



SPITALUL CLINIC JUDETEAN DE URGENȚĂ TÂRGU-MUREȘ

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AVIZAT  
DIRECTOR MEDICINĂ



BLOC ALIMENTAR MENIUL FIXAT PE DATA 30.05.2026

REGIM	MIG DE UN	ORA 10	PRĂNZ	ORA 17	GINA
DIABET- DIABET HIPOSDAT CCA 2000cal	CHENVURSTI 120 G,MUSTAR 1buc CASCACAVAL 60G,OU 1BUC, UNT 20G GRAHAM 200G CEAI FARA ZAHAR 800ML	MAR IBUC	SUPA DE FIDEA CU CARNE DE PUI 800ML VARZA A LA CLUJ 800G COSTITA 80G	SANA IBUC	SALAM SUNCA 100G, BR. TOPITA 2buc TELEMEA DESARATA100G, UNT 20G CASTRAVETE 100G/80G CEAI FARA ZAHAR 800ML
DIABET DESODAT Cca 2000cal	UNT 20G,CUPERCI UMPLUTE ROSI 100G/80G, BR. FAGARAS 180G GRAHAM FARA SARE 200G CEAI FARA ZAHAR 800ML	MAR IBUC	SUPA DE FIDEA CU CARNE DE PUI 300ML FRIPTURA DE VITA 150G/crud 100 G /prep. CARTOFI PURE 180 G SALATA DE ROSII 100G	SANA IBUC	FRIPTURA DE PUI 180G/120G OREZ CU LEGUME 200G CEAI FARA ZAHAR 800ML
DIABET HIPOS, CU INTOLERANTA LACTOZA Cca2000CAL	CHENVURSTI 80G CIUPERCI UMPLUTE,ROSI 100G/80G GRAHAM FARA SARE 200G CEAI FARA ZAHAR 800ML	MAR IBUC	SUPA DE FIDEA CU CARNE DE PUI 800ML VARZA A LA CLUJ 800G COSTITA 80G	MAR IBUC	FRIPTURA DE PUI 180G/120G CARTOFI TARANESTI 800G SALATA DE CASTRAVETI 100G CEAI FARA ZAHAR 800ML
NEOPLAZICI NEOPLAZICI COPII Cca. 2500cal	CHENVURSTI 120G, MUSTAR 1 buc CASCACAVAL 60G, OU 1BUC, UNT 20G CEAI 800ML, FRANZELA 800G	NAPOLITANA	SUPA DE FIDEA CU CARNE DE PUI 300ML FRIPTURA DE VITA 150G/crud 100 G /prep. CARTOFI PURE 280 G SALATA DE ROSII100G	IAURT CU FRUCTE IBUC	SALAM SUNCA 100G, BR. TOPITA 2buc BR. TELEMEA 60 G, UNT 20G CASTRAVETE 100G/80G CEAI 800ML
TRANSPLANT Cca2600cal	CHENVURSTI 120G,MUSTAR 1buc BR. TOPITA 2buc,OU1BUC CEAI 800ML, FRANZELA 800G	COMPOZ DE VISINE NAPOLITANA	SUPA DE FIDEA CU CARNE DE PUI 300ML FRIPTURA DE VITA 150G/crud 100 G /prep. CARTOFI PURE 280 G SALATA DE ROSII100G	IAURT CU FRUCTE IBUC	FRIPTURA DE PUI 180G/120G OREZ CU LEGUME 200G PATE DE FIGAT 1buc,CEAI 800ML
NORMAL INSOTTORI MEDIC DE GARDA Cca. 2400cal	CHENVURSTI 80G, MUSTAR1buc OU 1BUC, UNT 20G CEAI 800ML, FRANZELA 800G	NAPOLITANA	SUPA DE FIDEA 300 ML VARZA A LA CLUJ CU CARNE TOCATA DE VITA 800G COSTITA 70G	IAURT CU FRUCTE IBUC	SALAM SUNCA 60G UNT 20G, BR. TELEMEA 80G CASTRAVETE 60G/40G CEAI 800ML
HIPOSDAT Cca.2400 cal	CHENVURSTI 80G, MUSTAR1buc OU 1BUC, UNT 20G CEAI 800ML,FRANZELA 300G	NAPOLITANA	SUPA DE FIDEA CU CARNE DE PUI300ML FRIPTURA DE VITA 100G/crud 65 G /prep. CARTOFI PURE 280G SALATA DE ROSII 100G	IAURT CU FRUCTE IBUC	SALAM SUNCA 60G UNT 20G, BR. TELEMEA 80G ROSI 60G/40G CEAI 800ML
HIPERCALORIC LATZE HEPATIC COPII 3-16 ANI Cca.2400cal	CHENVURSTI 80G, MUSTAR1buc OU 1BUC, UNT 20G CEAI 800ML,FRANZELA 800G	NAPOLITANA	SUPA DE FIDEA 300ML VARZA A LA CLUJ 800G COSTITA 70G	IAURT CU FRUCTE IBUC	SALAM SUNCA 60G UNT 20G, BR. TELEMEA 80G ROSI 60G/40G CEAI 800ML
LACTO-FAINOS LACTOCOPII ULCER FARA SARE ULCER Cca. 2800cal	BRANZA FAGARAS 180G BISCUITI 60G, UNT 20G, OU 1BUC CEAI 800ML,FRANZELA 300G	OREZ IN LAPTE 200G	SUPA DE FIDEA 300ML PERISOARE DE VITA 100G/crud 70G/prep SOS DE LEGUME 100G CARTOFI PURE 280G	SANA IBUC	BRANZA FAGARAS 180G UNT 20G, OU 1 BUC, BISCUITI 60G CEAI 800ML
COLECTIST Cca.2800cal	BRANZA FAGARAS 108G MERE 2 BUC, UNT 20G CEAI 800ML,FRANZELA 800G	OREZ IN LAPTE 200G	SUPA DE FIDEA 800ML PERISOARE DE VITA 100G/crud 70G/prep SOS DE LEGUME 100G CARTOFI PURE 280G	SANA IBUC	TELEMEA DESARATA 60G, BISCUITI 60G UNT 20G, GEM2 BUC CEAI 800ML
COPIII 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 IBUC	GRIS IN LAPTE 200G CEAI 200ML
COPIII 1-8 ANI Cca.1600cal	OU 1BUC, CHENVURSTI 80G UNT 20G, LAPTE 200ML FRANZELA 280G	NAPOLITANA	SUPA DE FIDEA 180ML RASOL DE PUI 100G SOS DE LEGUME 100G CARTOFI PURE 180G	IAURT CU FRUCTE IBUC	SUNCA 40G, ROSII 60G/40G TELEMEA 40G, UNT 20G CEAI 200ML

NEFRITA Cca. 2200cal	BRANZA FAGARAS 180G MIERE 1 BUC, UNT 20G CEAI 300ML,FRANZELA 300G	OREZ IN LAPTE 200G	SUPA DE FIDEA 250ML, PERISOARE DE VITA 100G/cand 70G/prep CARTOFI PURE 250G SOS DE LEGUME 100G	IAURET CU FRUCTE IBUC	UNT 20G, OU, BISCUITI 50G BRANZA FAGARAS 180G CEAI 200ML
INTOLERANTA LA GLUTEN Cca.2800cal	CRENVUDESTI 80G, MUSTIARIbuc OU 1BUC, UNT 20G CEAI 300ML, TARTINA DE OREZ	MAR IBUC	SUPA DE ZARZAVAT 300ML FRIPTURA DE PORC 80G CARTOFI PURE 250G SALATA DE ROSII 100G	SANA IBUC	SUNCA 50G UNT 20G, BR, TELEMBA 50G ROSI 50G/40G CEAI 300ML
PASAT SONDA Cca.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, PATRUNJEL, TELINA, MORCOV, CARNE) ZEAMA DE OREZ	BRANZA FAGARAS 180G OU 1BUC	CINA : BISCUITI 50G LAPTE 250ML, MIERE 1BUC
HIDRICI Cca.1000cal	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREE ACUTA, CEAIURI NEINDULCITE)	ZEAMA DE OREZ 250ML	SUPE LIMPEZI DE LEGUME / DE CARNE DIUJATA, DEGRASATA*	COMPOT DE VISINE 250ml	POST OPERATOR (PRIMELE 1-2 ZILE), CEAIURI NEINDULCITE), SUPA STRECURATA
COLITA Cca.2100cal	TELEMBA 100G, OU 1BUC, UNT 20G BISCUITI 50G, CEAI 300ML FRANZELA 300 G	ZEAMA DE OREZ 250ML	SUPA MORCOV CU CARNE DE PUI 300ML, PERISOARE DE VITA 100G/cand 70G/prep OREZ CU MORCOVI 250G	ZEAMA DE OREZ 250ML	OU 1BUC, CASCVAL 100G, BISCUITI 50G UNT 20G CEAI 300ML
VEGETARIANA Cca.2200cal	GEM 2BUC, PATE VEGETAL, BRUSCHETE CU ROSII 3BUC CEAI 300ML FRANZELA 300G	NAPOLITANE	CIOABA DE LEGUME 300ML, CIUPERCI UMPLUTE 2BUC VARZA CALTA 250 G MAR	EUGENIA 20G	CARTOFI TARANESTI 300G SALATA DE CASTRAVETI 100G CEAI 300ML
INTOLERANTA LA LACTOZA Cca.2800cal	OU 1BUC, CRENVUDESTI 80G MIERE 2 BUC, CEAI 300ML FRANZELA 300G	MAR IBUC	SUPA DE FIDEA 300ML, FRIPTURA DE PORC 100G/70G CARTOFI NATUR 250G SALATA DE ROSII 100G	COMPOT DE VISINE 250ML	SALAM SUNCA 100G, ROSII 50G/40G BISCUITI 50G, GEM 2 BUC CEAI 300ML

POSIIBILI ALERGENI CARE SE REGASESC IN MENIURI LAPTE DE VACA, GLUTENUL DIN GRAU, DROIDIA, ALBUS DE OU, GALBENUS DE OU, USTURUI, SOIA, FAINA DE MALAI  
PRODUSE CONGELATE DIN MENIURI PUIA SUPERIOARA DE PUI, AMESTEC LEGUME CONGELAT

MENIURI SE INCADREAZA IN ALOCATIILE PREVAZUTE IN ORDINUL 1488/2022 EMIS DE MIN.SANATATII.

INTOCMIT  
AS.MED.PR.DE DIETETICA  
SERBANAI NICOLETA

