



BLOC ALIMENTAR MENIU FIXAT PE DATA 31.05.2026

SPITALUL CLINIC JUDETEAN DE URGENTA TARGU-MURES  
 Targu - Mures, str. Ghe. Marinescu, nr. 50, judetul Mures  
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 Operator de date cu caracter personal Inregistrat la ANSPDPC sub nr. 26287

**AVIZAT**  
 Inspector  
 SPITALUL CLINIC JUDETEAN DE URGENTA TARGU-MURES  
 Mures, Romania

REGIM	MTC 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 300ML GRAHAM 200G	PORTOCALA IBUC	GIORBA DE TARHON 300ML COTLET DE PORC LA TAVA 200G/130G prep OREZ CU LEGUME 200G SALATA DE VARZA 100G	SANA 176G	SUNCA DE PUTI 100G CASCAYAL 100G UNT 20G, ROSII 100G/80G CEAI FAR ZAHAR 300ML
DIABET DESODAT Cea 2000CAL	OMLETA CU GAS UNT 20G, BR. FAGARAS 180G ROSI 100G/80G, GRAHAM 200G CEAI FARA ZAHAR 300ML	PORTOCALA IBUC	GIORBA DE TARHON fara lactate) 300ML COTLET DE PORC LA TAVA 200G/130G prep OREZ CU LEGUME 200G SALATA DE VARZA 100G	SANA 176G	SNITEL DIN PIAPT PUTI 130G SALATA DE CARTOFI ORIENTALA 180G CEAI FARA ZAHAR 300ML
DIABET HIPOS. CU INTOLERANTA LACTOZA Cea.2000cal	LEGUME SOTE 100G SUNCA DE PUTI 100G, ARDEI 50G/35G GRAHAL 200G CEAI FARA ZAHAR 300ML	PORTOCALA IBUC	GIORBA TARHON 300ML COTLET DE PORC LA TAVA 200G/130G prep OREZ CU LEGUME 250G SALATA DE VARZA 100G	SANA 176G	SNITEL DIN PIAPT PUTI 130G SALATA DE CARTOFI ORIENTALA 250G CEAI 300ML
NEOPLAZIC Cea. 2500 CAL	UNT 20 G, BR.FAGARAS 180G CARNAT CABANOS CU MUSTAR 100/10G OU,MIERE lbuc FRANZEIA 300G, CEAI 300ML	BANANA IBUC	GIORBA TARHON 300ML COTLET DE PORC LA TAVA 200G/130G prep OREZ CU LEGUME 250G SALATA DE VARZA 100G	SANA 176G	SUNCA DE PUTI 100G CASCAYAL 100G UNT 20 G, ROSII 100G/80G CEAI 300ML
TRANSPLANT Cea. 2500 CAL	CARNAT CABANOS CU MUSTAR 100/10G MIERE 2 BUC CEAI 300 ML, BR.TOPITA 2BUC FRANZEIA 300G, LAMALE	COMPOT VISINE 250 ML	GIORBA TARHON 300ML COTLET DE PORC LA TAVA 200G/130G prep OREZ CU LEGUME 250G	SANA 176G	SNITEL DIN PIAPT PUTI 130G SALATA DE CARTOFI ORIENTALA 250G CEAI 300ML
NORMAL INSOTTOR HIPOSODAT GARDA Cea. 2400CAL	UNT 20 gr. BR. FAGARAS 180G CARNAT CABANOS CU MUSTAR 60/10G MIERE 20G, CEAI 300ML FRANZEIA 300G	BANANA IBUC	GIORBA TARHON 300ML COTLET DE PORC LA TAVA 100G/70G prep OREZ CU LEGUME 250G SALATA DE VARZA 100G	SANA 176G	SUNCA DE PUTI 60G CASCAYAL 50 G UNT 20G, ROSII 50G/40G CEAI 300 ML
LAUZE HIPERCALORIC COPII 3-16 ANI Cea. 2400 CAL	UNT 20G, BR. FAGARAS 180G CARNAT CABANOS CU MUSTAR 60/10G MIERE 20G, CEAI 300ML FRANZEIA 300G	BANANA IBUC	GIORBA TARHON 300ML COTLET DE PORC LA TAVA 100G/70G prep OREZ CU LEGUME 250G SALATA DE ROSII 100G	SANA 176G	SUNCA DE PUTI 60G CASCAYAL 50 G UNT 20G, ROSII 50G/40G CEAI 300 ML
HEPATIC Cea.2400 CAL	UNT 20 G, BR. FAGARAS 180G SUNCA PRAGA 60 G, MASLINE 30G MIERE 20G, CEAI 300ML FRANZEIA 300G	BANANA IBUC	GIORBA TARHON 300ML FRITATURA DIN PIAPT PUTI 55G(120 G CRUD) OREZ CU LEGUME 250G SALATA DE ROSII 100G	SANA 176G	SUNCA DE PUTI 60G CASCAYAL 50 G UNT 20G, ROSII 50G/40G CEAI 300 ML
LACTO-FAINOS ULCER F. SARE ULCER-ULCER SIMPLU 2300CAL	UNT 20G, OU 1 BUC, BISCUITI 60G BRANZA FAGARAS 180G FRANZEIA 300G CEAI 300 ML	BUDINCA DE VANILIE 200G	SOPA CU GALUSTE DE GRIS 300ML RASOL DIN PIAPT PUTI 100G(150 G CRUD) GARNTURATA DE OREZ 250G SOS DE VISINE 100G	SANA 176G	OU 1 BUC, UNT 20G, BISCUITI 60G BRANZA FAGARAS 180G CEAI 300ML
COLICIST Cea 2300 CAL	UNT 20G, MIERE 2BUC, BISCUITI 60G BRANZA FAGARAS 180G FRANZEIA 300G CEAI 300ML	BUDINCA DE VANILIE 200G	SOPA CU GALUSTE DE GRIS 300ML RASOL DIN PIAPT PUTI 100G(150 G CRUD) GARNTURATA DE OREZ 250G SOS DE VISINE 100G	SANA 176G	GEM 2 BUC, UNT 20G, BISCUITI 60G BRANZA FAGARAS 180G CEAI 300ML
NEFRITA Cea 2200 CAL	UNT 20G, MIERE 2BUC, BISCUITI 60G BRANZA FAGARAS 180G FRANZEIA 300G CEAI 200 ML	BUDINCA DE VANILIE 200G	SOPA CU GALUSTE DE GRIS 200ML RASOL DIN PIAPT PUTI 65G(100 G CRUD) GARNTURATA DE OREZ 250G SOS DE VISINE 100G	SANA 176G	GEM 2 BUC, UNT 20G, BISCUITI 60G BRANZA FAGARAS 180G CEAI 800ML
VEGETARIAN Cea 2200 CAL	PATE VEG 1 BUC, BRUSCHETTE CU ROSI MIERE 2 BUC FRANZEIA 300 gr, CEAI 300ML	BANANA IBUC	GIORBA DE TARHON( de post) 300ML OREZ CU CIUPERCI 300G SALATA DE VARZA 100G	EUGENIA IBUC	SALATA DE CARTOFI ORIENTALA 250G CONS, TON CEAI 300ML



**SPITALUL CLINIC JUDETEAN DE URGENȚĂ TÂRGU-MUREȘ**  
**Târgu - Mureș, str. Ghe. Marinescu, nr. 50, județul Mureș**  
**Tei:0265 - 212111, 211292, 217235 ; Fax: 0265 - 215768**  
*Operator de date cu caracter personal înregistrat la ANSPDPCP sub nr. 26287*



COPIII 6 LUNI- 1ANI Cca1000 CAL	BISCUITII CU BANANA 200gr/ BRNZA FAGARAS 180G, CEAI 200ml	BUDINCA DE VANILIE 200G	SUPA STRECURATA 100ML CARTOFI PURE 100G CARNE TOCATA DIN PIEPT DE PUI 65G/100GCRUD ex. SOS DE VESINE 50G	SANA 175G	OREZ IN LAPTE CU GALBENUS DE OU 200G CEAI 200ML
COPII 1-3 ANI Cca 1500 CAL	UNT20G, MIERE 20G, ROSIE 30 G BR. FAGARAS 180G, SUNCA PRAGA 40G LAPTE 250ML, FRANZEIA 200G	BANANA 1BUC	SUPA CU GALUSTE DE GRIS 150ML FRIPTURA DIN PIEPT PUI 100G/70G OREZ CU LEGUME 150G SALATA DE SECLA ROSIE 50G	SANA 175G	UNT 20G, SUNCA DE PUI 40gr CASCAYAL 40G, ROSII 50G/40G CEAI 200 ML
COLITA Cca 2200 CAL	OU 1BUC, TELMEZA 100G, BISCUITII 50G UNT 20G, CEAI 300ML FRANZEIA 300gr	BANANA 1BUC	SUPA GALUSTE DE GRIS 300ML RASOL DIN PIEPT PUI 100 G(150 G CRUD) OREZ FIERT 200G/ BARY MORCOV100G	ZEAMA DE OREZ 250ML	CASCAYAL 100G, UNT 20gr, OU CEAI 300ML, BISCUITII 50G
INTOLERANTA LA LACTOZA Cca 2300CAL	SUNCA PRAGA 60G, BISCUITII 50G MIERE 40G, CEAI 300ML FRANZEIA 300G	BANANA 1BUC	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 VESINE 250ml	SUNCA DE PUI 100G, ROSII 50G/40G OU1BUC, GEM 2BUC, MASLINE 30G CEAI 300ML
INTOLERANTA LA GLUTEN Cca 2400CAL	UNT 20G, BR.FAGARAS 180G SUNCA PRAGA 60G MIERE 20G, CEAI 300ML TARTINA DE OREZ	BANANA 1BUC	GIORBA DE TARHON(fara faina) 300ML COTLET DE PORC LA TAVA 100G /65G 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 1BUC, ZEAMA DE OREZ PREPARAT LA BLENDER	LAPTE 250ML BISCUITII 50G	=SUPA CONCENTRATA 500 L (OU, SMANTANA, OREZ, UNT, CARTOFI , MORCOV,PATRUNJEL, TELINA, PUTIPA DE PUI) ZEAMA DE OREZ	BRANZA FAGARAS 180G MIERE 1BUC	CINA : BISCUITII 50G LAPTE 250ML, OU 1BUC
HIDRICI Cca 1400CAL	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREE ACUTA, CEAIURI INDULCITE)	ZEAMA DE OREZ 250ML	SUPE LIMPEZI DE LEGUME /DE CARNE DIUANA, DEGRASATA*	CEAI 300ML	POST OPERATOR (PRIMELE 1-2 ZILE), CEAIURI NENDULCITE), SUPA STRECURATA

POSIBILI ALERGENI CARE SE REGASESC IN MENU: LAPTE DE VACA, GLUTENUL DIN GRAU, DROJIDIA, ALBUS DE OU, GALBENUS DE OU, USTUROI, SOIA, FAINA DE MALAI  
 PRODUSE CONGELATE DIN MENU- AMESTEC LEGUME CONGELAT, MORCOVI BARY, PUTIPA SUPERIOARA DE PUI, PIEPT DE PUI  
 MENIURILE SE INCADREAZA IN ALOCATIYA PREVAZUTA IN ORDINUL 1488/2022 EMIS DE MIN.SANATATII

INTOCAMIT  
 AS.MED.PR. DE DIETETICA  
 SERBANAT NICOLITA

