SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

## MENIU COMUN - PACIENTI/INSOTITORI

## SAPTAMANA 12.10.2026 - 18.10.2026

| DATA | MIC DEJUN ORA 8.15. | GUSTARE PACIENTI ORA 10 | PRANZ ORA 12.30. | GUSTARE PACIENTI ORA 16 | CINA ORA 18.30. |
|---|---|---|---|---|---|
| **LUNI**<br>**10/12/2026** | Paine, unt;salam cu sunca,cascaval,gem<br>250g,16g,70g,15 g,20g<br>Ceai 200 ml, 5% zahar<br>**alergeni: gluten,lactoza** | Iaurt<br>CHIR;TBC- biscuiti 50g<br>**alergeni: lactoza,gluten** | I.Ciorba de pui a la grec 300ml<br>II.Brocoli sote,piure de cartofi,friptura de pui<br>200g,100g,120g<br>**alergeni: telina,rosii,lactoza,aditivi**<br>**carne congelata 30g** | Eugenia 36 g<br>Fructe 200-250g<br>**alergeni:gluten;ou;cacao** | Ghiveci de legume cu orez,friptura de pui<br>300g,100g<br>Ceai 200 ml 5% zahar<br>**carne congelata**<br>**alergeni: gluten,rosii** |
| **MARTI**<br>**10/13/2026** | Paine cu unt;br.vaci/brinza topita;ou fiert;miere;<br>250g,16g,30g,55g,20g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;ou,lactoza;aditivi** | Iaurt ,Fulgi de ovaz 30g<br>CHIR.TBC-biscuiti 50g<br>**alergeni: lactoza,gluten** | I.Ciorba de vacuta cu legume 300ml<br>II.Pilaf de orez;friptura porc<br>salata de sfecla 250g,90g,100g<br>**carne congelata**<br>**alergeni: gluten, ou,telina,rosii** | chec cu visine<br>Fructe 200-250g<br>**alergeni: lactoza,gluten** | Legume mexicane sote;cartofi piure;<br>friptura de pui 150g,100g,110g<br>Ceai 200 ml 5% zahar<br>**carne congelata, cartofi fulgi**<br>**alergeni: lactoza** |
| **MIERCURI**<br>**10/14/2026** | Paine cu unt;salam cu sunca;cascaval;gem<br>250g, 16g, 30g (50g-MS), 30g,20g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza,ou,aditivi** | Iaurt<br>CHIR;TBC- biscuiti 50g<br>**alergeni: gluten** | I.Ciorba de perisoare 300ml<br>II.Spanac sote,piure de cartofi,friptura de pui<br>200g,100g,100g<br>**alergeni:lactoza,ou,aditiv,telina,rosiii**<br>**carne congelata** | Prajitura Magura<br>Fructe 200-250g<br>**alergeni:gluten,cacao,ou** | Spaghete cu sos bolognez 300g<br>**carne congelata**<br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,telina,rosii** |
| **JOI**<br>**10/15/2026** | Paine cu unt;cascaval;ou fiert;miere;<br>250g,16g,30g,55g,20g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | Iaurt<br>CHIR;TBC- biscuiti50g<br>**alergeni:lactoza,gluten** | I.Ciorba de cartofi 300ml<br>II.Tocanita de pui,cartofi piure<br>salata varza 150g;200g;100g<br>**carne congelata,piure fulgi**<br>**alergeni: telina,rosii,gluten,lactoza** | Biscuiti 70g<br>Fructe200-250g<br>**alergeni:gluten;lactoza** | Mazare sote,piure cartofi ;friptura de pui<br>200g,100g,100g<br>**carne congelata, cartofi fulgi**<br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,lactoza,ou** |
| **VINERI**<br>**10/16/2026** | Paine cu unt; sunca,brinza vaci/brinza topita;gem<br>250g,16g,70g,15g,20g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza** | Iaurt<br>CHIR;TBC- biscuiti 50g<br>**alergeni:lactoza,gluten** | I.Supa de pui cu taitei 300ml<br>II.Ardei umpluti;cartofi piure;<br>200g;100g<br>**carne congelata,piure fulgi**<br>**alergeni:lactoza,gluten,telina** | orez in lapte 200g<br>Fructe 200-250g<br>**alergeni:gluten,lactoza**<br>**,aditivi** | Muschi file,cascaval,ou fiert<br>50g,30g,55g<br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,rosii,telina,lactoza** |
| **SAMBATA**<br>**10/17/2026** | Paine cu unt;ou;cascaval; miere<br>250g,16g,30g,30g,20g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;ou;aditivi** | Iaurt<br>CHIR;TBC- biscuiti 50g<br>**alergeni: lactoza,gluten** | I.Ciorba de varza 300ml<br>II.Papricas de porc ,piure de cartofi<br>salata de varza 150g,150g,100g<br>**carne congelata**<br>**alergeni:gluten,lactoza,ou,telina,rosii** | budinca de vanilie 200g<br>Fructe200-250g<br>**alergeni:lactoza** | Macaroane cu brinza si smintina<br>250g<br>**alergeni:telina,rosii** |
| **DUMINICA**<br>**10/18/2026** | Paine cu unt;mezel;b.vaci/brinza topita;gem<br>250g,16g,30g,18g,20g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | Iaurt<br>CHIR;TBC- biscuiti 50g<br>**alergeni:lactoza,gluten** | I.Supa de conopida 300 ml<br>II.Varza a la Cluj 250g<br>**carne congelata**<br>**alergeni:lactoza,gluten,ou,telina** | gris in lapte 200g<br>Fructe 200-250g<br>**alergeni:gluten;ou;lactoza;**<br>**aditivi;cacao** | Tocanita de ficat pui;<br>cartofi piure;salata de sfecla100g,200g,100g<br>**ficat congelat, cartofi fulgi**<br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,rosii,telina,lactoza** |

***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 PACIENTI CU REGIM

## SAPTAMANA 12.10.2026 - 18.10.2026

| DATA | MIC DEJUN ORA 8.15. | GUSTARE PACIENTI ORA 10 | PRANZ ORA 12.30. | GUSTARE PACIENTI ORA 16 | CINA ORA 18.30. |
|---|---|---|---|---|---|
| **LUNI**<br>**10/12/2026** | Paine, unt; sunca ;b.vaci;gem<br>250g;16g;70g;18g;20g<br>FS;G;H:Branza de vaci<br>MS :mezel 50g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza,ou,aditivi** | Iaurt 150g<br>CHIR;TBC- biscuiti 50g<br>compot de mere 200ml<br>**alergeni: lactoza,gluten** | I.Supa de carne cu taitei 300ml<br>II.Legume mexicane cu orez 250g<br>carne fiarta de pui 100g ;**carne congelata**<br>**alergeni: telina,rosii, ou,lactoza,gluten,**<br>**aditivi,conservanti** | Eugenia 36 g<br>Fructe 200-250g<br>HIV-gratar pui 100g<br>DZ-ou fiert<br>**alergeni:gluten;ou;cacao** | Cartofi natur;piept de pui fiert;sote mazare+morcov<br>100g;100g;150g<br>Ceai 200 ml 5% zahar<br>**carne congelata**<br>**alergeni: rosii,telina,gluten** |
| **MARTI**<br>**10/13/2026** | Paine;unt;ou fiert;b.de vaci;miere<br>250g;16g;30g;50g;20g<br>**alergeni:gluten,lactoza,ou,aditivi**<br>MS :mezel 50g<br>Ceai 200 ml, 5% zahar | Iaurt 150g<br>CHIR;TBC- biscuiti 50g<br>compot de mere 200ml<br>**alergeni: lactoza,gluten** | I.Ciorba de vacuta cu legume 300ml<br>II.Cartofi natur;carne fiarta de pui;<br>sote de morcov<br>150g;100g;100g<br>**carne congelata**<br>**alergeni: gluten, ou,telina,rosii** | chec cu visine<br>Fructe 200-250g<br>HIV-gratar porc 100g<br>DZ-sunca 30g;unt 16g<br>**alergeni: lactoza,gluten,ou** | Fasole verde sote;cartofi natur;carne fiarta pui<br>150g;100g;110g<br>CHIR;G;H- carne fiarta 110g;piure cartofi 200g<br>Ceai 200 ml 5% zahar<br>**carne congelata**<br>**alergeni:gluten;lactoza;aditivi;** |
| **MIERCURI**<br>**10/14/2026** | Paine cu unt;sunca;br.vaci;gem<br>250g;16g;30g;55g;20g<br>MS :mezel 50g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza,ou,aditivi** | Iaurt 150g<br>CHIR;TBC- biscuiti 50g<br>compot de mere 200ml<br>**alergeni: lactoza,gluten** | I.Ciorba de perisoare 300ml<br>II.Conopida sote;cartofi natur;carne pui fiarta<br>150g;100g;100g<br>**carne congelata**<br>**alergeni:telina,rosii,lactoza,aditivi** | Prajitura Magura<br>Fructe 200-250g<br>HIV-gratar porc 100g<br>DZ-omleta 100g<br>**alergeni:gluten,cacao,ou** | Macaroane cu brinza dulce<br>250g<br>CHIR;G;H- carne fiarta 100g;piure cartofi 200g<br>Ceai 200 ml 5% zahar<br>**carne congelata**<br>**alergeni:lactoza;ou;aditivi;rosii** |
| **JOI**<br>**10/15/2026** | Paine ;unt;sunca;ou fiert;miere<br>250g,16g,55g,20g<br>MS :mezel 50g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza,ou,aditivi** | Iaurt 150g<br>CHIR;TBC- biscuiti50g<br>compot de mere 200ml<br>**alergeni:lactoza,gluten** | Ciorba de cartofi 300 ml<br>II.Spanac;cartofi natur;gratar piept pui<br>150g;100g;110g<br>**carne congelata**<br>**alergeni:lactoza;gluten;telina** | Biscuiti 70g<br>Fructe200-250g<br>HIV-gratar porc 100g<br>DZ: branza de vaci50g<br>**alergeni:gluten;lactoza** | **Brocoli sote;cartofi natur,carne fiarta pui**<br>200g;50g;100g<br>**carne congelata**<br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,lactoza,ou,rosii** |
| **VINERI**<br>**10/16/2026** | Paine cu unt;sunca,;bvaci;gem<br>250g,16g,30g,30g,20g<br>MS :mezel 50g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza; aditivi;conservanti** | Iaurt 150g<br>CHIR;TBC- biscuiti 50g<br>compot de mere 200ml<br>**alergeni:lactoza,gluten** | I.Supa de carne cu taitei 300ml<br>II.Morcov sote ,cartofi natur;carne pui fiarta<br>150g;100g;100g<br>**carne congelata**<br>**alergeni:,gluten,telina** | Orez in lapte 200g<br>Fructe 200-250g<br>HIV-gratar porc 100g<br>DZ:salam 30g;unt 16g<br>**alergeni:gluten;lactoza;cacao** | Legume mexicane cu orez<br>carne fiarta pui,250g,110g<br>Ceai 200 ml 5% zahar<br>**carne congelata**<br>**alergeni:gluten,rosii,telina,lactoza** |
| **SAMBATA**<br>**10/17/2026** | Paine cu unt;ou fiert ;cascaval; miere<br>250g,16g,30g,20g<br>Ceai 200 ml, 5% zahar<br>MS :mezel 50g<br>**alergeni:gluten;lactoza;ou;aditivi** | Iaurt 150g<br>CHIR;TBC- biscuiti 50g<br>compot de mere 200ml<br>**alergeni: lactoza,gluten** | I.Supa de legume cu galuste de gris<br>II.Piure de cartofi;carne fiarta pui,fasole verde sote<br>200g;100g<br>**carne congelata**<br>**alergeni:gluten,lactoza,ou,telina,rosii** | Budinca de vanilie<br>Fructe200-250g<br>HIV-gratar porc 100g<br>DZ:muschi file 50g<br>**alergeni:lactoza;ou;**<br>**aditivi;conservanti** | Mazare+morcov sote;cartofi natur<br>gratar din piept de pui<br>200g,100g,110g<br>**carne congelata** |
| **DUMINICA**<br>**10/18/2026** | Paine, unt;sunca;b.vaci;gem<br>250g,16g,30g,30g,20g<br>MS :mezel 50g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza,ou**<br>**telina,aditivi** | Iaurt 150g<br>CHIR;TBC- biscuiti 50g<br>compot de mere 200ml<br>**alergeni:lactoza,gluten** | I.Supa de conopida 300 ml<br>II.Pilaf de orez;gratar pui;salata sfecla;<br>200g;100g;100g<br>**carne congelata**<br>**alergeni:gluten,ou,telina** | Gris in lapte 200g<br>Fructe 200-250g<br>HIV,DZ-gratar porc 100g<br>**alergeni:gluten;ou;lactoza;**<br>**aditivi;cacao** | Cartofi taranesti;gratar pui<br>salata de sfecla200g,100g,100g<br>CHIR;G;H-carne fiarta 100g,cartofi piure200g<br>Ceai 200 ml 5% zahar<br>**carne congelata,cartofi fulgi**<br>**alergeni:gluten,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- D.ZAHARAT;HIV;ARSI;ONCO;HEPATIC;TBC**

SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

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

## SAPTAMANA 12.10.2026 - 18.10.2026

| DATA | MIC DEJUN ORA 8.15. | GUSTARE PACIENTI ORA 10 | PRANZ ORA 12.30. | GUSTARE PACIENTI ORA 16 | CINA ORA 18.30. |
|---|---|---|---|---|---|
| **LUNI**<br><br>**10/12/2026** | Paine, unt;muschi file;gem ;cascaval<br>250g;16g;50g;20g;50g<br>sandvici prep.termic<br>Lapte 250 ml<br>Ceai 200 ml, 5% zahar<br>**alergeni: gluten,lactoza;aditivi** | Iaurt 150g<br><br><br><br><br>**alergeni:lactoza;gluten** | I.Ciorba de pui a la grec 300ml<br>carne congelata 30g<br>II.Piure de cartofi,friptura de pui<br>250g<br>**alergeni: telina,rosii,lactoza,gluten,**<br>**aditivi,conservanti** | macaroane cu gris 200g<br><br><br><br><br>**alergeni:gluten;ou** | Ghiveci de legume cu orez,snitel de pui 300g<br>200g,120g<br>carne congelata,fulgi de cartofi<br>Ceai 200 ml 5% zahar<br><br>**alergeni:gluten,lactoza** |
| **MARTI**<br><br>**10/13/2026** | Paine cu unt;gem<br>250g;16g;50g30g,;55g;20g<br><br>omleta cu sunca si cascaval<br>Lapte 250 ml<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | Iaurt 150g<br><br><br><br><br>**alergeni:lactoza;gluten** | Ciorba de legume 300 ml<br><br>II.Pilaf de orez;snitel porc<br>200g;150g<br><br>carne congelata<br>**alergeni:rosii;telina;gluten;ou** | chec cu visine<br><br><br><br><br>**alergeni: lactoza,gluten,ou** | Mincare de cartofi;chiftele<br>200g;100g<br>carne tocata congelata<br><br><br>Ceai 200 ml 5% zahar<br>**alergeni:gluten;rosii;telina;ou;** |
| **MIERCURI**<br><br>**10/14/2026** | Paine cu unt,muschi file,cascaval ;gem<br>200g;50g,30g,20g<br>sandvici prep.termic<br>Lapte 250 ml<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza,ou,aditivi** | Iaurt 150g<br><br><br><br><br>**alergeni:lactoza;gluten** | I.Ciorba de perisoare 300ml<br>carne congelata<br>II.Cartofi frantuzesti ,friptura de pui<br>250 g<br>carne congelata<br>**alergeni:gluten;lactoza;telina;ou;aditivi** | taitei cu lapte 200g<br><br><br><br><br>**alergeni:gluten;ou** | Spaghete cu sos bolognez 300g<br>carne tocata congelata<br><br><br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,telina,lactoza** |
| **JOI**<br><br>**10/15/2026** | Friganele ,unt;muschi file;gem<br>250g;16g;50g;20g<br>crema de branza 140g<br>Lapte 250 ml<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | Iaurt 150g<br><br><br><br><br>**alergeni:lactoza** | I.Ciorba de cartofi 300ml<br>**alergeni:rosii,telina**<br>II.Tocanita de pui;piure cartofi<br>200g;150g<br>carne congelata,fulgi de cartofi<br>**alegeni:lactoza,ou gluten** | budinca de macaroane 200g<br><br><br><br><br>**alergeni:lactoza,gluten,ou** | Spanac sote,snitel pui<br>200g;150g<br>carne congelata<br><br>Ceai 200 ml 5% zahar<br>**alergeni: gluten;ou** |
| **VINERI**<br><br>**10/16/2026** | Paine cu unt,muschi file,cascaval ;gem<br>250g;16g;50g;30g;20g<br>Lapte 250 ml<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza,aditivi** | Iaurt 150g<br><br><br><br><br>**alergeni:lactoza;gluten** | I.Supa de pui cu taitei<br>I.IArdei umpluti,piure de cartofi<br>200g;100g<br>carne congelata<br>**alergeni:lactoza,gluten,telina** | orez in lapte 200g<br><br><br><br><br>**alergeni:lactoza** | Legume mexicane cu orez,friptura de pui,salata de sfecla<br>200g;150g;120g<br>carne congelata<br>Ceai 200 ml 5% zahar<br>**alergeni:rosii;telina** |
| **SAMBATA**<br><br>**10/17/2026** | Paine cu unt;gem;pate ,cascaval<br>250g;16g50g,30g<br>Lapte 250 ml<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | Iaurt 150g<br><br><br><br><br>**alergeni:lactoza;gluten** | I.Ciorba de varza 300 ml<br>II.Papricas de porc ,piure de cartofi;<br>200g,150g<br>carne congelata,fulgi de cartofi<br>**alergeni:gluten,lactoza,telina,rosii** | budinca de vanilie 200g<br><br><br><br><br>**alergeni:lactoza,gluten** | Ghiveci de legume cu orez,gratar de pui<br>300g;120g<br>carne congelata<br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,lactoza** |
| **DUMINICA**<br><br>**10/18/2026** | Paine cu unt;muschi file;cascaval;gem<br>250g;16g;50g;30g;20g<br>Crema de branza 140g<br><br>Lapte 250 ml<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | Iaurt 150g<br><br><br><br><br>**alergeni:lactoza;gluten** | I.Supa de conopida 300ml<br>II.Varza a la Cluj 250g<br><br><br>carne congelata<br><br>**alergeni:lactoza,gluten,ou,telina** | gris in lapte 200g<br><br><br><br><br>**alergeni:gluten;ou;lactoza;**<br>**aditivi** | Cartofi taranesti;gratar porc<br>250g;120g<br><br><br>Ceai 200 ml 5% zahar<br>carne congelata<br>**alergeni: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**

SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

# MENIU MEDICI GARDA

## SAPTAMANA 12.10.2026 - 18.10.2026

| DATA | MIC DEJUN ORA 8.15. | PRANZ ORA 12.30. | GUSTARE PACIENTI ORA 16 | CINA ORA 18.30. |
|---|---|---|---|---|
| **LUNI**<br><br>**10/12/2026** | Paine cu unt;mezel,cascaval;ou;gem;miere<br>250g;16g;70g;18g;55g;20g;20g<br>Iaurt 150g<br><br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;ou;aditivi** | I.Ciorba de pui a la grec 300ml<br>**carne congelata 30g**<br>II.Brocoli sote,piure cartofi,gratar pui<br>200g,100g,120g<br>**alergeni: telina,rosii, ou,lactoza,gluten,**<br>**aditivi,conservanti** | Eugenia 36 g<br>Fructe 200-250g<br><br><br><br>**alergeni:gluten;ou;cacao** | Ghiveci de legume cu orez,snitel pui<br>250g,110g<br><br>Ceai 200 ml 5% zahar<br><br>**alergeni: gluten,lactoza,ou** |
| **MARTI**<br><br>**10/13/2026** | Paine cu unt;mezel;brinza topita;ou;gem;miere;<br>250g;16g;50g;30g;55g;20g;20g<br>Iaurt 150g,fulgi de ovaz 30g<br><br><br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;ou;aditivi** | Ciorba de vacuta cu legume 300ml<br><br>II.Pilaf de orez;friptura porc<br>salata de sfecla 250g,90g,100g<br>**carne tocata congelata**<br><br>**alergeni: gluten, ou,telina,rosii** | chec cu visine<br>Fructe 200-250g<br><br><br><br><br>**alergeni: lactoza,gluten** | Mincare de cartofi,chiftele<br>250g,110g<br><br><br>Ceai 200 ml 5% zahar<br>**carne congelata, cartofi fulgi**<br>**alergeni: lactoza** |
| **MIERCURI**<br><br>**10/14/2026** | Paine cu unt;cascaval;sunca;ou;gem miere<br>250g;16g;50g;50g;55g;20g;20g<br>Iaurt 150g<br><br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza,ou,aditivi** | I.Ciorba de perisoare 300ml<br>**carne congelata**<br>II.Cartofi frantuzesti,friptura de pui,salata varza<br>250g,110g,100g<br>**carne congelata**<br>**alergeni:telina,rosii,lactoza,aditivi** | Prajitura Magura<br>Fructe 200-250g<br><br><br><br>**alergeni:gluten,cacao,ou** | Spaghete cu sos bolognez 300g<br><br>**carne congelata,rosii**<br><br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,telina,lactoza** |
| **JOI**<br><br>**10/15/2026** | Paine cu unt;mezel;telemea;ou;gem;miere;<br>250g;16g;50g;30g;55g;20g;20g<br>Iaurt 150g<br><br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | I.Ciorba de cartofi 300ml<br>**alergeni:lactoza,ou,gluten**<br>II.Tocanita de pui;cartofi piure<br>salata de varza 150g;200g;100g<br>**carne congelata,piure fulgi**<br>**alergeni: telina,rosii,gluten,lactoza** | Biscuiti 70g<br>Fructe200-250g<br><br><br><br>**alergeni:gluten;lactoza** | Spanac sote,piure cartof;snitel pui<br>200g;100g120g<br><br>**carne congelata,**<br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,lactoza,ou** |
| **VINERI**<br><br>**10/16/2026** | Paine cu unt,mezel ;br.topita;gem;miere<br>250g;16g;50g;18g;55g;20g;20g,iaurt 150g<br><br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza** | Supa de pui cu taitei 300 ml<br>II.Ardei umpluti;cartofi piure;<br>200g;100g<br>**carne congelata,piure fulgi**<br>**alergeni:lactoza,gluten,telina** | Orez in lapte 200g<br>Fructe 200-250g<br><br>**alergeni:gluten,lactoza**<br>**ou,aditivi** | Legume mexicane cu orez<br>friptura de porc ;salata de sfecla200g,100g,100g<br>**carne congelata, cartofi fulgi**<br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,rosii,telina,lactoza** |
| **SAMBATA**<br><br>**10/17/2026** | Paine cu unt;sunca;cascaval;gem;miere;<br>250g;16g;30g;50g;20g;20g,iaurt 150g<br><br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;ou;aditivi** | I.Ciorba de varza 300ml<br>II.Papricas de porc,piure cartofi<br>salata de varza 150g,150g,100g<br>**carne congelata**<br>**alergeni:gluten,lactoza,ou,telina,rosii** | Budinca de vanilie 200g<br>Fructe200-250g<br><br><br>**alergeni:lactoza** | Mazare sote,cartofi piure<br>Gratar de pui 200g,150g,100g<br>**carne congelata**<br>Ceai 200 ml 5% zahar<br>**alergeni:telina,rosii** |
| **DUMINICA**<br><br>**10/18/2026** | Paine cu unt;mezel;b.topita;gem;miere<br>250g;16g;50g;18g;20g;20g<br>Iaurt 150g<br><br><br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | I.Supa de conopida 300 ml<br><br>II.Varza a la Cluj 250g<br><br><br>**carne congelata,**<br>**alergeni:lactoza,gluten,ou,telina** | Gris in lapte 200g<br>Fructe 200-250g<br><br><br><br>**alergeni:gluten;ou;lactoza;**<br>**aditivi;cacao** | Tocanita de ficat pui;piure de cartofi,salata de varza<br>200g;120g;100g<br>**Ficat pui congelat**<br>Ceai 200 ml 5% zahar<br><br><br>**alergeni:gluten,lactoza,ou,aditivi** |

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

**INTOCMIT:**

**APROBAT:**

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

**Nutritionist diet.Bugi Meda Ada**

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

SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

## MENIU COMUN INSOTITORI PREMATURI

## SAPTAMANA 12.10.2026 - 18.10.2026

| DATA | MIC DEJUN ORA 8.15. | GUSTARE PACIENTI ORA 10 | PRANZ ORA 12.30. | GUSTARE PACIENTI ORA 16 | CINA ORA 18.30. |
|---|---|---|---|---|---|
| **LUNI**<br><br>**10/12/2026** | Paine, unt;mezel,brinza topita;gem 250g;16g;70g;18g;20g<br><br>Ceai 200 ml, 5% zahar<br>**alergeni: gluten,lactoza** | Iaurt 150g<br><br>**alergeni: lactoza** | I.Ciorba de pui a la grec 300ml<br>**carne congelata**<br>II.Brocoli sote,piure de cartofi,friptura de pui 200g,100g,120g<br>**alergeni: telina,rosii, ou,lactoza,gluten, aditivi,conservanti** | Eugenia 36g<br>Fructe 200-250g<br><br>**alergeni:gluten;ou;cacao** | Ghiveci de legume cu orez,friptura de pui 250g,110g<br><br>Ceai 200 ml 5% zahar<br><br>**alergeni: lactoza,gluten** |
| **MARTI**<br><br>**10/13/2026** | Paine cu unt;br.topita,ou fiert;miere; 250g,16g,30g,55g,20g<br>alergeni:gluten;lactoza;aditivi<br><br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | Iaurt 150g<br><br>**alergeni: lactoza** | I.Ciorba de vacuta cu legume 300ml<br>**alergeni:gluten;lactoza;telina;ou**<br>II.Pilaf de orez;friptura porc<br>salata de sfecla 250g,90g,100g<br>**carne tocata congelata**<br><br>**alergeni: gluten, ou,telina,rosii** | Chec cu visine<br>Fructe 200-250g<br><br>**alergeni: lactoza,gluten,ou** | Mincare de cartofi,chiftele 250g,110g<br><br>Ceai 200 ml 5% zahar<br>**carne congelata, cartofi fulgi**<br>**alergeni: lactoza** |
| **MIERCURI**<br><br>**10/14/2026** | Paine cu unt;salam,cascaval;gem 250g;16g;30g30g;20g<br><br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza,ou,aditivi** | Iaurt 150g<br><br>**alergeni: lactoza** | I.Ciorba de perisoare 300ml<br>carne congelata<br>II.Cartofi frantuzesti ,pulpe pui,salata sfecla. 250g,100g<br>**carne congelata**<br>**alergeni:telina,rosii,lactoza,aditivi** | Prajitura Magura<br>Fructe 200-250g<br><br>**alergeni:gluten,cacao,ou** | Spaghete in sos bolognez 300g<br><br>**carne tocata,rosii**<br><br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,telina,rosii** |
| **JOI**<br><br>**10/15/2026** | Paine cu unt;mezel;ou fiert;miere; 250g,16g,30g,30g,20g<br><br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | Iaurt 150g<br><br>**alergeni: lactoza** | Ciorba de cartofi 300ml<br>**alergeni:lactoza,ou,gluten**<br>IITocanita de pui;piure cartofi; 200g; 120g<br>**carne congelata,piure fulgi**<br>**alergeni: telina,rosii,gluten,lactoza** | Biscuiti 70g<br>Fructe200-250g<br><br>**alergeni:gluten;lactoza** | Brocoli sote; cartofi piure;friptura de pui 200g,100g,110g<br><br>**carne congelata, cartofi fulgi**<br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,lactoza,ou** |
| **VINERI**<br><br>**10/16/2026** | Paine cu unt;mezel,cascaval;gem 250g,16g,30g,30g,20g<br><br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza** | Iaurt 150g<br><br>**alergeni: lactoza** | I.Supa de carne cu taitei 300ml<br>II.Ardei umpluti;piure fulgi cartofi 200g;100g<br>**carne congelata,piure fulgi**<br>**alergeni:lactoza,gluten,telina** | orez in lapte 200g<br>Fructe 200-250g<br><br>**alergeni:gluten,lactoza** | Muschi file,cascaval,ou fiert 50g,30g,55 g<br><br>Ceai 200 ml 5% zahar<br>**alergeni:ou,aditivi,lactoza** |
| **SAMBATA**<br><br>**10/17/2026** | Paine cu unt;salam;br.topita; miere 250g,16g,30g,55g,20g<br><br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;ou;aditivi** | Iaurt 150g<br><br>**alergeni: lactoza** | Ciorba de legume 300ml<br>II.Papricas de porc,piure de cartofi<br>salata de sfecla 150g,150g,100g<br>**carne congelata**<br>**alergeni:gluten,lactoza,ou,telina,rosii** | budinca de vanilie 200g<br>Fructe200-250g<br><br>**alergeni:gluten;lactoza;** | Ghiveci de legume cu orez<br>gratar de pui 300g;110g<br>**carne congelata**<br>Ceai 200 ml 5% zahar<br>**alergeni:telina,rosii** |
| **DUMINICA**<br><br>**10/18/2026** | Paine cu unt;mezel;b.topita;gem 250g,16g,30g,18g,20g<br><br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | Iaurt 150g<br><br>**alergeni: lactoza** | Supa de conopida 300 ml<br><br>II.Legume mexicane cu orez,pulpe de pui la tava 250g,100g<br><br>**carne congelata,piure fulgi**<br>**alergeni:lactoza,gluten,ou,telina** | gris in lapte 200g<br>Fructe 200-250g<br><br>**alergeni:gluten;ou;lactoza;** | Tocanita de ficat pui;<br>cartofi piure;salata de sfecla100g,200g,100g<br>**carne congelata, cartofi fulgi**<br><br>**alergeni:gluten,rosii,telina,lactoza**<br>Ceai 200 ml 5% zahar<br>**alergeni:ou;lactoza;conservanti** |

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

**INTOCMIT:**

**APROBAT:**

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

**Nutritionist diet.Bugi Meda Ada**

**MS:ARSI;HIV;TBC**