SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

MENIU COMUN - PACIENTI/INSOTITORI

SAPTAMANA 05.10.2026 - 11.10.2026

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 radauteana 300ml	Eugenia 36g	Fasole verde sote,piure fulgi de cartofi,
	250g, 16g, 30g (50g-MS),50g,20g	CHIR;TBC- biscuiti 50g		Fructe 200-250g	friptura de pui 200g;100g;100g
10/5/2026		**alergeni: lactoza,gluten**	II.Tocanita pui cu mamaliguta		**carne congelata**
			200g,150g		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar		**alergeni: telina,rosii,gluten,aditivi**		
	alergeni: gluten,lactoza		**carne congelata 30g**	**alergeni:gluten;ou;cacao**	**alergeni: ou,,gluten,lactoza**
MARTI	Paine cu unt;sunca;b.vaci/b.topita;miere;	Iaurt	I.Ciorba de cartofi 300ml	chec cu visine 150g	Spaghete cu sos bolognez 300g
	250g,16g,30g,55g,20g	chir,tbc-biscuiti 50g		Fructe 200-250g	
	alergeni:gluten;lactoza;aditivi		II.Tocanita porc;piure cartofi;		
10/6/2026			salata de varza; 200g;100g,100g		
			carne congelata		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar				**carne tocata congelata**
	alergeni:gluten;lactoza;aditivi	**alergeni: lactoza,gluten**	**alergeni: gluten, ou,telina,rosii**	**alergeni: lactoza,gluten,ou**	**alergeni: lactoza**
MIERCURI	Paine cu unt;salam cu sunca;cascaval;gem	Iaurt	I.Supa crema de brocoli/conopida 300ml	Biscuiti 70g	Legume mexicane,cartofi piure;friptura de pui;
	250g, 16g, 30g (50g-MS), 30g,20g	CHIR;TBC- biscuiti 50g		Fructe 200-250g	
10/7/2026			II.Friptura de pui;pilaf de orez		
			salata de sfecla 90g;250g;100g		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar		**carne congelata,piure fulgi**		**carne congelata,cartofi fulgi**
	alergeni:gluten,lactoza,ou,aditivi	**alergeni: gluten,lactoza**	**alergeni: telina,rosii,gluten,lactoza**	**alergeni:gluten,cacao,ou**	**alergeni:gluten,telina,lactoza**
JOI	Paine, unt;salam cu sunca;ou fiert;miere	Iaurt	I.Ciorba de perisoare 300ml	Prajitura 35g	Ghiveci de legume cu orez;friptura de pui;
	250g, 16g, 30g (50g-MS), 30g,20g	CHIR;TBC- biscuiti50g		Fructe200-250g	200g;100g;
10/8/2026			II.Spanac sote,piure de cartofi;friptura de pui		
			250g;90g;100g		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar		**carne congelata,piure fulgi**		**carne congelata**
	alergeni: gluten,lactoza	**alergeni:lactoza,gluten**	**alergeni: telina,rosii,gluten,lactoza**	**alergeni:gluten;lactoza**	**alergeni:gluten,aditivi**
VINERI	Paine cu unt;sunca,b.vaci/b.topita;gem	Iaurt	I.Supa de rosii cu taitei 300ml	Orez in lapte 200g	Muschi file ,cascaval,ou fiert
	250g,16g,30g,50g,20g	CHIR;TBC- biscuiti 50g	II.Iahnie de fasole;chiftele;salata de sfecla;	Fructe 200-250g	50g,30 g,55g
10/9/2026			200g;100g;100g		
	Ceai 200 ml, 5% zahar		**carne tocata congelata,piure fulgi**	**alergeni:gluten,lactoza,**	Ceai 200 ml 5% zahar
	alergeni:gluten,lactoza	**alergeni:lactoza,gluten**	**alergeni:lactoza,gluten,telina**	**aditivi**	**alergeni:gluten,lactoza,ou,aditivi**
SAMBATA	Paine cu unt;salam cu sunca;ou fiert; miere	Iaurt	I.Ciorba de pui a la grec 300ml	Budinca de vanilie200g	Friptura de pui;piure de cartofi;salata de
	250g,16g,30g,55g,20g	CHIR;TBC- biscuiti 50g	II.Mazare sote,piure cartofi,friptura de pui	Fructe200-250g	sfecla;100g;110g;100g
10/10/2026			150g,180g,100g		
	Ceai 200 ml, 5% zahar		**carne congelata**		**carne congelata**
	alergeni:gluten;lactoza;ou;aditivi	**alergeni: lactoza,gluten**	**alergeni:gluten,lactoza,ou,telina,rosii**	**alergeni:lactoza**	**alergeni:lactoza**
DUMINICA	Paine cu unt,salam cu sunca;,b.vaci/b.topita, gem	Iaurt	I Supa de pui cu taitei 300 ml	Prajitura 150g	Macaroane cu branza(telemea)si smintina
	250g,16g,30g,50g,20g	CHIR;TBC- biscuiti 50g		Fructe 200-250g	100g,70g
10/11/2026			II.Piure de cartofi,friptura de porc la tava,salata varza		TBC:muschi file 50g
			180g,100g,100g		
			carne congelata,piure fulgi		
	Ceai 200 ml, 5% zahar			**alergeni:gluten;ou;lactoza;**	Ceai 200 ml 5% zahar
	alergeni:gluten;lactoza;aditivi	**alergeni:lactoza,gluten**	**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**

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

MS:meniu special: Arsi,Hiv,Oncologie,DZ

SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS TURCANU TIMIȘOARA

Bloc Alimentar

MENIU MEDICI GARDA

SAPTAMANA 05.10.2026 - 11.10.2026

DATA	MIC DEJUN ORA 8.15.	PRANZ ORA 12.30.	GUSTARE PACIENTI ORA 16	CINA ORA 18.30.
LUNI	Paine cu unt;sunca;cascaval;ou;gem;miere	I.Ciorba radauteana 300ml	Eugenia 36g	Fasole verde;piure fulgi de cartofi
	250g;16g;100g;18g;55g;20g;20g		Fructe 200-250g	friptura de pui; 200g;100g;110g
10/5/2026	Iaurt 150g	II.Tocanita de pui cu mamaliguta		
		salata de varza;150g,150g,100g		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar	**alergeni:carne congelata telina,rosii, ou,lactoza,**		**carne congelata,cartofi fulgi**
	alergeni:gluten;lactoza;ou;aditivi	**aditivi,conservanti,gluten**	**alergeni:gluten;ou;cacao**	**alergeni: rosii,telina,gluten**
MARTI	Paine cu unt;mezel;b.topita;ou;gem;miere;	I.Ciorba de cartofi 300ml	Chec cu visine 200g	Spaghete cu sos bolognez 300g
	250g;16g;50g;30g;55g;20g;20g	II.Tocanita de porc;piure cartofi;salata de varza	Fructe 200-250g	
	Iaurt 150g	200g;150g;100g		
10/6/2026				
				Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar	**carne congelata;cartofi fulgi;**		**carne tocata congelata**
	alergeni:gluten;lactoza;ou;aditivi	**alergeni: gluten, ou,telina,rosii**	**alergeni: lactoza,gluten,ou**	**alergeni:gluten;rosii;telina**
MIERCURI	Paine cu unt;mezel;cascaval;ou;gem, miere	I.Supa crema de brocoli/conopida 300ml	Biscuiti 70g	Cartofi frantuzesti,snitel pui,salata de varza
	250g;16g;50g;50g;55g;20g;20g		Fructe 200-250g	200g,110g,110g
10/7/2026	Iaurt 150g	II.Pilaf de orez;Friptura de pui		
		salata de sfecla 250g,100g,100g		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar	**carne tocata congelata**		**carne congelata;cartofi fulgi**
	alergeni:gluten,lactoza,ou,aditivi,.rosii	**alergeni:telina,rosii,lactoza,aditivi**	**alergeni:gluten,cacao,ou**	**alergeni:telina,lactoza,rosii,ou**
JOI	Paine cu unt;mezel;b.topita;ou;gem;miere;	I.Ciorba de perisoare 300ml	Prajitura35g	Ghiveci de legume cu orez;pulpe de pui
	250g;16g;50g;30g;55g;20g;20g		Fructe200-250g	**250g;110g**
10/8/2026	Iaurt 150g	II.Spanac sote;piure cartofi;		
		friptura de pui 2000g,110g,100g		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar	**carne congelata,piure fulgi**		**carne congelata**
	alergeni:gluten;lactoza;aditivi	**alergeni: telina,rosii,gluten,lactoza**	**alergeni:gluten;lactoza**	**alergeni:gluten,lactoza,ou,rosii**
VINERI	Paine cu unt;mezel;cascaval;ou;gem;miere	I.Supa de rosii cu taitei 300ml	Orez in lapte 200g	Mincare de cartofi; gratar pulpa porc ;salata sfecla
	250g;16g;100g;18g;55g;20g;20g	II Iahnie de fasole,chiftele,salata de sfecla	Fructe 200-250g	200g,110g,100g
10/9/2026	Iaurt 150g	200g;100g;100g		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar	**carne tocata congelata,piure fulgi**	**alergeni:gluten,lactoza**	**carne congelata**
	alergeni:gluten,lactoza	**alergeni:lactoza,telina**	**ou,aditivi**	**alergeni:rosii,telina**
SAMBATA	Paine cu unt;mezel;cascaval;ou;gem;miere;	I. Ciorba de pui a la grec 300 ml	Budinca de vanilie200g	Friptura de pui,piure de cartofi,salata
	250g;16g;50g;30g;55g;20g;20g;	II.Mazare sote;cartofi piure;snitel de pui;	Fructe200-250g	de sfecla 100g;110g;100g
10/10/2026	Iaurt 150g	150g,150g,100g		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar	**carne congelata**		**carne congelata**
	alergeni:gluten;lactoza;ou;aditivi	**alergeni:gluten,lactoza,ou,telina,rosii**	**alergeni:lactoza**	**alergeni:lactoza**
DUMINICA	Paine cu unt;mezel;b.topita;ou;gem;miere	I.Supa de carne cu galuste de gris 300 ml	Prajitura 150g	Cartofi taranesti; gratar pulpa porc ;
	250g;16g;50g;18g;55g;20g;20g	II.Piure cartofi,pulpa de porc la tava,salata de varza	Fructe 200-250g	salata de sfecla 250g;120g;100g
10/11/2026	Iaurt 150g	200g,150g,100g		
				Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar	**carne congelata,piure fulgi**	**alergeni:gluten;ou;lactoza;**	**carne congelata**
	alergeni:gluten;lactoza;aditivi	**alergeni:lactoza,gluten,ou,telina**	**aditivi;cacao**	**alergeni:rosii,aditivi**

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

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

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

MS:meniu special: Arsi,Hiv,Oncologie,DZ

Bloc Alimentar

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

SAPTAMANA 05.10.2026 - 11.10.2026

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;crema de branza;gem	Iaurt 150g	I.Ciorba radauteana 300ml	Gris in lapte 200g	Fasole verde sote;friptura de pui
	250g;16g;50g;18g;100g;140g		**carne congelata**		200g;100g
10/5/2026	sandvici prep.termic		II.Tocanita de pui cu mamaliguta;		
	Lapte 250 ml		200g,150g;		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar		**alergeni: telina,rosii,,lactoza,gluten,**		**carne congelata**
	alergeni: gluten,lactoza	**alergeni:lactoza**	**aditivi,conservanti**	**alergeni:gluten;lactoza**	**alergeni: rosii,telina,gluten**
MARTI	Paine cu unt;sunca;cascaval;gem	Iaurt 150g	I.Ciorba de cartofi 300g	**chec cu** visine	Spaghete cu sos bolognez 300g
	250g;16g;50g;30g;20g		alergeni:lactoza;telina		
10/6/2026	sandvici prep.termic		II.Piure de cartofi;tocanita de porc		**carne tocata congelata**
			200g;150g		
	Lapte 250 ml				
	Ceai 200 ml, 5% zahar		**carne congelata**		Ceai 200 ml 5% zahar
	alergeni:gluten;lactoza;aditivi	**alergeni:lactoza**	**alergeni:rosii;telina;gluten;ou**	**alergeni: lactoza,gluten,ou**	**alergeni:gluten;rosii;telina;ou;**
MIERCURI	Paine cu unt;gem;muschi file	Iaurt 150g	I.Supa crema de brocoli/conopida 300ml	Macaroane cu gris 250g	Cartofi frantuzesti ;snitel de pui
	Friganele				200g;110g;
10/7/2026	250g;16g;20g;55g;50g		II.Pilaf de orez;friptura de pui		**carne congelata**
	Lapte 250 ml		250g;100g		
	Ceai 200 ml, 5% zahar		**carne congelata**		Ceai 200 ml 5% zahar
	alergeni:gluten,lactoza,ou,aditivi	**alergeni:lactoza**	**alergeni:gluten;telina;ou;aditivi**	**alergeni:gluten;ou,lactoza**	**alergeni:telina,lactoza**
JOI	Paine cu unt;muschi file;br. topita felii;gem	Iaurt 150g	I.Ciorba de perisoare 300 ml	Budinca de macaroane 250g	Ghiveci de legume cu orez ,friptura de pui
	250g;16g;50g;30g;20g		**carne congelata**		200g;100g
10/8/2026	sandvici prep.termic		II.Spanac sote;snitel de porc		
	Lapte 250 ml		200g;100g		
	Ceai 200 ml, 5% zahar		**carne congelata**		Ceai 200 ml 5% zahar
	alergeni:gluten;lactoza;aditivi	**alergeni:lactoza**	**alegeni:lactoza gluten,ou,telina,rosii**	**alergeni:lactoza**	**alergeni: gluten;ou;rosii**
VINERI	Paine cu unt;muschi file;cascaval;gem	Iaurt 150g	I.Supa de rosii cu taitei 300ml	Orez in lapte 200g	Mincare de cartofi,pulpe pui
	250g;16g;50g;150g;20g		II.Iahnie de fasole ,chiftele		250g;110g
10/9/2026	,sandvici preparat termic		200g;100g		**carne congelata**
	Ceai 200 ml, 5% zahar		**carne congelata,piure fulgi**		Ceai 200 ml 5% zahar
	alergeni:gluten,lactoza	**alergeni:lactoza**	**alergeni:lactoza,gluten,telina,rosii**	**alergeni:lactoza,ou**	**alergeni:rosii;telina**
SAMBATA	Paine cu unt;gem;omleta muschi file	Iaurt 150g	I.Ciorba de pui a la grec 300ml	Budinca de vanilie200g	Gratar de pui ,piure de cartofi,salata sfecla
	250g;16g;20g;100g		II.Mazare sote ,friptura de pui		200g;150g
10/10/2026	Lapte 250 ml		150g;100g		**ficat de pui congelat**
	Ceai 200 ml, 5% zahar		**carne congelata**		Ceai 200 ml 5% zahar
	alergeni:gluten;lactoza;ou;aditivi	**alergeni:lactoza**	**alergeni:gluten,lactoza,ou,telina,rosii**	**alergeni:lactoza**	**alergeni:gluten;lactoza,rosii**
DUMINICA	Paine cu unt,muschi file; gem	Iaurt 150g	I.Supa de legume cu galuste de gris 300ml	Taitei cu lapte 200g	Cartofi taranesti;gratar porc
	250g;16g;50g;20g		II. Ghiveci legume cu orez,snitel de pui		250g;120g;
10/11/2026	crema de branza 140g		250g;150g;100g		
	sandvici preparat termic				
	Lapte 250 ml		**carne congelata**		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar			**alergeni:gluten;lactoza;**	**carne congelata**
	alergeni:gluten;lactoza;aditivi	**alergeni:lactoza**	**alergeni:lactoza,gluten,ou,telina**		**alergeni:gluten,lactoza,aditivi**

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

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

Bloc Alimentar

MENIU COMUN INSOTITORI PREMATURI

SAPTAMANA 05.10.2026 - 11.10.2026

DATA	MIC DEJUN ORA 8.15.	GUSTARE PACIENTI ORA 10	PRANZ ORA 12.30.	GUSTARE PACIENTI ORA 16	CINA ORA 18.30.
LUNI **10/5/2026**	Paine, unt;mezel;cascaval;gem 250g;16g;30g;18g;20g crema de branza 140g Lapte 250ml Ceai 200 ml, 5% zahar **alergeni: gluten,lactoza**	Iaurt 150g Biscuiti 50g **alergeni: lactoza**	I.Ciorba radauteana 300 ml **carne congelata 30g** IITocanita de pui cu mamaliguta salata de varza 150g,150g,100g **alergeni: telina,rosii, ou,lactoza,gluten,** **aditivi,conservanti;carne congelata**	Eugenia 36g Fructe 200-250g **alergeni:gluten;ou;cacao**	Piure cartofi,friptura de pui,salata de sfecla 200g;100g,110 g Ceai 200 ml 5% zahar **cartofi fulgi** **alergeni: rosii,telina,gluten**
MARTI **10/6/2026**	Paine cu unt;sunca;br.topita;miere; 250g,16g,30g,30g,20g alergeni:gluten;lactoza;aditivi Ceai 200 ml, 5% zahar **alergeni:gluten;lactoza;aditivi**	Iaurt 150g **alergeni: lactoza**	I.Ciorba de cartofi 300 ml **alergeni:gluten;lactoza;telina;ou** II.Tocanita de porc;piure cartofi; salata de sfecla 200g;100g;110g **alergeni: gluten, ou,telina,rosii**	chec cu visine Fructe 200-250g **alergeni: lactoza,gluten,ou**	Spaghete cu sos bolognez 300g **carne macinata congelata** Ceai 200 ml 5% zahar
MIERCURI **10/7/2026**	Paine cu unt;mezel;cascaval;gem 250g;16g;30g;55g;20g Ceai 200 ml, 5% zahar **alergeni:gluten,lactoza,ou,aditivi**	Iaurt 150g **alergeni: lactoza**	I.Supa de legume 300ml II.Pilaf de orez;friptura de pui salata de sfecla 200g,90g,100g **carne congelata** **alergeni:telina,rosii,lactoza,aditivi**	Biscuiti 70g Fructe 200-250g **alergeni:gluten,cacao,ou**	Cartofi frantuzesti ,pulpe de pui 200g,110g Ceai 200 ml 5% zahar **alergeni:lactoza**
JOI **10/8/2026**	Paine cu unt;sunca ;ou fiert;miere; 250g,16g,30g,50g,20g Ceai 200 ml, 5% zahar **alergeni:gluten;lactoza;aditivi**	Iaurt 150g **alergeni: lactoza**	I.Ciorba de perisoare 300 ml **alergeni:telina,ou,rosii** II.Sote morcov;piure cartofi;friptura de pui 200g;100g;100g **carne congelata,piure fulgi** **alergeni: telina,rosii,gluten,lactoza**	Prajitura35g Fructe200-250g 	Ghiveci de legume cu orez,friptura de pui 200g;100g Ceai 200 ml 5% zahar **alergeni ;telina,rosii**
VINERI **10/9/2026**	Paine cu unt;mezel;b.topita;gem 250g,16g,30g,30g,20g Ceai 200 ml, 5% zahar **alergeni:gluten,lactoza**	Iaurt 150g **alergeni: lactoza**	I.Supa de pui cu legume 300ml II.Mancare de cartofi;chiftele;salata de sfecla 200g;100g;100g **carne congelata macinata** **alergeni:lactoza,gluten,telina**	Orez in lapte 200g Fructe 200-250g **alergeni:gluten,lactoza** **ou,aditivi**	Muschi file,cascaval,ou fiert 50g,30g;55g Ceai 200 ml 5% zahar **alergeni:ou,aditivi**
SAMBATA **10/10/2026**	Paine cu unt,mezel;ou fiert; miere 250g,16g,30g,55g,20g Ceai 200 ml, 5% zahar **alergeni:gluten;lactoza;ou;aditivi**	Iaurt 150g **alergeni: lactoza**	I.Ciorba de pui a la grec 300ml II.Pilaf de orez;pulpe de pui la tava; 250g,100g **carne congelata** **alergeni:gluten,lactoza,ou,telina,rosii**	Budinca de vanilie200g Fructe200-250g **alergeni:lactoza**	Friptura pui;piure cartofi;salata de sfecla 100g;150g;100g **carne congelata** Ceai 200 ml 5% zahar **alergeni: lactoza**
DUMINICA **10/11/2026**	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**	I.Supa de pui cu taitei 300ml II.Cartofi piure;pulpa de porc la tava;salata de sfecla 200g,120g,100g **carne congelata,piure fulgi** **alergeni:lactoza,gluten,ou,telina**	Prajitura 75g Fructe 200-250g **alergeni:gluten;ou;lactoza;** **aditivi;cacao**	Macaroane cu brinza si smintina 100g,70g Ceai 200 ml 5% zahar **alergeni:gluten,lactoza,ou,aditivi**

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

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

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

MS:meniu special: Arsi,Hiv,Oncologie,DZ

SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

MENIU PACIENTI CU REGIM

SAPTAMANA 05.10.2026 - 11.10.2026

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 50g;gem	Iaurt 150g	I.Ciorba radauteana 300ml	Eugenia 36g	Cartofi natur;piept de pui fiert;sote morcovi
	250g;16g;30g;20g	CHIR;TBC- biscuiti 50g	carne congelata 30g	Fructe 200-250g	150g;100g;110g
	FS;G;H:Branza de vaci	compot de mere 200ml	II.Legume mexicane cu orez 250g	HIV-gratar porc 100g	
10/5/2026	MS sunca 50g		piept de pui 110g ;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;sunca;br.de vaci,miere	Iaurt 150g	I.Ciorba de cartofi 300 ml	chec cu visine	Fasole verde sote;cartofi natur;carne fiarta pui
	250g;16g;30g;50g;20g	CHIR;TBC- biscuiti 50g	**alergeni:telina;lactoza ;gluten;ou**	Fructe 200-250g	150g;100g;110g
10/6/2026	**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; cartofi natur 200g
	ou,aditivi,conservanti		salata de sfecla	DZ-sunca 30g;unt 16g	
	MS :sunca 50g		200g;110g;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 ;ou fiert;gem	Iaurt 150g	I.Supa de legume 300ml	Biscuiti 70g	Legume mexicane sote,cartofi natur;gratar piept pui
	250g;16g;30g;55g;20g	CHIR;TBC- biscuiti 50g		Fructe 200-250g	150g;100g;110g
		compot de mere 200ml	II.Mazare sote;cartofi natur;carne pui fiarta	HIV-gratar porc 100g	CHIR;G;H- carne fiarta 110g; piure cartofi 200g
10/7/2026	MS :sunca 50g		200g;100g;110g	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;conservanti**
JOI	Paine ;unt;sunca;cascaval;miere		I.Ciorba de legume 300 ml	Prajitura35g	Brocoli sote,cartof natur,carne fiarta pui
	250g,16g,30g,30g,20g	CHIR;TBC- biscuiti50g		Fructe200-250g	200g,110g,100g
10/8/2026		compot de mere 200ml	II.Sote de morcovi;cartofi natur;carne fiarta de pui	HIV-gratar porc 100g	CHIR;G;H- carne fiarta 110g; cartofi natur 200g
	MS :sunca 50g		200g;100g;110g	DZ: branza de vaci 100g	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**
VINERI	Paine cu unt;sunca;b.vaci;gem	Iaurt 150g	I.Supa de pui cu legume 300ml	Orez in lapte	Ghiveci de legume cu orez
	250g,16g,30g,30g,20g	CHIR;TBC- biscuiti 50g	II.Spanac sote;cartofi natur;carne pui fiarta	Fructe 200-250g	carne fiarta pui
10/9/2026		compot de mere 200ml	200g;100g;110g	HIV-gratar porc 100g	200g;100g
	MS :sunca 50g			DZ:salam 30g;unt 16g	carne congelata
	Ceai 200 ml, 5% zahar		carne congelata	**alergeni:gluten;lactoza;cacao**	Ceai 200 ml 5% zahar
	alergeni:gluten;lactoza; aditivi;conservanti	**alergeni:lactoza,gluten**	**alergeni:lactoza,gluten,telina**	**ou**	**alergeni:gluten,rosii,telina,lactoza**
SAMBATA	Paine cu unt;sunca;ou fiert; miere	Iaurt 150g	I.Supa de pui cu taitei 300ml	Budinca de vanilie200g	Conopida sote,cartofi natur ,carne fiarta de pui
	250g,16g,30g,55g,20g	CHIR;TBC- biscuiti 50g	II.Mazare sote,cartofi natur	Fructe200-250g	150g,100g,110g
10/10/2026		compot de mere 200ml	carne fiarta de pui 200g;100g;110g	HIV-gratar porc 100g	carne congelata
	Ceai 200 ml, 5% zahar		carne congelata	DZ -gratar	
	MS :sunca50g			**alergeni:lactoza;ou;mustar;**	Ceai 200 ml 5% zahar
	alergeni:gluten;lactoza;ou;aditivi	**alergeni: lactoza,gluten**	**alergeni:gluten,lactoza,ou,telina,rosii**	**ou;aditivi;conservanti**	**alergeni:gluten;lactoza;aditivi;**
DUMINICA	Paine, unt;sunca;b vaci;gem	Iaurt 150g	I.Supa de carne cu galuste de gris 300ml	Prajitura 35 g	Macaroane cu brinza dulce 250g
	250g,16g,50g,50g,20g	CHIR;TBC- biscuiti 50g	II.Ghiveci de legume cu orez;gratar piept pui;	Fructe 200-250g	150g;100g;110g
		compot de mere 200ml	salata de sfecla 200g;120g;100g	HIV-gratar porc 100g	O;DZ:cartofi taranesti;gratar porc
10/11/2026	MS sunca 50g			DZ: ou fiert 55g	salata de sfecla200g,120g,100g
	Ceai 200 ml, 5% zahar				carne congelata
	alergeni:gluten,lactoza,ou		carne congelata	**alergeni:gluten;ou;lactoza;**	Ceai 200 ml 5% zahar
	telina,aditivi	**alergeni:lactoza,gluten**	**alergeni:lgluten,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- D.ZAHARAT;HIV;ARSI;ONCO;HEPATIC;TBC

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