

**SPITALUL CLINIC JUDETEAN DE URGENTĂ TÂRGU-MURES**

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 Operator de date cu caracter personal Inregistrat la ANSPDPC sub nr. 26287

BLOC ALIMENTAR MENIUL FIXAT PE DATA 16.05.2026

| REGIM | MIG DEJUN | ORA 10 | PRANZ | ORA 17 | CINA |
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| DIABET- DIABET HIPOSDAT Cca.2000cal | CRENVURSTI 120 G,MUSTAR 1buc CASCAVAL 60G,OU 1BUC, UNT 20G GRAHAM 200G CEAI FARA ZAHAR 300ML | MAR 1BUC | SUPA DE FIDEA CU CARNE DE PUI 300ML VARZA A LA CIUJ 800G COSTITA 80G | SANA 1BUC | SALAM SUNCA 100G, BR. TOPITA 2buc TELEMEA DESARATA 100G, UNT 20G ROSIU 100G/80G CEAI FARA ZAHAR 300ML |
| DIABET DESODAT Cca 2000cal | UNT 20G,CIUPERCI UMPILUTE ARDEI 50G/40G, BR. FAGARAS 180G GRAHAM FARA SARE 200G CEAI FARA ZAHAR 300ML | MAR 1BUC | SUPA DE FIDEA CU CARNE DE PUI 300ML FRIPTURA DE VITA 150G/crand 100 G /prep. CARTOFI PURE 180 G SALATA DE ROSII 100G | SANA 1BUC | FRIPTURA DE PUI 180G/120G OREZ CU LEGUME 200G SALATA DE ROSII 100G CEAI FARA ZAHAR 300ML, |
| DIABET HIPOS, CU INTOLERANTA LACTOZA Cca2000CAL | CRENVURSTI 80G CIUPERCI UMPILUTE ARDEI 50/40G GRAHAM FARA SARE 200G CEAI FARA ZAHAR 300ML | MAR 1BUC | SUPA DE FIDEA CU CARNE DE PUI 300ML VARZA A LA CIUJ 800G COSTITA 80G | MAR 1BUC | FRIPTURA DE PUI 180G/120G CARTOFI TARANESTI 200G SALATA DE ROSII 100G CEAI FARA ZAHAR 300ML |
| NEOPLAZICI NEOPLAZIC COPRI Cca.2500cal | CRENVURSTI 120G, MUSTAR 1 buc CASCAVAL 60G, OU 1BUC, UNT 20G CEAI 300ML,FRANZELA 300G | NAPOLITANA | SUPA DE FIDEA CU CARNE DE PUI 300ML FRIPTURA DE VITA 150G/crand 100 G /prep. CARTOFI PURE 250 G SALATA DE ROSII 100G | IAURT CU FRUCTE 1BUC | SALAM SUNCA 100G, BR. TOPITA 2buc TELEMEA DESARATA 50 G UNT 20G, ROSII 100G/80G CEAI 300ML |
| TRANSPLANT Cca2600cal | CRENVURSTI 120G,MUSTAR 1buc BR. TOPITA 2buc, OU1BUC CEAI 300ML, FRANZELA 800G | COMPOT DE VISINE NAPOLITANA | SUPA DE FIDEA CU CARNE DE PUI 300ML FRIPTURA DE VITA 150G/crand 100 G /prep. CARTOFI PURE 250 G SALATA DE ROSII 100G | IAURT CU FRUCTE 1BUC | FRIPTURA DE PUI 180G/120G OREZ CU LEGUME 200G CEAI 300ML |
| NORMAL INSOTTORI MEDIC DE GARDA Cca. 2400cal | CRENVURSTI 80G, MUSTAR1buc OU 1BUC, UNT 20G CEAI 300ML,FRANZELA 300G | NAPOLITANA | SUPA DE FIDEA 300 ML VARZA A LA CIUJ CU CARNE TOCATA DE VITA 300G COSTITA 70G | IAURT CU FRUCTE 1BUC | SALAM SUNCA 60G UNT 20G, BR. TELEMEA 50G ROSIU 50G/40G CEAI 300ML |
| HIPOSDAT Cca.2400 cal | CRENVURSTI 80G, MUSTAR1buc OU 1BUC, UNT 20G CEAI 300ML,FRANZELA 300G | NAPOLITANA | SUPA DE FIDEA CU CARNE DE PUI300ML FRIPTURA DE VITA 100G/crand 65 G /prep. CARTOFI PURE 250G SALATA DE ROSII 100G | IAURT CU FRUCTE 1BUC | SALAM SUNCA 60G UNT 20G, TELEMEA DESARATA 60G ROSIU 50G/40G CEAI 300ML |
| HIPERCALORIC LAUZE HEPATIC COPRI 3-16 ANI Cca.2400cal | CRENVURSTI 80G, MUSTAR1buc OU 1BUC, UNT 20G CEAI 300ML,FRANZELA 300G | NAPOLITANA | SUPA DE FIDEA 300ML PERISOARE DE VITA 100G/crand 70G/prep SOS DE LEGUME 100G CARTOFI PURE 250G | SANA 1BUC | BRANZA FAGARAS 180G UNT 20G, OU 1 BUC, BISCUITI 60G CEAI 300ML |
| LACTO-FAINOS LACTOCOPRI ULCER FARA SARE ULCER Cca.2800cal | BRANZA FAGARAS 180G BISCUITI 60G, UNT 20G, OU 1BUC CEAI 300ML,FRANZELA 300G | OREZ IN LAPTE 200G | SUPA DE FIDEA 300ML PERISOARE DE VITA 100G/crand 70G/prep SOS DE LEGUME 100G CARTOFI PURE 250G | SANA 1BUC | TELEMEA DESARATA 60G, BISCUITI 60G UNT 20G, GEM2 BUC CEAI 300ML |
| COLECIST Cca.2300cal | BRANZA FAGARAS 108G MIERE 2 BUC, UNT 20G CEAI 300ML,FRANZELA 300G | OREZ IN LAPTE 200G | SUPA DE FIDEA 300ML PERISOARE DE VITA 100G/crand 70G/prep SOS DE LEGUME 100G CARTOFI PURE 250G | SANA 1BUC | TELEMEA DESARATA 60G, BISCUITI 60G UNT 20G, GEM2 BUC CEAI 300ML |
| COPRII 6 LUNI- 1ANI 1100cal | BANANA CU BISCUITI SI MAR 200G CEAI 200ML | OREZ IN LAPTE 200G | SUPA STRECURATA 100ML CARTOFI PURE 100G CARNE TOCATA 60G, SOS MARINATA50G | IAURT CU FRUCTE 1BUC | GRIS IN LAPTE 200G CEAI 200ML |
| COPRII 1-3 ANI Cca.1600cal | OU 1BUC, CRENVURSTI 80G UNT 20G, LAPTE 200ML, FRANZELA 280G | NAPOLITANA | SUPA DE FIDEA 160ML RASOL DE PUI 100G SOS DE LEGUME 100G CARTOFI PURE 160G | IAURT CU FRUCTE 1BUC | SUNCA 40G, ROSII 60G/40G TELEMEA DESARATA 40G, UNT 20G CEAI 200ML |



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| NEFRITA Cea. 2200cal | BRANZA FAGARAS 180G MIERE 1 BUC, UNT 20G CEAI 300ML, FRANZEIA 300G | OREZ IN LAPTE 200G | SUPA DE FIDEA 250ML PERISOARE DE VITA 100G/ctnd 70G/prep CARTOFI PURE 250G SOS DE LEGUME 100G | IAURT CU FRUCTE 1BUC | UNT 20G, OU, BISCUITI 50G BRANZA FAGARAS 180G CEAI 300ML |
| INTOLERANTA LA GLUTEN Cea. 2300cal | CRENVURSTI 80G, MUSTARIBAC OU 1BUC, UNT 20G CEAI 300ML, TARTINA DE OREZ | MAR 1BUC | SUPA DE ZARZAVAT 800ML FRITURA DE PORC 80G CARTOFI PURE 250G SALATA DE ROSII 100G | SANA 1BUC | SUNCA 60G UNT 20G, TELEMEA DESARATA 50G ROSIU 50G/40G CEAI 300ML |
| PASAI SONDA Cea. 2000cal | GRIS IN LAPTE 200G OU 1BUC, ZEAMA DE OREZ SANA 175G | LAPTE 250ML, BISCUITI 50G | SUPA CONCENTRATA 500 L (OU SMANTANA OREZ, UNT, CARTOFI, PATRUNDJEL, TELINA, MORCOV, CARNE) ZEAMA DE OREZ | BRANZA FAGARAS 180G OU 1BUC | GINA : BISCUITI 50G LAPTE 250ML, MIERE 1BUC |
| HIDRICI Cea. 1000cal | POST OPERATOR (PRIMELE 1-2 ZILE), DIAREE ACUTA, CEAIURI NEINDUCITE) | ZEAMA DE OREZ 250ML | SUPE LIMPEZI DE LEGUME / DE CARNE DILUATA, DEGRESATA* | COMPOT DE VISINE 250ml | POST OPERATOR (PRIMELE 1-2 ZILE), CEAIURI NEINDUCITE), SUPA STRECURATA |
| COLITA Cea. 2100cal | TELEMEA 100G, OU 1BUC, UNT 20G FRANZEIA 300 G | ZEAMA DE OREZ 250ML | SUPA MORCOV CU CARNE DE PUI 300ML PERISOARE DE VITA 100G/ctnd 70G/prep OREZ CU MORCOVI 250G | ZEAMA DE OREZ 250ML | OU 1BUC, CASCAYAL 100G, BISCUIT 50G UNT 20G CEAI 300ML |
| VEGETARIANA POST CRESTIN Cea. 2200cal | GEM 2BUC, PATE VEGETAL, BRUSCHETE CU ROSII 3BUC CEAI 300ML FRANZEIA 300G | NAPOLITANE | SUPA DE ZARZAVAT 300ML CIUPRECI UMPLUTE 2BUC VARZA CALITA 250 G MAR | EUGENIA 20G | CARTOFI TARANESTI 300G SALATA DE ROSII 100G COS, FON 1BUC CEAI 300ML |
| INTOLERANTA LA LACTOZA Cea. 2300cal | OU 1BUC, CRENVURSTI 80G MIERE 2 BUC,CEAI 300ML FRANZEIA 300G | MAR 1BUC | SUPA DE FIDEA 300ML FRITURA DE PORC 100G/70G CARTOFI NATURI 250G SALATA DE ROSII 100G | COMPOT DE VISINE 250ML | SALAM SUNCA 100G, ROSII 50G/40G BISCUITI 50G, GEM 2 BUC CEAI 300ML |

POSSIBILI ALERGENI CARE SE REGASESC IN MENIURI LAPTE DE VACA, GLUTENUL DIN GRAU, DROJDIA, ALBUS DE OU, GALBENUS DE OU, USTUROI, SOIA, FAINA DE MALAI.
PRODUSE CONGELATE DIN MENU - PULPA SUPERIOARA DE PUI, AMESTEC LEGUME CONGELAT

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

INTOCMIT
AS. MED. PR. DE DIETETICA
SERBAN E. NICOLETA

