



SPITALUL CLINIC JUDETEAN DE URGENTA TARGU-MURES  
 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 17.05.2026

REGIM	MIG DEJUN	ORA 10	PRANZ	ORA 17	CINA
DIABET DIABET-HIPOSODAT Cea. 2000 CAL	UNT 20 G, BR.FAGARAS 180G CARNAT CABANOS CU MUSTAR 100/10G OU 1 BUC, CEAI FARA ZAHAR 800ML BR.TOPTITA 1BUC, GRAHAM 200G	MAR 1BUC	CIORBA DE TARHON 300ML COTLET DE PORC LA TAVA 200G/130G prep OREZ CU LEGUME 200G SALATA DE VARZA 100G	SANA 176G	SUNCA DE PUI 100G CASCAYAL 100G UNT 20G, ROSII 100G/80G CEAI FAR ZAHAR 300ML
DIABET DESODAT Cea. 2000CAL	OMLETA CU CAS UNT 20G, BR.FAGARAS 180G ARDEI 50G/40G, GRAHAM 200G CEAI FARA ZAHAR 300ML	MAR 1BUC	CIORBA DE TARHON 300ML COTLET DE PORC LA TAVA 200G/130G prep OREZ CU LEGUME 200G SALATA DE VARZA 100G	SANA 176G	SNITEL DIN PIEPT PUI 180G SALATA DE CARTOFI ORIENTALA 180G CEAI FARA ZAHAR 300ML
DIABET HIPOS. CU INTOLERANTA LACTOZA Cea.2000cal	LEGUME SOTE 100G SUNCA DE PUI 100G, ARDEI 50G/35G GRAHAL 200G CEAI FARA ZAHAR 300ML	MAR 1BUC	CIORBA TARHON 300ML COTLET DE PORC LA TAVA 200G/130G prep OREZ CU LEGUME 250G SALATA DE VARZA 100G	SANA 178G	SUNCA DE PUI 100G CASCAYAL 100G UNT 20 G, ROSII 100G/80G CEAI 300ML
NEOPLAZIC Cea. 2600 CAL	UNT 20 G, BR.FAGARAS 180G CARNAT CABANOS CU MUSTAR 100/10G OU 1BUC, BR. TOPTITA 1BUC FRANZEIA 300G, CEAI 300ML	BANANA 1BUC	CIORBA TARHON 300ML COTLET DE PORC LA TAVA 200G/130G prep OREZ CU LEGUME 250G SALATA DE VARZA 100G	SANA 178G	SNITEL DIN PIEPT PUI 180G SALATA DE CARTOFI ORIENTALA 250G CEAI 300ML
TRANSPLANT Cea.2600 CAL	CARNAT CABANOS CU MUSTAR 100/10G MERE 2 BUC CEAI 300 ML, BR.TOPTITA 2BUC FRANZEIA 300G, LAMALE	COMPOT VISINE 250 ML	CIORBA TARHON 300ML COTLET DE PORC LA TAVA 100G/70G prep OREZ CU LEGUME 250G SALATA DE ROSII 100G	SANA 176G	SUNCA DE PUI 60G CASCAYAL 60 G UNT 20G, ROSII 50G/40G CEAI 300 ML
NORMAL INSOTTOR HIPOSODAT GARDA Cea. 2400CAL	UNT 20 ET. BR. FAGARAS 180G CARNAT CABANOS CU MUSTAR 60/10G BR. TOPTITA 1BUC, CEAI 300ML FRANZEIA 300G	BANANA 1BUC	CIORBA TARHON 300ML COTLET DE PORC LA TAVA 100G/70G prep OREZ CU LEGUME 250G SALATA DE ROSII 100G	SANA 176G	SUNCA DE PUI 60G CASCAYAL 60 G UNT 20G, ROSII 50G/40G CEAI 300 ML
LAVZE HIPERCALORIC COPII 3-16 ANI Cea. 2400 CAL	UNT 20G, BR. FAGARAS 180G CARNAT CABANOS CU MUSTAR 60/10G BR. TOPTITA 1BUC, CEAI 300ML FRANZEIA 300G	BANANA 1BUC	CIORBA TARHON 300ML FRIPTURA DIN PIEPT PUI 85G(120 G CRUD) OREZ CU LEGUME 250G SALATA DE ROSII 100G	SANA 176G	SUNCA DE PUI 60G CASCAYAL 60 G UNT 20G, ROSII 50G/40G CEAI 300 ML
HEPATIC Cea. 2400 CAL	UNT 20 G, BR. FAGARAS 180G SUNCA PRAGA 60G, MUSTAR 10G BR. TOPTITA 1BUC, CEAI 300ML FRANZEIA 300G	BANANA 1BUC	CIORBA TARHON 300ML FRIPTURA DIN PIEPT PUI 85G(120 G CRUD) OREZ CU LEGUME 250G SALATA DE ROSII 100G	SANA 176G	SUNCA DE PUI 60G CASCAYAL 60 G UNT 20G, ROSII 50G/40G CEAI 300 ML
LACTO-FAINOS ULGER F. SARE ULGER -ULGER SIMPLU 2800CAL	UNT 20G, OU 1 BUC, BISCUITI 50G BRANZA FAGARAS 180G FRANZEIA 300G CEAI 300 ML	BUDINCA DE VANILIE 200G	SUPA CU GALUSTE DE GRIS 300ML RASOL DIN PIEPT PUI 100G(150 G CRUD) GARNITURA DE OREZ 250G SOS DE VISINE 100G	SANA 176G	OU 1 BUC, UNT 20G, BISCUIT 50G BRANZA FAGARAS 180G CEAI 300ML
COLECTIST Cea. 2300 CAL	UNT 20G, MIERE 2BUC, BISCUITI 50G BRANZA FAGARAS 180G FRANZEIA 300G CEAI 300ML	BUDINCA DE VANILIE 200G	SUPA CU GALUSTE DE GRIS 300ML RASOL DIN PIEPT PUI 100G(150 G CRUD) GARNITURA DE OREZ 250G SOS DE VISINE 100G	SANA 176G	GEM 2 BUC, UNT 20G, BISCUIT 50G BRANZA FAGARAS 180G CEAI 300ML
NEERTIA Cea. 2200 CAL	UNT 20G, MIERE 2BUC, BISCUITI 50G BRANZA FAGARAS 180G FRANZEIA 300G CEAI 200 ML	BUDINCA DE VANILIE 200G	SUPA CU GALUSTE DE GRIS 200ML RASOL DIN PIEPT PUI 65G(100 G CRUD) GARNITURA DE OREZ 250G SOS DE VISINE 100G	SANA 176G	GEM 2 BUC, UNT 20G, BISCUIT 50G BRANZA FAGARAS 180G CEAI 300ML
VEGETARIAN POST CRESTIN Cea. 2200 CAL	PATE VEG. 1 BUC, BRUSCHETE CU ROSI MIERE 2 BUC, ARDEI 50G/40G FRANZEIA 300 ET, CEAI 300ML	BANANA 1BUC	CIORBA DE TARHON( de post) 300ML OREZ CU CIUPERCI 300G SALATA DE VARZA 100G	EUGENIA 1BUC	SALATA DE CARTOFI ORIENTALA 250G CONS. TON 1BUC CEAI 300ML

AVIZ  
 DIRECTOR  
 SPITALUL CLINIC JUDETEAN DE URGENTA TARGU-MURES  
 TARGU-MURES



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COPIII 6 LUNI- 1ANI Cca1000 CAL	BISCUITI CU BANANA 200g <sup>gr</sup> /BRANZA FAGARAS 180G, CEAI 200ml	BUDINCA DE VANILIE 200G	SUPA STRECURATA 100ML CARTOFI PURE 100G CARNE TOCATA DIN PIEPT DE PUI 65G/100G CERUD ET. SOS DE VINSINE 50G	SANA 175G	OREZ IN LAPTE CU GALBENUS DE OU 200G CEAI 200ML
COPII 1-3 ANI Cca 1500 CAL	UNT20G, BR. TOPITA IBUC, ROSIE 30 G BR. FAGARAS 180G, SUNCA PRAGA 40G LAPTE 250ML, FRANZEIA 200G	BANANA IBUC	SUPA CU GALUSTE DE GRIS 150ML, FRIPTURA DIN PIEPT PUI 100G/70G OREZ CU LEGUME 150G SALATA DE ROSII 50G	SANA 175G	UNT 20G, SUNCA DE PUI 40G CASCAYAL 40G, ROSII 50G/40G CEAI 200 ML
COLITIA Cca 2200 CAL	OU IBUC, TELEMBA 100G, BISCUITI 50G UNT 20G, CEAI 300ML FRANZEIA 300G <sup>gr</sup>	BANANA IBUC	SUPA GALUSTI DE GRIS 300ML RASOL DIN PIEPT PUI 100 G(150 G CERUD) OREZ FIERT 200G/ BABY MORCOVI 100G	ZEAMA DE OREZ 250ML	CASCAYAL 100G, UNT 20G, OU IBUC CEAI 300ML, BISCUITI 50G
INTOLERANTA LA LACTOZA Cca 2300CAL	SUNCA PRAGA 60G, BISCUITI 50G MIERE 40G, CEAI 300ML FRANZEIA 300G	BANANA IBUC	SUPA CU GALUSTE DE GRIS 300ML COTLET DE PORC LA TAVA 100G /65 G prep OREZ CU LEGUME 250G SALATA DE VARZA 100G	COMPOT DE VINSINE 250ml	SUNCA DE PUI 100G, ROSII 50G/40G OUIBUC, GEM 2BUC, MASLINE 30G CEAI 300ML
INTOLERANTA LA GLUTEN Cca 2400CAL	UNT 20G, BR.FAGARAS 180G SUNCA PRAGA 60G BR. TOPITA IBUC, CEAI 300ML TARTINA DE OREZ	BANANA IBUC	CIORBA DE TARHON(fara fatna) 300ML, COTLET DE PORC LA TAVA 100G /65G p-prep OREZ CU LEGUME 250G SALATA DE VARZA 100G	SANA 175G	SUNCA DE PUI 50G CASCAYAL 50 G UNT 20G, ROSII 50G/40G CEAI 300 ML
PASAT SONDA Cca 2000CAL	BUDINCA DE VANILIE 200ML, SANA 175G, OU IBUC, ZEAMA DE OREZ PREPARAT LA BLENDER	LAPTE 250ML, BISCUITI 50G	=SUPA CONCENTRATA 500 L (OU, SMANTANA, OREZ, UNT, CARTOFI , MORCOV,PATRUNJEL, TELINA, PUPIA DE PUI) ZEAMA DE OREZ	BRANZA FAGARAS 180G MIERE IBUC	CINA : BISCUITI 50G LAPTE 250ML, OU IBUC
HIDRICI Cca 1400CAL	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREE ACUTA, CEAIURI INDULCITE)	ZEAMA DE OREZ 250ML	SUPE LIMPEZI DE LEGUME / DE CARNE DIUATA, DEGRASATA*	CEAI 300ML	POST OPERATOR (PRIMELE 1-2 ZILE), CEAIURI NEINDULCITE), SUPA STRECURATA

POSSIBILI ALERGENI CARE SE REGASESC IN MENIUL LAPTE DE VACA, GLUTENUL DIN GRAU, DROJIDIA, ALBUS DE OU, GALBENUS DE OU, USTUROI, SOIA, FAINA DE MALAI  
PRODUSE CONGELATE DIN MENIUL AMESTEC LEGUME CONGELAT, MORCOVI BABY, PUPIA SUPERIOARA DE PUI, PIEPT DE PUI  
MENIURILE SE INCADREAZA IN ALOCATIA PREVAZUTA IN ORDINUL 1489/2022 EMIS DE MIN SANATATII

INFOCOMIT  
AS.MED.PR. DE DIETETICA  
SERBAN NICOI PATA