



SPITALUL CLINIC JUDETEAN DE URGENTA TARGU-MURES
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 Operator de date cu caracter personal Inregistrat la ANSPDCP sub nr. 2628X



BLOC ALIMENTAR MENIUL FIXAT PE DATA 04.04.2026

REGIM	MIG DEJUN	ORA 10	PRANZ	ORA 17	CINA
DIABET HIPOSDAT CCA.2000cal	CRENVURSTI 120 gr,MUSTAR 1 buc, UNT 20 gr CAS 60 G P. GRAHAM 250 gr, CEAI FARA ZAHAR	MAR IBUC	SUPA DE PUI CU ZARZAVAT 250ml CUS CUS CU CARNE DE VITA 180 /150G(carne cruda) SALATA DE VARZA 100G	SANA IBUC	SALAM SUNCA 100G, TELEMEA 100G, UNT 20gr, CASTRAVETE 60G LAPTE 200 ML
DESODAT DIABET DESODAT 2300 CAL	OMLETA CU CAS 200G ROSIE 100G BR. FAGARAS 1 CUT UNT 20 gr GRAHAM 250 gr, CEAI FARA ZAHAR	MAR IBUC	SUPA DE PUI CU ZARZAVAT 250ml CUS CUS CU CARNE DE VITA 180 /150G(carne cruda) SALATA DE VARZA 100G	SANA IBUC	RULADA DE VITA 100G/GARDEI 60 G BR.YACA 150 G UNT 20gr, CASTRAVETE 60G LAPTE 200 ML
DIABET HIPOSDAT ALERGIE LACTOZA 2300 CAL	SUNCA DE PUI 120 G/MORCOV BABY 120 G/ ROSIE 100G GRAHAM 250 gr, CEAI FARA ZAHAR	MAR IBUC	SUPA DE PUI CU ZARZAVAT 250ml TOCANITA DE VITA (carne 180G/cand 90 G /prep). CARTOFI NATUR 200 G	COMPOT MERE fara zahar	RULADA DE VITA 100G SOTE DOVLECEL, CASTRAVETE 60G CEAI 200 ML
NEOPLAZICI NEOPLAZIC COPIL Cca.2800cal	CRENVURSTI 120 gr,MUSTAR 1 buc UNT 20 gr CAS 60 G CEAI 300ml, GRAHAM 250 gr	NAPOLITANA	SALATA DE SPECIA 100G	IAURT CU FRUCTE IBUC	SALAM SUNCA 100G, TELEMEA 100G, UNT 20gr, CASTRAVETE 60G CEAI 300ml
TRANSPLANT 2900cal	CRENVURSTI 120gr,MUSTAR 2buc BR. TOPITA 2buc, OU CEAI 300 ml,FRANZELA 300gr	COMPOT DE VITINE NAPOLITANA	SUPA DE PUI CU ZARZAVAT 250ml TOCANITA DE VITA 150G/cand 100 G /prep. CUS CUS 200 G	IAURT CU FRUCTE IBUC	FRIPTURA DE PUI 80gr OREZ CU LEGUME 200 gr PATE DE FICAT 1buc,CEAI 300 ml
NORMAL INSOTTORI MEDIC DE GARDA Cca. 2500cal	CRENVURSTI 80 gr MUSTAR1buc BR. TOPITA 1 BUC UNT 20 gr CEAI 300ml,FRANZELA 300gr	NAPOLITANA	SUPA DE PUI CU ZARZAVAT 250ml CUS CUS CU CARNE DE VITA 300/100G(carne cruda) SALATA DE VARZA 100G	IAURT CU FRUCTE IBUC	SALAM SUNCA 60gr, UNT 20gr, BR. TELEMEA 60 G CASTRAVETE 60G CEAI 300 ml
HIPOSDAT cca.2300 cal	CRENVURSTI 80 gr MUSTAR1buc BR. TOPITA 1 BUC UNT 20 gr CEAI 300ml,FRANZELA 300gr	NAPOLITANA	SUPA DE PUI CU ZARZAVAT 250ml CUS CUS CU CARNE DE VITA 900/100G SALATA DE SPECIA 100G	IAURT CU FRUCTE IBUC	SALAM SUNCA 60gr, UNT 20gr, BR. TELEMEA 60 G CASTRAVETE 60G CEAI 300 ml
HIPERCALORIC LAUZE COPIL 3-16 ANI Cca.2500cal	CRENVURSTI 80 gr MUSTAR1buc BR. TOPITA 1 BUC UNT 20 gr CEAI 300ml,FRANZELA 300gr	NAPOLITANA	SUPA DE PUI CU ZARZAVAT 250ml CUS CUS CU CARNE DE VITA 900/100G SALATA DE SPECIA 100G	IAURT CU FRUCTE IBUC	SUNCA DE PUI 60gr, UNT 20gr, BR. TELEMEA 60 G CASTRAVETE 60G CEAI 300 ml
HEPATIC Cca.2500cal	CRENVURSTI 80 gr MUSTAR1buc BR. TOPITA 1 BUC UNT 20 gr CEAI 300ml,FRANZELA 300gr	NAPOLITANA	SUPA DE PUI CU ZARZAVAT 250ml CUS CUS CU CARNE DE VITA 900/100G SALATA DE SPECIA 100G	IAURT CU FRUCTE IBUC	SUNCA DE PUI 60gr, UNT 20gr, BR. TELEMEA 60 G CASTRAVETE 60G CEAI 300 ml
LACTO-FAINOS ULCER,ULCER PARA SARE ULCER-SIMPLU cca.2500cal	BRANZA FAGARAS 1 CUT BISCUITI 60gr, UNT 20 gr, OU CEAI 300ml,FRANZELA 300gr	OREZ IN LAPTE 200G	SUPA DE ZARZAVAT 300ml RULADA DE VITA 100G/cand 70G/prep SOS LEGUME 100G CUS CUS 250G	IAURT CU FRUCTE IBUC	BRANZA FAGARAS 1 BUC UNT 20gr, OU 1 BUC, BISCUITI 60gr CEAI 300 ml
COLECTIST cca. 2600cal	BRANZA FAGARAS 1 CUT MIERE 2 BUC, UNT 20 gr CEAI 300ml,FRANZELA 300gr	OREZ IN LAPTE 200G	SUPA DE ZARZAVAT 300ml RULADA DE VITA 100G/cand 70G/prep SOS LEGUME 100G CUS CUS 250G	IAURT CU FRUCTE IBUC	BR. FAGARAS 1 CUT, BISCUITI 60gr UNT 20gr, GEM2 BUC CEAI 300 ml
COPIL 6 LUNI- 1ANI 1100cal	BISCUITI SI MAR 200gr CEAI 200ml	OREZ IN LAPTE 200G	SUPA STRECURATA 100 ml CARTOFI PURE 100 gr CARNE TOCATA 60 gr, SOS MARINATA60gr	IAURT CU FRUCTE IBUC	BISCUITI CU BRANZA FAGARAS 250gr CEAI 200ml



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COPIII 1-3 ANI Cca.1600cal	OU, CRENVURSTI 80gr UNT 20gr, LAPTE 200ml FRANZELA 260gr	NAPOLITANA	SUPA DE FIDEA 260ml RASOL DE PUI 100G SOS LEGUME 100G CARTOFI PURI 200G	LAURET FRUCTE IBUC	TEJEMEA 40gr, MASLINE 30gr CEAI 200ml
NEFRITA Cca. 2300cal	BRANZA FAGARAS 1CUT MIERE 1 BUC, UNT 20 gr CEAI 300ml, FRANZELA 300gr	OREZ IN LAPTE 200G	SUPA DE ZARZAVAT 300ml RULADA DE VITA 100G/cand 70G/prep SOS LEGUME 100G CUS CUS 260G	LAURET CU FRUCTE IBUC	UNT 20gr, OU, BISCUITI 60gr BRANZA FAGARAS 1buc CEAI 200 ml
INTOLERANTA LA GLUTEN Cca.2600cal	CRENVURSTI 80 G,MUSTARILbuc OU ,, UNT 20 gr CEAI 300ml, TARTINA DE OREZ	MAR IBUC	SUPA DE PUI CU ZARZAVAT 260ml FRIPTURA DE PORC 80G CARTOFI PURI 200G SALATA DE SPECIA ROSIE 100G	LAURET CU FRUCTE IBUC	SALAM SUNCA 60gr, MASLINE 30gr UNT 20gr, BR. TOPITA 2 BUC ROSIE 60 G CEAI 300 ml
PASAT SONDA Cca.1800cal	GRIS IN LAPTE 200gr OU, ZEAMA DE OREZ SANA	LAPTE 260ml BISCUITI gr	SUPA CONCENTRATA 600 L (OU, SMANTANA, OREZ, UNT, CARTOFI, PATRUNJEL, TELINA, MORCOV, CARNE) ZEAMA DE OREZ	BRANZA FAGARAS 1CUT OU	CINA : BISCUITI70gr LAPTE 260 ml, MIERE2buc
HIDRICI Cca.1600cal	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREE ACUTA, CEAURI NEINDUCITE)	ZEAMA DE OREZ	SUPE LIMPEZI DE LEGUME /DE CARNE DIUATA ,DEGRESATA*	COMPOT DE VISINE 260ml	POST OPERATOR (PRIMELE 1-2 ZILE), CEAURI NEINDUCITE), SUPA STRECURATA
COLITA Cca.2100cal	TEJEMEA 100 gr, OU, UNT 20gr BISCUITI 60gr, CEAI 300 ml FRANZELA 300 gr	ZEAMA DE OREZ	SUPA MORCOV CU CARNE DE PUI 260ml RULADA DE VITA 100G/cand 70G/prep OREZ CU MORCOVI 260G	ZEAMA DE OREZ	OU,CASCIVAL 100gr, BISCUIT 60 gr UNT 20gr CEAI 300 ml
VEGETARIAN POST Cca.2600cal	GEM 2BUC, MIERE 2 BUC CIUPERCI PANE, ARDEI 60 G, CEAI 300ml FRANZELA 300 gr	MAR IBUC	SUPA DE PUI CU ZARZAVAT 300ml SARMALDE DE POST 3 BUC VARZA CALITA 100G	COMPOT	SOTE MAZARE VERDE 300gr CARTOFI TARANESTI 100gr EUGENIA 1 BUC CEAI 300ml
INTOLERANTA LA LACTOZA Cca.2600cal	OU CRENVRSTI 2buc MIERE 2 BUC, CEAI 300ml FRANZELA 300gr	MAR IBUC	SUPA DE FIDEA 260ml FRIPTURA DE PORC 80gr CARTOFI NATUR 260gr SALATA DE SPECIA ROSIE 100gr	COMPOT DE VISINE 260ml	SALAM SUNCA 100gr, MASLINE 30gr BISCUITI 60gr, GEM 2 BUC CEAI 300 ml

POSSIBILI ALERGENI CARE SE REGASESC IN MENIU :LAPTE DE VACA, GLUTENUL DIN GRAU, DRODIA, ALBUS DE OU, GAIBENUS DE OU, USTURROI, SOLA, FAINA DE MALAI.
PRODUSE CONGELATE DIN MENIU- PULPA SUPERIOARA DE PUI, AMESTEC LEGUME CONGELAT

MENIURIILE SE INCADREAZA IN ALOCATIA PREVAZUTA IN ORDINUL 1488/2022 EMIS DE MIN.SANATATII.

INTOCMIT
AS. MED. PR. LICENTIAT IN DIETETICA
POPSOR IOAN GAYRALD