# SPITALUL MUN. ANGHEL SALIGNY FETESTI
# MENIURI PACIENTI
# LUNI 03.08.2026

| REGIM | SUPLIMENT | DIMINEATA | PRANZ | SEARA |
|---|---|---|---|---|
| COMUN | | Ceai 250ml, paine(1), unt 10g(4), ou fiert(1), cascaval 50g(4) | Supa de fasole verde 300 ml(1,2,5). Varza la cuptor 200g, friptura pui 100g(7), mar | Cartofi natur200g cu friptura pui100g (7),biscuiti50g(1) |
| CARD. DESODAT | | Ceai 250ml, paine(1), unt 10g(4), ou fiert (1), cascaval 50g(4) | Supa de fasole verde300 ml(1,2,5). Varza la cuptor 200g, friptura pui 100g(7),mar | Cartofi natur200g cu friptura pui100g (7),biscuiti50g(1) |
| RENAL | | Ceai 250ml, paine(1), unt 10g(4), ou fiert(1), cascaval 50g(4) | Supa de fasole verde 300 ml(1,2,5). Pilaf de orez 200g(1), friptura pui 100g(7), mar | Cartofi natur200g cu friptura pui100g (7),biscuiti50g(1) |
| GASTR. | | Ceai 250ml, paine(1), unt 10g(4), ou fiert(1), cascaval 50g(4) | Supa de fasole verde300 ml(1,2,5). Pilaf de orez 200g(1), friptura pui 100g(7), 1 mar copt | Cartofi natur200g cu friptura pui100g (7),biscuiti50g(1) |
| HEPATIC | | Ceai 250ml, paine(1), unt 10g(4), ou fiert(1), cascaval 50g(4) | Supa de fasole verde 300 ml(1,2,5). Pilaf de orez 200g(1), friptura pui 100g(7), mar | Cartofi natur200g cu friptura pui100g (7),biscuiti50g(1) |
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| DIABET | Iaurt 200g(4)<br>Branza vaci 100g(4) | Ceai neind 250ml, paine(1), unt 10g(4), ou fiert (1)(2cascaval50g(4) | Supa de fasole verde 300 ml(1,2,5). Varza la cuptor 200g, friptura pui 100g(7), mar | Cartofi natur200g cu friptura pui100g (7) |
| DIAREIC | | Ceai neind 250ml, paine praj(1), branza de vaci 100g(4) | Supa strec. 300 ml(5), pilaf de orez 200g(1), carne pui fiarta 100g(7), mar copt | Paine prajita(1),carne fiarta pui100g(7), branza de vaci 100g(4)(1), biscuiti 50g, . |

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|---|---|---|---|---|
| HIDRIC | | Ceai neindulcit | Supa strec.(5) | Ceai neindulcit |
| INSOTITORI | | Ceai 250ml, paine(1), unt 10g(4), ou fiert(1), cascaval50g(4) | Supa de fasole verde 300 ml(1,2,5). Varza la cuptor 200g, friptura pui 100g(7),mar | Cartofi natur200g cu friptura pui100g (7),biscuiti50g(1) |
| COPII 1-3 ANI COMUN | Iaurt 200g(4) Branza vaci 50g(4) | Ceai 250ml, paine(1), unt 10g(4) ou fiert(1), cascaval 50g(4) | Supa de fasole verde 300 ml(1,2,5). Pilaf de orez150g(1), friptura pui 80g(7), mar | Cartofi natur150g cu friptura pui80g (7),biscuiti50g(1) |
| COPII 3-16 ANI COMUN | Iaurt 200g(4) Branza vaci50g(4) | Ceai 250ml, paine(1), unt 10g(4), ou fiert(1), cascaval 50g(4) | Supa de fasole verde 300 ml(1,2,5). Pilaf de orez200g(1), friptura pui 80g(7), mar | Cartofi natur200g cu friptura pui80g (7),biscuiti50g(1) |

**Nota:**
Gramaj carne pui inainte de preparearea termica(150gr)
Paine 300g
Paine 200g(Diabet)

INTOCMIT: AS. Vasile Daniela

SUBSTANTE CARE CAUZEAZA ALERGII SAU INTOLERANTE ALIMENTARE:
**CIFRE LISTA ALERGENI:**
1 – Cereale care contin gluten (grau, secara, orz, ovaz) si produse derivate;
2 – Oua si produse derivate;
3 – Peste si produse derivate;
4 – Lapte si produse derivate (inclusiv lactoza);
5 – Telina si produse derivate;
6 – Mustar si produse derivate;
7 – Produs congelat;
8 - Soia si produse derivate;
9 – Arahide si produse derivate

# SPITALUL MUN. ANGHEL SALIGNY FETESTI
# MENIURI PACIENTI
# MARTI 04. 08.2026

| REGIM | SUPLIMENT | DIMINEATA | PRANZ | SEARA |
|---|---|---|---|---|
| COMUN | | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), zacusca 50g(5) | Supa de vacuta300 ml(5,7). Ardei umplut100g cu carne pui 100g(2,7), croissant(1,2,4) | Mamaliga 100g cu branza vaci100g(4) si smantana100g(4),biscuiti50g (1) |
| COMUN DESODAT | | Ceai250ml, paine(1), unt 10g(4), cas 50g(4), miere 10g | Supa de vacuta 300 ml(5,7). Ardei umplut 100g cu carne pui 100g(2,7), croissant(1,2,4) | Mamaliga 100g cu branza vaci100g(4) si smantana100g(4),biscuiti50g (1) |
| CARD. DESODAT | | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), miere 10g | Supa de vacuta 300 ml(5,7). Ardei umplut100g cu carne pui 100g(2,7), croissant(1,2,4) | Mamaliga 100g cu branza vaci100g(4) si smantana100g(4),biscuiti50g (1) |
| RENAL | | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), miere 10g | Supa de vacuta 300 ml(5,7). Ardei100g umplut cu carne pui 100g(5,7), croissant(1,2,4) | Mamaliga 100g cu branza vaci100g(4) si smantana100g(4),biscuiti50g (1) |
| GASTR. | | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), iaurt 200g(4) | Supa de vacuta 300 ml(5,7). Cartofi la cuptor 200g, friptura pui 100g(7),mar copt | Paine prajita cu branza vaci100g(4) si smantana100g(4),biscuiti50g (1) |

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|---|---|---|---|---|
| HEPATIC | | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), miere10g | Supa de vacuta 300 ml(5,7). Ardei 100g umplut cu carne pui100g(2,7), croissant(1,2,4) | Mamaliga 100g cu branza vaci100g(4) si smantana100g(4),biscuiti50g (1) |
| LFV | | | | |
| DIABET | Lapte 200g(4) Branza vaci 100g(4) | Ceai neind.250ml, paine(1), unt 10g(4), cas 50g(4), iaurt 200g(4) | Supa de vacuta300 ml(5,7). Ardei 100g umplut cu carne pui 100g(2,7),napolitana(1,2,8) | Mamaliga 100g cu branza vaci100g(4) si smantana100g(4),biscuiti50g (1) |
| DIAREIC | | Ceai neind 250ml, paine praj(1), branza de vaci 100g(4) | Supa strec. 300 ml(5), pilaf de orez 200g(1), carne pui fiarta 100g(7), 1 mar copt | Paine prajita(1), branza vaci100g(4), orea fiert 200g(7), biscuiti 50g(1), ceai neind. |
| HLZ | | Ceai neindulcit | Supa strec.(5) | Ceai neindulcit |
| INSOTITORI | | Ceai250ml, paine(1), unt 10g(4), cas 50g(4), zacusca 50g(5) | Supa de vacuta 300 ml(5,7). Ardei 100g umplut cu carne pui 100g(2,7), croissant(1,2,4) | Mamaliga 100g cu branza vaci100g(4) si smantana100g(4),biscuiti50g (1) |
| COPII 1-3 ANI COMUN | Lapte 200g(4) Branza vaci 50g(4) | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), miere 10g | Supa de vacuta 300 ml(5,7). Cartofi la cuptor 150g, friptura pui 80g(7), croissant(1,2,4) | Mamaliga 100g cu branza vaci100g(4) si smantana100g(4),biscuiti50g (1) |
| COPII 3-16 ANI COMUN | Lapte 200g(4) Branza vaci 50g(4) | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), miere 10g | Supa de vacuta 300 ml(5,7). Ardei100g umplut cu carne pui 100g(2,7), croissant(1,2,4) | Mamaliga 100g cu branza vaci100g(4) si smantana100g(4),biscuiti50g (1) |

**Nota:**

Gramaj carne pui inainte de preparearea termica(150gr)
Gramaj carne tocata pui inainte de prepararea termica(100gr)
Paine 300g.
Paine 200g Diabet Zaharat

INTOCMIT: AS. Vasile Daniela

SUBSTANTE CARE CAUZEAZA ALERGII SAU INTOLERANTE ALIMENTARE:
**CIFRE LISTA ALERGENI:**
1 – Cereale care contin gluten (grau, secara, orz, ovaz) si produse derivate;
2 – Oua si produse derivate;
3 – Peste si produse derivate;
4 – Lapte si produse derivate (inclusiv lactoza);
5 – Telina si produse derivate;
6 – Mustar si produse derivate;
7 – Produs congelat;
8 - Soia si produse derivate;
9 – Arahide si produse derivate.

# SPITALUL MUN. ANGHEL SALIGNY FETESTI
# MENIURI PACIENTI
# MIERCURI 05 . 08 .2026

| REGIM | SUPLIMENT | DIMINEATA | PRANZ | SEARA |
|---|---|---|---|---|
| COMUN | | Ceai 250ml, paine(1), unt 10g(4), cascaval 50g(4), gem 20g | Supa de perisoare dietetice 300 ml(2,5,7).<br>Piure de cartofi 200g(4) cu ostropel carne pui 100g(7), eugenia(1,2,8) | Paste 200g(1) cu branza vaci 100g(4), biscuiti 50g(1) |
| CARD. DESODAT | | Ceai 250ml, paine(1), unt 10g(4), cascaval 50g(4), gem 20g | Supa de perisoare dietetice 300 ml(2,5,7).<br>Piure de cartofi 200g(4) cu ostropel carne pui 100g(7)eugenia(1,2,8) | Paste 200g(1) cu branza vaci 100g(4), biscuiti 50g(1) |
| RENAL | | Ceai 250ml, paine(1), unt 10g(4),cascaval 50g(4), gem 20g | Supa de perisoare dietetice 300 ml(2,5,7).<br>Piure de cartofi 200g (4)cu ostropel carne pui 100g(7),eugenia(1,2,8) | Paste200g(1) cu branza vaci 00g(4), biscuiti 50g(1) |
| GASTR. | | Ceai 250ml, paine(1), unt 10g(4),cascaval 50g(4), branza vaci 50g (4) | Supa de perisoare dietetice 300 ml(2,5,7).<br>Piure de cartofi 200g(4) cu ostropel carne pui 100g(7), mar copt | Paste 200g(1) cu branza vaci 100g(4), biscuiti 50g(1) |
| HEPATIC | | Ceai 250ml, paine(1), unt 10g(4), cascaval 50g(4), gem 20g | Supa de perisoare dietetice 300 ml(2,5,7).<br>Piure de cartofi 200g(4) cu ostorpel carne pui 100g(7), eugenia(1,2,8) | Paste 200g(1) cu branza vaci 100g (4), biscuiti 50g(1) |
| | | | | |
| DIABET | Lapte 200g(4)<br>Ou fiert1bc(2) | Ceai neind. 250ml.Paine(1), unt 10g(4), cascaval 50g(4), | Supa de perisoare 300 ml(1,2,5),<br>Piure de cartofi 200g (4)cu carne pui | Paste 200g(1)cu branza vaci 100g (4) |

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|---|---|---|---|---|
| | | branza vaci 50g(4) | 100g(7), napolitana | |
| DIAREIC | | Ceai neind 250ml, paine praj(1), branza vaci 100g(4) | Supa strec. 300 ml(5), pilaf de orez 200g(1), carne pui fiarta 100g(7),mar copt | Paine prajita(1), orez fiert 200g(1), branza vaci 100g(4), biscuiti 50g(1), ceai neind. |
| HLZ | | Ceai neindulcit | Supa strec.(5) | Ceai neindulcit |
| INSOTITORI | | Ceai 250ml, paine(1), unt 10g(4), cascaval 50g(4), gem 20g | Supa de perisoare dietetice 300 ml(2,5,7).<br>Piure de cartofi 200g(4) cu ostopel carne pui 100g(7),eugenia(1,2,8) | Paste 200g(1)cu branza vaci 100g(4), biscuiti 50g(1) |
| COPII 1-3 ANI | Lapte 200g(4)<br>Ou fiert 1bc(2) | Ceai 250ml, paine(1), unt 10g(4), cascaval 50g(4), gem 20g | Supa de perisoare dietetice 300 ml(2,5,7).<br>Piure de cartofi 150g(4) cu ostropel pui carne pui 80g(7), eugenia(1,2,8) | Paste 200g(1) cu branza vaci 100g (4), biscuiti 50g(1) |
| COPII 3-16 ANI | Lapte 200g(4)<br>Ou fiert 1bc(2) | Ceai 250ml, paine(1), unt 10g(4), cascaval 50g(4), gem 20g | Supa de perisoare dietetice 300 ml(2,5,7).<br>Piure de cartofi 200g(4) cu ostropel carne pui 80g(7),1,2,8)eugenia(1,2,8) | Paste 200g(1) cu branza vaci 100g(4), biscuiti 50g(1) |
| | | | | |

**Nota:**
Gramaj carne inainte de prepararea termica(150gr)
Carne tocata inainte de prepararea termica (75gr)
Paine 300g
Paine 200g – Diabet Zahart

INTOCMIT: AS. Vasile Daniela

SUBSTANTE CARE CAUZEAZA ALERGII SAU INTOLERANTE ALIMENTARE:
**CIFRE LISTA ALERGENI:**
1 – Cereale care contin gluten (grau, secara, orz, ovaz) si produse derivate;
2 – Oua si produse derivate;
3 – Peste si produse derivate;

4 – Lapte si produse derivate (inclusiv lactoza);
5 – Telina si produse derivate;
6 – Mustar si produse derivate;
7 – Produs congelat;
8 - Soia si produse derivate;
9 – Arahide si produse derivate.

# SPITALUL MUN. ANGHEL SALIGNY FETESTI
# MENIURI PACIENTI
# JOI 06 .08 .2026

| REGIM | SUPLIMENT | DIMINEATA | PRANZ | SEARA |
|---|---|---|---|---|
| COMUN | | Ceai 250ml, paine(1), unt 10g (4), ou fiert(1), branza vaci 50g (4) | Supa de zarzavat cu zdrente ou 300 ml(,2,5,8), Peste la cuptor 60g(3), cartofi natur200g(4), banana | Pilaf de orez 200g(1), friptura pui 100g(7),biscuiti 50g (1) |
| CARD. DESODAT | | Ceai 250ml, paine(1), unt 10g (4), ou fiert(1), branza vaci 50g | Supa de zarzavat cu zdrente ou 300 ml(2,5,8) Peste la cuptor 60g(3), cartofi natur200g(4), banana | Pilaf de orez 200g(1), friptura pui 100g(7),biscuiti 50g (1) |
| RENAL | | Ceai 250ml, paine(1), unt 10g (4), ou fiert(1), branza vaci 50g (4) | Supa de zarzavat cu zdrente ou300 ml(2,5,8), Peste la cuptor 60g(3), cartofi natur200g(4), banana | Pilaf de orez 200g(1), friptura pui 100g(7),biscuiti 50g (1) |
| GASTR. | | Ceai 250ml, paine(1), unt 10g (4), ou fiert(1), branza vaci 50g (4) | Supa de zarzavat cu zdrente ou300 ml(2,5,8), Peste la cuptor 60g(3), cartofi natur200g(4),banana | Pilaf de orez 200g(1), friptura pui 100g(7),biscuiti 50g (1) |
| HEPATIC | | Ceai 250ml, paine(1), unt 10g (4), ou fiert(1), branza vaci 50g (4) | Supa de zarzavat cu zdrente ou 300 ml(2,5,8) Peste la cuptor 60g(3), cartofi natur200g(4), banana | Pilaf de orez 200g(1), friptura pui 100g(7),biscuiti 50g (1) |
| REG. SPECIAL PASAT | | Ceai 250ml, biscuiti(1) branza vaci 50g (4) | Supa de zarzavat cu zdrente ou 300 ml(2,5,8), Cartofi natur 200g(7), carne pui100g-pasat | Pilaf de orez 200g(1), friptura pui 100g(7),biscuiti 50g (1)-pasat |
| DIABET | Lapte 200g(4) cas 50g(4) | Ceai neind., paine(1), unt 10g (4), ou fiert(1), branza vaci 50g (4) | Supa de zarzavat cu zdrente ou 300 ml(2,5,8), Peste la cuptor 60g(3), cartofi natur200g(4),mar | Piure de spanac 200g(1), friptura pui 100g(7) |
| DIAREIC | | Ceai neind., paine praj(1), | Supa strec. 300 ml(5), pilaf de orez 200g(1), | Paine prajita(1),orez fiert 200g(1), |

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|---|---|---|---|---|
| | | branza de vaci 100g (4) | carne pui fiarta100g(7), banana | carne pui fiarta 100g(4), biscuiti 50g(1), ceai neind. |
| HIDRIC | | Ceai neindulcit | Supa strec.(5) | Ceai neindulcit |
| INSOTITORI | | Cea 250mli, paine(1), unt 10g (4), ou fiert(1), branza vaci 50g (4) | Supa de zarzavat cu zdrente ou 300 ml(2,5,8), Peste la cuptor 60g(3), cartofi natur200g(4), banana | Pilaf de orez 200g(1), friptura pui 100g(7),biscuiti 50g (1) |
| COPII 1-3 ANI COMUN | Lapte 200g(4) cas 50g(4) | Ceai 250ml, paine(1), unt 10g (4), ou fiert(1), branza vaci 50g | Supa de zazavat cu zdrente ou300 ml(2,5,8) Friptura pui 80g(7), cartofi natur150g(4), banana | Pilaf de orez 200g(1), friptura pui 100g(7),biscuiti 50g (1) |
| COPII 3-6 ANI COMUN | Lapte 200g(4) cas 50g(4) | Ceai 250ml, paine(1), unt 10g (4), ou fiert(1), branza vaci 50g | Supa de zazavat cu zdrente ou300 ml(2,5,8) Peste la cuptor 80g(7), cartofi natur200g(4), banana | Pilaf de orez 200g(1), friptura pui 80g(7),biscuiti 50g (1) |

**Nota:**
Gramaj carne 150g inainte de preparearea termica
Peste 180 g inainte de prepararea termica
Paine 300g
Paine 200g – Diabet Zaharat

INTOCMIT: AS. Vasile Daniela

SUBSTANTE CARE CAUZEAZA ALERGII SAU INTOLERANTE ALIMENTARE:

**CIFRE LISTA ALERGENI:**
1 – Cereale care contin gluten (grau, secara, orz, ovaz) si produse derivate;
2 – Oua si produse derivate;
3 – Peste si produse derivate;
4 – Lapte si produse derivate (inclusiv lactoza);
5 – Telina si produse derivate;
6 – Mustar si produse derivate;
7 – Produs congelat;
8 - Soia si produse derivate;
9 – Arahide si produse derivate.

# SPITALUL MUN. ANGHEL SALIGNY FETESTI
# MENIURI PACIENTI
# VINERI 07. 08 .2026

| REGIM | SUPLIMENT | DIMINEATA | PRANZ | SEARA |
|---|---|---|---|---|
| COMUN | | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4), gem20g | Supa de pui 300 ml(1,5,7), Mix de legume 200g(7) cu fripturapui la cuptor 100g(7), banana | Budinca de paste 200g(1,2) cu branza vaci 100g,(4) biscuiti 50g(1) |
| CARD. DESODAT | | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4), gem 20g | Supa de pui 300 ml(1,5,7), Mix de legume 200g(7) cu fripturapui la cuptor 100g(7), banana | Budinca de paste200g(1,2) cu branza vaci 100g,(4) biscuiti 50g(1) |
| RENAL | | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4),gem10g | Supa de pui 300 ml(1,5,7), Mix de legume 200g(7) cu fripturapui la cuptor 100g(7), banana | Budinca de paste200g(1,2) cu branza vaci 100g,(4) biscuiti 50g(1) |
| GASTR. | | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4), iaurt 200g(4) | Supa de pui 300 ml(1,5,7), Fasole verde 200g(7) cu friptura pui la cuptor 100g(7), banana | Budinca de paste 200g(1,2)cu branza vaci 100g,(4) biscuiti 50g(1) |
| HEPATIC | | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4), gem 20g | Supa de pui 300 ml(1,5,7), Mix de legume 200g(7) cu fripturapui la cuptor 100g(7), banana | Budinca de paste200g(1,2) cu branza vaci 100g,(4) biscuiti 50g(1) |
| LFV | | | | |
| DIABET | Lapte 200g(4) Branza de vaci 100g(4) | Ceai neind250ml., paine(1), unt 10g(4), cascaval 50g(4), iaurt 200g(4) | Supa de pui 300 ml(1,5,7), Mix de legume 200g(7) cu fripturapui la cuptor 100g(7), mar | Paste cu braza vaci(4)200g |

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|---|---|---|---|---|
| DIAREIC | | Ceai neind250ml, paine praj(1), branza de vaci 100g(4) | Supa strec. 300 ml(5), pilaf de orez 200g(1), carne pui fiarta 100g(7), banana | Paine prajita(1), branza de vaci 100g(4), carne fiarta 100g(1), biscuiti 50g(1), ceai neind. |
| HLZ | | Ceai neindulcit | Supa strec.(5) | Ceai neindulcit |
| INSOTITORI | | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4), gem 20g | Supa de pui 300 ml(1,5,7),<br>Mix de legume 200g(7) cu fripturapui la cuptor 100g(7), banana | Budinca de paste200g(1,2) cu branza vaci 100g,(4) biscuiti 50g(1) |
| COPII 1-3 ANI COMUN | Lapte 200g(4)<br>Branza de vaci 50g(4) | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4), gem 20g | Supa de pui 300 ml(1,5,7),<br>Mix de legume 150g(7) cu fripturapui la cuptor 80g(7), banana | Budinca de paste150g(1,2) cu branza vaci 50g,(4) biscuiti 50g(1) |
| COPII 3-16 ANI COMUN | Lapte 200g(4)<br>Branza de vaci 50g(4) | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4), gem 20g | Supa de pui 300 ml(1,5,7),<br>Mix de legume 200g(7) cu fripturapui la cuptor 100g(7), banana | Budinca de paste200g (1,2) cu branza vaci 100g,(4) biscuiti 50g(1) |

**Nota:**
Gramaj carne pui inainte de preparearea termica 150g
Gramaj aripioare pui inainte de prepararea termica 75g
Paine 300g
Paine 200g Diabet Zaharat

INTOCMIT: AS. Vasile Daniela

SUBSTANTE CARE CAUZEAZA ALERGII SAU INTOLERANTE ALIMENTARE:
**CIFRE LISTA ALERGENI:**
1 – Cereale care contin gluten (grau, secara, orz, ovaz) si produse derivate;
2 – Oua si produse derivate;
3 – Peste si produse derivate;
4 – Lapte si produse derivate (inclusiv lactoza);
5 – Telina si produse derivate;
6 – Mustar si produse derivate;
7 – Produs congelat;
8 - Soia si produse derivate;
9 – Arahide si produse derivate.

# SPITALUL MUN. ANGHEL SALIGNY FETESTI
# MENIURI PACIENTI
# SAMBATA 08.08 .2026

| REGIM | SUPLIMENT | DIMINEATA | PRANZ | SEARA |
|---|---|---|---|---|
| COMUN | | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), miere 20g | Supa de galuste 300 ml(2,5), Chiftelute dietetice marinate (carne pui) 100g(1,2,7), pilaf de orez 200g(1), chec(1,2) | Mamaliga 100g cu branza de vaci 100g(4) si smantana 100g(4), biscuiti 50g(1) |
| COMUN DESODAT | | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), miere 20g | Supa de galuste 300 ml(2,5), Chiftelute dietetice marinate (carne pui) 100g(1,2,7), pilaf de orez 200g(1), chec(1,2) | Mamaliga 100g cu branza de vaci 100g(4) si smantana 100g(4), biscuiti 50g(1) |
| CARD. DESODAT | | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), miere 20g | Supa de galuste 300 ml(2,5), Chiftelute dietetice marinate (carne pui) 100g(1,2,7), pilaf de orez 200g(1), chec(1,2) | Mamaliga 100g cu branza de vaci 100g(4) si smantana 100g(4), biscuiti 50g(1) |
| RENAL | | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), miere 20g | Supa de galuste 300 ml(2,5), Chiftelute dietetice marinate (carne pui) 100g(1,2,7), pilaf de orez 200g(1), chec(1,2) | Mamaliga 100g cu branza de vaci 100g(4) si smantana 100g(4), biscuiti 50g(1) |
| GASTR. | | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), iaurt 200g(4) | Supa de galuste 300 ml(2,5), Chiftelute dietetice marinate (carne pui) 100g(1,2,7), pilaf de orez 200g(1), mar copt | Paine cu branza de vaci 100g(4) si smantana 100g(4), biscuiti 50g(1) |
| HEPATIC | | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), miere 20g | Supa de galuste 300 ml(2,5), Chiftelute dietetice marinate (carne pui) 100g(1,2,7), pilaf de orez 200g(1), chec(1,2) | Mamaliga 100g cu branza de vaci 100g(4) si smantana 100g(4), biscuiti 50g(1) |

| | | | | |
|---|---|---|---|---|
| REGIM SPECIAL PASAT | | Iaurt200g(4), branza vaci 50g (4) | Supa de galuste300 ml(2,5), Chiftelute dietetice marinate (carne pui) 100g(1,2,7), pilaf de orez 200g(1) | Mamaliga 100g cu branza de vaci 100g(4) si smantana 100g(4) |
| DIABET | Lapte 200g(4)<br>Branza vaci 100g(4) | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), iaurt 200g(4) | Supa de galuste 300 ml(2,5), Chiftelute dietetice marinate (carne pui) 100g(1,2,7), pilaf de orez 200g(1), chec(1,2) | Mamaliga 100g cu branza de vaci 100g(4) si smantana 100g(4) |
| DIAREIC | | Ceai neind 250ml, paine praj(1), branza de vaci 100g(4) | Supa strec. 300 ml(5), pilaf de orez 200g(1), carne pui fiarta 100g(7), 1 mar copt | Paine prajita(1), branza de vaci 100g(4), orez fiert200g(1), biscuiti 50g(1), ceai neind. |
| HIDRIC | | Ceai neindulcit | Supa strec.(5) | Ceai neindulcit |
| INSOTITORI | | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), miere 20g | Supa de galuste 300 ml(2,5), Chiftelute dietetice marinate (carne pui) 100g(1,2,7), pilaf de orez 200g(1), chec(1,2) | Mamaliga 100g cu branza de vaci 100g(4) si smantana 100g(4), biscuiti 50g(1) |
| COPII 1-3 ANI COMUN | Lapte 200g(4)<br>Branza vaci 50g(4) | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), miere 20g | Supa de galuste 300 ml(2,5), Chiftelute dietetice marinate (carne pui) 80g(1,2,7), pilaf de orez 150g(1), chec(1,2) | Mamaliga 100g cu branza de vaci 100g(4) si smantana 100g(4), biscuiti 50g(1) |
| COPII 3-16 ANI COMUN | Lapte 200g(4)<br>Branza vaci 50g(4) | Ceai 250ml, paine(1), unt 10g(4), cas 50g(4), miere 20g | Supa de galuste 300 ml(2,5), Chiftelute dietetice marinate (carne pui) 100g(1,2,7), pilaf de orez 200g(1), chec(1,2) | Mamaliga 100g cu branza de vaci 100g(4) si smantana 100g(4), biscuiti 50g(1) |

**Nota:**
Gramaj carne pui inainte de prepararea termica(150gr)
Gramaj carne tocata pui inainte preparare termica(100gr)
Paine 300gr
Paine 200gr Diabet Zaharat

INTOCMIT: AS. Vasile Daniela

SUBSTANTE CARE CAUZEAZA ALERGII SAU INTOLERANTE ALIMENTARE:

**CIFRE LISTA ALERGENI:**

1 – Cereale care contin gluten (grau, secara, orz, ovaz) si produse derivate;
2 – Oua si produse derivate;
3 – Peste si produse derivate;
4 – Lapte si produse derivate (inclusiv lactoza);
5 – Telina si produse derivate;
6 – Mustar si produse derivate;
7 – Produs congelat;
8 - Soia si produse derivate;
9 – Arahide si produse derivate.

# SPITALUL MUN. ANGHEL SALIGNY FETESTI
# MENIURI PACIENTI
# DUMINICA 09 . 08 .2026

| REGIM | SUPLIMENT | DIMINEATA | PRANZ | SEARA |
|---|---|---|---|---|
| COMUN | | Ceai 250ml, paine(1), unt 10g(4), cascaval 50g(4),gem20g | Supa de zaezavat cu taitei300 ml(1,2,5), Piure de cartofi 200g(4), ficatei de pui 80g(7), salata de varza100g, croissant(1,2,4) | Fasole verde 200g, friptura pui 100g(7), biscuiti 50g(1) |
| CARD. DESODAT | | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4), gem20g | Supa de zarzavat cu taitei 300 ml(1,5,2) Piure de cartofi 200g(4), ficatei de pui 80g(7), salata de vaza100g, croissant(1,2,4) | Fasole verde200g, friptura pui 100g(7), biscuiti 50g(1) |
| RENAL | | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4),gem20g | Supa de zarzavat cu taitei 300 ml(1,2,5) Piure de cartofi 200g(4), ficatei de pui 80g(7), salata de varza100g, croissant(1,2,4) | Fasole verde 200g, friptura pui 100g(7), biscuiti 50g(1) |
| GASTR. | | Ceai250ml, paine(1), unt 10g(4), cascaval50g(4),iaurt 200g(4) | Supa de zarzavat cu taitei300 ml(1,2,5) , Piure de cartofi 200g(4), ficatei de pui 80g(7),mar copt | Fasole verde 200g, friptura pui 100g(7), biscuiti 50g(1) |
| HEPATIC | | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4),gem20g | Supa de zarzavat cu taitei 300 ml(1,2,5), Piure de cartofi 200g(4), ficatei de pui 80g(7), salata de varza100g, croissant(1,2,4) | Fasole verde 200g, friptura pui 100g(7), biscuiti 50g(1) |
| LFV | | | | |
| DIABET | Lapte 200g(4) Branza de vaci 100g(4) | Ceai neind250ml., paine(1), unt 10g(4), cascaval50g(4),iaurt200g(4) | Supa de zarzavat cu taitei 300 ml(1,2,5), Piure de cartofi 200g(4), ficatei de pui 80g(7), salata de varza100g, napolitana(1,2,8) | Fasole verde200g, friptura pui 100g(7) |

| | | | | |
|---|---|---|---|---|
| DIAREIC | | Ceai neind, paine praj(1), branza de vaci 100g(4) | Supa strec. 300 ml(5), pilaf de orez 200g(1) ,carne pui fiarta 100g(7), mar copt | Paine prajita(1), orez fiert 200g(1), carne fiarta pui 100g(7), biscuiti 50g(1), ceai |
| HLZ | | Ceai neindulcit | Supa strec.(5) | Ceai neindulcit |
| INSOTITORI | | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4),gem20g | Supa de zarzavat cu taitei 300 ml(1,2,5) Piure de cartofi 200g(4), ficatei de pui 80g(7), salata de varza100g, croissant(1,2,4) | Fasole verde 200g, friptura pui 100g(7), biscuiti 50g(1) |
| COPII 1-3 ANI COMUN | Lapte 200g(4) Branza de vaci 50g(4) | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4), gem 20g | Supa de zarzavat cu taitei 300 ml(1,2,5) Piure de cartofi 150g(4), ficatei de pui 80g(7), salata de varza100g, croissant(1,2,4) | Fasole verde 150g, friptura pui 80g(7), biscuiti 50g(1) |
| COPII 3-16 ANI COMUN | Lapte 200g(4) Branza de vaci 50g(4) | Ceai250ml, paine(1), unt 10g(4), cascaval 50g(4),gem 20g | Supa de zarzavat cu taitei 300 ml(1,2,5) Piure de cartofi 200g(4), ficatei de pui 80g(7), salata de varza100g, croissant(1,2,4) | Fasole verde200g, friptura pui 80g(7), biscuiti 50g(1) |

croissant(1,2,4)

**Nota:**

Gramaj ficatei pui inainte de prepararea termica(150gr)

Gramaj carne pui inainte de preparearea termica(150gr)

Paine 300g

Paine 200g – Diabet Zaharat

INTOCMIT: AS. Vasile Daniela

SUBSTANTE CARE CAUZEAZA ALERGII SAU INTOLERANTE ALIMENTARE:

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6 – Mustar si produse derivate;
7 – Produs congelat;
8 - Soia si produse derivate;

9 - Arahide si produse derivate.

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