G OU POSAT 1BUC CEAI 200ML
PASAT SONDA Cea2000 CAL	GRIS CU LAPTE 250ML, (SANA175 G, OU1BUC, ZEAMA DE OREZ) Preparat la blender.	LAPTE 250ml BISCUITI 50GR	=SUPA CONCENTRATA 500ml (OU, SMANTANA OREZ, UNT, CARTOFI, MORCOV, PATRUNJEL, TELINA) RASOL	BR. FAGARAS 180G, OU 1BUC	LAPTE 250 ML, MIERE 1BUC BISCUITI 50 G Preparate la blender.
INTOLERANTA GLUTEN Cea 2800 CAL	UNT 20 G, SUNCA PRAGA 60G ROSI 50G/40G, MIERE 1 BUC TARTINA DE OREZ CEAI 300ML	BRANZA FAGARAS 180G	SUPA DE CARTOFI (PARA FAINA) 300 ML GARNTURA DE OREZ 250 G PIEPT DE PUI LA TAVA 150G/100G PORTOCALA 1BUC	SANA175 G 1 BUC	MANCARE DE SPANAC (PARA FAINA)250G RULADA DIN PIEPT DE CURCAN 100G/70G CEAI 300 ML
INTOLERANTA LACTATE Cea 2200 CAL	OU 1 BUC, ROSII 50G/40G MIERE 2 BUC SUNCA PRAGA 60G CEAI 300ML, FRANZELA 300G	MAR 1 BUC	SUPA DE CARTOFI (PARA LACTATE) 300 ML GARNTURA DE OREZ 250 G PIEPT DE PUI LA TAVA 150G/100G PORTOCALA 1BUC	COMPOT DE VISINE 250ML	MANCARE DE SPANAC (PARA LACTATE)250G RULADA DIN PIEPT DE CURCAN 100G/70G CEAI 300 ML
HIDRICI Cea.1400 CAL	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREEACTUA, CEALURI INDULCITE	ZEAMA DEOREZ 250ML	SUPE LIMPEZI DE LEGUME SI CARNE DII.UATA ,DEGRASATA*	COMPOT DE VISINE 250ML	POST OPERATOR (PRIMELE 1-2 ZILE), CEAURI INDULCITE SUPA STRECURATA
VEGETARIAN POST CRESTIN Cea 2200 CAL	BRUSCHETE CU ROSII 3BUC MIERE 2 BUC PATE VEGETAL 1 BUC FRANZELA 300 G, CEAI 300ML	MAR 1 BUC	SUPA DE CARTOFI 300G OREZ CU LEGUME SOTE 300G SALATA DE ROSII 100G, PORTOCALA 1BUC	COMPOT DE VISINE 250ML	SOTE DE SPANAC 200G CARTOFI NATUR 150G CEAI 300ML
ALTE RELIGII (fara carne porc) Cea2300CAL	UNT 20 G, CASCAYAL 60G ROSI 50G/40G, MIERE 2 BUC FRANZELA 300G, CEAI 300ML	BRANZA FAGARAS 180G	SUPA DE CARTOFI 300 ML, MUSACA DE PASTE CU PIEPT DE PUI 250 G PRAJITURA 1BUC	SANA175 G 1 BUC	PIURE DE SPANAC DIETETIC 250G RULADA DIN PIEPT DE CURCAN 80G/50G CEAI 300ML

POSSIBILI ALERGENI CARE SE REGASESC IN MENIU: LAPTE DE VACA, GLUTENUL, DIN GRAU DROJIDIA, ALBUS DE OU, GALBENUS DE OU, USTUROI, SOIA, FAINA DE MALAI
 PRODUSE CONGELATE DIN MENIU- BABY MORCOVI, AMESTEC LEGUME CONGELAT, PIEPT DE PUI, PIEPT DE CURCAN, SPANAC

MENIURIILE SE INCADREAZA IN ALOCATIYA PREVAZUTA IN ORDINUL 1489/2022 EMIS DE MIN.SANATATII.

ANTOCOMIT
 AS.MED.PR. DE DIETETICA
 SERBANAF NICOLETA

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