



SPITALUL CLINIC JUDEȚEAN DE URGENȚĂ TÂRGU-MUREȘ
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Operator de date cu caracter personal înregistrat la ANSPDCP sub nr. 26287

BIOC-ALIMENTAR MENIU FIXAT PE DATA 18.05.2026

REGIM	MIC DEJUN	ORA 10	PRÂNZ	ORA 17	CINA
DIABET DIABET FARA SARE Cca 2000 CAL	UNT 20G, BR. TOPITA 2BUC SALAM DE VARA 100 G, OU 1 BUC ROSI 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	FRIGIURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G CEAI FARA ZAHAR 300ML
DIABET DESODAT Cca2000CAL	SUFLE DE LEGUME 160G UNT 20G, ARDEI 50G/40G 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	FRIGIURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G CEAI FARA ZAHAR 300ML
DIABET HIPOS, CU INTOLERANTA LACTOZACca2000CAL	SUFLE DE LEGUME 160G RULOUI 100G/70G, ARDEI 60G/40G BRANZA FAGARAS 1BUC GRAHAM 200G, CEAI FARA ZAHAR	MAR 1BUC	SUPA DE FASOLE VERDE (fara lactate) 300ML PIEPT DE CURCAN CU LEGUME (110G CARNE/160G CRUD) MAMALIGUTA 180G	MAR 1BUC	FRIGIURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G CEAI FARA ZAHAR 300ML
NEOPLAZIC NEOPLAZIC COPII Cca 2500 CAL	UNT 20G, BR. TOPITA 1BUC SALAM VARA 100 G, OU 1 BUC ROSI 100G/80G FRANZEALA 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	FRIGIURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G, CEAI 300ML
TRANSPLANT Cca2600 CAL	OMILETA CU CAS 100G GEM 2 BUC, BR. TOPITA 2BUC CEAI 300 ML FRANZEALA 300G, LAMAIE	COMPOT DE VISINE 250ML	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/160G CRUD) MAMALIGUTA 260G, MAR 1BUC	PATE FICAT 1 BUC SANA 176G	FRIGIURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G CEAI 300ML
NORMAL INSOTIORI Cca2400 CAL	SALAM DE VARA 50G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 50G/40G FRANZEALA 800G, CEAI 300 ML	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/160G CRUD) MAMALIGUTA 260G, MAR 1BUC	PATE FICAT 1 BUC SANA 176G	OREZ IN LAPTE 300G CEAI 300 ML
HIPOSODAT COPIL 3-16 ANI HIPERCALORIC LAUZE Cca2400 CAL	SUNGA 60 G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 50G/40G FRANZEALA 800G, CEAI 300 ML	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/160G CRUD) MAMALIGUTA 260G, MAR 1BUC	PATE FICAT 1 BUC SANA 176G	OREZ IN LAPTE 300G CEAI 300 ML
HEPATIC Cca2400CAL.	SUNGA 60 G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 50G/40G FRANZEALA 800G, CEAI 300 ML	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/160G CRUD) MAMALIGUTA 260G, MAR 1BUC	BR. FAGARAS 180G BISCUITI 60G	OREZ IN LAPTE 300G CEAI 300 ML
GARDA CCa2600CAL	SALAM DE VARA 50G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 50G/40G FRANZEALA 800G, CEAI 300 ML	GEM 1BUC	SUPA DE FASOLE VERDE 300ML PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (CARNE 100G/160G CRUD) MAMALIGUTA 260G, MAR 1BUC	SANA 176G	FRIGIURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G, CEAI 300ML
LACTO-FAINOS ULCER SIMPLU ULCER F. SARE ULCER Cca2600 CAL	UNT 20 G, OU 1BUC, BISCUITI 60G BRANZA FAGARAS 180G/1BUC TELEMEA DESARATA 40G FRANZEALA 300G, CEAI 300 ML	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 COMPOT DE MERE 200ML CEAI 300 ML
COLICIST Cca2800 CAL	UNT 20 G, GEM 2BUC, BISCUITI 60G BRANZA FAGARAS 180G/1BUC TELEMEA 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 COMPOT DE MERE 200ML CEAI 300 ML
NEFRITA Cca2200 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



DIABET
DIABET FARA SARE
DIABET DESODAT
DIABET HIPOS, CU INTOLERANTA LACTOZA
NEOPLAZIC
NEOPLAZIC COPII
TRANSPLANT
NORMAL
INSOTIORI
HIPOSODAT
COPIL 3-16 ANI
HIPERCALORIC
LAUZE
HEPATIC
GARDA
LACTO-FAINOS
ULCER SIMPLU
ULCER F. SARE
ULCER
COLICIST
NEFRITA

VEGETARIAN Cea 2300 CAL	PATE VEG 1 BUC, GEM 2 BUC BRUSCHETE CU ROSII ARDEI 50G/40G, CEAI 300ML FRANZEIA 300G	EUGENIA 1BUC	SUPA DE FASOLE VERDE (de post) 300 ML PAPRICAS DE CIUPERCI 150G MAMALIGUTA 250G	COMPOT DE MERE 250ML	OREZ CU LEGUME 250G SALATA ASORTATA 100G CONS. TON 1BUC CEAI 300ML
COPIII 6 LUNI- 1ANI Cea 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 Cea 1300 CAL	OU 1BUC, UNT 20G, SUNCA 40G GEM 1BUC, ROSII 50G/40G LAPTE 200ML, FRANZEIA 300 GR	IAURT CU FRUCTE 125G	SUPA DE ZARZAVAT 200 ML PAPRICAS DIN PIEPT DE CURCAN 120G/80G MAMALIGUTA 150G, MAR 1BUC	BR. FAGARAS 180G BISCUITI 30G	OREZ IN LAPTE 200G CEAI 200 ML
COLITA Cea 2200 CAL	OU FIERT TARE, UNT 20G TELEMEA 100G, BISCUITI 50G FRANZEIA 300G CEAI 300ML	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 300ML
INTOLERANTA LA GLUTEN Cea 2300 CAL	SUNCA 60G OU 1 BUC, UNT 20G BR. TOPITA 1BUC, ROSII 50G/40G TARTINA DE OREZ 1BUC, CEAI 300	GEM 1BUC	SUPA DE FASOLE VERDE (FARA LAPTATE) 300ML PIEPT DE CURCAN CU LEGUM 120G/80G MAMALIGUTA 250G, MAR 1BUC	SANA 175G	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G, CEAI 300ML
INTOLERANTA LA LACTOZA Cea 2300 CAL	SUNCA 100G, ROSII 50G/40G GEM 2 BUC, OU 1BUC FRANZEIA 300G, CEAI 300 ML	MAR 1BUC	SUPA DE FASOLE VERDE (FARA LAPTATE) 300ML PIEPT DE CURCAN CU LEGUM 120G/80G MAMALIGUTA 250G, MAR 1BUC	COMPOT DE MERE 250ML	FRIPTURA DE PUI LA TAVA 180G/120G OREZ CU LEGUME 200G SALATA ASORTATA 100G, CEAI 300ML
HIDRICI Cea 1300 CAL	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREACUTA, CEAIURI INDULCITE	ZEAMA DE OREZ 250ML	SUPE LIMPEZI DE LEGUME / DE CARNE DILUATA „DEGRESATA”	COMPOT DE MERE 250ML	POST OPERATOR (PRIMELE 1-2 ZILE), CEAIURI INDULCITE, SUPA STRECURATA
PASAT SONDA Cea 2000 CAL	GRIS CU LAPTE 250 ML SANA 175G, OU 1BUC, ZEAMA DE OREZ	LAPTE 250ML BISCUITI 50 G	SUPA CONCENTRATA 500 L (OU, SMANTANA, OREZ, UNT, CARTOFI, MORCOV, TEIINA PATRUNJEL, CARNE) ZEAMA DE OREZ	BRANZA FAGARAS 180G MIERE 1BUC	CINA : BISCUITI 50 GR LAPTE 250 ML, OU 1BUC

POSIIBIL ALERGEN CARE SE REGASESC IN MENIU : LAPTE DE VACA, GLUTENUL DIN GRAU, DROJIDIA, ALBUS DE OU, GALBENUS DE OU, USTURUI, SOLA, 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 ALOCATIYA PREVAZUTA IN ORDINUL 1488/2022 EMIS DE MIN.SANATATII

INTOCMIT
AS.MED.PRI DE DIETETICA
SERBANAT NICOLETA

