



Aprobat: [redacted] ager

Aprobat: Director economi [redacted]

Aprobat: Directo [redacted]

| Regim/<br>Gr. varsta | MICUL DEJUN<br>8 <sup>00</sup> -8 <sup>30</sup>                                                          | GUSTARE<br>10 <sup>00</sup> -10 <sup>30</sup> | PRANZ<br>12 <sup>30</sup> -13 <sup>00</sup>                                | GUSTARE<br>16 <sup>00</sup> -16 <sup>30</sup> | CINA<br>18 <sup>00</sup> -18 <sup>30</sup>            | Nr<br>portii | Observatii                                                                                                                                                                                                                                                                                                                                                                                                |  |
|----------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Urticarie            | Ceai,paine, gem<br>250ml/40g                                                                             | Mar copt c<br>1 bu                            | Supa de legume/Cartofi, fiert<br>250ml/200g                                | Compotasortat<br>250ml                        | Gris fiert cu gem de mere<br>250g                     |              | *Preparatul este pe baza de legume (vegetarian, post)<br>**Materia prima poate proveni din produse congelate<br>***Alergenii posibili sunt: cereale care contin gluten (Grau, secara, ovaz) si produse derivate;<br>oua si produse derivate;<br>lapte si produse derivate<br>**** Alimentatia copilului 1 -3 ani exclude: mancarurile cu carne de porc, preparate din carne, branzeturi sarate/fermentate |  |
| LF                   | Ceai,paine,unt<br>250ml/20g                                                                              | Lapte 250ml                                   | Supa de legumeOrez cu br vaci<br>250ml/200g/50g                            | Iaurt 1 buc                                   | Branza de vaci,mamaliga<br>100g,250g                  |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| LFVC                 | Ceai,paine,unt<br>250ml/20g                                                                              | Lapte 250ml                                   | Supa legume /Pulpe pui la cuptor/Orez<br>250ml/150g/200g                   | Iaurt1 buc                                    | Branza de vaci,mamaliga<br>100g,250g                  |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| HLZ                  | Ceaiindulcit 250ml                                                                                       | Lapte 250ml                                   | Supa de legume 250ml                                                       | Iaurt 1 buc                                   | Ceaiindulcit 250ml                                    |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| HZ                   | Ceaiindulci 250ml                                                                                        | Zeamacompot<br>250 ml                         | Supa de legume 250ml                                                       | Zeamacompot<br>250ml                          | Ceaiindulcit 250ml                                    |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| Hiperproteic         | Ceai,paine,crema de<br>br,gem,250ml,50g,20                                                               | Clementine                                    | Supa cu taietei de casa /Piept de<br>pui,Orez cu legume,250ml,150g,250g    | Biscuiti belvita<br>50g                       | Margele cu branza,mamaliga<br>Pulpe pui180g,250g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| Enterita             | Ceai,paine,brvac<br>250ml/100g                                                                           | Sticks<br>1 buc                               | Supa legume /Pulpe pui la cuptor/Orez<br>250ml/150g/250g                   | Grisine<br>1 buc                              | Gratar pui/telemea<br>100/100g                        |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| Hepatic              | Ceai,paine,crema de<br>br,gem,250ml,50g,20                                                               | Clementine                                    | Supa cu taietei de casa /Piept de<br>pui,Orez cu legume,250ml,150g,250g    | Biscuiti belvita<br>50g                       | Margele cu branza,mamaliga<br>180g,250g               |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| Gastric              | Ceai,paine,br vaci<br>unt,250ml,100g,20g                                                                 | Biscuiti<br>1 buc                             | Supa cu taietei de casa /Piept de<br>pui,Orez cu legume,250ml,150g,250g    | Grisine<br>1 buc                              | Mamaliga ,branza vaci,ou posat<br>250g,100g,1buc      |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| Desodat              | Ceai,paine,crema de<br>br,gem,250ml,50g,20                                                               | Clementine                                    | Supa cu taietei de casa /Piept de<br>pui,Orez cu legume,250ml,150g,250g    | Biscuiti belvita<br>50g                       | Margele cu branza,mamaliga<br>180g,250g               |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| Cortizon             | Ceai,paine,crema de<br>br,gem,250ml,50g,20                                                               | Pulpa pui<br>Gratar,150g                      | Supa cu taietei de casa /Piept de<br>pui,Orez cu legume,250ml,150g,250g    | Biscuiti belvita<br>50g                       | Margele cu branza,mamaliga<br>Pulpe pui180g,250g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
|                      | Alte regimuri sunt detaliate in "MENIU REGIM SPECIAL (DZ, RENAL I- VI, CELIACHIE, FENILCETONURIE, etc.)" |                                               |                                                                            |                                               |                                                       |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| Diabet<br>zaharat    | Lapte,paine,unt,br<br>vac,250ml,20g,50g                                                                  | Pulpagratat<br>Mar.100g,100                   | Ciorba de legume ,Musaca de cartofi cu<br>piept de pui ,250ml,250g         | Cascaval<br>Mar,100g,100g                     | Margele cu branza,mamaliga<br>Pulpe pui180g,250g,150g |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| Mame NNP             | Ceai,paine,br vaci<br>unt,250ml,100g,20g                                                                 | Biscuiti<br>1 buc                             | Supa cu taietei de casa /Piept de<br>pui,Orez cu legume,250ml,150g,250g    | Grisine<br>1 buc                              | Margele cu branzamamaliga<br>Pulpe pui180g,250g,100g  |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| Copii 1-3 ani        | Ceai,paine,crema de<br>branza,150ml/50g                                                                  | Clementine                                    | Supa cu taietei de casa /Piept de pui,Orez<br>cu legume,200ml,100g,150g    | Biscuiti belvita<br>50g                       | Margele cu branza,mamaliga<br>180g,150g               |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| Copii 3-18<br>ani    | Ceai,paine,crenvusti<br>mustar,250ml,2b,1 b                                                              | Clementine                                    | Ciorba cu taietei de casa,Musaca de<br>cartofi cu piept de pui ,250ml,250g | Biscuiti belvita<br>50g                       | Telemea,smantana,mamaliga<br>100g,20g,250g            |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| Insotitori           | Ceai,paine,crenvusti<br>mustar,250ml,2b,1 b                                                              | -                                             | Ciorba cu taietei de casa,Musaca de<br>cartofi cu piept de pui ,250ml,250g | -                                             | Telemea,smantana,mamaliga<br>100g,20g,250g            |              |                                                                                                                                                                                                                                                                                                                                                                                                           |  |

INTOCMIT: Aprobat Asistent sef spital

Aprobat: S [redacted]

Asistent sef sectie BI alimentara

De serviciu. As.....

Co  
Asist  
NDr.  
medic

S II MENIUL ZILEI MARTI 24/02/2026



Aprobat: Director economic

Aprobat: Director medical

| Regim/<br>Gr. varsta | MICUL DEJUN<br>8 <sup>00</sup> -8 <sup>30</sup>                                                          | GUSTARE<br>10 <sup>00</sup> -10 <sup>30</sup> | PRANZ<br>12 <sup>30</sup> -14 <sup>00</sup><br>"DIETETIC" GALATI             | GUSTARE<br>16 <sup>00</sup> -16 <sup>30</sup> | CINA<br>18 <sup>00</sup> -18 <sup>30</sup>         | Nr<br>portii | Observatii                                                                                                                                                                                                                                                                                                                                                                                                 |  |
|----------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------|----------------------------------------------------|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Urticarie            | Ceai,paine, gem<br>250ml/50g/40g                                                                         | Mar copt<br>1 buc                             | Supa de legume/Cartofi fierți<br>250ml/200g                                  | Compotasortat<br>250ml                        | Orez dietetic<br>250g                              |              | *Preparatul este pe baza de legume (vegetarian, post)<br>**Materia prima poate proveni din produse congelate<br>***Alergenii posibili sunt: cereale care contin gluten (Grau, secara, ovaz) si produse derivate;<br>oua si produse derivate;<br>lapte si produse derivate<br>**** Alimentatia copilului 1 -3 ani exclude: mancarurile cu carne de porc , preparate din carne, branzeturi sarate/fermentate |  |
| LF                   | Ceai,paine,unt<br>250ml/50g/20g                                                                          | Lapte 250ml                                   | Supa de legumeOrez cu br- vaci<br>250ml/200g/50g                             | Iaurt 1 buc                                   | Budinca de gris<br>250g                            |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| LFVC                 | Ceai,paine,unt<br>250ml/50g/20g                                                                          | Lapte 250ml                                   | Supa legume /Pulpe pui la cuptor/Orez<br>250ml/150g/200g                     | Iaurt 1 buc                                   | Budinca de gris<br>250g                            |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| HLZ                  | Ceaiindulcit 250ml                                                                                       | Lapte 250ml                                   | Supa de legume 250ml                                                         | Iaurt 1 buc                                   | Ceaiindulcit 250ml                                 |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| HZ                   | Ceaiindulci 250ml                                                                                        | Zeamacompot<br>250 ml                         | Supa de legume 250ml                                                         | Zeamacompot<br>250ml                          | Ceaiindulcit 250ml                                 |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| Hiperproteic         | Ceai ,paine,ou,cas<br>250m,.1 buc,100g                                                                   | Biscuiti<br>1 buc                             | Supa cu perisoare,Cartofi cu unt si<br>verdeata,Piept de pui,250ml,250g,100g | Placinta cu<br>branza                         | Budinca de gris cu sirop<br>caramel,Pulpe pui,100g |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| Enterita             | Ceai,paine,cas<br>250ml,100g                                                                             | Grisine<br>1 buc                              | Supa legume /Pulpe pui la cuptor/Orez<br>250ml/150g/250g                     | Branza de<br>vaci 100g                        | Gratarpui/Telemea<br>100/100g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| Hepatic              | Ceai ,paine,ou,cas<br>250m,.1 buc,100g                                                                   | Biscuiti<br>1 buc                             | Supa cu perisoare,Cartofi cu unt si<br>verdeata,Piept de pui,250ml,250g,100g | Placinta cu<br>branza                         | Budinca de gris<br>250g                            |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| Gastric              | Ceai ,paine,ou,cas<br>250m,.1 buc,100g                                                                   | Grisine<br>1 buc                              | Supa cu perisoare,Cartofi cu unt si<br>verdeata,Piept de pui,250ml,250g,100g | Placinta cu<br>branza                         | Budinca de gris<br>250g                            |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| Desodat              | Ceai ,paine,ou,cas<br>250m,.1 buc,100g                                                                   | Portocale<br>1 buc                            | Supa cu perisoare,Cartofi cu unt si<br>verdeata,Piept de pui,250ml,250g,100g | Placinta cu<br>branza                         | Budinca de gris cu sirop<br>caramel,250g           |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| Cortizon             | Ceai ,paine,ou,cas<br>250m,.1 buc,100g                                                                   | Pulpapui<br>100g                              | Supa cu perisoare,Cartofi cu unt si<br>verdeata,Piept de pui,250ml,250g,100g | Placinta<br>branza                            | Budinca de gris<br>,Pulpe pui,100g                 |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| Hemodializa          | Cascaval,paine                                                                                           | Mar                                           | Pulpe pui gratar,iaurt                                                       |                                               |                                                    |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
|                      | Alte regimuri sunt detaliate in "MENIU REGIM SPECIAL (DZ, RENAL I- VI, CELIACHIE, FENILCETONURIE, etc.)" |                                               |                                                                              |                                               |                                                    |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| Diabet zaharat       | Lapte ,paine,unt,cas<br>250ml,20g,50g                                                                    | Pulpepui<br>Gratar,mar                        | Ciorba de perisoare,Piure de cartofi cu<br>Pulpe pui,250ml,250,150g,200      | Ou fiert 1 buc<br>mar,100g                    | Orez cu legume,Pulpe pui<br>250g,100g              |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| Mame NNP             | Ceai ,paine,ou,cas<br>250m,.1 buc,100g                                                                   | Grisine<br>1 buc                              | Supa cu perisoare,Cartofi cu unt si<br>verdeata,Piept de pui,250ml,250g,100g | Placinta cu<br>branza                         | Budinca de gris cu sirop<br>caramel,Pulpe pui,100g |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| Copii 1-3 ani        | Ceai,paine,cas,ou<br>150ml,80g,1 buc                                                                     | Portocale<br>1 buc                            | Supa cu perisoare,Cartofi cu unt si<br>verdeata pulpe de pui,150ml,150g,100g | Placinta cu<br>branza                         | Budinca de gris cu sirop<br>caramel,150g           |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| Copii 3-18 ani       | Ceai,paine,unt,ou<br>cascavl ,rosii chery,<br>250ml,20g,50g,50g                                          | Portocale<br>1 buc                            | Ciorba de perisoare,Tocana de cartofi cu<br>carne de vita,250m,250g,150g     | Placinta cu<br>branza                         | Budinca de gris cu sirop<br>caramel ,250g          |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| Insotitori           | Ceai,paine,ou,<br>cascaval,castraveti<br>250ml,20g,50g,50g                                               | -                                             | Ciorba de perisoare,Tocana de cartofi cu<br>carne de vita,250m,250g,150g     | -                                             | Budinca de gris cu sirop<br>caramel ,250g          |              |                                                                                                                                                                                                                                                                                                                                                                                                            |  |

CODIRIA LILIANA

Aprobat: Asistent medical

Aprobat: Sef

Bl alimentar De serviciu: As.dietetica.....

## S II MENIUL ZILEI MIERCURI 25/02./2026

Aprobat: Director economic

Aprobat: Director medical

| Regim/<br>Gr. varsta | MICUL DEJUN<br>8 <sup>00</sup> -8 <sup>30</sup>                                                          | GUSTARE<br>10 <sup>00</sup> -10 <sup>30</sup> | PRANZ<br>12 <sup>30</sup> -13 <sup>00</sup>                               | GUSTARE<br>16 <sup>00</sup> -16 <sup>30</sup> | CINA<br>18 <sup>00</sup> -18 <sup>30</sup>  | Nr<br>portii | Observatii                                                                                                                                                                                                                                                                                                                                                                             |  |
|----------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------|---------------------------------------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Urticarie            | Ceai,paine, gem<br>250ml/50g/40g                                                                         | Mar copt<br>1 buc                             | Supa de legume/Legume mexicane<br>250ml/200g                              | Compotasortat<br>250ml                        | Cartofi fierti<br>250g                      |              | *Preparatul este pe baza de legume (vegetarian, post)<br>**Materia prima poate proveni din produse congelate<br>***Alergenii posibili sunt: cereale care contin gluten (Gruu, secara, ovaz) si produse derivate;<br>oua si produse derivate;<br>lapte si produse derivate<br>****Alimentatia copilului 1 -3 ani exclude: mancarurile cu carne de porc, preparate din carne, branzeturi |  |
| LF                   | Ceai,paine,unt<br>250ml/50g/20g                                                                          | Lapte 250ml                                   | Supa de legume/Orez cu br vaci<br>250ml/200g/50g                          | Iaurt 1 buc                                   | Budinca de orez<br>250g                     |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| LFVC                 | Ceai,paine,unt<br>250ml/50g/20g                                                                          | Lapte 250ml                                   | Supa legume /Pulpe pui la cuptor/Orez<br>250ml/150g/200g                  | Iaurt 1 buc                                   | Budinca de orez<br>250g                     |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| HLZ                  | Ceaiindulcit 250ml                                                                                       | Lapte 250ml                                   | Supa de legume 250ml                                                      | Iaurt 1 buc                                   | Ceaiindulcit 250ml                          |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| HZ                   | Ceaiindulci 250ml                                                                                        | Zeama compot<br>250 ml                        | Supa de legume 250ml                                                      | Zeama compot<br>250ml                         | Ceaiindulcit 250ml                          |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Hiperproteic         | Ceai,paine,omleta cu<br>br vaci, 250ml,100g                                                              | Banane<br>1 buc                               | Supa cu turnatei,Broccoli gratinat cu<br>pulpe 250ml,250g,150g            | Biscuiti<br>1 buc                             | Budinca de orez ,Pulpa de pui,<br>250g,100g |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Enterita             | Ceai,paine,cas<br>250ml/100g                                                                             | Banane<br>1 buc                               | Supa legume /Pulpe pui la cuptor/Orez<br>250ml/150g/250g                  | Grisine<br>1buc                               | Gratar,Brvacii<br>150/100g                  |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Hepatic              | Ceai,paine,omleta cu<br>br vaci, 250ml,100g                                                              | Banane<br>1 buc                               | Supa cu turnatei,Broccoli gratinat cu<br>pulpe 250ml,250g,150g            | Biscuiti<br>1 buc                             | Budinca de orez cu scortisoara<br>250g      |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Gastric              | Ceai,paine,omleta cu<br>br vaci, 250ml,100g                                                              | Banane<br>1 buc                               | Supa cu turnatei,Pulpe de pui,Piure de<br>cartofi,250ml,150g,250g         | Biscuiti<br>1 buc                             | Budinca de orez cu scortisoara<br>250g      |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Desodat              | Ceai,paine,omleta cu<br>br vaci, 250ml,100g                                                              | Banane<br>1 buc                               | Supa cu turnatei,Broccoli gratinat cu<br>pulpe 250ml,250g,150g            | Biscuiti<br>1 buc                             | Budinca de orez cu scortisoara<br>250g      |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Cortizon             | Ceai,paine,omleta cu<br>br vaci, 250ml,100g                                                              | Pulpapui<br>100g                              | Supa cu turnatei,Broccoli gratinat cu<br>pulpe 250ml,250g,150g            | Biscuiti<br>1 buc                             | Budinca de orez ,Pulpa de pui,<br>250g,100g |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Hemodializa          | Cascaval,paine                                                                                           | Mar 1 buc                                     | Pulpe de pui la gratar ,Iaurt 1 buc                                       |                                               |                                             |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
|                      | Alte regimuri sunt detaliate in "MENIU REGIM SPECIAL (DZ, RENAL I- VI, CELIACHIE, FENILCETONURIE, etc.)" |                                               |                                                                           |                                               |                                             |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Diabet zaharat       | Lapte,paine,sunca,unt<br>250ml,50g,20g                                                                   | Pulpegratar<br>Mar,100g                       | Ciorba cu turnatei ,Ghiveci cu legume si<br>pulpe pui ,250ml,250g,150g    | Cascaval,100<br>Mar,100g                      | Orez cu legume,Pilpa de pui<br>250g,100g    |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Mame NNP             | Ceai,paine,omleta cu<br>br vaci, 250ml,100g                                                              | Banane<br>1 buc                               | Supa cu turnatei,Pulpe de pui,Piure de<br>cartofi,250ml,150g,250g         | Biscuiti<br>1 buc                             | Budinca de orez ,Pulpa de pui,<br>250g,100g |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Copii 1-3 ani        | Ceai,paine,omleta cu<br>br vaci, 150ml,100g                                                              | Banane<br>1 buc                               | Supa cu turnatei,Broccoli gratinat cu<br>pulpe 150ml,150g,100g            | Biscuiti<br>1 buc                             | Budinca de orez cu scortisoara<br>250g      |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Copii 3-18 ani       | Ceai,paine,omleta,<br>sunca,cascaval,maslin<br>250ml,100g,5 buc                                          | Banane<br>1 buc                               | Ciorba cu turnatei ,Ghiveci cu legume si<br>carne de porc,250ml,250g,150g | Biscuiti<br>1 buc                             | Budinca de orez cu scortisoara<br>250g      |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |
| Insotitori           | Ceai,paine,omleta,<br>sunca,cascaval,maslin<br>100g,5 buc                                                | -                                             | Ciorba cu turnatei ,Ghiveci cu legume si<br>carne de porc,250ml,250g,150g | -                                             | Budinca de orez cu scortisoara<br>250g      |              |                                                                                                                                                                                                                                                                                                                                                                                        |  |

CODIRIA LILIANA  
Asistent  
Nutritiv

MIT: Aprobat: Sef

pital

Aprobat: Sef

Dr. A

Aprobat: Asistent

sef sectie BI alimentar

De serviciu: As.dietetica.....

S II MENIUL ZILEI JOI 26/02./2026



Aprobat: Manager Aprobat: Director economic

Aprobat: Director medical

| Regim/<br>Gr. varsta | MICUL DEJUN<br>8 <sup>00</sup> -8 <sup>30</sup>     | GUSTARE<br>10 <sup>00</sup> -10 <sup>30</sup> | PRANZ<br>12 <sup>30</sup> -1 <sup>00</sup>                        | GUSTARE<br>16 <sup>00</sup> -16 <sup>30</sup> | CINA<br>18 <sup>00</sup> -18 <sup>30</sup> | Nr<br>portii | Observatii                                                                                                                                                                                                                                                                                                                                                                                                               |
|----------------------|-----------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------|--------------------------------------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Urticarie            | Ceai,paine, gem<br>250ml/50g/40g                    | Mar copt<br>1 buc                             | Supa de legume/ Cartofi fierți<br>250ml/200g                      | Compotasortat<br>250ml                        | Orez cu legume<br>250g                     |              | <p>*Preparatul este pe baza de legume (vegetarian, post)<br/> **Materia prima poate proveni din produse congelate<br/> ***Alergenii posibili sunt: cereale care contin gluten (Grau, secara, ovaz) si produse derivate;<br/> oua si produse derivate;<br/> lapte si produse derivate<br/> ****Alimentatia copilului 1 -3 ani exclude: mancarurile cu carne de porc preparate din carne, branzeturi sarate/fermentate</p> |
| LF                   | Ceai,paine,unt<br>250ml/50g/20g                     | Lapte 250ml                                   | Supa de legumeOrez cu br.vaci<br>250ml/200g/50g                   | Iaurt 1 buc                                   | Orez cu legume<br>250g                     |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| LFVC                 | Ceai,paine,unt<br>250ml/50g/20g                     | Lapte 250ml                                   | Supa legume /Pulpe pui la cuptor/Orez<br>250ml/150g/200g          | Iaurt 1 buc                                   | Orez cu legume<br>250g                     |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| HLZ                  | Ceaiindulcit 250ml                                  | Lapte 250ml                                   | Supa de legume 250ml                                              | Iaurt 1 buc                                   | Ceaiindulcit 250ml                         |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| HZ                   | Ceaiindulci 250ml                                   | Zeama compot<br>250 ml                        | Supa de legume 250ml                                              | Zeama compot<br>250ml                         | Ceaiindulcit 250ml                         |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Hiperproteic         | Lapte cu gris<br>250g                               | Banane<br>1 buc                               | Supa legume dreasa cu ou,Paste cu carne<br>tocata,250ml,250g,100g | Placinta cu<br>mere 100g                      | Orez cu legume,pulpe pui<br>250g,100g      |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Enterita             | Ceai,paine,cas<br>250ml/100g                        | Banane<br>1 buc                               | Supa legume /Pulpe pui la cuptor/Orez<br>250ml/150g/250g          | Grisine<br>1 buc                              | Gratar,telemea<br>100g,100g                |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Hepatic              | Lapte cu gris<br>250g                               | Banane<br>1 buc                               | Supa legume dreasa cu ou,Paste cu carne<br>tocata,250ml,250g,100g | Placinta cu<br>mere 100g                      | Orez cu legume<br>250g                     |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Gastric              | Lapte cu gris<br>250g                               | Banane<br>1 buc                               | Supa legume dreasa cu ou,Paste cu carne<br>tocata,250ml,250g,100g | Placinta cu<br>mere 100g                      | Orez cu legume<br>250g                     |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Desodat              | Lapte cu gris<br>250g                               | Banane<br>1 buc                               | Supa legume dreasa cu ou,Paste cu carne<br>tocata,250ml,250g,100g | Placinta cu<br>mere 100g                      | Orez cu legume<br>250g                     |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Cortizon             | Lapte cu gris<br>250g                               | Pulpapui<br>150g                              | Supa legume dreasa cu ou,Paste cu carne<br>tocata,250ml,250g,100g | Placinta cu<br>mere 100g                      | Orez cu legume,pulpe pui<br>250g,100g      |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Hemodializa          | Cascaval,paine                                      | Mar                                           | Pulpa de pui la gratar,Iaurt 1 buc                                |                                               |                                            |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Diabet<br>zahar      | Lapte ,paine,brvaci<br>unt,250ml,,50g,20g           | Pulpapui<br>150g,Mar                          | Ciorba de pipote,Tocanita de pui cu<br>mamaliga 250ml,250g,250g   | Telemea,100g<br>mar,100g                      | Orez cu legume,pulpe pui<br>250g,100g      |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Mame NNP             | Lapte cu gris<br>250g                               | Banane<br>1 buc                               | Supa legume dreasa cu ou,Paste cu carne<br>tocata,250ml,250g,100g | Placinta cu<br>mere 100g                      | Orez cu legume,pulpe pui<br>250g,100g      |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Copii 1-3 ani        | Lapte cu gris<br>150g                               | Banane<br>1 buc                               | Supa legume dreasa cu ou,Paste cu carne<br>tocata,150ml,150g,100g | Placinta cu<br>mere 100g                      | Orez cu legume<br>150g                     |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Copii 3-18<br>ani    | Ceai,paine,sunca,cas<br>rosii,250ml,50g,<br>50g,50g | Banane<br>1 buc                               | Ciorba de pipote,Tocanita de pui cu<br>mamaliga 250ml,250g,250g   | Placinta cu<br>mere 100g                      | Orez sarbesc<br>250g                       |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Insotitori           | Ceai,paine ,pate de<br>ficat,castraveti,250ml       | -                                             | Ciorba de pipote,Tocanita de pui cu<br>mamaliga 250ml,250g,250g   | -                                             | Orez sarbesc<br>250g                       |              |                                                                                                                                                                                                                                                                                                                                                                                                                          |

COPILIA HANA

ASIS  
N

MIT: Aprobat Asistent sef snital

Aprobat: Sef sectie BI alimentatie

Alimentar De serviciu: As.dietetica.....

| Regim/<br>Gr. varsta | MICUL DEJUN<br>8 <sup>00</sup> -8 <sup>30</sup>                                                          | GUSTARE<br>10 <sup>00</sup> -10 <sup>30</sup> | PRANZA<br>12 <sup>30</sup> -13 <sup>00</sup>                     | GUSTARE<br>16 <sup>00</sup> -16 <sup>30</sup> | CINA<br>18 <sup>00</sup> -18 <sup>30</sup>    | Nr<br>portii | Observatii                                                                                                                                                                                                                                                                                                                                                                                               |  |
|----------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------|------------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Urticarie            | Ceai,paine, gem<br>250ml/50g/40g                                                                         | Mar copt<br>1 buc                             | Supa de legume/Cartofi fierți<br>250ml/200g                      | Compotasortat<br>250ml                        | Paste fierte cu zahar 250g                    |              | *Preparatul este pe baza de legume (vegetarian, post)<br>**Materia prima poate proveni din produse congelate<br>***Alergenii posibili sunt: cereale care contin gluten (Grau, secara, ovaz) si produse derivate;<br>oua si produse derivate;<br>lapte si produse derivate<br>****Alimentatia copilului 1 -3 ani exclude: mancarurile cu carne de porc, preparate din carne, branzeturi sarate/fermentate |  |
| LF                   | Ceai,paine,unt<br>250ml/50g/20g                                                                          | Lapte 250ml                                   | Supa de legume/Orez cu br.vaci<br>250ml/200g/50g                 | Iaurt 1 buc                                   | Paste cu br.vaci<br>250g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| LFVC                 | Ceai,paine,unt<br>250ml/50g/20g                                                                          | Lapte 250ml                                   | Supa legume /Pulpe pui la cuptor/Orez<br>250ml/150g/200g         | Iaurt 1 buc                                   | Paste cu br.vaci<br>250g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| HLZ                  | Ceaiindulcit 250ml                                                                                       | Lapte 250ml                                   | Supa de legume 250ml                                             | Iaurt1 buc                                    | Ceaiindulcit 250ml                            |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| HZ                   | Ceaiindulci 250ml                                                                                        | Zeama compot<br>250 ml                        | Supa de legume 250ml                                             | Zeama compot<br>250ml                         | Ceaiindulcit 250ml                            |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Hiperproteic         | Ceai,paine,cas,unt<br>250ml,100g,10g                                                                     | Sana<br>1 buc                                 | Supa de pui,Orez cu legume,Pulpe de pui<br>250ml,250g,100g       | Banane<br>1 buc                               | Paste cu br.vaci,Pulpe pui<br>250g,100g       |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Enterita             | Ceai,paine,cas<br>250ml,100g                                                                             | Grisine<br>1buc                               | Supa legume /Pulpe pui la cuptor/Orez<br>250ml/150g/250g         | Banane<br>1 buc                               | Gratarpui/Telemea<br>100,100g                 |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Hepatic              | Ceai,paine,cas,gem<br>250ml,100g,20g                                                                     | Sana<br>1 buc                                 | Supa de pui,Orez cu legume,Pulpe de pui<br>250ml,250g,100g       | Banane<br>1 buc                               | Paste cu br.vaci<br>250g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Gastric              | Ceai,paine,cas,unt<br>250ml,100g,10g                                                                     | Sana<br>1 buc                                 | Supa de pui,Orez cu legume,Pulpe de pui<br>250ml,250g,100g       | Banane<br>1 buc                               | Paste cu br.vaci<br>250g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Desodat              | Ceai,paine,cas,gem<br>250ml,100g,20g                                                                     | Sana<br>1 buc                                 | Supa de pui,Orez cu legume,Pulpe de pui<br>250ml,250g,100g       | Banane<br>1 buc                               | Paste cu br.vaci<br>250g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Cortizon             | Ceai,paine,cas,gem<br>250ml,100g,20g                                                                     | Pulpapui<br>100g                              | Supa de pui,Orez cu legume,Pulpe de pui<br>250ml,250g,100g       | Banane<br>1 buc                               | Paste cu br.vaci,Pulpe pui<br>250g,100g       |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Hemodializa          | Cascaval,paine                                                                                           | Mar 1 buc                                     | Pulpa de pui,Iaurt                                               |                                               |                                               |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|                      | Alte regimuri sunt detaliate in "MENIU REGIM SPECIAL (DZ, RENAL I- VI, CELIACHIE, FENILCETONURIE, etc.)" |                                               |                                                                  |                                               |                                               |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Diabet zaharat       | Lapte,paine,unt,cas<br>250ml,200g,50g                                                                    | Pulpapui ,150<br>Mar,100g                     | Ciorba de pui,Orez cu legume,Pulpe de<br>pui,250ml,250g,150g     | Telemea,100g<br>Mar,100g                      | Piure de cartofi,Pulpe de pui<br>250g,100g    |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Mame NNP             | Ceai,paine,cas,unt<br>250ml,100g,10g                                                                     | Sana<br>1 buc                                 | Supa de pui,Orez cu legume,Pulpe de pui<br>250ml,250g,100g       | Banane<br>1 buc                               | Paste cu br.vaci,Pulpe pui<br>250g,100g       |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Copii 1-3 ani        | Ceai,paine,cas,unt<br>150ml,50g,10g                                                                      | Iaurt<br>1 buc                                | Supa de pui,Orez cu legume,Pulpe de pui<br>150ml,150g,100g       | Banane<br>1 buc                               | Paste cu br.vaci<br>150g                      |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Copii 3-18 ani       | Ceai,paine,telemea,<br>unt,rosii,250ml,<br>100g,20,50g                                                   | Biscuiti<br>1 buc                             | Ciorba cu pui,Conopida gratinata,Pulpe<br>de pui,250ml,250g,150g | Banane<br>1 buc                               | Budince de paste cu sunca si<br>cascaval 250g |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| Insotitori           | Ceai,paine,telemea,<br>unt,castraveti,250ml,<br>20,50g                                                   | -                                             | Ciorba cu pui,Conopida gratinata,Pulpe<br>de pui,250ml,250g,150g | -                                             | Budince de paste cu sunca si<br>cascaval 250g |              |                                                                                                                                                                                                                                                                                                                                                                                                          |  |

CODRILA LILIANA

Asistent

Nutritiv

MIT Aprobat: [redacted]

Aprobat: Sefsectie BI [redacted]

Aprobat: [redacted]

Sectie BI alimentara

De serviciu: As.dietetica.....

Aprobat: Mă [redacted]

Aprobat: Director economic [redacted]

Aprobat: Director medical [redacted]

| Regim/<br>Gr. varsta                                                                                     | MICUL DEJUN<br>8 <sup>00</sup> -8 <sup>30</sup>                                      | GUSTARE<br>10 <sup>00</sup> -10 <sup>30</sup> | PRANZ<br>12 <sup>00</sup> -13 <sup>00</sup>                                           | GUSTARE<br>16 <sup>00</sup> -16 <sup>30</sup> | CINA<br>18 <sup>00</sup> -18 <sup>30</sup>       | Nr<br>portii | Observatii                                                                                                                                                                                                                                                                                                                                                                    |  |
|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------|--------------------------------------------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Urticarie                                                                                                | Ceai,paine, gem<br>250ml/40g                                                         | Mar copt<br>1 buc                             | Supa de legume/Cartofi fierți<br>250ml/250g                                           | Compotasortat<br>250ml                        | Orez dietetic<br>250g                            |              | *Preparatul este pe baza de legume (vegetarian, post)<br>**Materia prima poate proveni din produse congelate<br>***Alergenii posibili sunt: cereale care contin gluten (Grau, secara, ovaz) si produse derivate;<br>oua si produse derivate;<br>lapte si produse derivate<br>**** Alimentatia copilului 1 - 3 ani exclude: mancarurile cu carne de porc, preparate din carne, |  |
| LF                                                                                                       | Ceai,paine,unt<br>250ml/20g                                                          | Lapte 250ml                                   | Supa de legume/Orez cu br.vaci<br>250ml/250g/50g                                      | Iaurt 1buc                                    | Branza vaci,mamaliga<br>100g,200g                |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| LFVC                                                                                                     | Ceai,paine,unt<br>250ml/20g                                                          | Lapte 250ml                                   | Supa legume /Pulpe pui la cuptor/Orez<br>250ml/150g/250g                              | Iaurt 1buc                                    | Branza vaci,mamaliga<br>100g,200g                |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| HLZ                                                                                                      | Ceaiindulcit 250ml                                                                   | Lapte 250ml                                   | Supa de legume 250ml                                                                  | Iaurt 1buc                                    | Ceai indulcit 250ml                              |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| HZ                                                                                                       | Ceaiindulci 250ml                                                                    | Zeama compot<br>250 ml                        | Supa de legume 250ml                                                                  | Zeama compot<br>250ml                         | Ceai indulcit 250ml                              |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| Hiperproteic                                                                                             | Ceai,paine,cas ,unt<br>250ml,100g,10g                                                | Banane<br>1 buc                               | Supa cu turnatei ,Ficatei de pui,Piure de<br>cartofi,250ml,150g,250g                  | Biscuiti<br>1 buc                             | Bulgarasi ,mamaliga<br>200g,200g,Pulpe pui ,150g |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| Enterita                                                                                                 | Ceai,paine,cas<br>250ml/100g                                                         | Banane<br>1 buc                               | Supa legume /Pulpe pui la cuptor/Orez<br>250ml/150g/250g                              | Grisine<br>1 buc                              | Pulpe pui/Branza vaci<br>150g**/100g             |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| Hepatic                                                                                                  | Ceai,paine,cas ,gem<br>250ml,100g,20g                                                | Banane<br>1 buc                               | Supa cu turnatei ,Ficatei de pui,Piure de<br>cartofi,250ml,150g,250g                  | Biscuiti<br>1 buc                             | Bulgarasi,mamaliga<br>200g,200g                  |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| Gastric                                                                                                  | Ceai,paine,cas ,unt<br>250ml,100g,10g                                                | Banane<br>1 buc                               | Supa cu turnatei ,Ficatei de pui,Piure de<br>cartofi,250ml,150g,250g                  | Biscuiti<br>1buc                              | Branza vaci,ou posat,mamaliga<br>100g,1 buc,200g |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| Desodat                                                                                                  | Ceai,paine,cas ,gem<br>250ml,100g,20g                                                | Banane<br>1 buc                               | Supa cu turnatei ,Ficatei de pui,Piure de<br>cartofi,250,150g,250g                    | Biscuiti<br>1 buc                             | Bulgarasi,mamaliga<br>200g,200g                  |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| Cortizon                                                                                                 | Ceai,paine,cas ,gem<br>250ml,100g,20g                                                | Fulpapui<br>150g**                            | Supa cu turnatei ,Ficatei de pui,Piure de<br>cartofi,250ml,150g,250g                  | Biscuiti<br>1 buc                             | Bulgarasi ,mamaliga<br>200g,200g,Pulpe pui ,150g |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| Diabet                                                                                                   | Lapte,paine,unt,cascaval Pulpa pui/maCiorba cu turnatei,Ficatei cu sos/Piure cartofi |                                               |                                                                                       | Ou /mar                                       | Bulgarasi ,Mamaliga,Pulpa pui                    |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| Alte regimuri sunt detaliate in "MENIU REGIM SPECIAL (DZ, RENAL I- VI, CELIACHIE, FENILCETONURIE, etc.)" |                                                                                      |                                               |                                                                                       |                                               |                                                  |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| Mame NNP                                                                                                 | Ceai,paine,cas ,unt<br>250ml,100g,10g                                                | Banane<br>1 buc                               | Supa cu turnatei ,Ficatei de pui,Piure de<br>cartofi,250ml,150g,250g                  | Biscuiti<br>1buc                              | Bulgarasi ,mamaliga<br>200g,200g,Pulpe pui ,150g |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| Copii 1-3 ani                                                                                            | Ceai.paine.cas,unt<br>200ml,80g,10g                                                  | Banane<br>1 buc                               | Supa cu turnatei ,Ficatei de pui,Piure de<br>cartofi,200ml,100g,200g                  | Biscuiti<br>1 buc                             | Bulgarasi,mamaliga<br>200g,200g                  |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| Copii 3-18 ani                                                                                           | Ceai,paine,cascaval<br>sunca250ml,50g,50g                                            | Banane<br>1 buc                               | Ciorba cu turnatei,Ficatei de pui,Piure de<br>cartofi,salata sfecla250,150g,250g,100g | Biscuiti<br>1 buc                             | Mamaliga,telemea,smantana<br>200g,100g,50g       |              |                                                                                                                                                                                                                                                                                                                                                                               |  |
| Insotitori                                                                                               | Ceai,paine,br topita<br>250ml/2 bucati                                               | -                                             | Ciorba cu turnatei,Ficatei de pui,Piure de<br>cartofi,salata sfecla250,150g,250g,100g | -                                             | Mamaliga,telemea,smantana<br>200g,100g,50g       |              |                                                                                                                                                                                                                                                                                                                                                                               |  |

INTOCMIT :AprobatAsistentsef spital

Aprobat: Sefsectie BI alimentara

Aprobat: Asistentsefsectie BI alimentara De serviciu: As.dietetica....