



SPITALUL CLINIC JUDETEAN DE URGENTA TARGU-MURES  
 Targu - Mures, str. Ghe. Marinescu, nr. 50, Judetului Mures  
 Tel: 0265 - 212111, 214292, 217235 ; Fax. 0265 - 215768  
 Operator de date cu caracter personal inregistrat la ANSPDCP sub nr. 26287



BLOC-ALIMENTAR MENIU FIXAT PE DATA 16.03.2026

REGIM	MIC DEJUN	ORA 10	PRANZ	ORA 17	CINA
DIABET DIABET-HIPOSODAT Cea2000 CAL	UNT 20 G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 100G, CASTRAVETE 100G/80G BR. TOPITA 2BUC, GRAHAM 200G CEAI FARA ZAHAR 300ML	SANA 175G MAR. IBUC	GIORBA TARANEASCA DE VACUTTA 300ML COTLET DE PORC LA TAVA 200G/crud 140G/prep CUS-CUS CU LEGUME 150G SALATA DE VARZA 100G	SANA 175G	SALAM USCAT 100G CASCAYAL 100G UNT 20G, ROSII 100G/80G CEAI FARA ZAHAR 300ML
DIABET DESODAT Cea2000 CAL	UNT 20G, BRANZA FAGARAS 1BUC/180G OMLETA CU CAS 100G, CASTRAVETE100G/80G GRAHAM FARA SARE 200G CEAI FARA ZAHAR 300ML	SANA 175G MAR. IBUC	GIORBA TARANEASCA DE VACUTTA 300ML COTLET DE PORC LA TAVA 200G/crud 140G/prep CUS-CUS CU LEGUME 150G SALATA DE VARZA 100G	SANA 175G	PIEPT DE CURCAN LA TAVA 120G/80G CARTOFI NATUR 150G SALAT DE ROSII 100G CEAI FARA ZAHAR 300ML
DIABET HIPOS. CU INTOLERANTA LACTOZA Cea2000 cal	SUNCA DE PUI 100G, CASTRAVETE 100G/80G LEGUME SOTE 100G GRAHAM FAR SARE 200G CEAI FARA ZAHAR 300ML	MAR. IBUC	GIORBA TARANEASCA DE VACUTTA 300ML COTLET DE PORC LA TAVA 200G/crud 140G/prep CUS-CUS CU LEGUME 150G SALATA DE VARZA 100G	SANA 175G	PIEPT DE CURCAN LA TAVA 120G/80G CARTOFI NATUR 150G SALAT DE ROSII 100G CEAI FARA ZAHAR 300ML
NEOPLAZIC Cea2500 CAL	UNT 20 G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 100G, CASTRAVETE 100G/80G BR. TOPITA 2BUC,CEAI 300ML. FRANZELA 300G	BANANA IBUC	GIORBA TARANEASCA DE VACUTTA 300ML COTLET DE PORC LA TAVA 200G/crud 140G/prep CUS-CUS CU LEGUME 250G SALATA DE VARZA 100G	SANA 175G	SALAM USCAT 100G CASCAYAL 100G UNT 20G, ROSII 100G/80G CEAI 300ML
TRANSPLANT Cea2600CAL.	OMLETA CU CAS 100G MIERE 40G, BRANZA TOPITA 2BUC FRANZELA 300G,CEAI 300ML.	COMPOT 250ML. EUGENIA	GIORBA TARANEASCA DE VACUTTA 300ML COTLET DE PORC LA TAVA 200G/crud 140G/prep CUS-CUS CU LEGUME 250G	SANA 175G	PIEPT DE CURCAN LA TAVA 120G/80G CARTOFI NATUR 250G CEAI 300ML
NORMAL, COPII 3-16	UNT 20 G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 50G, CASTRAVETE 60G/50G MIERE 20 G,CEAI 300 ML FRANZELA 300G	BANANA IBUC	GIORBA TARANEASCA DE VACUTTA 300ML COTLET DE PORC LA TAVA 120G/crud 90G/prep CUS-CUS CU LEGUME 250G SALATA DE VARZA 100G	SANA 175G	SALAM USCAT 50G CASCAYAL 50G, ROSII 50G/40G UNT 20G CEAI 300ML
INSOTTOR HIPOSODAT Cea2500 CAL	UNT 20 G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 50G, ROSII 50G/40G MIERE 20 gr,CEAI 300 ML. FRANZELA 300G	BANANA IBUC	GIORBA TARANEASCA DE VACUTTA 300ML PIEPT DE CURCAN LA TAVA 100G/crud 70G/prep CUS-CUS CU LEGUME 250G SALATA DE SPECIA ROSIE 100G	SANA 175G	SUNCA PRAGA 50G CASCAYAL 50G, ROSII 50G/40G UNT 20G CEAI 300ML
GARDA Cea2500 CAL	UNT 20 G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 50G, CASTRAVETE 60G/50G MIERE 20 G,CEAI 300 ML. FRANZELA 300G	BANANA IBUC	GIORBA TARANEASCA DE VACUTTA 300ML COTLET DE PORC LA TAVA 120G/crud 90G/prep CUS-CUS CU LEGUME 250G SALATA DE VARZA 100G	SANA 175G	SALAM USCAT 50G CASCAYAL 50G, ROSII 50G/40G UNT 20G CEAI 300ML
LAUZE HIPERCALORIC HEPATIC 2400 CAL	UNT 20G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 50G, ROSII 50G/40G MIERE 20 gr,CEAI 300 ML. FRANZELA 300G	BANANA IBUC	GIORBA TARANEASCA DE VACUTTA 300ML PIEPT DE CURCAN LA TAVA 100G/crud 70G/prep CUS-CUS CU LEGUME 250G SALATA DE SPECIA ROSIE 100G	SANA 175G	SUNCA PRAGA 50G CASCAYAL 50G, ROSII 50G/40G UNT 20G CEAI 300ML
LACTO-FAINOS ULCER F. SARE ULCER -ULCER SIMPLU Cea 2300CAL	UNT 20G, OU 1 BUC, BISCUITI 50G 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 250G SOS DE VISINE 100G	SANA 175G	OU IBUC, UNT 20 G, BISCUITI 50G BRANZA FAGARAS 1BUC/180G CEAI 300ML
COLECTIF Cea2300 CAL	BR. FAGARAS 1BUC/180G, MIERE 40G UNT 20G, BISCUITI 50G,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 250G SOS DE VISINE 100G	SANA 175G	BRANZA FAGARAS 1 BUC/180G UNT 20G, GEM 2 BUC CEAI 300ML, BISCUITI 50G
MERTITA Cea2200 CAL	BR. FAGARAS 1BUC/180G, MIERE 40G UNT 20 G, BISCUITI 50G,CEAI 300ML. 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 250G SOS DE VISINE 100G	SANA 175G	GEM 2BUC, UNT 20G BRANZA FAGARAS 1BUC/180G BISCUITI 50G CEAI 300ML
VEGETARIAN POST CRESTIN Cea2200 CAL	PATE VEGETAL 1 BUC, MIERE 40G CASTRAVETE 60G/50G, BRUSCHETE CU ROSII CEAI 300ML, FRANZELA 300G	BANANA IBUC	GIORBA TARANEASCA 300ML. OREZ CU LEGUME SI CONOPIDA SOTE 300G SALATA DE SPECIA ROSIE 100, MAR. IBUC	EUGENIA IBUC	SALATA DE CARTOFI ORIENTALA 300G GEM 2BUC,CEAI 300ML



**SPITALUL CLINIC JUDETEAN DE URGENȚĂ TÂRGU-MUREȘ**

Târgu - Mureș, str. Ghe. Marinescu, nr. 50, Județul Mureș  
Tel: 0265 - 212111, 217235 ; Fax. 0265 - 215768

Operator de date cu caracter personal înregistrat la ANSPDCP sub nr. 26287



COPIL 6 LUNI- 1ANI Cca1100 CAL	BISCUITI CU BANANA 200G CEAI 200MML	BUDINCA VANILIE 200G	SUPA STRECURATA 100ML CARNOTI PURE 100G, SOS DE VYSINE 50G CARNE TOCATA DIN PIEPT CURCAN100G/70G	SANA 175G	OREZ 50G CU BRNZA FAGARAS 180G CEAI 200 ml
COPIL 1-3 ANI Cca1500 CAL	UNT 20G, MIERE 20G, SUNCA DE PUI40G BR.FAGARAS 1BUC/180G LAPTE 200MML,FRANZELA 300G	BANANA 1BUC	SUPA CU GALUSTI DE GRIS 200 ml RASOL PIEPT DE CURCAN 100G/70G CUS-CUS 100G, SOS DE VYSINE 50G	SANA 175G	UNT 20 G, SUNCA PRAGA 40G CASCAYAL 40G, ROSII 50G/40G CEAI 200ML
COLITA Cca2200 CAL	OU 1BUC, UNT 20G, TELEMEA 100G CEAI 300MML, BISCUITI 50G FRANZELA 300G	ZEAMA DE OREZ 250MML	SUPA CU GALUSTI DE GRIS si carne(20g)300ML RASOL DIN PIEPT DE CURCAN 100G/70G+prep OREZ FIERT 200G si MORCOV BABY 100G	ZEAMA DE OREZ 250MML	CASCAYAL 100G, UNT 20G, OU 1BUC BISCUITI 50G CEAI 30ML
INTOLERANTA LA GLUTEN Cca2400 CAL	UNT 20 G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 50G, CASTRAVETE 60G/50G MIERE 20 G, CEAI 300 ML TARTINA DE OREZ 1BUC	BANANA 1BUC	GORBA TARANASCA DE VACUTA 300ML COTLET DE PORC LA TAVA 100G/crud 70G/prep OREZ CU LEGUME 250G SALATA DE SPECIA ROSIE 100G	SANA 175G	SUNCA PRAGA 50G CASCAYAL 50G UNT 20 G, ROSII 50G/40G CEAI 300ML
INTOLERANTA LA LACTOZA Cca 2300 CAL	SUNCA DE PUI 100G MIERE 40G, CASTRAVETE 60G/50G FRANZELA 300G, CEAI 300MML	BANANA 1BUC	GORBA TARANASCA DE VACUTA 300ML COTLET DE PORC LA TAVA 100G/crud 70G/prep CUS-CUS CU LEGUME 250G SALATA DE SPECIA ROSIE 100G	MAR 1BUC	ROSI 50G/40G, OU 1BUC SUNCA PRAGA 50G GEM 2BUC CEAI 300ML
PASAT SONDA Cca2000CAL	BUDINCA DE VANILIE 200ML SANA 175G/1BUC, OU 1BUC, ZEAMA DE OREZ 50G	LAPTE 250ML BISCUITI 50G	=SUPA CONCENTRATA 500 L (OU, SMÂNTANA, OREZ, UNT, CARNOI, MORCOV, PATRUMJEL, TELINA,CARNE) ZEAMA DE OREZ	BR. FAGARAS 1B MIERE 1 BUC	CINA -BISCUITI 50G LAPTE 250MML, OU 1BUC
HIDRICI Cca1600 CAL	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREE ACUTĂ, CEAIURI INDULCITE 300MML	ZEAMA DE OREZ 250MML	SUPE LIMPEZI DE LEGUME / DE CARNE DIUATĂ „DEGRESATĂ”300MML	ZEAMA DE OREZ 250MML	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREE ACUTĂ, CEAIURI INDULCITE SUPA STRECURATA 250MML
ALTE RELIGI Cca 2400 CAL	UNT 20 G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 50G, CASTRAVETE 60G/50G MIERE 20 G, CEAI 300 ML FRANZELA 300G	BANANA 1BUC	GORBA TARANASCA DE VACUTA 300ML PIEPT DE CURCAN LA TAVA 100G/crud 70G/prep CUS-CUS CU LEGUME 250G SALATA DE SPECIA ROSIE 100G	SANA 175G	CASCAYAL 50G UNT 20G, GEM 2 BUC CEAI 300MML, BISCUITI 50G

POSSIBILI ALERGENI CARE SE REGĂSESC ÎN MENIURI: LAPTE DE VACĂ, GLUTENUL DIN GRAU, DROJDIA, ALBUS DE OU, GALBENUS DE OU, USTUROI, SOIA, FAINA DE MATAI.  
PRODUSE CONGELATE DIN MENIURI- PULPA SUPERIOARA DE PUI, PIEPT DE CURCAN, AMESTEC LEGUME CONGELAT  
MENIURI SE ÎNCADREAZA ÎN ALOCATIJA PREVĂZUTA ÎN ORDINUL 1488/2022 EMIS DE MIN.SANATĂȚII.

INTOCMIT  
AS.MED.PR.DE DIETETICA  
SERBANAT NICOLETA