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**APROBAT,
 MANAGER,
 COSTACHE RAMONA**

**MENIUL SAPTAMANAL PE TIPURI DE REGIM 27.10-02.11.2025
 (PACIENTI SI INSOTITORI)**

Z i	Tip regim	Mic dejun	Ora 10	Pranz	Ora 16	Cina
L U N I	comun, insot	Unt* 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), Orez cu ciuperci, legume si pulpe de pui ** (250g - 100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	aurt 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* 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* 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), Orez cu ciuperci, legume si pulpe de pui ** (250g - 100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *	aurt 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* 82% g (1bx10g), Branza topita* 17% g (35g), Cascaval *	Mere (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Orez cu ciuperci, legume	aurt 3,5% g* (2bucx130g), Fate ficat pui 16% g (50 g)	Sos de rosii cu pulpe de pui ** (250g- 100 g), Salam carne porc 13% g (50g),

		(50g), Ceai plante (250 ml) neindulcit, Paine* (250g/zi)		si pulpe de pui ** (250g - 100g), Mere (1 buc)		Ceai plante (250 ml) neindulcit
	lehuze	Unt* 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), Orez cu ciuperci, legume si pulpe de pui ** (250g - 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), Biscuiti cu unt* 13% g (50g), Ceai de plante (250 ml) 5% zahar
	copii(1-3, 3-16 ani)	Unt* 82% g (1bx10g), (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), Orez cu ciuperci, legume si pulpe de pui ** (250g - 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), 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 * (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	Ou* fiert (1 buc), 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 cu snitele* din piept de pui ** (250 g-100g), Eugenia* cu crema de cacao 13% g (1bx32 g)	Iaurt 3,5% g* (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Salam carne porc 13% g (50g)
	R1,R5A, desod	Ou* fiert (1 buc), Pate ficat pui 16%g (50g), Branza topita cu smantana * 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Ou* fiert (1 buc), Gem de caise (35g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R	Mere (1 buc)	Ciorba de legume* cu fidea* si ou* (250 ml), Piure de cartofi cu snitele* din piept de pui ** (250 g-100g), Eugenia* cu crema de cacao 13% g (1bx32 g) (R desod)/ Ciorba de legume* cu fidea* si ou* (250 ml), Piure de cartofi cu piept de pui ** (250 g-100g), Eugenia* cu crema de cacao 13% g (1bx32 g)	Iaurt 3,5% g* (1bucx130g)	Orez cu lapte UHT * 3,5%g (250g), Salam carne porc 13% g (50g) (R desod ad)/ Orez cu lapte UHT * 3,5%g (250g), Branza topita cu smantana * 17% g (35g) (R1,R5A)

		desod ad)				
	diabetic	Ou* fiert (1 buc), Branza topita* 17% g (35g), Pate ficat pui 16%g (50g), Ceai plante (250 ml) neindulcit, Paine Paine* (250g/zi)	Mere (1 buc)	Ciorba de legume* cu fidea* si ou* (250 ml), Piure de cartofi cu piept de pui ** (250 g-100g), Mere (1 buc)	Iaurt 3,5% g* (2bucx130g), Pate ficat pui 6% 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	Ou* fiert (1 buc), 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 cu piept de pui ** (250 g-100g), Eugenia* cu crema de cacao 13% g (1bx32 g)	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)	Ou* fiert (1 buc), 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 cu piept de pui ** (250 g-100g), Eugenia* cu crema de cacao 13% g (1bx32 g)	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 * (1bucx13 0g)	Supa de zarzavat strecurata/pasata	Iaurt 3,5% g* (1bucx130g)	Ceai de plante (indulcit sau neindulcit), Compot, Branza de vaci (100 g) *
	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 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 zarzavat* cu fidea* si ou* (250 ml), Mancare de mazare verde cu pulpe de pui** (250 g- 100g)	Iaurt 3,5% g * (1bucx130g)	Mancare de dovlecei cu pulpe de 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), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt B*82% g (1bx10g), Gem	Mere (1 buc)	Ciorba de zarzavat* cu fidea* si ou* (250 ml), Pilaf de orez cu pulpe de pui** (250 g-100g),	Iaurt 3,5% g* (1bucx130g)	Mancare de dovlecei cu pulpe de pui** (250g-100g), Ceai plante (250 ml) 5% zahar

		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 zarzavat* cu fidea* si ou* (250 ml), Pilaf de orez cu pulpe de pui** (250 g-100g)	Iaurt 3,5% g* (2bucx130g), Ou fiert (1 buc) *	Mancare de dovlecei cu pulpe de pui** (250g-100g), 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 zarzavat* cu fidea* si ou* (250 ml), Pilaf de orez cu pulpe de pui** (250 g-100g)	Iaurt 3,5% g * (1bucx130g)	Mancare de dovlecei cu pulpe de 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 zarzavat* cu fidea* si ou* (250 ml), Pilaf de orez cu pulpe de pui** (250 g-100g)	Iaurt 3,5% g * (1bucx130g)	Mancare de dovlecei cu pulpe de pui** (250g-100g), 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
J O I	comun, insot	Unt*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 (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
	R1,R5A, desod	Unt*82% g (1bx10g), Cascaval* 21%g (50g), Branza topita cu smantana	Mere (1 buc)	Ciorba de pulpe pui** cu fidea* si ou* (250 ml-100 g), Ghiveci de legume cu pulpe de pui ** (250g-	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

		* 17% g (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R1,R5A)/ Unt*82% g (1bx10g), Gem de caise (35g), Cascaval* 21%g (50g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi) (R desod ad)		100g), Cozonac cu crema de nuca si cacao 18% g (50 g) *		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*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 pui** (100g), Salam carne porc 13% g (50g), Ceai plante (250 ml) neindulcit
	lehuze	Unt*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*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* (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), 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	comun, insot	Unt *82% g (1bx10g), Gem de caise (35g), Telemea de vaca	Mere (1buc)	Supa de carne pui** cu galuste de gris (250 ml) *, Varza a la Cluj (cu carne tocata porc) ** (250g-80g),	Iaurt 3,5% g * (1bucx130g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai plante (250 ml) 5% zahar

R I		desarata (50g) *, Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)		Prajitura cu lapte si cacao 23.6%g* (1bx35g)		
	R1,R5A, desod	Unt *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 *82% g, 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 legume si pulpe de pui** (250g-100g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)	Iaurt 3,5% g* (1bucx130g)	Tocana de legume* cu ficat de pui ** (250g-100g), Ceai plante (250 ml) 5% zahar
	diabetic	Unt *82% g, 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* cu ficat de pui ** (250g-100g), Ceai plante (250 ml) neindulcit
	lehuze	Unt *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 legume si pulpe de pui** (250g-100g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)	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 *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 legume si pulpe de pui** (250g-100g), Prajitura cu lapte si cacao 23.6%g* (1bx35g)	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 (50 g) *
	R enterocol ita	Telemea de vaca desarata* (50g), Ou fiert (1 buc) *, Ceai de menta 5% zahar (250 ml), Paine prajita		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		(250g) *				
	comun, insot	Unt *82% g (1bx10g), Gem de caise (35g), Ou fiert (1 buc)*, Ceai plante (250 ml) 5% zahar, Paine(250g/zi) *	Mere (1buc)	Ciorba de aripi pui* cu fidea* si ou* (250 ml- 80g), Cartofi taranesti cu 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 *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 *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 aripi pui* cu fidea* si ou* (250 ml- 80g), Cartofi taranesti cu 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 *82% g (1bx10g), Branza topita* 17% g (35g), Ou fiert * (1 buc), Ceai plante (250 ml) neindulcit, Paine* (250g/zi)	Mere (1buc)	Ciorba de aripi pui* cu fidea* si ou* (250 ml- 80g), Cartofi taranesti cu 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 *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 aripi pui* cu fidea* si ou* (250 ml- 80g), Cartofi taranesti cu 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 *82% g (1bx10g), Ou fiert* (1 buc), Gem de caise (35g), Ceai plante (250 ml) 5% zahar, Paine* (250g/zi)	Mere (1buc)	Ciorba de aripi pui* cu fidea* si ou* (250 ml- 80g), Cartofi taranesti cu 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 enterocol ita	Telemea de vaca desarata* (50g), Ou fiert (1 buc) *, Ceai de menta 5% zahar (250 ml),		Supa de morcovi (250ml), Gris 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

		Paine prajita (250g) *				
	comun, insot	Unt *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 cu pulpe de pui** (250g-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 *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 *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 cu pulpe de pui** (250g-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 *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 cu pulpe de pui** (250g-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 *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 cu pulpe de pui** (250g-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 *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 cu pulpe de pui** (250g-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 * (1bucx130g)	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
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Observatie:

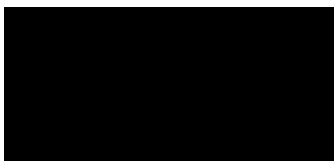
La solicitarea pacientilor/insotitorilor, Blocul Alimentar va asigura regimuri vegane, lacto-ovo-vegetariene, adaptate orientarilor spirituale sau sensibilitatii alimentare ale acestora. Asistenta care intocmeste foaia de alimentatie va specifica aceste aspecte in vederea raspunderii solicitarilor.

24.10.2025

Legenda:

- ****produs congelat:** pulpe pui, aripi de pui, ficat de pui, piept de pui
- ***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

