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**APROBAT,
MANAGER,
COSTACHE RAMONA**

**MENIUL SAPTAMANAL PE TIPURI DE REGIM 06.10-12.10.2025
(PACIENTI SI INSOTITORI)**

Zi	Tip regim	Mic dejun	Ora 10	Pranz	Ora 16	Cina
L U N I	comun, insot	Unt B*62% g (20g), Gem de caise (35g), Cascaval * 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi)	Mere	Ciorba de pulpe pui cu fidea si ou (250 ml-100 g),Piure de cartofi (250g) cu pulpe de pui** (100g), Napolitane cu crema de lamaie (1x40g) (50g)	Iaurt 3,5% g* (1 bucx130g)	Paste fainoase* cu telemea* de vaca desarata (250g), Salam carne porc 13% g (50g), Ceai de plante (250ml) 5% zahar
	R1,R5A, desod	Unt B*62% g (20g), Cascaval * 21%g (50g), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*62% g (20g), Gem de caise (35g), Cascaval * 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R desod ad)	Mere	Ciorba de pulpe pui cu fidea si ou (250 ml-100 g),Piure de cartofi (250g) cu pulpe de pui** (100g), Napolitane cu crema de lamaie (1x40g) (50g)	Iaurt 3,5% g* (1 bucx130g)	Paste fainoase* cu telemea* de vaca desarata (250g), Salam carne porc 13% g (50g), Ceai de plante (250ml) 5% zahar (R desod ad)/ Paste fainoase* cu telemea* de vaca desarata (250g), Ou fiert (1 buc), Ceai de plante (250 ml) 5% zahar (R1, R5A)

	diabetic	Unt B*62% g (20g), Branza topita* 17% g (35g), Cascaval* (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi)	Mere	Ciorba de pulpe pui cu fidea si ou (250 ml-100 g), Piure de cartofi (250g) cu pulpe de pui ** (100g), Mere	Iaurt 3,5% g* (2bucx130g), Pate ficat pui 16% g (50 g)	Sos de rosii cu piept de curcan ** (250 ml-100g), Salam din carne porc 13% g (100 g), Ceai plante (250 ml) neindulcit
	lehuze	Unt B*62% g (20g), Cascaval* 21%g (50g), Branza topita cu smantana *17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere	Ciorba de pulpe pui cu fidea si ou (250 ml-100 g), Piure de cartofi (250g) cu pulpe de pui ** (100g), Napolitane cu crema de lamaie (1x40 g) (50g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu telemea* de vaca desarata (250g), Ou fiert (1 buc), Ceai de plante (250 ml) 5% zahar
	copii(1-3, 3-16 ani)	Unt B*62% g (20g), Cascaval* 21%g (50g), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere	Ciorba de pulpe pui cu fidea si ou (250 ml-100 g), Piure de cartofi (250g) cu pulpe de pui ** (100g), Napolitane cu crema de lamaie (1x40 g) (50g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu telemea* de vaca desarata (250g), Ou fiert (1 buc), Ceai de plante (250 ml) 5% zahar
	RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g * (1bucx130g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g * (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Telemea de vaca desarata (50g)
	R enterocolita	Telemea de vaca desarata* (50g), Ou fiert (1 buc), Ceai de menta 5% zahar (250 ml), Paine prajita (250g)		Supa de morcovi (250ml), Orez fiert (250g) cu pulpa de pui fiarta (100g)	Iaurt 3,5% g * (1bucx130g)	Orez fiert cu morcovi (250g) si piept pui fiert (100g), Ceai de menta (250ml) 5% zahar
M A R T I	comun, insot	Unt B*62% g (20g), Gem de caise (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi)	Mere	Ciorba de piept de pui cu fidea si ou (250 ml), Orez cu legume si pulpe de pui (250g-100g), Cozonac cu crema de nuca si cacao 18 %g (50 g)	Iaurt 3,5% g* (1bucx130g)	Tocana de legume* (250g) cu piept de curcan ** (100g), Ceai de plante (250 ml) 5% zahar
	R1,R5A, desod	Unt B*62% g (20g), Cascaval* 21%g (50g), Branza topita cu smantana * 17%	Mere	Ciorba de piept de pui cu fidea si ou (250 ml), Orez cu legume si pulpe de pui (250g-100g),	Iaurt 3,5% g* (1bucx130g)	Tocana de legume* (250g) cu piept de curcan ** (100g), Ceai de plante (250 ml) 5% zahar

	g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*62% g (20g), Gem de caise (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R desod ad)		Cozonac cu crema de nuca si cacao 18 %g (50 g)		
diabetic	Unt B*62% g (20g), Branza topita* 17% g (35g), Cascaval * (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi)	Mere	Ciorba de piept de pui cu fidea si ou (250 ml), Orez cu legume si pulpe de pui (250g-100g), Mere	Iaurt 3,5% g* (2bucx130g), Salam carne porc 13% g (50 g)	Tocana de legume* (250g) cu piept de curcan ** (100g), Ceai de plante (250 ml) neindulcit
lehuze	Unt B*62% g (20g), Cascaval * 21%g (50g), Branza topita cu smantana *17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere	Ciorba de piept de pui cu fidea si ou (250 ml), Orez cu legume si pulpe de pui (250g-100g), Cozonac cu crema de nuca si cacao 18 %g (50 g)	Iaurt 3,5% g * (1bucx130g)	Tocana de legume* (250g) cu piept de curcan ** (100g), Ceai de plante (250 ml) 5% zahar
copii(1-3, 3-16 ani)	Unt B*62% g (20g), Cascaval * 21%g (50g), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere	Ciorba de piept de pui cu fidea si ou (250 ml), Orez cu legume si pulpe de pui (250g-100g), Cozonac cu crema de nuca si cacao 18 %g (50 g)	Iaurt 3,5% g * (1bucx130g)	Tocana de legume* (250g) cu piept de curcan ** (100g), Ceai de plante (250 ml) 5% zahar
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g * (1bucx130g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci
R enterocolita	Telemea de vaca desarata* (50g), Ou fiert (1 buc), Ceai de menta 5% zahar (250 ml), Paine prajita (250g)		Supa de morcovi (250ml), Gris fiert (250g) cu pulpa de pui fiarta (150g)	Telemea de vaca desarata* (50g),	Orez fiert cu morcovi (250g) si piept pui fiert (100g), Ceai de menta (250ml) 5% zahar

comun, insot	Unt B*62% g (20g), Gem de caise (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi)	Napolitane cu crema de lamaie 26.9% g (1 bucx40 g)	Ciorba de rosii cu zdrente de ou* (250 ml), Cartofi gratinati (250g) cu pulpe de pui** (100g), Eugenia cu crema de cacao 13% g (1bx32g)	Iaurt 3,5% g * (1bucx130g)	Budinca de gris cu lapte UHT si sirop de zahar ars (250g), Salam carne porc 13% g (50 g), Ceai plante (250 ml) 5% zahar
R1,R5A, desod	Unt B*62% g (20g), Cascaval* 21%g (50g), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*62% g (20g), Gem de caise (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R desod ad)	Mere (1 buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Cartofi gratinati (250g) cu pulpe de pui** (100g), Eugenia cu crema de cacao 13% g (1bx32g)	Iaurt 3,5% g* (1bucx130g)	Budinca de gris cu lapte UHT si sirop de zahar ars (250g), Salam carne porc 13% g (50 g), Ceai plante (250 ml) 5% zahar (R desod ad)/ Budinca de gris cu lapte UHT si sirop de zahar ars (250g), Biscuiti cu unt13% g (1bx50 g), Ceai plante (250 ml) 5% zahar (R1,R5A)
diabetic	Unt B*62% g (20g), Branza topita* 17% g (35g), Cascaval * (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi)	Mere (1 buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Cartofi gratinati (250g) cu pulpe de pui** (100g), Mere (1 buc)	Iaurt 3,5% g* (2bucx130g), Pate ficat pui 16%g (50g)	Mancare de dovlecei cu pulpe de pui (250g-200g), Salam carne porc 13% g (50g),Ceai plante (250 ml) 5% zahar
lehuze	Unt B*62% g (20g), Cascaval * 21%g (50g), Branza topita cu smantana *17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere (1 buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Cartofi gratinati (250g) cu pulpe de pui** (100g), Eugenia cu crema de cacao 13% g (1bx32g)	Iaurt 3,5% g * (1bucx130g)	Budinca de gris cu lapte UHT si sirop de zahar ars (250g), Biscuiti cu unt13% g (1bx50 g), Ceai plante (250 ml) 5% zahar
copii (1-3, 3-16 ani)	Unt B*62% g (20g), Cascaval * 21%g (50g), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere (1 buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Cartofi gratinati (250g) cu pulpe de pui** (100g), Eugenia cu crema de cacao 13% g (1bx32g)	Iaurt 3,5% g * (1bucx130g)	Budinca de gris cu lapte UHT si sirop de zahar ars (250g), Biscuiti cu unt13% g (1bx50 g), Ceai plante (250 ml) 5% zahar

RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx130g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci
R enteroco lita	Telemea de vaca desarata* (50g), Ou fiert (1 buc), Ceai de menta 5% zahar (250 ml), Paine prajita (250g)		Supa de morcovi (250ml), Orez fiert (250g) cu pulpa de pui fiarta (150g)	Telemea de vaca desarata* (50g),	Orez fiert cu morcovi (250g) si piept pui fiert (100g), Ceai de menta (250ml) 5% zahar
comun, insot	Unt B*62% g (20g), Gem de caise (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi)	Mar (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Fasole galbena sotata cu pulpe de pui ** (250g-100g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu telemea de vaca desarata* (250 g), Salam carne porc 13% g (50g), Ceai plante (250 ml) 5% zahar
R1,R5A, desod	Unt B*62% g (20g), Cascaval* 21%g (50g), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*62% g (20g), Gem de caise (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R desod ad)	Mar (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Fasole galbena sotata cu pulpe de pui ** (250g-100g) (R desod ad)/ Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Pilaf de orez cu pulpe de pui** (250g- 100g) (R1,R5A)	Iaurt 3,5% g* (1bucx130g)	Paste fainoase* cu telemea de vaca desarata* (250 g), Salam carne porc 13% g (50g), Ceai plante (250 ml) 5% zahar (R desod ad)/ Paste fainoase* cu telemea de vaca desarata* (250 g), Pate ficat pui 16% g*, Ceai plante (250 ml) 5% zahar (50g) (R1, R5A)
diabetic	Unt B*62% g (20g), Branza topita* 17% g (35g), Cascaval * (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi)	Mar (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Fasole galbena sotata cu pulpe de pui ** (250g-100g), Mere	Iaurt 3,5% g* (2bucx130g),Pate ficat pui 16%g (50g)	Varza a la Cluj (cu carne tocata porc) ** (250 g-80g), Salam carne porc 13% g * (50 g), Ceai de plante (250 ml) neindulcit (250 ml)
lehuze	Unt B*62% g (20g), Cascaval * 21%g (50g), Branza topita cu smantana *17% g (35g), Ceai plante (250 ml)	Mar (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Pilaf de orez cu pulpe de pui** (250g- 100g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu telemea de vaca desarata* (250 g), Ou fiert (1 buc), Ceai plante (250 ml) 5% zahar (50g)

		5% zahar, Paine* (250g/zi)				
	copii (1-3, 3-16 ani)	Unt B*62% g (20g), Cascaval * 21%g (50g), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mar (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Pilaf de orez cu pulpe de pui** (250g-100g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu telemea de vaca desarata* (250 g), Pate ficat pui 16% g* (50g), Ceai plante (250 ml) 5% zahar (50g)
	RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx130g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci
	R enterocolita	Telemea de vaca desarata* (50g), Ou fiert (1 buc), Ceai de menta 5% zahar (250 ml), Paine prajita (250g)		Supa de morcovi (250ml), Gris fiert (250g) cu pulpa de pui fiarta (150g)	Telemea de vaca desarata* (50g),	Orez fiert cu morcovi (250g) si piept pui fiert (100g), Ceai de menta (250ml) 5% zahar
V I N E R I	comun, insot	Unt B*62% g (20g), Gem de caise (35g), Pate ficat pui 16% g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi)	Mar (1 buc)	Supa de carne pui** cu galuste de gris* (250 ml), Ardei umpluti cu carne tocata porc ** (250g-80g), Eugenia cu crema de cacao 13%g** (1bx32g)	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Salam carne porc 13% g (50g)
	R1,R5A, desod	Unt B*62% g (20g), Pate ficat pui 16% g (50g), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*62% g (20g), Gem de caise (35g), Pate ficat pui 16% g (50g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R desod ad)	Mar (1 buc)	Supa de carne pui** cu galuste de gris* (250 ml), Mancare de cartofi cu pulpe de pui** (250g-100g), Eugenia cu crema de cacao 13%g** (1bx32g)	Iaurt 3,5% g* (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Salam carne porc 13% g (50g) (R des ad)/ Orez cu lapte UHT * 3,5%g (250g), Cascaval* 21%g (50g) (R1,R5A)
	diabetic	Unt B*62% g (20g), Branza topita* 17% g (35g), Pate ficat	Mar (1 buc)	Supa de carne pui** cu galuste de gris* (250 ml), Ardei umpluti cu	Iaurt 3,5% g* (2bucx130g), Branza topita* 17% g (35g)	Broccoli gratinat (250g) cu piept de pui** (100g), Salam carne porc 13% g

		pui 16% g (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi)		carne tocata porc ** (250g-80g), Mere		(50g), Ceai plante (250 ml) neindulcit
	lehuze	Unt B*62% g (20g), Cascaval * 21%g (50g), Branza topita cu smantana *17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mar (1 buc)	Supa de carne pui** cu galuste de gris* (250 ml), Mancare de cartofi cu pulpe de pui** (250g-100g), Eugenia cu crema de cacao 13%g** (1bx32g)	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Cascaval* 21%g (50g)
	copii(1-3, 3-16 ani)	Unt B*62% g (20g), Pate ficat pui 16% g (50g), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mar (1 buc)	Supa de carne pui** cu galuste de gris* (250 ml), Mancare de cartofi cu pulpe de pui** (250g-100g), Eugenia cu crema de cacao 13%g** (1bx32g)	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Cascaval* 21%g (50g)
	RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx130g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g * (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci
	R enterocolita	Telemea de vaca desarata* (50g), Ou fiert (1 buc), Ceai de menta 5% zahar (250 ml), Paine prajita (250g)		Supa de morcovi (250ml), Orez fiert (250g) cu pulpa de pui fiarta (150g)	Iaurt 3,5% g* (1bucx130g)	Orez fiert cu morcovi (250g) si piept pui fiert (100g), Ceai de menta (250ml) 5% zahar
S A M B A T A	comun, insot	Unt B*62% g (20g), Gem de caise (35g), Ou fiert Ou fiert* (1 buc), (1 buc), Ceai plante (250 ml) 5% zahar, Paine(250g/zi)	Mar (1 buc)	Ciorba de pulpe pui cu fidea* si ou* (250 ml-100 g), Mancare de dovlecei (250g) cu pulpe de pui** (100g), Salam de biscuiti (50g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar
	R1,R5A, desod	Unt B*62% g (20g), Ou fiert* (1 buc), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*62% g	Mar (1 buc)	Ciorba de pulpe pui cu fidea* si ou* (250 ml-100 g), Mancare de dovlecei (250g) cu pulpe de pui** (100g), Salam de biscuiti (50g)	Iaurt 3,5% g* (1bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar (R desod ad)/ Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai

		(20g), Gem de caise (35g), Ou fiert* (1 buc), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R desod ad)				plante (250 ml) 5% zahar (R1,R5A)
	diabetic	Unt B*62% g (20g), Branza topita* 17% g (35g), Ou fiert* (1 buc), Ceai plante (250 ml) neindulcit, Paine(250g/zi)	Mar (1 buc)	Ciorba de pulpe pui cu fidea* si ou* (250 ml-100 g), Mancare de dovlecei (250g) cu pulpe de pui** (100g), Mere	Iaurt 3,5% g* (2bucx130g)	Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) neindulcit
	lehuze	Unt B*62% g (20g), Ou fiert* (1 buc), Branza topita cu smantana *17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mar (1 buc)	Ciorba de pulpe pui cu fidea* si ou* (250 ml-100 g), Mancare de dovlecei (250g) cu pulpe de pui** (100g), Salam de biscuiti (50g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar
	copii(1-3, 3-16 ani)	Unt B*62% g (20g), Ou fiert* (1 buc), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mar (1 buc)	Ciorba de pulpe pui cu fidea* si ou* (250 ml-100 g), Mancare de dovlecei (250g) cu pulpe de pui** (100g), Salam de biscuiti (50g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar
	RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 130g	Supa de zarzavat strecurata/pasata	Iaurt 130g	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci cu smantana*
	R enterocolita	Telemea de vaca desarata* (50g), Ou fiert (1 buc), Ceai de menta 5% zahar (250 ml), Paine prajita (250g)		Supa de morcovi (250ml), Gris fiert (250g) cu pulpa de pui fiarta (150g)	Telemea de vaca desarata* (50g),	Orez fiert cu morcovi (250g) si piept pui fiert (100g), Ceai de menta (250ml) 5% zahar
D U M I N I C A	comun, insot	Unt B*62% g (20g), Gem de caise (35g), Pate ficat pui 16% g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi)	Mar (1 buc)	Ciorba de piept de pui** cu fidea* si ou* (250 ml-80 g), Cartofi gratinati (250g) cu pulpe de pui** (100g), Salam de biscuiti (50g)	Iaurt 3,5% g * (1bucx130g)	Branza topita (3x17,5 g g), Salam carne porc 13%g (50 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar
	R1,R5A, desod	Unt B*62% g (20g), Pate ficat pui 16% g	Mar (1 buc)	Ciorba de piept de pui** cu fidea* si ou* (250 ml-80 g),	Iaurt 3,5% g* (1bucx130g)	Branza topita (3x17,5 g g), Pate ficat pui 16%g, Cascaval* 21%g

	(50g), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*62% g (20g), Gem de caise (35g), Pate ficat pui 16% g (50g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R desod ad)		Cartofi gratinati (250g) cu pulpe de pui** (100g), Salam de biscuiti (50g)		(50g), Ceai plante (250 ml) 5% zahar (R1,R5A), Branza topita (3x17,5 g g), Pate ficat pui 16%g, Salam carne porc 13%g (50 g), Ceai plante (250 ml) 5% zahar (R desod ad)
diabetic	Unt B*62% g (20g), Branza topita* 17% g (35g), Pate ficat pui 16% g (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi)	Mar (1 buc)	Ciorba de piept de pui** cu fidea* si ou* (250 ml-80 g), Cartofi gratinati (250g) cu pulpe de pui** (100g), Mere (1 buc)	Iaurt 3,5% g* (2bucx130g)	Branza topita (3x17,5 g g), Pate ficat pui 16%g, Salam carne porc 13%g (50 g), Ceai plante (250 ml) neindulcit
lehuze	Unt B*62% g (20g), Cascaval * 21%g (50g), Branza topita cu smantana *17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mar (1 buc)	Ciorba de piept de pui** cu fidea* si ou* (250 ml-80 g), Cartofi gratinati (250g) cu pulpe de pui** (100g), Salam de biscuiti (50g)	Iaurt 3,5% g * (1bucx130g)	Branza topita (3x17,5 g g), Pate ficat pui 16%g, Cascaval* 21%g (50g),Ceai plante (250 ml) 5% zahar
copii(1-3, 3-16 ani)	Unt B*62% g (20g), Pate ficat pui 16% g (50g), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mar (1 buc)	Ciorba de piept de pui** cu fidea* si ou* (250 ml-80 g), Cartofi gratinati (250g) cu pulpe de pui** (100g), Salam de biscuiti (50g)	Iaurt 3,5% g * (1bucx130g)	Branza topita (3x17,5 g g), Pate ficat pui 16%g, Cascaval* 21%g (50g),Ceai plante (250 ml) 5% zahar
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx130g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci cu smantana*
R * enterocolita	Telemea de vaca desarata* (50g), Ou fiert (1 buc), Ceai de menta 5% zahar (250 ml), Paine		Supa de morcovi (250ml), Orez fiert (250g) cu pulpa de pui fiarta (150g)	Telemea de vaca desarata* (50g),	Orez fiert cu morcovi (250g) si piept pui fiert (100g), Ceai de menta (250ml) 5% zahar

		prajita (250g)				
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Observatie:

La solicitarea pacientilor/insotitorilor, Blocul Alimentar va asigura regimuri vegane, lacto-ovo-vegetariene, adaptate orientarilor spirituale sau sensibilitatii alimentare ale acestora.

Asistenta care intocmeste foaia de alimentatie va specifica aceste aspecte in vederea raspunderii solicitarilor.

06.10.2025

Legenda:

****produs congelat:** carne pasare, ficat de pui, piept de pui, piept de curcan

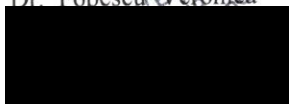
***factor alergeni:** lactoza, telina, gluten, proteine din ou

*gramajele ptr produse se refera la alimentul gata preparat

Continutul de grasimi este raportat la 100g produs

Medic sef comp.

Dr. Ponescu Veronica



Intocmit,
As Mitroi Ionica

