SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS TURCANU TIMIȘOARA

Bloc Alimentar

MENIU COMUN - PACIENTI/INSOTITORI

SAPTAMANA 28.09.2026 - 04.10.2026

DATA	MIC DEJUN ORA 8.15.	GUSTARE PACIENTI ORA 10	PRANZ ORA 12.30.	GUSTARE PACIENTI ORA 16	CINA ORA 18.30.
LUNI	Paine, unt;salam cu sunca,cascaval,gem	Iaurt	I.Ciorba de pui a la grec 300ml	Eugenia 36 g	Ghiveci de legume cu orez,friptura de pui
	250g,16g,70g,15 g,20g	CHIR;TBC- biscuiti 50g		Fructe 200-250g	300g,100g
		alergeni: lactoza,gluten	II.Brocoli sote,piure de cartofi,friptura de pui		
9/28/2026			200g,100g,120g		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar		**alergeni: telina,rosii,lactoza,aditivi**		**carne congelata**
	alergeni: gluten,lactoza		**carne congelata 30g**	**alergeni:gluten;ou;cacao**	**alergeni: gluten,rosii**
MARTI	Paine cu unt;br.vaci/brinza topita;ou fiert;miere;	Iaurt ,Fulgi de ovaz 30g	I.Ciorba de vacuta cu legume 300ml	chec cu visine	Legume mexicane sote;cartofi piure;
	250g,16g,30g,55g,20g	CHIR.TBC-biscuiti 50g		Fructe 200-250g	friptura de pui 150g,100g,110g
9/29/2026			II.Pilaf de orez;friptura porc		
			salata de sfecla 250g,90g,100g		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar		**carne congelata**		**carne congelata, cartofi fulgi**
	alergeni:gluten;ou,lactoza;aditivi	**alergeni: lactoza,gluten**	**alergeni: gluten, ou,telina,rosii**	**alergeni: lactoza,gluten**	**alergeni: lactoza**
MIERCURI	Paine cu unt;salam cu sunca;cascaval;gem	Iaurt	I.Ciorba de perisoare 300ml	Prajitura Magura	Spaghete cu sos bolognez 300g
	250g, 16g, 30g (50g-MS), 30g,20g	CHIR;TBC- biscuiti 50g		Fructe 200-250g	**carne congelata**
			II.Spanac sote,piure de cartofi,friptura de pui		
9/30/2026			200g,100g,100g		
	Ceai 200 ml, 5% zahar		**alergeni:lactoza,ou,aditiv,telina,rosiii**		Ceai 200 ml 5% zahar
	alergeni:gluten,lactoza,ou,aditivi	**alergeni: gluten**	**carne congelata**	**alergeni:gluten,cacao,ou**	**alergeni:gluten,telina,rosii**
JOI	Paine cu unt;cascaval;ou fiert;miere;	Iaurt	I.Ciorba de cartofi 300ml	Biscuiti 70g	Mazare sote,piure cartofi ;friptura de pui
	250g,16g,30g,55g,20g	CHIR;TBC- biscuiti50g		Fructe200-250g	200g,100g,100g
10/1/2026			II.Tocanita de pui,cartofi piure		
			salata varza 150g;200g;100g		**carne congelata, cartofi fulgi**
	Ceai 200 ml, 5% zahar		**carne congelata,piure fulgi**		Ceai 200 ml 5% zahar
	alergeni:gluten;lactoza;aditivi	**alergeni:lactoza,gluten**	**alergeni: telina,rosii,gluten,lactoza**	**alergeni:gluten;lactoza**	**alergeni:gluten,lactoza,ou**
VINERI	Paine cu unt; sunca,brinza vaci/brinza topita;gem	Iaurt	I.Supa de pui cu taitei 300ml	orez in lapte 200g	Muschi file,cascaval,ou fiert
	250g,16g,70g,15g,20g	CHIR;TBC- biscuiti 50g	II.Ardei umpluti;cartofi piure;	Fructe 200-250g	50g,30g,55g
10/2/2026			200g;100g		
	Ceai 200 ml, 5% zahar		**carne congelata,piure fulgi**	**alergeni:gluten,lactoza**	Ceai 200 ml 5% zahar
	alergeni:gluten,lactoza	**alergeni:lactoza,gluten**	**alergeni:lactoza,gluten,telina**	**,aditivi**	**alergeni:gluten,rosii,telina,lactoza**
SAMBATA	Paine cu unt;ou;cascaval; miere	Iaurt	I.Ciorba de varza 300ml	budinca de vanilie 200g	Macaroane cu brinza si smintina
	250g,16g,30g,30g,20g	CHIR;TBC- biscuiti 50g	II.Papricas de porc ,piure de cartofi	Fructe200-250g	250g
10/3/2026			salata de varza 150g,150g,100g		
	Ceai 200 ml, 5% zahar		**carne congelata**		
	alergeni:gluten;lactoza;ou;aditivi	**alergeni: lactoza,gluten**	**alergeni:gluten,lactoza,ou,telina,rosii**	**alergeni:lactoza**	**alergeni:telina,rosii**
DUMINICA	Paine cu unt;mezel;b.vaci/brinza topita;gem	Iaurt	I.Supa de conopida 300 ml	gris in lapte 200g	Tocanita de ficat pui;
	250g,16g,30g,18g,20g	CHIR;TBC- biscuiti 50g		Fructe 200-250g	cartofi piure;salata de sfecla100g,200g,100g
10/4/2026			II.Varza a la Cluj 250g		**ficat congelat, cartofi fulgi**
					Ceai 200 ml 5% zahar
					alergeni:gluten,rosii,telina,lactoza
	Ceai 200 ml, 5% zahar		**carne congelata**	**alergeni:gluten;ou;lactoza;**	
	alergeni:gluten;lactoza;aditivi	**alergeni:lactoza,gluten**	**alergeni:lactoza,gluten,ou,telina**	**aditivi;cacao**	

***Meniul poate suferi modificari in functie de aprovizionare.** **INTOCMIT:** **Asist.diet. Obrad Melinda/As.Pele Alina** **MS:meniu special: Arsi,Hiv,Oncologie,DZ**

SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

MENIU PACIENTI CU REGIM

SAPTAMANA 28.09.2026 - 04.10.2026

DATA	MIC DEJUN ORA 8.15.	GUSTARE PACIENTI ORA 10	PRANZ ORA 12.30.	GUSTARE PACIENTI ORA 16	CINA ORA 18.30.
LUNI	Paine, unt; sunca ;b.vaci;gem	laurt 150g	I.Supa de carne cu taitei 300ml	Eugenia 36 g	Cartofi natur;piept de pui fiert;sote mazare+morcov
	250g;16g;70g;18g;20g	CHIR;TBC- biscuiti 50g		Fructe 200-250g	100g;100g;150g
	FS;G;H:Branza de vaci	compot de mere 200ml	II.Legume mexicane cu orez 250g	HIV-gratar pui 100g	
9/28/2026	MS :mezel 50g		carne fiarta de pui 100g ;**carne congelata**	DZ-ou fiert	Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar		**alergeni: telina,rosii, ou,lactoza,gluten,**		**carne congelata**
	alergeni:gluten,lactoza,ou,aditivi	**alergeni: lactoza,gluten**	**aditivi,conservanti**	**alergeni:gluten;ou;cacao**	**alergeni: rosii,telina,gluten**
MARTI	Paine;unt;ou fiert;b.de vaci;miere	laurt 150g	I.Ciorba de vacuta cu legume 300ml	chec cu visine	Fasole verde sote;cartofi natur;carne fiarta pui
	250g;16g;30g;50g;20g	CHIR;TBC- biscuiti 50g		Fructe 200-250g	150g;100g;110g
9/29/2026	**alergeni:gluten,lactoza,ou,aditivi**	compot de mere 200ml	II.Cartofi natur;carne fiarta de pui;	HIV-gratar porc 100g	CHIR;G;H- carne fiarta 110g;piure cartofi 200g
			sote de morcov	DZ-sunca 30g;unt 16g	
	MS :mezel 50g		150g;100g;100g		Ceai 200 ml 5% zahar
			carne congelata		**carne congelata**
	Ceai 200 ml, 5% zahar	**alergeni: lactoza,gluten**	**alergeni: gluten, ou,telina,rosii**	**alergeni: lactoza,gluten,ou**	**alergeni:gluten;lactoza;aditivi;**
MIERCURI	Paine cu unt;sunca;br.vaci;gem	laurt 150g	I.Ciorba de perisoare 300ml	Prajitura Magura	Macaroane cu brinza dulce
	250g;16g;30g;55g;20g	CHIR;TBC- biscuiti 50g		Fructe 200-250g	250g
9/30/2026		compot de mere 200ml	II.Conopida sote;cartofi natur;carne pui fiarta	HIV-gratar porc 100g	CHIR;G;H- carne fiarta 100g;piure cartofi 200g
	MS :mezel 50g		150g;100g;100g	DZ-omleta 100g	Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar		**carne congelata**		**carne congelata**
	alergeni:gluten,lactoza,ou,aditivi	**alergeni: lactoza,gluten**	**alergeni:telina,rosii,lactoza,aditivi**	**alergeni:gluten,cacao,ou**	**alergeni:lactoza;ou;aditivi;rosii**
JOI	Paine ;unt;sunca;ou fiert;miere	laurt 150g	Ciorba de cartofi 300 ml	Biscuiti 70g	**Brocoli sote;cartofi natur,carne fiarta pui**
	250g,16g,55g,20g	CHIR;TBC- biscuiti50g		Fructe200-250g	200g;50g;100g
10/1/2026		compot de mere 200ml	II.Spanac;cartofi natur;gratar piept pui	HIV-gratar porc 100g	
	MS :mezel 50g		150g;100g;110g	DZ: branza de vaci50g	**carne congelata**
	Ceai 200 ml, 5% zahar		**carne congelata**		Ceai 200 ml 5% zahar
	alergeni:gluten,lactoza,ou,aditivi	**alergeni:lactoza,gluten**	**alergeni:lactoza;gluten;telina**	**alergeni:gluten;lactoza**	**alergeni:gluten,lactoza,ou,rosii**
VINERI	Paine cu unt;sunca,;bvaci;gem	laurt 150g	I.Supa de carne cu taitei 300ml	Orez in lapte 200g	Legume mexicane cu orez
	250g,16g,30g,30g,20g	CHIR;TBC- biscuiti 50g	II.Morcov sote ,cartofi natur;carne pui fiarta	Fructe 200-250g	carne fiarta pui,250g,110g
10/2/2026		compot de mere 200ml	150g;100g;100g	HIV-gratar porc 100g	Ceai 200 ml 5% zahar
	MS :mezel 50g			DZ:salam 30g;unt 16g	
	Ceai 200 ml, 5% zahar		**carne congelata**	**alergeni:gluten;lactoza;cacao**	**carne congelata**
	alergeni:gluten;lactoza; aditivi;conservanti	**alergeni:lactoza,gluten**	**alergeni:,gluten,telina**		**alergeni:gluten,rosii,telina,lactoza**
SAMBATA	Paine cu unt;ou fiert ;cascaval; miere	laurt 150g	I.Supa de legume cu galuste de gris	Budinca de vanilie	Mazare+morcov sote;cartofi natur
	250g,16g,30g,20g	CHIR;TBC- biscuiti 50g	II.Piure de cartofi;carne fiarta pui,fasole verde sote	Fructe200-250g	gratar din piept de pui
10/3/2026		compot de mere 200ml	200g;100g	HIV-gratar porc 100g	200g,100g,110g
	Ceai 200 ml, 5% zahar			DZ:muschi file 50g	
	MS :mezel 50g		**carne congelata**	**alergeni:lactoza;ou;**	**carne congelata**
	alergeni:gluten;lactoza;ou;aditivi	**alergeni: lactoza,gluten**	**alergeni:gluten,lactoza,ou,telina,rosii**	**aditivi;conservanti**	
DUMINICA	Paine, unt;sunca;b.vaci;gem	laurt 150g	I.Supa de conopida 300 ml	Gris in lapte 200g	Cartofi taranesti;gratar pui
	250g,16g,30g,30g,20g	CHIR;TBC- biscuiti 50g	II.Pilaf de orez;gratar pui;salata sfecla;	Fructe 200-250g	salata de sfecla200g,100g,100g
10/4/2026		compot de mere 200ml	200g;100g;100g	HIV,DZ-gratar porc 100g	CHIR;G;H-carne fiarta 100g,cartofi piure200g
	MS :mezel 50g				
	Ceai 200 ml, 5% zahar				Ceai 200 ml 5% zahar
	alergeni:gluten,lactoza,ou		**carne congelata**	**alergeni:gluten;ou;lactoza;**	**carne congelata,cartofi fulgi**
	telina,aditivi	**alergeni:lactoza,gluten**	**alergeni:gluten,ou,telina**	**aditivi;cacao**	**alergeni:gluten,ou,aditivi**

***Meniul poate suferi modificari in functie de aprovizionare.**

INTOCMIT: **Asist.diet. Obrad Melinda/As.Pele Alina**

MS- D.ZAHARAT;HIV;ARSI;ONCO;HEPATIC;TBC

APROBAT: **Nutritionist diet.Bugi Meda Ada**

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SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

MENIU PACIENTI/APARTINATORI SECTIA ONCO - HEMATOLOGIE (comun/fs)

SAPTAMANA 28.09.2026 - 04.10.2026

DATA	MIC DEJUN ORA 8.15.	GUSTARE PACIENTI ORA 10	PRANZ ORA 12.30.	GUSTARE PACIENTI ORA 16	CINA ORA 18.30.
LUNI	Paine, unt;muschi file;gem ;cascaval	Iaurt 150g	I.Ciorba de pui a la grec 300ml	macaroane cu gris 200g	Ghiveci de legume cu orez,snitel de pui 300g
	250g;16g;50g;20g;50g		carne congelata 30g		200g,120g
	sandvici prep.termic		II.Piure de cartofi,friptura de pui		carne congelata,fulgi de cartofi
9/28/2026	Lapte 250 ml		250g		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar		**alergeni: telina,rosii,lactoza,gluten,**		
	alergeni: gluten,lactoza;aditivi	**alergeni:lactoza;gluten**	**aditivi,conservanti**	**alergeni:gluten;ou**	**alergeni:gluten,lactoza**
MARTI	Paine cu unt;gem	Iaurt 150g	Ciorba de legume 300 ml	chec cu visine	Mincare de cartofi;chiftele
	250g;16g;50g30g,;55g;20g				200g;100g
			II.Pilaf de orez;snitel porc		carne tocata congelata
9/29/2026	omleta cu sunca si cascaval		200g;150g		
	Lapte 250 ml				
	Ceai 200 ml, 5% zahar		carne congelata		Ceai 200 ml 5% zahar
	alergeni:gluten;lactoza;aditivi	**alergeni:lactoza;gluten**	**alergeni:rosii;telina;gluten;ou**	**alergeni: lactoza,gluten,ou**	**alergeni:gluten;rosii;telina;ou;**
	Paine cu unt,muschi file,cascaval ;gem	Iaurt 150g	I.Ciorba de perisoare 300ml	taitei cu lapte 200g	Spaghete cu sos bolognez 300g
MIERCURI	200g;50g,30g,20g		carne congelata		carne tocata congelata
	sandvici prep.termic		II.Cartofi frantuzesti ,friptura de pui		
9/30/2026	Lapte 250 ml		250 g		
	Ceai 200 ml, 5% zahar		carne congelata		Ceai 200 ml 5% zahar
	alergeni:gluten,lactoza,ou,aditivi	**alergeni:lactoza;gluten**	**alergeni:gluten;lactoza;telina;ou;aditivi**	**alergeni:gluten;ou**	**alergeni:gluten,telina,lactoza**
JOI	Friganele ,unt;muschi file;gem	Iaurt 150g	I.Ciorba de cartofi 300ml	budinca de macaroane 200g	Spanac sote,snitel pui
	250g;16g;50g;20g		**alergeni:rosii,telina**		200g;150g
10/1/2026	crema de branza 140g		II.Tocanita de pui;piure cartofi		carne congelata
	Lapte 250 ml		200g;150g		
	Ceai 200 ml, 5% zahar		carne congelata,fulgi de cartofi		Ceai 200 ml 5% zahar
	alergeni:gluten;lactoza;aditivi	**alergeni:lactoza**	**alegeni:lactoza,ou gluten**	**alergeni:lactoza,gluten,ou**	**alergeni: gluten;ou**
VINERI	Paine cu unt,muschi file,cascaval ;gem	Iaurt 150g	I.Supa de pui cu taitei	orez in lapte 200g	Legume mexicane cu orez,friptura de pui,salata de sfecla
	250g;16g;50g;30g;20g		I.IArdei umpluti,piure de cartofi		200g;150g;120g
10/2/2026	Lapte 250 ml		200g;100g		carne congelata
	Ceai 200 ml, 5% zahar		carne congelata		Ceai 200 ml 5% zahar
	alergeni:gluten,lactoza,aditivi	**alergeni:lactoza;gluten**	**alergeni:lactoza,gluten,telina**	**alergeni:lactoza**	**alergeni:rosii;telina**
SAMBATA	Paine cu unt;gem;pate ,cascaval	Iaurt 150g	I.Ciorba de varza 300 ml	budinca de vanilie 200g	Ghiveci de legume cu orez,gratar de pui
	250g;16g50g,30g		II.Papricas de porc ,piure de cartofi;		300g;120g
10/3/2026	Lapte 250 ml		200g,150g		carne congelata
	Ceai 200 ml, 5% zahar		carne congelata,fulgi de cartofi		Ceai 200 ml 5% zahar
	alergeni:gluten;lactoza;aditivi	**alergeni:lactoza;gluten**	**alergeni:gluten,lactoza,telina,rosii**	**alergeni:lactoza,gluten**	**alergeni:gluten,lactoza**
DUMINICA	Paine cu unt;muschi file;cascaval;gem	Iaurt 150g	I.Supa de conopida 300ml	gris in lapte 200g	Cartofi taranesti;gratar porc
	250g;16g;50g;30g;20g		II.Varza a la Cluj 250g		250g;120g
10/4/2026	Crema de branza 140g				
					Ceai 200 ml 5% zahar
	Lapte 250 ml		carne congelata		carne congelata
	Ceai 200 ml, 5% zahar			**alergeni:gluten;ou;lactoza;**	**alergeni:aditivi**
	alergeni:gluten;lactoza;aditivi	**alergeni:lactoza;gluten**	**alergeni:lactoza,gluten,ou,telina**	**aditivi**	

***Meniul poate suferi modificari in functie de aprovizionare.** **INTOCMIT:** **Asist.diet. Obrad Melinda/As.Pele Alina** **MS:ARSI;HIV;TBC**

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SPITALUL CLINIC DE URGENTĂ PENTRU COPII LOUIS TURCANU TIMIȘOARA

Bloc Alimentar

MENIU MEDICI GARDA

SAPTAMANA 28.09.2026 - 04.10.2026

DATA	MIC DEJUN ORA 8.15.	PRANZ ORA 12.30.	GUSTARE PACIENTI ORA 16	CINA ORA 18.30.
LUNI	Paine cu unt;mezel,cascaval;ou;gem;miere	I.Ciorba de pui a la grec 300ml	Eugenia 36 g	Ghiveci de legume cu orez,snitel pui
	250g;16g;70g;18g;55g;20g;20g	**carne congelata 30g**	Fructe 200-250g	250g,110g
9/28/2026	Iaurt 150g	II.Brocoli sote,piure cartofi,gratar pui		
		200g,100g,120g		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar	**alergeni: telina,rosii, ou,lactoza,gluten,**		
	alergeni:gluten;lactoza;ou;aditivi	**aditivi,conservanti**	**alergeni:gluten;ou;cacao**	**alergeni: gluten,lactoza,ou**
MARTI	Paine cu unt;mezel;brinza topita;ou;gem;miere;	Ciorba de vacuta cu legume 300ml	chec cu visine	Mincare de cartofi,chiftele
	250g;16g;50g;30g;55g;20g;20g		Fructe 200-250g	250g,110g
9/29/2026	Iaurt 150g,fulgi de ovaz 30g	II.Pilaf de orez;friptura porc		
		salata de sfecla 250g,90g,100g		Ceai 200 ml 5% zahar
		carne tocata congelata		**carne congelata, cartofi fulgi**
	Ceai 200 ml, 5% zahar			
	alergeni:gluten;lactoza;ou;aditivi	**alergeni: gluten, ou,telina,rosii**	**alergeni: lactoza,gluten**	**alergeni: lactoza**
MIERCURI	Paine cu unt;cascaval;sunca;ou;gem miere	I.Ciorba de perisoare 300ml	Prajitura Magura	Spaghete cu sos bolognez 300g
	250g;16g;50g;50g;55g;20g;20g	**carne congelata**	Fructe 200-250g	
9/30/2026	Iaurt 150g	II.Cartofi frantuzesti,friptura de pui,salata varza		**carne congelata,rosii**
		250g,110g,100g		
	Ceai 200 ml, 5% zahar	**carne congelata**		Ceai 200 ml 5% zahar
	alergeni:gluten,lactoza,ou,aditivi	**alergeni:telina,rosii,lactoza,aditivi**	**alergeni:gluten,cacao,ou**	**alergeni:gluten,telina,lactoza**
JOI	Paine cu unt;mezel;telemea;ou;gem;miere;	I.Ciorba de cartofi 300ml	Biscuiti 70g	Spanac sote,piure cartof;snitel pui
	250g;16g;50g;30g;55g;20g;20g	**alergeni:lactoza,ou,gluten**	Fructe200-250g	200g;100g120g
10/1/2026	Iaurt 150g	II.Tocanita de pui;cartofi piure		
		salata de varza 150g;200g;100g		**carne congelata,**
	Ceai 200 ml, 5% zahar	**carne congelata,piure fulgi**		Ceai 200 ml 5% zahar
	alergeni:gluten;lactoza;aditivi	**alergeni: telina,rosii,gluten,lactoza**	**alergeni:gluten;lactoza**	**alergeni:gluten,lactoza,ou**
VINERI	Paine cu unt,mezel ;br.topita;gem;miere	Supa de pui cu taitei 300 ml	Orez in lapte 200g	Legume mexicane cu orez
	250g;16g;50g;18g;55g;20g;20g,iaurt 150g	II.Ardei umpluti;cartofi piure;	Fructe 200-250g	friptura de porc ;salata de sfecla200g,100g,100g
10/2/2026		200g;100g		**carne congelata, cartofi fulgi**
	Ceai 200 ml, 5% zahar	**carne congelata,piure fulgi**	**alergeni:gluten,lactoza**	Ceai 200 ml 5% zahar
	alergeni:gluten,lactoza	**alergeni:lactoza,gluten,telina**	**ou,aditivi**	**alergeni:gluten,rosii,telina,lactoza**
SAMBATA	Paine cu unt;sunca;cascaval;gem;miere;	I.Ciorba de varza 300ml	Budinca de vanilie 200g	Mazare sote,cartofi piure
	250g;16g;30g;50g;20g;20g,iaurt 150g	II.Papricas de porc,piure cartofi	Fructe200-250g	Gratar de pui 200g,150g,100g
10/3/2026		salata de varza 150g,150g,100g		**carne congelata**
	Ceai 200 ml, 5% zahar	**carne congelata**		Ceai 200 ml 5% zahar
	alergeni:gluten;lactoza;ou;aditivi	**alergeni:gluten,lactoza,ou,telina,rosii**	**alergeni:lactoza**	**alergeni:telina,rosii**
DUMINICA	Paine cu unt;mezel;b.topita;gem;miere	I.Supa de conopida 300 ml	Gris in lapte 200g	Tocanita de ficat pui;piure de cartofi,salata de varza
	250g;16g;50g;18g;20g;20g		Fructe 200-250g	200g;120g;100g
10/4/2026	Iaurt 150g	II.Varza a la Cluj 250g		**Ficat pui congelat**
				Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar	**carne congelata,**	**alergeni:gluten;ou;lactoza;**	
	alergeni:gluten;lactoza;aditivi	**alergeni:lactoza,gluten,ou,telina**	**aditivi;cacao**	**alergeni:gluten,lactoza,ou,aditivi**

***Meniul poate suferi modificari in functie de aprovizionare.** **INTOCMIT:** **Asist.diet. Obrad Melinda/As.Pele Alina** **MS:meniu special: Arsi,Hiv,Oncologie,DZ**

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SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

MENIU COMUN INSOTITORI PREMATURI

SAPTAMANA 28.09.2026 - 04.10.2026

DATA	MIC DEJUN ORA 8.15.	GUSTARE PACIENTI ORA 10	PRANZ ORA 12.30.	GUSTARE PACIENTI ORA 16	CINA ORA 18.30.
LUNI **9/28/2026**	Paine, unt;mezel,brinza topita;gem 250g;16g;70g;18g;20g Ceai 200 ml, 5% zahar **alergeni: gluten,lactoza**	Iaurt 150g **alergeni: lactoza**	I.Ciorba de pui a la grec 300ml **carne congelata** II.Brocoli sote,piure de cartofi,friptura de pui 200g,100g,120g **alergeni: telina,rosii, ou,lactoza,gluten,** **aditivi,conservanti**	Eugenia 36g Fructe 200-250g **alergeni:gluten;ou;cacao**	Ghiveci de legume cu orez,friptura de pui 250g,110g Ceai 200 ml 5% zahar **alergeni: lactoza,gluten**
MARTI **9/29/2026**	Paine cu unt;br.topita,ou fiert;miere; 250g,16g,30g,55g,20g alergeni:gluten;lactoza;aditivi Ceai 200 ml, 5% zahar **alergeni:gluten;lactoza;aditivi**	Iaurt 150g **alergeni: lactoza**	I.Ciorba de vacuta cu legume 300ml **alergeni:gluten;lactoza;telina;ou** II.Pilaf de orez;friptura porc salata de sfecla 250g,90g,100g **carne tocata congelata** **alergeni: gluten, ou,telina,rosii**	Chec cu visine Fructe 200-250g **alergeni: lactoza,gluten,ou**	Mincare de cartofi,chiftele 250g,110g Ceai 200 ml 5% zahar **carne congelata, cartofi fulgi** **alergeni: lactoza**
MIERCURI **9/30/2026**	Paine cu unt;salam,cascaval;gem 250g;16g;30g30g;20g Ceai 200 ml, 5% zahar **alergeni:gluten,lactoza,ou,aditivi**	Iaurt 150g **alergeni: lactoza**	I.Ciorba de perisoare 300ml carne congelata II.Cartofi frantuzesti ,pulpe pui,salata sfecla. 250g,100g **carne congelata** **alergeni:telina,rosii,lactoza,aditivi**	Prajitura Magura Fructe 200-250g **alergeni:gluten,cacao,ou**	Spaghete in sos bolognez 300g **carne tocata,rosii** Ceai 200 ml 5% zahar **alergeni:gluten,telina,rosii**
JOI **10/1/2026**	Paine cu unt;mezel;ou fiert;miere; 250g,16g,30g,30g,20g Ceai 200 ml, 5% zahar **alergeni:gluten;lactoza;aditivi**	Iaurt 150g **alergeni: lactoza**	Ciorba de cartofi 300ml **alergeni:lactoza,ou,gluten** IITocanita de pui;piure cartofi; 200g; 120g **carne congelata,piure fulgi** **alergeni: telina,rosii,gluten,lactoza**	Biscuiti 70g Fructe200-250g **alergeni:gluten;lactoza**	Brocoli sote; cartofi piure;friptura de pui 200g,100g,110g **carne congelata, cartofi fulgi** Ceai 200 ml 5% zahar **alergeni:gluten,lactoza,ou**
VINERI **10/2/2026**	Paine cu unt;mezel,cascaval;gem 250g,16g,30g,30g,20g Ceai 200 ml, 5% zahar **alergeni:gluten,lactoza**	Iaurt 150g **alergeni: lactoza**	I.Supa de carne cu taitei 300ml II.Ardei umpluti;piure fulgi cartofi 200g;100g **carne congelata,piure fulgi** **alergeni:lactoza,gluten,telina**	orez in lapte 200g Fructe 200-250g **alergeni:gluten,lactoza**	Muschi file,cascaval,ou fiert 50g,30g,55 g Ceai 200 ml 5% zahar **alergeni:ou,aditivi,lactoza**
SAMBATA **10/3/2026**	Paine cu unt;salam;br.topita; miere 250g,16g,30g,55g,20g Ceai 200 ml, 5% zahar **alergeni:gluten;lactoza;ou;aditivi**	Iaurt 150g **alergeni: lactoza**	Ciorba de legume 300ml II.Papricas de porc,piure de cartofi salata de sfecla 150g,150g,100g **carne congelata** **alergeni:gluten,lactoza,ou,telina,rosii**	budinca de vanilie 200g Fructe200-250g **alergeni:gluten;lactoza;**	Ghiveci de legume cu orez gratar de pui 300g;110g **carne congelata** Ceai 200 ml 5% zahar **alergeni:telina,rosii**
DUMINICA **10/4/2026**	Paine cu unt;mezel;b.topita;gem 250g,16g,30g,18g,20g Ceai 200 ml, 5% zahar **alergeni:gluten;lactoza;aditivi**	Iaurt 150g **alergeni: lactoza**	Supa de conopida 300 ml II.Legume mexicane cu orez,pulpe de pui la tava 250g,100g **carne congelata,piure fulgi** **alergeni:lactoza,gluten,ou,telina**	gris in lapte 200g Fructe 200-250g **alergeni:gluten;ou;lactoza;**	Tocanita de ficat pui; cartofi piure;salata de sfecla100g,200g,100g **carne congelata, cartofi fulgi** **alergeni:gluten,rosii,telina,lactoza** Ceai 200 ml 5% zahar **alergeni:ou;lactoza;conservanti**

***Meniul poate suferi modificari in functie de aprovizionare.** **INTOCMIT:** **Asist.diet. Obrad Melinda/As.Pele Alina** **MS:ARSI;HIV;TBC**

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