



SPITALUL CLINIC JUDETEAN DE URGENTA TARGU-MURES
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BLOC-ALIMENTAR MENIUL FIXAT PE DATA 20.03.2026

REGIM	MIC DEJUN	ORA 10	PRANZ	ORA 17	CINA
DIABET DIABET HIPOSDAT CCA.2000CAL	OU 1 BUC, ROSIE 100G/80G SALATA VINETE 100G, UNT 20 G BR.TOPTA 2BUC, GRAHAM 200G CEAI FARA ZAHAR 300ML	MAR IBUC	SUPA DE SALATA VERDE 300ML GARNITURA BROCCOLI CU BABY MORCOV 150G FILE SOMON LA TAVA 110(GARTT) (180G - CRUD) LAMAIE 30G	SANA 175 G	MAMALIGUTA CU CASACAVAL 180G PAPARICAS CIUPERCI 200G/70 g cimperci (150 g cimperci crude) CEAI FARA ZAHAR 300ML
DIABET DESODAT CCA.2000CAL	OU 1 BUC, ROSIE 100G/80G SALATA VINETE 100G, UNT 20 G BR. FAGARAS 180G, GRAHAM 200G CEAI FARA ZAHAR 300ML	MAR IBUC	SUPA DE SALATA VERDE 300ML GARNITURA BROCCOLI CU BABY MORCOV 150G FILE SOMON LA TAVA 110(GARTT) (180G - CRUD) LAMAIE 30G	SANA 175 G	MAMALIGUTA 180G PAPARICAS CIUPERCI 200G/70 g cimperci (150 g cimperci crude) CEAI FARA ZAHAR 300ML
DIABET HIPO, CU INTOLERANTA LA LACTOZA Cca2000CAL	DOVLECEI SOTE 200G RULADA 100G/70G, ROSII 100G/80G GRAHAM 200G CEAI FARA ZAHAR 300ML	MAR IBUC	SUPA DE SALATA VERDE 300ML GARNITURA BROCCOLI CU BABY MORCOV 150G GRATAR DE PUI 180G/100G	MAR IBUC	MAMALIGUTA 200G CIUPERCI SOTE 200G CEAI FARA ZAHAR 300 ML
NEOPLAZIC NEOPLAZIC COPII CCA.2500 CAL	SALATA VINETE 100G UNT 20 G, GEM 1 BUC SUNCA PRAGA 60G, ROSII 100G/80G FRANZELA 300G,CEAI 300ML	EUGENIA 20g	SUPA DE SALATA VERDE 300ML GARNITURA BROCCOLI CU BABY MORCOV 200G FILE SOMON LA TAVA 110(GARTT) (180G - CRUD) LAMAIE 30G	SANA 175 G	MAMALIGUTA CU CASACAVAL 200G PAPARICAS CIUPERCI 200G/70 g cimperci (150 g cimperci crude) CEAI 300 ML
TRANSPLANT CCA. 2700 CAL	GEM 2 BUC BR. TOPTA 2 BUC OCHIURI 2 BUC, CEAI 300 ML, FRANZELA 300G	EUGENIA 20g	SUPA DE SALATA VERDE 300ML GARNITURA BROCCOLI CU BABY MORCOV 200G FILE SALAU PRAIT 96(GARTT) (150G - CRUD)	SANA 175 G	MAMALIGUTA 200G PAPARICAS CIUPERCI 200G/70 g cimperci (150 g cimperci crude), CEAI 300 ML
NORMAL INSOTI/OARE HIPOSDAT CCA.2100 CAL	GEM 1 BUC, ROSIE 50 G/40G, SALATA VINETE 80G, UNT 20 G CEAI 300 ML, FRANZELA 300G	EUGENIA 20g	SUPA DE SALATA VERDE 300ML GARNITURA BROCCOLI CU BABY MORCOV 200G FILE SOMON LA TAVA 70 G (110 G-CRUD) LAMAIE 30 G	SANA 175 G	MAMALIGUTA 200G/ CARNAT 60G PAPARICAS CIUPERCI 200G/70 g cimperci (150 g cimperci crude), CEAI 300 ML
MEDIC GARDA CCA.2800 CAL	GEM 1 BUC, ROSIE 50 G/40G, SALATA VINETE 80G, UNT 20 G CEAI 300 ML, FRANZELA 300G	EUGENIA 20g	SUPA DE SALATA VERDE 300ML GARNITURA BROCCOLI CU BABY MORCOV 200G FILE SALAU PRAIT 96(GARTT) (150G - CRUD)	SANA 175 G	PAPARICAS CIUPERCI 200G/70 g cimperci (150 g cimperci crude), CEAI 300 ML
LAUZE HIPERCALORIC HEPATIC CCA.2800 CAL	GEM 1 BUC, ROSIE 50 G/40G, SALATA VINETE 80G, UNT 20 G CEAI 300 ML, FRANZELA 300G	EUGENIA 20g	SUPA DE SALATA VERDE 300ML GARNITURA BROCCOLI CU BABY MORCOV 200G FILE SOMON LA TAVA 70 G (110 G-CRUD) LAMAIE 30 G	SANA 175 G	PAPARICAS CIUPERCI 200G/70 g cimperci (150 g cimperci crude), CEAI 300 ML
COPIT 3-16 ANI CCA.2800 CAL	GEM 1 BUC, ROSIE 50 G/40G, SALATA VINETE 80G, UNT 20 G CEAI 300 ML, FRANZELA 300G	EUGENIA 20g	SUPA DE SALATA VERDE 300ML GARNITURA BROCCOLI CU BABY MORCOV 200G FILE SOMON LA TAVA 70 G (110 G-CRUD) LAMAIE 30 G	SANA 175 G	MAMALIGUTA 200G PAPARICAS CIUPERCI 200G/70 g cimperci (150 g cimperci crude) CEAI 300 ML
ULCER SIMPLU LACTO-FAINOS- ULCER ULCER P. SARE CCA. 2400CAL	BR.FAGARAS 180G, OU 1 BUC UNT 20 G, BISCUITI 60G CEAI 300ML, FRANZELA 300 G	BUDINCA DE VANILIE 200G	SUPA DE SALATA VERDE 300ML RULADA DIN PIEPT DE PUI 150G/100G MANGARE DE DOVLECEI 250G	SANA 175 G BISCUITI 60 G	PASTE CU BRANZA DE VACI SI STAFIDE 300G CEAI 800 ML
COLITA CCA.2800CAL	CASCAVAL 100GR, OU 1 BUC, UNT 20 G CEAI 300ML, BISCUITI 50 G FRANZELA 300 GR	ZEMANA DE OREZ 250ML	SUPA DE LEGUME CU OREZ 300ML RULADA DIN PIEPT PUI 150G/100G BABY MORCOV 200G	ZEMANA DE OREZ 250ML	OREZ CU CASACAVAL 200G RASOL DE PUI 180G/100G CEAI 300ML
COLICIST CCA.2400 CAL	BR.FAGARAS 180G, GEM 2 BUC UNT 20 G, BISCUITI 50G CEAI 300ML, FRANZELA 300 GR	BUDINCA DE VANILIE 200G	SUPA DE SALATA VERDE 300ML RULADA DIN PIEPT DE PUI 150G/100G MANGARE DE DOVLECEI 250G	SANA 175 G BISCUITI 60 G	PASTE CU BRANZA DE VACI SI STAFIDE 300G CEAI 300 ML
NEFRITA- CCA.2800 CAL	BR.FAGARAS 180G, GEM 2 BUC, OU IBUC UNT 20 G, BISCUITI 50G CEAI 200ML, FRANZELA 300 GR	BUDINCA DE VANILIE 200G	SUPA DE SALATA VERDE 200ML RULADA DIN PIEPT DE PUI 150G/100G MANGARE DE DOVLECEI 250G	SANA 175 G BISCUITI 60 G	PASTE CU BRANZA DE VACI SI STAFIDE 300G CEAI 300 ML

COPILII 6 LUNI - 1 ANI CCA.1000 CAL	CEAI 800ML BISCUITI CU MAR 200G BR. FAGARAS 180G	BUDINCA DE VANILIE 200G	SUPA STRECURATA CU CARNE 100 ML PURE DE LEGUME 100 GR. CARNE TOCATA DIN PIEPT DE PUI 90G/50G	IAURT CU FRUCTE 125G	OREZ IN LAPTE CU GALBENUS DE OU 200G CEAI 200 ML
COPILII 1-3 ANI CCA.1500 CAL	GEM 1 BUC, OU 1 BUC UNT 20 G BR. FAGARAS 180G FRANZELA 150G, LAPTE 200 ML	BUDINCA DE VANILIE 200G	SUPA DE SALATA VERDE 150ML RULADA DIN PIEPT DE PUI 100/70G MANCARE DE DOVLECEI 150G	IAURT CU FRUCTE 125G	PASTE CU BRANZA DE YACI SI STAFIDE 200G CEAI 300 ML
VEGETARIAN POST CRESTIN CCA.2200 CAL	GEM 2 BUC, SALATA VINETE 90 G ROSIE 100G/80G, CEAI 300ML FRANZELA 300GR	EUGENIA 20g	SUPA DE SALATA VERDE (fara pasta) 300ML BROCCOLI CU BABY MORCOV 250G CHIFTELE DE CARPOTI 150G	COMPOT DE MERE 250ML	MAMALIGUTA 200 G CIUPERCI SOTE 200G EUGENIA, CEAI 300ML
INTOLERANTA LACTOZA CCA.2300CAL	GEM 2 BUC, ROSIE 50 G/40G, SALATA VINETE 80G, OU 1BUC CEAI 300 ML FRANZELA 300G	MAR 1BUC	SUPA DE SALATA VERDE (fara lactate) 300ML BROCCOLI CU BABY MORCOV 250G FILE SALAU LA TAVA 80(GATTI) (150G -CRUD)	COMPOT DE MERE 250ML	MAMALIGUTA 200 G CIUPERCI SOTE 200G CEAI 300ML
INTOLERANTA LA GLUTEN CCA. 2300CAL	GEM 1 BUC, ROSIE 50 G/40G, SALATA VINETE 80G, UNT 20 G CEAI 300 ML TARTINA DE OREZ	MAR 1BUC	SUPA DE SALATA VERDE (fara faina) 300ML BROCCOLI CU BABY MORCOV 250G FILE SALAU LA TAVA 80(GATTI) (150G -CRUD)	SANA 175 G	MAMALIGUTA 200G CIUPERCI SOTE 200G CEAI 300 ML
PASAT SONDA 2050 CAL	BUDINCA CU LAPTE 250 ML, *(SANA 175 G, OU,ZEAMA DE OREZ SI OREZ FIERD) PREPARATE LA BLENDER.	LAPTE 250 ML, BISCUITI 50 GR	=SUPA CONCENTRATA 500ML (OU, SMANTANA OREZ, UNT, CARPOTI ,, PATRUNJEL, TELINA,MORCOV, CARNE)RASOL BLENDUIT	BRANZA 180G, MIERE 1 B, ZEAMA DE OREZ	CINA:BISCUITI 50 GR LAPTE 250 ML, OU PREPARATE LA BLENDER.
HIDRICI CCA.700CAL	POST OPERATOR (PRIMELE 1-2 ZILE), DIABEE ACUTA, CEIURI INDULCI(TE) CEAI-ZEAMA OREZ	ZEAMA DE OREZ 250ML	SUPE LIMPEZI DE LEGUME CU PIEPT DE PUI DILUATA, DEGRESATA*	COMPOT DE MERE 250ML	POST OPERATOR (PRIMELE 1-2 ZILE), DIABEE ACUTA, CEIURI INDULCI SUPA STRECURATA

POSIBILI ALERGENI CARE SE REGASESC IN MENU: LAPTE DE VACA, GLUTENUL DIN GRAU, DROPIA, ALBUS DE OU, GALBENUS DE OU, USTUROI, SOIA, FAINA DE MALAI
PRODUSE CONGELATE DIN MENU: PULPA SUPERIOARA DE PUI, FILE SALAU, FILE SOMON, BROCCOLI VERDE, BABY MORCOV, AMESTEC LEGUME CONGELAT, PIEPT DE PU, VINETE COAPTE

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

INTOCMIT
AS.MED.PR. DE DIETETICA
SERBANAT NICOLETA


