



SPITALUL CLINIC JUDEȚEAN DE URGENȚĂ TÂRGU-MUREȘ  
 Târgu - Mureș, str. Ghe. Marinescu, nr. 50, Județul Mureș  
 Tel: 0265 - 212111, 211292, 217235 ; Fax. 0265 - 215768  
 Operator de date cu caracter personal înregistrat la ANSPDCP sub nr. 26287



BLOC-ALIMENTAR MENIU FIXAT PE DATA 20.04.2026

REGIM	MIG DEJUN	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 ROSIU 100G/80G, 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) MAMALIGUTA 180G, MAR 1BUC	PATE FICAT 1 BUC SANA 176G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G CEAI FARA ZAHAR 300ML
DIABET DESODAT Cea2000CAL	SUPELE DE LEGUME 180G UNT 20G,ROSIU 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) MAMALIGUTA 180G, MAR 1BUC	MAR 1BUC	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G CEAI FARA ZAHAR 300ML
DIABET HIPOS, CU INTOLERANTA LACTOZACea2000CAL	SUPELE DE LEGUME 180G RULOU 100G/70G, ROSII 100G/80G BRANZA FAGARAS 1BUC GRAHAM 200G,CEAI FARA ZAHAR	MAR 1BUC	SUPA DE FASOLE VERDE 300ML PIEPT DE CURCAN CU LEGUME (110G CARNE/160G-CRUD) MAMALIGUTA 180G	MAR 1BUC	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G CEAI FARA ZAHAR 300ML
NEOPLAZIC NEOPLAZIC COPRI Cea 2500 CAL	UNT 20G, BR. TOPITA 1BUC SALAM VARA 100 G,OU 1 BUC ROSIU 100G/80G FRANZELA 300 G,CEAI 300ML	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (110G CARNE/160G-CRUD) MAMALIGUTA 260G, MAR 1BUC	PATE FICAT 1 BUC SANA 176G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G, CEAI 300ML
TRANSPLANT Cea2600 CAL	OMLETA CU CAS 100G GEM 2 BUC, BR. TOPITA 2BUC CEAI 300 ML FRANZELA 300G, LAMAIE	COMBOT DE VISINE 260ML	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (110G CARNE/160G-CRUD) MAMALIGUTA 260G	PATE FICAT 1 BUC SANA 176G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G CEAI 300ML
NORMAL INSOTTORI Cea2400 CAL	SALAM DE VARA 50G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 60G/40G FRANZELA 300G, CEAI 300 ML	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/150G CRUD) MAMALIGUTA 260G, MAR 1BUC	PATE FICAT 1 BUC SANA 176G	OREZ IN LAPTE 300G CEAI 300 ML
HIPOSODAT COPRI 3-16 ANI HIPERCALORIC LAUZE Cea2400 CAL	SUNCA 50 G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 60G/40G FRANZELA 300G, CEAI 800 ML	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/150G CRUD) MAMALIGUTA 260G, MAR 1BUC	BR. FAGARAS 180G BISCUITI 60G	OREZ IN LAPTE 300G CEAI 300 ML
HEPATIC Cea2400CAL	SUNCA 50 G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 60G/40G FRANZELA 300G, CEAI 800 ML	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/150G CRUD) MAMALIGUTA 260G, MAR 1BUC	SANA 176G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G, CEAI 300ML
GARDA CCa2500CAL	SALAM DE VARA 50G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 60G/40G FRANZELA 300G, CEAI 800 ML	GEM 1BUC	SUPA DE ZARZAVAT 300 ML RULADA DIN PIEPT DE CURCAN 100G/70G CAI TOEI NATUR 200G SOS MARINATA 100G	BR. FAGARAS 180G BISCUITI 60G	OREZ IN LAPTE 300G CEAI 300 ML
LACTO-FAINOS ULGER SIMPLU ULGER F. SARE ULGER Cea2300 CAL	UNT 20 G, OU 1BUC, BISCUITI 60G BRANZA FAGARAS 180G/1BUC TELEMEZA DESARATA 40G FRANZELA 300G, CEAI 800 ML	SANA 176G	SUPA DE ZARZAVAT 300 ML RULADA DIN PIEPT DE CURCAN 100G/70G CAI TOEI NATUR 200G SOS MARINATA 100G	BR. FAGARAS 180G BISCUITI 60G	OREZ IN LAPTE 300G CEAI 300 ML
COLICIST Cea2300 CAL	UNT 20 G, GEM 2BUC, BISCUITI 60G BRANZA FAGARAS 180G/1BUC TELEMEZA DESARATA 40G FRANZELA 300G, CEAI 800ML	SANA 176G	SUPA DE ZARZAVAT 300 ML RULADA DIN PIEPT DE CURCAN 100G/70G CAI TOEI NATUR 200G SOS MARINATA 100G	BR. FAGARAS 180G BISCUITI 60G	OREZ IN LAPTE 300G CEAI 300 ML
NEFRITA Cea2200 CAL	UNT 20 G, GEM 2BUC, OU 1BUC BRANZA FAGARAS 180G/1BUC FRANZELA 300G CEAI 300 ML	SANA 176G	SUPA DE ZARZAVAT 200 ML RULADA DIN PIEPT DE CURCAN 100G/70G CAI TOEI NATUR 200G SOS MARINATA 100G	BR. FAGARAS 180G BISCUITI 60G	OREZ IN LAPTE 300G CEAI 300 ML

VEGETARIAN Cca 2200 CAL	PATE VEG 1 BUC, GEM 2 BUC BRUSCHETE CU ROSII ROSI 50G/40G, CEAI 300ML FRANZELA 300G	EUGENIA IBUC	SUPA DE FASOLE VERDE(de post) 300 ML. PAPRICAS DE CUPERCI 150G MAMALIGUTA 250G MAR IBUC	COMPOT DE MERE 250ML	OREZ CU LEGUME 250G SALATA ASORTATA 100G CONS TON CEAI 300ML
COPIII 61 UNI- IANI Cca 1000 CAL	BANANA CU BISCUITI 250G CEAI 200ML	IAURT CU FRUCTE 125G	SUPA STRECURATA 100 ML CARTOFI PURE 100G PIEPT DE CURCAN/TOCAT 100G/70G SOS I. MARINATA 50G	BR. FAGARAS 180G BISCUITI 30G	OREZ IN LAPTE 200G CEAI 200 ML
COPII 1-3 ANI Cca 1300 CAL	OU IBUC, UNT 20G, SUNCA 40G GEM IBUC, ROSII 50G/40G LAPTE 200ML, FRANZELA 300 GR	IAURT CU FRUCTE 125G	SUPA DE ZARZAVAT 200 ML. PAPRICAS 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 FIERT TARE. UNT 20G TELEMEAI 100G, BISCUITI 50G FRANZELA 300G CEAI 300ML	ZEAMA DE OREZ 250ML	SUPA DE ZARZAVAT 300 ML. RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATURI 200G MORCOVI SOTE 100G	ZEAMA DE OREZ 250ML	PASOL DE PUI 180G/120G OREZ CU MORCOVI 250G CEAI 300ML
NTOLERANTA LA GLUTEN Cca 2300 CAL	SUNCA 60G OU 1 BUC, UNT 20G BR. TOPTA IBUC, ROSII 50G/40G TARTINA DE OREZ IBUC, CEAI 300	GEM IBUC	SUPA DE FASOLE VERDE ( FARA FAINA) 300ML PIEPT DE CURCAN CU LEGUM 120G/80G MAMALIGUTA 250G, MAR IBUC	SANA 175G	FRIPTURA DE PUTILA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G, CEAI 300ML
INTOLERANTA LA LACTOZA Cca 2300 CAL	SUNCA 100G, ROSII 50G/40G GEM 2 BUC, OU IBUC FRANZELA 300G, CEAI 300 ML	MAR IBUC	SUPA DE FASOLE VERDE ( FARA LACTATE) 300ML PIEPT DE CURCAN CU LEGUM 120G/80G MAMALIGUTA 250G, MAR IBUC	COMPOT DE MERE 250ML	FRIPTURA DE PUTILA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G, CEAI 300ML
AIIDRICI Cca 1300 CAL	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREEACTUA GEAURI INDULCITE	ZEAMA DE OREZ 250ML	SUPE LIMPEZI DE LEGUME / DE CARNE DILUATA "DEGRESATA"	COMPOT DE MERE 250ML	POST OPERATOR (PRIMELE 1-2 ZILE), GEAURI INDULCITE, SUPA STRECURATA
PASAT SONDA Cca 2000 CAL	GRIS CU LAPTE 250 ML SANA 175G, OU IBUC, ZEAMA DE OREZ	LAPTE 250ML BISCUITI 50 G	SUPA CONCENTRATA 500 L (OU, SMANTANA OREZ, UNT, CARTOFI, MORCOV, TELINA, PATRUMJEL, CARNE) ZEAMA DE OREZ	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, DROJIDA, ALBUS DE OU, GALBENUS DE OU, USTURIOI, SOIA, FAINA DE MALAI  
PRODUSE CONGELATE DIN MENIU - PULPA SUPERIOARA DE PUI, PIEPT DE CURCAN, FASOLE VERDE, BABY MORCOV, AMESTEC LEGUME CONGELAT

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

INTOCMIT  
AS.MED.PR. DE DIETETICA  
SERBANAT NICOLETA


