



SPITALUL ORĂȘENESC BALȘ
Str. Nicolae Bălcescu, Nr. 113-115
Loc. Balș, Jud. Olt, Cod 235100
CIF 4394846
Tel. 0249/451650 ; 0249/451651
www.spitalulbals.ro
e-mail: secretariat@spitalulbals.ro



**APROBAT,
MANAGER,
COSTACHE RAMONA**

**MENIUL SAPTAMANAL PE TIPURI DE REGIM 13-19.10.2025
(PACIENTI SI INSOTITORI)**

Z i	Tip regim	Mic dejun	Ora 10	Pranz	Ora 16	Cina
L U N I	comun, insot	Unt B*82% g (1bx10g), Gem de caise (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi)	Mere (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Pilaf de orez (250g) cu legume si pulpe de pui ** (100g), Eugenia* cu crema de cacao 13% g (1bx 32g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu telemea* de vaca desarata (250g), Salam carne porc 13% g (50g), Ceai de plante (250 ml) 5% zahar
	R1,R5A, desod	Unt B*82% g (1bx10g), Gem de caise (35g), Cascaval* 21%g (50g), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*82% g (1bx10g), 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 pulpe pui** cu fidea* si ou* (250 ml-100 g), Pilaf de orez (250g) cu legume si pulpe de pui ** (100g), Eugenia* cu crema de cacao 13% g (1bx 32g)	Iaurt 3,5% g* (1bucx130g)	Paste fainoase* cu telemea* de vaca desarata (250g), Salam carne porc 13% g (50g), Ceai de plante (250 ml) 5% zahar (R desod ad)/ Paste fainoase* cu telemea* de vaca desarata (250g), Biscuiti cu unt * 13% g (50g), Ceai de plante (250 ml) 5% zahar (R1,R5A)
	diabetic	Unt B*82% g (1bx10g), Branza topita* 17% g (35g), Cascaval *	Mere (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Pilaf de orez	Iaurt 3,5% g* (2bucx130g), Pate ficat pui 16% g (50 g)	Varza a la Cluj (cu carne tocata porc) ** 250g- 80 g), Salam carne porc 13% g (50g),

		(50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi)		(250g) cu pulpe de pui ** (100g), Mere (1 buc)		Ceai plante (250 ml) neindulcit
	lehuze	Unt B*82% g (1bx10g), 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 pulpe pui** cu fidea* si ou* (250 ml-100 g), Pilaf de orez (250g) cu legume si pulpe de pui ** (100g), Eugenia* cu crema de cacao 13% g (1bx 32g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu telemea* de vaca desarata (250g), Biscuiti cu unt* 13% g (50g), Ceai de plante (250 ml) 5% zahar
	copii(1-3, 3-16 ani)	Unt B*82% g (1bx10g), Cascaval * 21%g (50g), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Pilaf de orez (250g) cu legume si pulpe de pui ** (100g), Eugenia* cu crema de cacao 13% g (1bx 32g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu telemea* de vaca desarata (250g), Biscuiti cu unt * 13% g (50g), Ceai de plante (250 ml) 5% zahar
	RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g * (1bucx130 g)	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	Omleta cu iaurt*3,5% g (1 buc ou*), Gem de caise (35g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi)	Mere (1 buc)	Ciorba de legume* cu fidea* si ou* (250 ml), Piure de cartofi (250g) cu snitele din piept de pui ** (80g), Gogosi* cu iaurt * (1bx100g)	Iaurt 3,5% g* (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Salam carne porc13% g (50g)
	R1,R5A, desod	Omleta cu iaurt*3,5% g (1 buc ou*), Pate ficat pui 16%g (50g), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Omleta cu iaurt*3,5% g (1 buc ou*), Gem de caise (35g),	Mere (1 buc)	Ciorba de legume* cu fidea* si ou* (250 ml), Piure de cartofi (250g) cu snitele din piept de pui ** (80g), Gogosi* cu iaurt * (1bx100g) (R desod)/ Ciorba de legume* cu fidea* si ou* (250 ml), Piure de cartofi (250g) cu piept de pui ** (80g), Gogosi* cu iaurt * (1bx100g) (R1,R5A)	Iaurt 3,5% g* (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Salam carne porc13% g (50g) (R desod ad)/ Orez cu lapte UHT * 3,5%g (250g), Branza topita cu smantana * 17% g (35g) (R1,R5A)

		Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R desod ad)				
diabetic		Omleta cu iaurt*3,5% g (1 buc ou*), Branza topita* 17% g (35g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi)	Mere (1 buc)	Ciorba de legume* cu fidea* si ou* (250 ml), Piure de cartofi (250g) cu piept de pui ** (80g), Mere (1 buc)	Iaurt 3,5% g* (2bucx130g), Pate ficat pui 16% g (50 g)	Mancare de fasole galbena (250g) cu pulpe de pui ** (200g), Salam carne porc 13% g (50g), Ceai plante (250 ml) neindulcit
lehuze		Unt B*82% g (1bx10g), 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 legume* cu fidea* si ou* (250 ml), Piure de cartofi (250g) cu piept de pui ** (80g), Biscuiti "Petit Beurre" 13% g * (1bx100g)	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Branza topita cu smantana * 17% g (35g)
copii(1-3, 3-16 ani)		Omleta cu iaurt*3,5% g (1 buc ou*), Pate ficat pui 16%g (50g), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere (1 buc)	Ciorba de legume* cu fidea* si ou* (250 ml), Piure de cartofi (250g) cu piept de pui ** (80g), Gogosi* cu iaurt * (1bx100g)	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Branza topita cu smantana * 17% g (35g)
RHZL, RHZ, RH		Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g * (1bucx130 g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci (100 g) *
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
M I E R C U R I	comun, insot	Unt B*82% g (1bx10g), Gem de caise (35g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi)	Mere (1 buc)	Ciorba de piept pui ** cu fidea* si ou* (250 ml-80 g), Mancare de mazare verde (250g) cu pulpe de pui** (100g)	Iaurt 3,5% g * (1bucx130g)	Dovlecei gratinati cu piept pui** (250g-100g), Ceai plante (250 ml) 5% zahar
	R1,R5A, desod	Unt B*82% g (1bx10g), Pate ficat pui 16%g (50g), Branza topita cu smantana * 17% g (35g),	Mere (1 buc)	Ciorba de piept pui ** cu fidea* si ou* (250 ml-80 g), Pilaf de orez (250g) cu pulpe de pui** (100g)	Iaurt 3,5% g* (1bucx130g)	Dovlecei gratinati cu piept pui ** (250g-100g), Ceai plante (250 ml) 5% zahar

		Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*82% g (1bx10g), Gem de caise (35g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R desod ad)				
	diabetic	Unt B*82% g (1bx10g), Branza topita* 17% g (35g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi)	Mere (1 buc)	Ciorba de piept pui ** cu fidea* si ou* (250 ml-80 g), Pilaf de orez (250g) cu pulpe de pui** (100g), Mere	Iaurt 3,5% g* (2bucx130g), Ou fiert (1 buc)	Dovlecei gratinati cu piept pui ** (250g-100g), Ceai plante (250 ml) 5% zahar
	lehuze	Unt B*82% g (1bx10g), 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 piept pui ** cu fidea* si ou* (250 ml-80 g), Pilaf de orez (250g) cu pulpe de pui** (100g)	Iaurt 3,5% g * (1bucx130g)	Dovlecei gratinati cu piept pui ** (250g-100g), Ceai plante (250 ml) 5% zahar
	copii (1-3, 3-16 ani)	Unt B*82% g (1bx10g), Pate ficat pui 16%g (50g), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere (1 buc)	Ciorba de piept pui ** cu fidea* si ou* (250 ml-80 g), Pilaf de orez (250g) cu pulpe de pui** (100g)	Iaurt 3,5% g * (1bucx130g)	Dovlecei gratinati cu piept pui ** (250g-100g), Ceai plante (250 ml) 5% zahar
	RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx130 g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci (50g) *
	R enterocol ita	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
J O I	comun, insot	Unt B*82% g (1bx10g), Gem de caise (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi)	Mere (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Ghiveci de legume cu pulpe de pui ** (250g-100g), Cozonac cu crema de nuca si cacao 18% g (50g) *	Iaurt 3,5% g * (1bucx130g)	Budinca de gris* cu lapte UHT * 3,5%g si sirop de zahar ars (200g), Salam carne porc 13% g (50g), Ceai plante (250 ml) 5% zahar

R1,R5A, desod	Unt B*82% g (1bx10g), Cascaval* 21%g (50g), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*82% g (1bx10g), 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 pulpe pui** cu fidea* si ou* (250 ml-100 g), Ghiveci de legume cu pulpe de pui ** (250g- 100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	Iaurt 3,5% g* (1bucx130g)	Budinca de gris* cu lapte UHT * 3,5%g si sirop de zahar ars (200g), Salam carne porc 13% g (50g), Ceai plante (250 ml) 5% zahar (R desod ad)/ Budinca de gris* cu lapte UHT * 3,5%g si sirop de zahar ars (200g), Pate ficat pui 16% g (50g), Ceai plante (250 ml) 5% zahar (R1,R5A)
diabetic	Unt B*82% g (1bx10g), Branza topita* 17% g (35g), Cascaval * (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi)	Mere (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Ghiveci de legume cu pulpe de pui ** (250g- 100g), Mere	Iaurt 3,5% g* (2bucx130g),Pate ficat pui 16%g (50g)	Broccoli gratinat (250g) cu piept de curcan** (100g), Salam carne porc 13% g (50g), Ceai plante (250 ml) neindulcit
lehuze	Unt B*82% g (1bx10g), 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 pulpe pui** cu fidea* si ou* (250 ml-100 g), Ghiveci de legume cu pulpe de pui ** (250g- 100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	Iaurt 3,5% g * (1bucx130g)	Budinca de gris cu lapte UHT * 3,5%g si sirop de zahar ars (200g), Cascaval * 21%g (50g), Ceai plante (250 ml) 5% zahar
copii (1- 3, 3-16 ani)	Unt B*82% g (1bx10g), Cascaval * 21%g (50g), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Ghiveci de legume cu pulpe de pui ** (250g- 100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	Iaurt 3,5% g * (1bucx130g)	Budinca de gris* cu lapte UHT * 3,5%g si sirop de zahar ars (200g), Cascaval * 21%g (50g), Ceai plante (250 ml) 5% zahar
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx130 g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci (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), 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*82% g (1bx10g), Gem de caise (35g), Telemea de vaca desarata (50g) *, Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Varza a la Cluj (cu carne tocata porc) ** (250g-80g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)	Iaurt 3,5% g * (1bucx130g)	Tocana de legume* (250g) cu ficat de pui ** (100g), Ceai plante (250 ml) 5% zahar
	R1,R5A, desod	Unt B*82% g (1bx10g), Telemea de vaca desarata (50g) *, Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*82% g (1bx10g), Gem de caise (35g), Telemea de vaca desarata (50g) *, Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R desod ad)	Mere (1buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Orez cu ciuperci si pulpe de pui** (250g-100g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)	Iaurt 3,5% g* (1bucx130g)	Tocana de legume* (250g) cu ficat de pui ** (100g), Ceai plante (250 ml) 5% zahar
	diabetic	Unt B*82% g (1bx10g), Branza topita* 17% g (35g), Telemea de vaca desarata (50g) *, Ceai plante (250 ml) neindulcit, Paine(250g/zi)	Mere (1buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Varza a la Cluj (cu carne tocata porc) ** (250g-80g), Mere	Iaurt 3,5% g* (2bucx130g), Salam carne porc 13%g (50g)	Tocana de legume* (250g) cu ficat de pui ** (100g), Ceai plante (250 ml) neindulcit
	lehuze	Unt B*82% g (1bx10g), Telemea de vaca *desarata (50g), Branza topita cu smantana *17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere (1buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Orez cu ciuperci si pulpe de pui** (250g-100g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)	Iaurt 3,5% g * (1bucx130g)	Tocana de legume* (250g) cu ficat de pui ** (100g), Ceai plante (250 ml) 5% zahar
	copii(1-3, 3-16 ani)	Unt B*82% g (1bx10g), Telemea de vaca *desarata (50g), Branza topita cu	Mere (1buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Orez cu ciuperci si pulpe de pui** (250g-	Iaurt 3,5% g * (1bucx130g)	Tocana de legume* (250g) cu ficat de pui ** (100g), Ceai plante (250 ml) 5% zahar

		smantana *17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)		100g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)		
	RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx130 g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g * (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci (50 g) *
	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*82% g (1bx10g), Gem de caise (35g), Ou fiert (1 buc)*, Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1buc)	Ciorba de zarzavat* cu fidea* si ou* (250 ml), Cartofi taranesti (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*82% g (1bx10g), Ou fiert* (1 buc), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*82% g (1bx10g), Gem de caise (35g), Ou fiert* (1 buc), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R desod ad)	Mere (1buc)	Ciorba de zarzavat* cu fidea* si ou* (250 ml), Cartofi taranesti (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 plante (250 ml) 5% zahar (R1,R5A)
	diabetic	Unt B*82% g (1bx10g), Branza topita* 17% g (35g), Ou fiert * (1 buc), Ceai plante (250 ml) neindulcit, Paine(250g/zi)	Mere (1buc)	Ciorba de zarzavat* cu fidea* si ou* (250 ml), Cartofi taranesti (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*82% g (1bx10g), Ou fiert* (1 buc), Branza topita cu smantana *17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere (1buc)	Ciorba de zarzavat* cu fidea* si ou* (250 ml), Cartofi taranesti (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*82% g (1bx10g), Ou fiert* (1 buc),	Mere (1buc)	Ciorba de zarzavat* cu fidea* si ou* (250 ml), Cartofi taranesti (250g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Cascaval*

		Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)		cu pulpe de pui** (100g), Salam de biscuiti* (50g)		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*82% g (1bx10g), Gem de caise (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi)	Mere (1buc)	Ciorba de dovlecei (250 ml) *, Pilaf de orez (250g) cu pulpe de pui** (100g), Napolitane cu crema de lamaie* 26,9%g (1bx40g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) 5% zahar
	R1,R5A, desod	Unt B*82% g (1bx10g), Cascaval* 21%g (50g), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*82% g (1bx10g), Gem de caise (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R desod ad)	Mere (1buc)	Ciorba de dovlecei (250 ml) *, Pilaf de orez (250g) cu pulpe de pui** (100g), Napolitane cu crema de lamaie* 26,9%g (1bx40g)	Iaurt 3,5% g* (1bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) 5% zahar (R desod ad)/ Branza topita * (3x17,5 g g), Pate ficat pui 16% g (50 g), Biscuiti cu unt * 13% g (1bx50g), Ceai plante (250 ml) 5% zahar (R1,R5A)
	diabetic	Unt B*82% g (1bx10g), Branza topita* 17% g (35g), Cascaval * (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi)	Mere (1buc)	Ciorba de dovlecei (250 ml) *, Pilaf de orez (250g) cu pulpe de pui** (100g), Mere	Iaurt 3,5% g* (2bucx130g)	Branza topita * (3x17,5 g g), Salam carne porc 13% g (50 g), Pate ficat pui 16% g (50 g), Ceai plante (250 ml) neindulcit

lehuze	Unt B*82% g (1bx10g), Cascaval* 21%g (50g), Branza topita cu smantana *17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere (1buc)	Ciorba de dovlecei (250 ml) *, Pilaf de orez (250g) cu pulpe de pui** (100g), Napolitane cu crema de lamaie* 26,9%g (1bx40g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Cascaval* 21%g (50g), Biscuiti cu unt * 13% g (1bx50g), Ceai plante (250 ml) 5% zahar
copii(1-3, 3-16 ani)	Unt B*82% g (1bx10g), Cascaval* 21%g (50g), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere (1buc)	Ciorba de dovlecei (250 ml) *, Pilaf de orez (250g) cu pulpe de pui** (100g), Napolitane cu crema de lamaie* 26,9%g (1bx40g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Cascaval* 21%g (50g), Biscuiti cu unt * 13% g (1bx50g), Ceai plante (250 ml) 5% zahar
RHZL, RHZ, RH	Ceai de plante (indulcit sau neindulcit)	Iaurt 3,5% g* (1bucx130 g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci (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 (150g) **	Telemea de vaca desarata* (50g),	Orez fiert cu morcovi (250g) si piept pui fiert (100g) **, Ceai de menta (250ml) 5% zahar

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.

13.10.2025

Legenda:

****produs congelat:** carne pasare, ficat de pui, piept de pui, piept de curcan
***factor alergeni:** lactoza, telina, gluten, proteine din ou
gramajele ptr carne se refera la produsul preparat termic
continutul de grasimi este raportat la 100 g produs

Medic sef comp,
Dr. Popescu Veronica

Intocmit,
As Preda Elena