



SPITALUL CLINIC JUDEȚEAN DE URGENȚĂ TÂRGU-MUREȘ  
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 Operator de date cu caracter personal înregistrat la ANSPDCP sub nr. 2829/ANUNT



BLOC-ALIMENTAR MENIU FIXAT PE DATA 04.05.2026

REGIM	MIG DE JURN	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 CASTRAVETI 60G, GRAHAM 200 G CEAI FARA ZAHAR 300ML	SANA 176G	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (110G CARNE/160G-CRUD)	PATE FICAT 1 BUC SANA 176G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA DE VARZA 100G
DIABET DESODAT Cea 2000CAL	SUFLE DE LEGUME 160G UNT 20G, ROSII 100G/80G BRANZA FAGARAS 1BUC GRAHAM 200G, CEAI FARA ZAHAR	SANA 176G	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (110G CARNE/160G-CRUD)	SANA 176 G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA DE VARZA 100G CEAI FARA ZAHAR 300ML
NEOPLAZIC NEOPLAZIC COPII Cea 2500 CAL	UNT 20G, BR. TOPITA 1BUC SALAM VARA 100 G, OU 1 BUC C ASTRAVETI 60G FRANZEALA 300 G, CEAI 300ML	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (110G CARNE/160G-CRUD)	PATE FICAT 1 BUC SANA 176G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G, CEAI 300ML
TRANSPLANT Cea 2800 CAL	OMLETA CU CAS 100G GEM 2 BUC, BR. TOPITA 2BUC CEAI 300 ML FRANZEALA 300G, LAMAIE	COMBOT DE VISINE 250ML	MAMALIGUTA CU TELEMBA 160G/60G	PATE FICAT 1 BUC SANA 176G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G CEAI 300ML
NORMAL INSOTI Cea 2400 CAL	SALAM DE VARA 50G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 60G/40G FRANZEALA 300G, CEAI 300 ML	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/150G CRUD)	PATE FICAT 1 BUC SANA 176G	OREZ IN LAPTE 300G CEAI 300 ML
HIDOSODAT COPII 3-16 ANI HIPERCALORIC LAUZE Cea 2400 CAL	SUNCA 60 G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 60G/40G FRANZEALA 300G, CEAI 300 ML	GEM 1BUC	MAMALIGUTA 260G, MAR 1BUC	OREZ IN LAPTE 300G CEAI 300 ML	OREZ IN LAPTE 300G CEAI 300 ML
HEPATIC Cea 2400CAL	SUNCA 60 G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 60G/40G FRANZEALA 300G, CEAI 300 ML	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/150G CRUD)	BR. FAGARAS 180G BISCUITI 60G	OREZ IN LAPTE 300G CEAI 300 ML
GARDA CCA2500CAL	SALAM DE VARA 50G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, CASTRAVETI 60G FRANZEALA 300G, CEAI 300 ML	GEM 1BUC	MAMALIGUTA 260G, MAR 1BUC	SANA 176G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA DE VARZA 100G, CEAI 300ML
LACTO-FAINOS ULGER SIMPLU ULGER F. SARE ULGER Cea 2800 CAL	UNT 20 G, OU 1BUC, BISCUITI 60G BRANZA FAGARAS 180G/1BUC TELEMBA DESARATA 40G FRANZEALA 300G, CEAI 300 ML	SANA 176G	SUPA DE ZARZAVAT 900 ML RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G	BR. FAGARAS 180G BISCUITI 60G	OREZ IN LAPTE 300G CEAI 300 ML
COLICIST Cea 2800 CAL	UNT 20 G, GEM 2BUC, BISCUITI 60G BRANZA FAGARAS 180G/1BUC TELEMBA DESARATA 40G FRANZEALA 300G, CEAI 300ML	SANA 176G	SUPA DE ZARZAVAT 300 ML RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G SOS MARINATA 100G	BR. FAGARAS 180G BISCUITI 60G	OREZ IN LAPTE 300G CEAI 300 ML
NEFRITA Cea 2200 CAL	UNT 20 G, GEM 2BUC, OU 1BUC BRANZA FAGARAS 180G/1BUC FRANZEALA 300G CEAI 300 ML	SANA 176G	SUPA DE ZARZAVAT 200 ML RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G SOS MARINATA 100G	BR. FAGARAS 180G BISCUITI 60G	OREZ IN LAPTE 300G CEAI 300 ML
VEGETARIAN Cea 2200 CAL	PATE VEG 1 BUC, GEM 2 BUC BRUSCHETE CU ROSII ROSI 60G/40G, CEAI 300ML, FRANZEALA 300G	BUCGENIA 1BUC	SUPA DE FASOLE VERDE 300 ML TOCANITA DE CEAPA CU ARDEI 200G MAMALIGUTA 260G MAR 1BUC	COMBOT DE MERE 250ML	OREZ CU LEGUME 250G SALATA ASORTATA 100G CONS. TON 1BUC CEAI 300ML

COPILII 6 LUNI- 1ANI Cca 1000 CAL	BISCUITI CU MERE 200G CEAI 200ML	IAURT CU FRUCTE 125G	SUPA STRECHURATA 100 ML CARTOFI PURE 100G PIEPT DE CURCAN TOCAC 100G/70G SOS I MARINATA 50G	BR. FAGARAS 180G BISCUITI 30G	OREZ IN LAPTE 200G CEAI 200 ML
COPIL 1-3 ANI Cca 1300 CAL	OU IBUC, UNT 20G, SUNCA 40G GEM IBUC, ROSII 50G/40G LAPTE 200ML, FRANZEIA 300 GR	IAURT CU FRUCTE 125G	SUPA DE ZARZAVAT 200 ML PAPRIGAS DIN PIEPT DE CURCAN 120G/80G MAMALIGUTA 150G, MAR IBUC	BR. FAGARAS 180G BISCUITI 30G	OREZ IN LAPTE 200G CEAI 200 ML
COLITA Cca 2200 CAL	OU FIERI TARIE, UNT 20G TRILEMEAI 100G, BISCUITI 50G FRANZEIA 300G CEAI 800ML	ZEAMA DE OREZ 250ML	SUPA DE ZARZAVAT 300 ML RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G MORCOVI SOTE 100G	ZEAMA DE OREZ 250ML	RASOL DE PUI 180G/120G OREZ CU MORCOVI 250G CEAI 800ML
INTOLERANTA LA GLUTEN Cca 2300 CAL	SUNCA 60G OU 1 BUC, UNT 20G BR. TOPITA IBUC, ROSII 50G/40G TARTINA DE OREZ 1BUC, CEAI 300	GEM IBUC	SUPA DE FASOLE VERDE (PARA FAINA) 300ML PIEPT DE CURCAN CU LEGUM 120G/80G MAMALIGUTA 250G, MAR IBUC	SANA 175G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA DE VARZA 100G, CEAI 300ML
INTOLERANTA LA LACTOZA Cca 2300 CAL	SUNCA 100G, ROSII 50G/40G GEM 2 BUC, OU IBUC FRANZEIA 300G, CEAI 300 ML.	MAR IBUC	SUPA DE FASOLE VERDE (PARA LACTATE) 300ML PIEPT DE CURCAN CU LEGUM 120G/80G MAMALIGUTA 250G, MAR IBUC	COMFOT DE MERE 250ML	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA DE VARZA 100G, CEAI 300ML
HIDRICI Cca 1300 CAL	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREEACUTIA, CEAIURI INDULCITE	ZEAMA DE OREZ 250ML	SUPA LIMPEZI DE LEGUME /DE CARNE DILUATA „DEGRESATA”	COMFOT DE MERE 250ML	POST OPERATOR (PRIMELE 1-2 ZILE), CEAIURI INDULCITE, SUPA STRECHURATA
PASAT SONDA Cca 2000 CAL	GRIS CU LAPTE 250 ML SANA 175G, OU IBUC, ZEAMA DE OREZ	LAPTE 250ML BISCUITI 50G	SUPA CONCENTRATA 500 L (OU, SMANTANA, OREZ, UNT, CARTOFI, MORCOV, TELINA, PATRUNJEL, CARNE)	BRANZA FAGARAS 180G MERE IBUC	CINA : BISCUITI 50 GR LAPTE 250 ML, OU IBUC

POSSIBILI ALERGENI CARE SE REGASESC IN MENIU LAPTE DE VACA, GLUTENUL DIN GRAU DROJID, ALBUS DE OU, GALBENUS DE OU, USTUROI, SOIA, FAINA DE MALAI  
 PRODUSE CONGELATE DIN MENIU- PULPA SUPERIOARA DE PUI, PIEPT DE CURCAN, FASOLE VERDE, BABY MORCOV, AMESTEC LEGUME CONGELAT  
 MENIURI SE INCADREAZA IN ALOCATIILE PREVAZUTE IN ORDINUL 1488/2022 EMIS DE MIN SANATATII.

INTOCMIT  
AS.MED.PR. DE DIETETICA  
SERBANAI NICOLETA

