



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 20-26.10.2025
 (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 (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Biscuiti cu unt 13% g * (1 bucx50 g)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Sos de rosii cu chiftele din carne porc** (250g-80 g) Cozonac* cu crema de nuca si cacao 18 %g (50 g)	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 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 (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R desod ad)	Biscuiti cu unt 13% g * (1 bucx50 g)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Piure de cartofi (250g) cu pulpe de pui ** (100g), Cozonac* cu crema de nuca si cacao 18 %g (50 g)	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) *, Pate ficat pui 16% g (50 g), Ceai de 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 (1 buc)	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 pui ** (250 ml-100g), Salam din carne porc 13% g (100 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) *	Biscuiti cu unt 13% g * (1 bucx50 g)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Piure de cartofi (250g) cu pulpe de pui ** (100g), Cozonac* cu crema de nuca si cacao 18 %g (50 g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu telemea de vaca desarata (250g) *, Pate ficat pui 16% g (50 g), Ceai de plante (250 ml) 5% zahar
	copii(1-3, 3-16 ani)	Unt A*82% g (1bx10g), Cascaval * 21%g (50g), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Biscuiti cu unt 13% g * (1 bucx50 g)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Piure de cartofi (250g) cu pulpe de pui ** (100g), Cozonac* cu crema de nuca si cacao 18 %g (50 g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu telemea de vaca desarata (250g) *, Pate ficat pui 16% g (50 g), 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	Omleta cu iaurt*3,5% g (2 buc ou*), Gem de caise (35g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Eugenia cu crema de cacao 13%g (1 bucx32 g) *	Ciorba de piept de pui** cu fidea* si ou* (250 ml-80g), Orez cu legume si pulpe de pui ** (250g-100g), Salam de biscuiti* (50 g)	Iaurt 3,5% g* (1bucx130g)	Tocana de legume* (250g) cu pulpe de pui ** (100g), 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) *	Eugenia cu crema de cacao 13%g (1 bucx32 g) *	Ciorba de piept de pui** cu fidea* si ou* (250 ml-80g), Orez cu legume si pulpe de pui** (250g-100g), Salam de biscuiti* (50 g)	Iaurt 3,5% g* (1bucx130g)	Tocana de legume* (250g) cu pulpe de pui ** (100g), Ceai de plante (250 ml) 5% zahar

		(R1,R5A)/ Omleta cu iaurt*3,5% g (2 buc ou*), Gem de caise (35g), 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 (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 piept de pui** cu fidea* si ou* (250 ml-80g), 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 pulpe de pui ** (100g), Ceai de 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) *	Eugenia cu crema de cacao 13%g (1 bucx32 g) *	Ciorba de piept de pui** cu fidea* si ou* (250 ml-80g), Orez cu legume si pulpe de pui ** (250g- 100g), Salam de biscuiti* (50 g)	Iaurt 3,5% g * (1bucx130g)	Tocana de legume* (250g) cu pulpe de pui ** (100g), 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 (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Eugenia cu crema de cacao 13%g (1 bucx32 g) *	Ciorba de piept de pui** cu fidea* si ou* (250 ml-80g), Orez cu legume si pulpe de pui** (250g- 100g), Salam de biscuiti* (50 g)	Iaurt 3,5% g * (1bucx130g)	Tocana de legume* (250g) cu pulpe de pui ** (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 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), 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 (35g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Cascaval 21% g (50 g) *	Ciorba de fasole uscata (250 ml), Cartofi taranesti (250g) cu pulpe de pui** (100g), Eugenia* cu crema de cacao 13% g (1bx32g)	Iaurt 3,5% g * (1bucx130g)	Mamaliguta cu smantana* (100g), ou fiert* (1 buc) si telemea de vaca descarata* (100g)
	R1,R5A,	Unt A*82% g	Cascaval	Ciorba de rosii cu	Iaurt 3,5% g*	Budinca de gris* cu

desod	(1bx10g), 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 A*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)	21% g (50 g) *	zdrente de ou* (250 ml), Cartofi taranesti (250g) cu pulpe de pui** (100g), Eugenia* cu crema de cacao 13% g (1bx32g)	(1bucx130g)	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 unt* (1bx50 g), Ceai plante (250 ml) 5% zahar (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 rosii cu zdrente de ou* (250 ml), Cartofi taranesti (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 A*82% g (1bx10g), Cascaval * 21%g (50g), Branza topita cu smantana *17% g (35g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Cascaval 21% g (50 g) *	Ciorba de rosii cu zdrente de ou* (250 ml), Cartofi taranesti (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 unt* (1bx50 g), Ceai plante (250 ml) 5% zahar
copii (1-3, 3-16 ani)	Unt A*82% g (1bx10g), Pate ficat pui 16%g (50g), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Cascaval 21% g (50 g) *	Ciorba de rosii cu zdrente de ou* (250 ml), Cartofi taranesti (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 unt*13% 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 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 (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), Fasole galbena sotata cu pulpe de pui ** (250g-100g), Pandispan* cu rahat (50g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu lapte UHT* (250 g), Salam carne porc 13% g (50g), 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 (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), Fasole galbena sotata cu pulpe de pui ** (250g-100g), Pandispan* cu rahat (50g) (R desod ad)/ Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Pilaf de orez cu pulpe de pui** (250g-100g), Pandispan* cu rahat (50g) (R1,R5A)	Iaurt 3,5% g* (1bucx130g)	Paste fainoase* cu lapte UHT* (250 g), Salam carne porc 13% g (50g), Ceai plante (250 ml) 5% zahar (R desod ad)/ Paste fainoase* cu lapte UHT* (250 g), Pate ficat pui 16% g*, Ceai plante (250 ml) 5% zahar (50g) (R1, R5A)
	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), 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 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), Pilaf de orez cu pulpe de pui** (250g-100g), Pandispan* cu rahat (50g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu lapte UHT* (250 g), Ou fiert* (1 buc), Ceai plante (250 ml) 5% zahar (50g)
	copii (1-3, 3-16 ani)	Unt A*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 cu pulpe de pui** (250g-100g), Pandispan* cu rahat (50g)	Iaurt 3,5% g * (1bucx130g)	Paste fainoase* cu lapte UHT* (250 g), Pate ficat pui 16% g* (50g), Ceai plante (250 ml) 5% zahar (50g)
	RHZL, RHZ, RH	Ceai de plante 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 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), 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 A*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), Ardei umpluti cu carne tocata porc ** (250g-80g), Prajitura* cu lapte* si cacao 13%g (1bx35g)	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Salam carne porc 13% g (50g)
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 (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), Mancare de cartofi cu pulpe de pui** (250g- 100g), Prajitura* cu lapte* si cacao 13%g (1bx35g)	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 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), Ardei umpluti cu carne tocata porc ** (250g-80g), Mere	Iaurt 3,5% g* (2bucx130g), Branza topita* 17% g (35g)	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), Mancare de cartofi cu pulpe de pui** (250g- 100g), Prajitura* cu lapte* si cacao 13%g (1bx35g)	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Cascaval* 21%g (50g)
copii(1- 3, 3-16 ani)	Unt A*82% g (1bx10g), Telemea de vaca *desarata (50g), Branza topita cu	Mere (1buc)	Supa de carne pui** cu galuste de gris* (250 ml), Mancare de cartofi cu pulpe de pui** (250g-	Iaurt 3,5% g * (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Cascaval* 21%g (50g)

		smantana *17% g (35g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *		100g), Prajitura* cu lapte* si cacao 13%g (1bx35g)		
	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 A*82% g (1bx10g), Gem de caise (35g), Ou fiert (1 buc)*, Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1buc)	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 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 (35g), Ou fiert* (1 buc), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R desod ad)	Mere (1buc)	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 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 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 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 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

D U M I N I C A						
	copii(1-3, 3-16 ani)	Unt A*82% g (1bx10g), Ou fiert* (1 buc), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1buc)	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
	comun, insot	Unt A*82% g (1bx10g), Gem de caise (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1buc)	Ciorba de piept de pui** cu fidea* si ou* (250 ml-80 g), Cartofi gratinati (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), Cascaval* 21%g (50g), 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 (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) * (R desod ad)	Mere (1buc)	Ciorba de piept de pui** cu fidea* si ou* (250 ml-80 g), Cartofi gratinati (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), Pate ficat pui 16%g, Cascaval* 21%g (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 A*82% g (1bx10g), Branza topita* 17% g (35g), Cascaval * (50g), Ceai	Mere (1buc)	Ciorba de piept de pui** cu fidea* si ou* (250 ml-80 g), Cartofi gratinati (250g) cu pulpe de	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)

	plante (250 ml) neindulcit, Paine(250g/zi) *		pui** (100g), Mere (1 buc)		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 piept de pui** cu fidea* si ou* (250 ml-80 g), Cartofi gratinati (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), Pate ficat pui 16%g, Cascaval* 21%g (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 (35g), Ceai plante (250 ml) 5% zahar, Paine (250g/zi) *	Mere (1buc)	Ciorba de piept de pui** cu fidea* si ou* (250 ml-80 g), Cartofi gratinati (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), 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 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

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.

20.10.2025

Legenda:

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

***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