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APROBAT,
MANAGER,
COSTACHE RAMONA

**MENIUL SAPTAMANAL PE TIPURI DE REGIM 17-23.11.2025
(PACIENTI SI INSOTITORI)**

Z i	Tip regim	Mic dejun	Ora 10	Pranz	Ora 16	Cina
L U N I	comun, insot	Unt A*82% g (1bx10g), Gem de caise (1bx20 g), 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), Piure de cartofi cu snitele* din piept de pui ** (250 g-100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Telemea de vaca desarata 21% g (50g) *
	R1,R5A, desod	Unt A *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 A *82% g (1bx10g), Gem de caise (1bx20 g), 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), Piure de cartofi cu snitele* din piept de pui ** (250 g-100g), Cozonac cu crema de nuca si cacao 18% g (50 g) * (R desod)/ Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Piure de cartofi cu piept de pui ** (250 g-100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	Iaurt 3,5% g* (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Telemea de vaca desarata 21% g (50g) *
	diabetic	Unt A *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), Piure de cartofi cu piept de pui ** (250 g-100g), 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), Telemea de vaca desarata 21% g (50g) *, Ceai plante (250 ml) neindulcit

	lehuze	Unt A*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), Piure de cartofi cu piept de pui ** (250 g-100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Telemea de vaca desarata 21% g (50g) *
	copii(1-3, 3-16 ani)	Unt A*82% g (1bx10g), Cascaval * 21%g (50g), Gem de caise (1bx20 g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Piure de cartofi cu snitele* din piept de pui ** (250 g-100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Telemea de vaca desarata 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, 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 (2 buc ou*), Gem de caise (1bx20 g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1 buc)	Ciorba de cartofi (250 ml), Sos de rosii cu chiftelile din carne tocata de porc ** (250g -80g), Salam de biscuiti* (100g)	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	Omleta cu iaurt*3,5% g (2 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 (2 buc ou*), Gem de caise (1bx20 g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine	Mere (1 buc)	Ciorba de cartofi (250 ml), Orez cu ciuperci, legume si pulpe de pui ** (250g -100g), Salam de biscuiti* (100g)	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)

		(250g/zi) * (R desod ad)				
	diabetic	Omleta cu iaurt*3,5% g (2 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 cartofi (250 ml), Orez cu ciuperci, legume si pulpe de pui ** (250g - 100g), Mere (1 buc)	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), Ceai plante (250 ml) neindulcit
	lehuze	Unt B*82% g (2bx10g), 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 cartofi (250 ml), Orez cu ciuperci, legume si pulpe de pui ** (250g - 100g), Salam de biscuiti* (100g)	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)	Omleta cu iaurt*3,5% g (2 buc ou*), Pate ficat pui 16%g (50g), Gem de caise (1bx20 g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere (1 buc)	Ciorba de cartofi (250 ml), Orez cu ciuperci, legume si pulpe de pui ** (250g - 100g), Salam de biscuiti* (100g)	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
	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 (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 A*82% g (1bx10g), Gem de caise (1bx20 g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1 buc)	Ciorba de fasole uscata (250 ml), Mancare de mazare verde cu pulpe de pui** (250 g-100g), Gogosi cu iaurt (100 g)	Iaurt 3,5% g * (1bucx130g)	Mamaliguta cu smantana* (100g), ou fiert* (1 buc) si telemea de vaca desarata* (100g)
	R1,R5A, desod	Unt A*82% g (1bx10g), Pate ficat pui 16%g (50g), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar,	Mere (1 buc)	Ciorba de zarzavat* cu fidea* si ou* (250 ml), Ghiveci de legume cu pulpe de pui ** (250g-100g), Gogosi cu iaurt (100 g)	Iaurt 3,5% g* (1bucx130g)	Paste fainoase* cu lapte UHT* (250 g), Salam carne porc 13% g (50g) (R desod ad)/ Paste fainoase* cu lapte UHT* (250 g), Pate ficat pui 16%

		Paine* (250g/zi) (R1,R5A)/ Unt A*82% g (1bx10g), Gem de caise (1bx20 g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi)* (R desod ad)				g* (50 g) (R1, R5A)
	diabetic	Unt A*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 zarzavat* cu fidea* si ou* (250 ml), Ghiveci de legume cu pulpe de pui ** (250g-100g), Gogosi cu iaurt (100 g)	Iaurt 3,5% g* (2bucx130g), Ou fiert (1 buc) *	Sos de rosii cu pulpe de pui** (250g-200g), Salam carne porc 13% g (50g), Ceai plante (250 ml) neindulcit
	lehuze	Unt A*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 zarzavat* cu fidea* si ou* (250 ml), Ghiveci de legume cu pulpe de pui ** (250g-100g), Gogosi cu iaurt (100 g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu lapte UHT* (250 g), Ou fiert (1 buc)
	copii (1-3, 3-16 ani)	Unt A*82% g (1bx10g), Pate ficat pui 16%g (50g), Gem de caise (1bx20 g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1 buc)	Ciorba de zarzavat* cu fidea* si ou* (250 ml), Ghiveci de legume cu pulpe de pui ** (250g-100g), Gogosi cu iaurt (100 g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu lapte UHT* (250 g), Pate ficat pui 16% g* (50 g)
	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 (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
J O I	comun, insot	Unt A*82% g (1bx10g), Gem de caise (1bx20 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1 buc)	Ciorba de perisoare (cu carne tocata porc) (250 ml-80 g), Ardei umpluti cu carne tocata porc ** (250g-80g), Pandispan cu mere (50 g) *	Iaurt 3,5% g * (1bucx130g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai plante (250 ml) 5% zahar
	R1,R5A, desod	Unt A*82% g (1bx10g), Cascaval* 21%g	Mere (1 buc)	Ciorba de piept de pui* cu fidea* si ou* (250 ml-80g),	Iaurt 3,5% g* (1bucx130g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai

		(50g), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R1,R5A)/ Unt A*82% g (1bx10g), Gem de caise (1bx20 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi)* (R desod ad)		Mancare de dovlecei cu pulpe de pui ** (250g-100g), Pandispan cu mere (50 g) *		plante (250 ml) 5% zahar
	diabetic	Unt A*82% g (1bx10g), Branza topita* 17% g (35g), Cascaval * (50g), Ceai plante (250 ml) neindulcit, Paine(250g/zi) *	Mere (1 buc)	Ciorba de perisoare (cu carne tocata porc) (250 ml-80 g), Ardei umpluti cu carne tocata porc ** (250g-80g), Mere	Iaurt 3,5% g* (2bucx130g), Pate ficat pui 16%g (50g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai plante (250 ml) neindulcit
	lehuze	Unt A*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 de pui* cu fidea* si ou* (250 ml-80g), Mancare de dovlecei cu pulpe de pui ** (250g-100g), Pandispan cu mere (50 g) *	Iaurt 3,5% g * (1bucx130g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai plante (250 ml) 5% zahar
	copii (1-3, 3-16 ani)	Unt A*82% g (1bx10g), Cascaval * 21%g (50g), Gem de caise (1bx20 g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1 buc)	Ciorba de piept de pui* cu fidea* si ou* (250 ml-80g), Mancare de dovlecei cu pulpe de pui ** (250g-100g), Pandispan cu mere (50 g) *	Iaurt 3,5% g * (1bucx130g)	Tocana de legume* cu ficat de pui ** (250g-100g), 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 (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
V I N E R	comun, insot	Unt A*82% g (1bx10g), Gem de caise (1bx20 g), Telemea de vaca desarata	Mere (1buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Musaca de cartofi (cu carne tocata porc) ** (250g-80g),	Iaurt 3,5% g * (1bucx130g)	Budince de gris* cu lapte UHT * 3,5%g si sirop de zahar ars (200g), Salam carne porc 13% g (50g), Ceai

I		(50g) *, Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *		Prajitura cu lapte si cacao 23.6%g* (1bx35g)		plante (250 ml) 5% zahar
	R1,R5A, desod	Unt A*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 A*82% g (1bx10g), Gem de caise (1bx20 g), 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) *, Cartofi natur cu pulpe de pui** (250g-100g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)	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 A*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) *, Musaca de cartofi (cu carne tocata porc) ** (250g-80g), Mere	Iaurt 3,5% g* (2bucx130g), Salam carne porc 13%g (50g)	Broccoli gratinat (250g) cu piept de pui** (100g), Salam carne porc 13% g (50g), Ceai plante (250 ml) neindulcit
	lehuze	Unt A*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) *, Cartofi natur cu pulpe de pui** (250g-100g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)	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 A*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) *, Cartofi natur cu pulpe de pui** (250g-100g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)	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* (1bucx130g)	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		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

		de menta 5% zahar (250 ml), Paine prajita (250g) *				menta (250ml) 5% zahar
S A M B A T A	comun, insot	Unt A*82% g (1bx10g), Gem de caise (1bx20 g), Ou fiert (1 buc)*, Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Paste fainoase cu sos rosii si pulpe de pui** (250g -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 A*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 A*82% g (1bx10g), Gem de caise (1bx20 g), Ou fiert* (1 buc), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R desod ad)	Mere (1buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Paste fainoase cu sos rosii si pulpe de pui** (250g -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 A*82% g (1bx10g), Branza topita* 17% g (35g), Ou fiert * (1 buc), Ceai plante (250 ml) neindulcit, Paine(250g/zi) *	Mere (1buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Paste fainoase cu sos rosii si pulpe de pui** (250g -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 A*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 rosii cu zdrente de ou* (250 ml), Paste fainoase cu sos rosii si pulpe de pui** (250g -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 A*82% g (1bx10g), Ou fiert* (1 buc), Gem de caise (1bx20 g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1buc)	Ciorba de rosii cu zdrente de ou* (250 ml), Paste fainoase cu sos rosii si pulpe de pui** (250g -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	Telemea de vaca		Supa de morcovi (250ml),	Telemea de	Orez fiert cu morcovi

	enterocol ita	desarata* (50g), Ou fiert (1 buc) *, Ceai de menta 5% zahar (250 ml), Paine prajita (250g) *		Gris fiert (250g) * cu pulpa de pui fiarta (150g) **	vaca desarata* (50g),	(250g) si piept pui fiert (100g) **, Ceai de menta (250ml) 5% zahar
	comun, insot	Unt A*82% g (1bx10g), Gem de caise (1bx20 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1buc)	Ciorba de dovlecei (250 ml) *, Ghiveci din cartofi si orez cu pulpe de pui** (250g- 100g), Biscuiti cu unt* 13%g (1bx100g)	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 A*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 A*82% g (1bx10g), Gem de caise (1bx20 g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R desod ad)	Mere (1buc)	Ciorba de dovlecei (250 ml) *, Ghiveci din cartofi si orez cu pulpe de pui** (250g- 100g), Biscuiti cu unt* 13%g (1bx100g)	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), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar (R1,R5A)
	diabetic	Unt A*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) *, Ghiveci din cartofi si orez cu pulpe de pui** (250g- 100g), Mere (1buc)	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 A*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) *, Ghiveci din cartofi si orez cu pulpe de pui** (250g- 100g), Biscuiti cu unt* 13%g (1bx100g)	Iaurt 3,5% g * (1bucx130g)	Branza topita * (3x17,5 g g), Cascaval* 21%g (50g), Telemea de vaca desarata* (50g), Ceai plante (250 ml) 5% zahar
	copii(1- 3, 3-16 ani)	Unt A*82% g (1bx10g), Cascaval * 21%g (50g), Gem de caise (1bx20 g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1buc)	Ciorba de dovlecei (250 ml) *, Ghiveci din cartofi si orez cu pulpe de pui** (250g- 100g), Biscuiti cu unt* 13%g (1bx100g)	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 3,5% g* (1bucx13 0g)	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 descarata* (50g),	Orez fiert cu morcovi (250g) si piept pui fiert (100g) **, Ceai de menta (250ml) 5% zahar

Observatie:

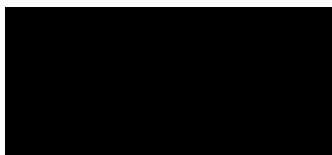
La solicitarea pacientilor/insotitorilor, Blocul Alimentar va asigura regimuri vegane, lacto-ovo-vegetariene, adaptate orientarilor spirituale sau sensibilitatii alimentare ale acestora.
Asistenta care intocmeste foaia de alimentatie va specifica aceste aspecte in vederea raspunderii solicitarilor.

17.11.2025

Legenda:

- ****produs congelat:** pulpe pui, ficat de pui, piept de pui, carne tocata porc
- ****factor alergeni:** lactoza (din lapte UHT, branza telemea de vaca, iaurt, cascaval), telina (din ciorbe, supe, tocana de legume), gluten (din paine, faiuna, cozonac), proteine (din ou)
- gramajele se refera la produsul preparat termic
- continutul de grasimi (g) este raportat la 100 g produs

Medic sef comp,
Dr. Popescu Veronica



Intocmit,
As Preda Elena

