

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 MENIUL FIXAT PE DATA DE 23.05.2026

| REGIM  | MIC DEJUN  | ORA 10                                | PRÂNZ   | ORA 17                     | CINĂ   |
|--|--|---------------------------------------|---|----------------------------|--|
| DIABET-<br>DIABET<br>HIPOSODAT<br>CCA2000cal                         | CRENVURSTI 120 G, OU 1BUC<br>UNT 20G mustar 1buc<br>GRAHAM 200G<br>CEAI FARA ZAHAR 300ML         | MERE 1 BUC                            | CIORBA DE VARZA CU CIOLAN(30g/300ML<br>FRIPTURA DE PORC 200G/140G<br>CARTOFI NATUR 150G<br>SALATA ASORTATA 100G             | SANA<br>175G               | SALAM CU SUNCA 100G, ROSII 50G/40G<br>BR. TELEMBA 60 G, UNT 20G<br>CEAI FARA ZAHAR 300ML                 |
| DESODAT<br>DIABET DESODAT<br>CCA 2100 CAL                            | OU 1BUC UNT 20G<br>RUIOU DIN PEPT DE PUI CU<br>LEGUME PAINE GRAHAM 200G<br>CEAI FARA ZAHAR 300ML | SANA<br>175G                          | CIORBA DE VARZA CU CIOLAN(30g/300ML<br>FRIPTURA DE PORC 200G/140G<br>CARTOFI NATUR 150G<br>SALATA ASORTATA 100G             | SANA<br>175G               | PERISOARE DIN CARNE DE VITA 100G,<br>ROSI 50G/40G<br>BR. FAGARAS 180 G, UNT 20G<br>CEAI FARA ZAHAR 300ML |
| NEOPLAZICI<br>CCA2500cal   | CRENVURSTI 120 G, mustar 2buc<br>OU 1BUC, MIERE 2BUC<br>CEAI 300ML,FRANZELA 300G                 | NAPOLITANA<br>IBUC                    | CIORBA DE VARZA CU CIOLAN(30g/300ML<br>FRIPTURA DE VITA 150G/100G<br>SALATA DE SPECIA ROSIE 100G                            | IAURT CU<br>FRUCTE<br>125G | SALAM CU SUNCA 100G, ROSII 50G/40G<br>BR. TELEMBA 60 G UNT 20G<br>CEAI 300ML                             |
| TRANSPLANT<br>CCA2600cal   | CRENVURSTI 120G, mustar 2buc<br>OU 1BUC, MIERE 2BUC<br>CEAI 300ML,FRANZELA 300G                  | COMPOT<br>250ML<br>NAPOLITANA<br>IBUC | CIORBA DE VARZA CU CIOLAN(20g/300ML<br>FRIPTURA DE VITA 150G/100G<br>CARTOFI NATUR 200G                                     | IAURT CU<br>FRUCTE<br>125G | FRIPTURA DE PORC 150G/100G<br>OREZ CU LEGUME 200G<br>CEAI 300ML  |
| NORMAL<br>INSOTTORI<br>CCA 2500cal                                   | CRENVURSTI 80G, mustar 1buc<br>OU 1 BUC, UNT 20G<br>CEAI 300 ML, FRANZELA 300G                   | NAPOLITANA<br>IBUC                    | CIORBA DE VARZA CU CIOLAN(20g/300ML<br>FRIPTURA DE PORC 100G/65G<br>CARTOFI NATUR 250G<br>SALATA DE SPECIA ROSIE 80G        | SANA<br>175G               | SALAM CU SUNCA 50G<br>UNT 20G, BR. TOPITA 2 BUC<br>ROSI 50G/40G<br>CEAI 300ML                            |
| GARDA<br>CCA2500cal  | CRENVURSTI 80G, mustar 1buc<br>OU 1 BUC, UNT 20G<br>CEAI 300 ML, FRANZELA 300G                   | NAPOLITANA<br>IBUC                    | CIORBA DE VARZA CU CIOLAN(20g/300ML<br>FRIPTURA DE PORC 150G/100G<br>CARTOFI NATUR 250G<br>SALATA ASORTATA 100G             | IAURT CU<br>FRUCTE<br>125G | SALAM CU SUNCA 50G<br>UNT 20G, BR. TOPITA 2 BUC<br>ROSI 50G/40G<br>CEAI 300ML                            |
| HIPOSODAT<br>CCA 2500cal   | CRENVURSTI 80G, mustar 1buc<br>OU 1 BUC, UNT 20G<br>CEAI 300 ML, FRANZELA 300G                   | NAPOLITANA<br>IBUC                    | CIORBA DE VARZA CU CIOLAN(20g/300ML<br>FRIPTURA DE VITA 100G/65G<br>CARTOFI NATUR 250G<br>SALATA DE SPECIA ROSIE 80G        | IAURT CU<br>FRUCTE<br>125G | SALAM CU SUNCA 50G<br>UNT 20G, BR. TELEMBA 60 G<br>ROSI 50G/40G<br>CEAI 300ML                            |
| HIPERCALORIC,<br>LAUZE,<br>COPIT 3-16 ANI<br>HEPATIC<br>CCGA 2800cal | CRENVURSTI 80G, mustar 1buc<br>OU 1 BUC, UNT 20G<br>CEAI 300 ML,<br>FRANZELA 300G                | NAPOLITANA<br>IBUC                    | SUPA DE FIDEA CU CARNE DE PUI(20g/300ML<br>FRIPTURA DE VITA 100G/65G<br>CARTOFI NATUR 250G<br>SALATA DE SPECIA ROSIE 80G    | IAURT CU<br>FRUCTE<br>125G | SALAM CU SUNCA 50G<br>UNT 20G, BR. TELEMBA 60 G<br>ROSI 50G/40G<br>CEAI 300ML                            |
| LACTO-VICER-<br>VICER FARA<br>SARE VICER<br>SIMPLU CCA2380           | BRANZA FAGARAS 180G<br>UNT 20G, OU 1 BUC, BISCUITI 30G<br>CEAI 300ML,<br>FRANZELA 300G           | GRIS IN<br>LAPTE<br>200G              | SUPA DE FIDEA CU CARNE DE PUI(20g/300ML<br>PERISOARE DIN CARNE VITA 100G/70G/2buc<br>CARTOFI NATUR 250G<br>SOS MARINATA100G | SANA<br>175G               | BRANZA FAGARAS 180G<br>UNT 20G, OU 1 BUC, BISCUITI 50G<br>CEAI 300ML                                     |
| COLECTIST<br>CCA 2300cal   | BRANZA FAGARAS 180G<br>UNT 20G, MIERE 2BUC, BISCUITI<br>30G CEAI 300ML,<br>FRANZELA 300G         | GRIS IN<br>LAPTE<br>200G              | SUPA DE FIDEA CU CARNE DE PUI(20g/300ML<br>PERISOARE DIN CARNE VITA 100G/70G/2buc<br>CARTOFI NATUR 250G<br>SOS MARINATA100G | SANA<br>175G               | BRANZA FAGARAS 180G<br>GEM 2BUC<br>UNT 20 G BISCUITI 50G<br>CEAI 300ML                                   |
| COPIT<br>6 LUNI- 1ANI<br>1200cal                                     | BISCUITI CU BANANA<br>CEAI 200ML   | GRIS IN<br>LAPTE<br>200G              | SUPA STRECURATA 100 ML<br>CARTOFI PURE 100G<br>CARNE TOCATA DIN PEPT DE PUI 100G/70G<br>SOS MARINATA 50G                    | IAURT CU<br>FRUCTE<br>125G | BISCUITI 50G CU BRANZA FAGARAS 180G<br>CEAI 200ML  |



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|--|--|--|---|---|---|
| COPIII 1-3 ANI<br>1500cal                | OUIBUC, CRENURSTI 80G<br>UNT 20G, LAPTE 200ML<br>FRANZELA 300G   | GRIS IN<br>LAPTE<br>200G                   | SUPA DE FIDEA 100ML.<br>FRIPTURA DIN PIEPT DE PUI 100G/70G<br>CARTOFI PURE 150G<br>SOS MARINATA 50G                           | LAURI CU<br>FRUCTE<br>125G              | UNT 20G, SUNCA 40G<br>CASCAVAL 40G, ROSII 50G/40G<br>CEAI 200ML               |
| INTOLERANTA LA<br>GLUTEN<br>CCAA2400cal  | CRENURSTI 80G, mustar 1buc<br>OU 1 BUC, UNT 20G<br>CEAI 300 ML<br>TARTINA DE OREZ IBUC<br>GRIS IN LAPTE 200G<br>OU IBUC, SANA 175G, ZEAMA DE<br>OREZ | MAR<br>IBUC<br>LAPTE 250ML<br>BISCUITI 50G | CIORBA DE VARZA 300ML<br>FRIPTURA DE PORC 100G/70G<br>CARTOFI NATUR 250G<br>SALATA DE SECLA ROSIE 100G                        | LAURI CU<br>FRUCTE<br>125G              | SALAM CU SUNCA 50G<br>UNT 20G, BR. TOPITA 2BUC<br>ROSII 50G/40G<br>CEAI 300ML |
| PASAT<br>SONDA<br>CCAA2000cal            | POST OPERATOR (PRIMELE 1-2<br>ZILE), DIAREE ACUTA, CEAIURI<br>NEINDULCITE)   | ZEAMA DE<br>OREZ 250ML                     | SUPA CONCENTRATA 500ML<br>(OU, SMANTANA, OREZ, UNT, CARTOFI,<br>PARRUNJEL, TELINA, MORCOV, RASOLDE PUI)                       | BR.<br>FAGARAS<br>180G<br>MIERE<br>2BUC | CINA : BISCUITI G<br>LAPTE 250 ML, OU IBUC<br>PREPARATA LA BLENDER            |
| HIDRICI<br>CCAI 1500cal                  | POST OPERATOR (PRIMELE 1-2<br>ZILE), DIAREE ACUTA, CEAIURI<br>NEINDULCITE)   | ZEAMA DE<br>OREZ 250ML                     | SUPE LIMPEZI DE LEGUME / DE CARNE<br>DILUATA „DEGRESATA”  | COMPOT<br>DE MERE<br>250ML              | POST OPERATOR (PRIMELE 1-2<br>ZILE), CEAIURI NEINDULCITE), SUPA<br>STRECURATA |
| COLITA<br>CCA 2400cal                    | CASCAVAL 100 G, OUIBUC<br>, BISCUITI 50G, UNT 20G<br>CEAI 300ML,<br>FRANZELA 300G  | ZEAMA DE<br>OREZ<br>250ML                  | SUPA DE FIDEA CU CARNE DE PUI(20g) 300ML<br>PERISOARE DIN CARNE VITA 100G/70G/2buc<br>CARTOFI NATUR 250G<br>MORCOVI SOTE 100G | ZEAMA DE<br>OREZ<br>250ML               | OUIBUC, CASCAVAL 100G, BISCUITI 50G<br>UNT 20G<br>CEAI 300ML                  |
| VEGETARIAN<br>POST CRESTIN<br>CAC2400cal | PATE VEGETAL IBUC, GEM 2BUC<br>BRUSCHETE CU ROSII 2BUC<br>CEAI 300ML, FRANZELA 300G  | MAR<br>IBUC                                | CIORBA DE ZARZAVAT 300ML.<br>OREZ GARNI SI LEGUME SOTE 300G<br>CARTOFI CU USTUROI LA CUPTOR 80g<br>SALATA DE SECLA ROSIE 100G | EUGENIA<br>IBUC                         | CARTOFI TARANESTI 250G<br>SALATA DE ROSII 100G<br>CEAI 300ML                  |
| INTOLERANTA<br>LACTOZA<br>CCA 2400cal    | OU IBUC, CRENURSTI 80G<br>MIERE 2BUC, CEAI 300ML<br>FRANZELA 300G  | MAR<br>IBUC                                | SUPA DE FIDEA CU CARNE DE PUI(20g) 300ML<br>FRIPTURA DE PORC 100G/70G<br>CARTOFI NATUR 250G<br>SALAT DE SPECIA ROSIE 100G     | MAR<br>IBUC                             | SALAM CU SUNCA 60G, ROSIE 50G/40G<br>GEM 2BUC, BISCUITI 50G<br>CEAI 300ML     |
| NEFIPTA<br>CCAA2300cal                   | BRANZA FAGARAS 180G<br>UNT 20G, MIERE 2BUC, BISCUITI<br>50G CEAI 300ML<br>FRANZELA 300G  | GRIS IN<br>LAPTE 200G                      | SUPA DE FIDEA 300ML<br>PERISOARE DIN CARNE VITA 100G/70G/2buc<br>CARTOFI NATUR 250G<br>SOS MARINATA 100G                      | LAURI CU<br>FRUCTE<br>125G              | BRANZA FAGARAS 180G<br>UNT 20G, OU 1 BUC, BISCUITI 50G<br>CEAI 300ML          |

POSIIBIL ALERGENI CARE SE REGASESC IN MENUU :LAPTE DE VACA, GLUTENUL, DIN GRAU, DROJDIA, ALBUS DE OU, GALBENUS DE  
OU, USTUROI, SOIA, FAINA DE MALAI  
CONOPIDA, BABY MORCOV, AMESTEC LEGUME CONGELAT, PIEPT DE PUI

INTOCMIT POPSOR IOAN-GAVRIL  
AS.MED.PR.LIC.ÎN DIETETICĂ

