SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

MENIU COMUN - PACIENTI/INSOTITORI

SAPTAMANA 03.08.2026 - 09.08.2026

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		
3.08.2026			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
4.08.2026			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		
5.08.2026			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 Supa crema de dovlecel 300ml	Biscuiti 70g	Mazare sote,piure cartofi ;friptura de pui
	250g,16g,30g,55g,20g	CHIR;TBC- biscuiti50g		Fructe200-250g	200g,100g,100g
6.08.2026			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
7.08.2026			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
8.08.2026			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
9.08.2026			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**

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

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

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SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

MENIU PACIENTI CU REGIM

SAPTAMANA 03.08.2026 - 09.08.2026

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	
3.08.2026	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	Dovlecel sote;cartofi natur;carne fiarta pui
	250g;16g;30g;50g;20g	CHIR;TBC- biscuiti 50g		Fructe 200-250g	150g;100g;110g
4.08.2026	**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
5.08.2026		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	I Supa crema de dovlecel 300 ml	Biscuiti 70g	**Brocoli sote;cartofi natur,carne fiarta pui**
	250g,16g,55g,20g	CHIR;TBC- biscuiti50g		Fructe200-250g	200g;50g;100g
6.08.2026		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
7.08.2026		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
8.08.2026		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
9.08.2026		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**

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

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

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MINISTERUL SĂNĂTĂȚII DIRECȚIA DE SĂNĂTATE PUBLICĂ SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Manager,
Prof. Dr. Gafencu Mihai

SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

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

SAPTAMANA 03.08.2026 - 09.08.2026

DATA	MIC DEJUN ORA 8.15.	GUSTARE PACIENTI ORA 10	PRANZ ORA 12.30.	GUSTARE PACIENTI ORA 16	CINA ORA 18.30.
LUNI **3.08.2026**	Paine, unt;muschi file;gem ;cascaval 250g;16g;50g;20g;50g sandvici prep.termic Lapte 250 ml Ceai 200 ml, 5% zahar **alergeni: gluten,lactoza;aditivi**	Iaurt 150g **alergeni:lactoza;gluten**	I.Ciorba de pui a la grec 300ml carne congelata 30g II.Piure de cartofi,friptura de pui 250g **alergeni: telina,rosii,lactoza,gluten,** **aditivi,conservanti**	macaroane cu gris 200g **alergeni:gluten;ou**	Ghiveci de legume cu orez,snitel de pui 300g 200g,120g carne congelata,fulgi de cartofi Ceai 200 ml 5% zahar **alergeni:gluten,lactoza**
MARTI **4.08.2026**	Paine cu unt;gem 250g;16g;50g30g,;55g;20g omleta cu sunca si cascaval Lapte 250 ml Ceai 200 ml, 5% zahar **alergeni:gluten;lactoza;aditivi**	Iaurt 150g **alergeni:lactoza;gluten**	Ciorba de legume 300 ml II.Pilaf de orez;snitel porc 200g;150g carne congelata **alergeni:rosii;telina;gluten;ou**	chec cu visine **alergeni: lactoza,gluten,ou**	Mincare de cartofi;chiftele 200g;100g carne tocata congelata Ceai 200 ml 5% zahar **alergeni:gluten;rosii;telina;ou;**
MIERCURI **5.08.2026**	Paine cu unt,muschi file,cascaval ;gem 200g;50g,30g,20g sandvici prep.termic Lapte 250 ml Ceai 200 ml, 5% zahar **alergeni:gluten,lactoza,ou,aditivi**	Iaurt 150g **alergeni:lactoza;gluten**	I.Ciorba de perisoare 300ml carne congelata II.Cartofi frantuzesti ,friptura de pui 250 g carne congelata **alergeni:gluten;lactoza;telina;ou;aditivi**	taitei cu lapte 200g **alergeni:gluten;ou**	Spaghete cu sos bolognez 300g carne tocata congelata Ceai 200 ml 5% zahar **alergeni:gluten,telina,lactoza**
JOI **6.08.2026**	Friganele ,unt;muschi file;gem 250g;16g;50g;20g crema de branza 140g Lapte 250 ml Ceai 200 ml, 5% zahar **alergeni:gluten;lactoza;aditivi**	Iaurt 150g **alergeni:lactoza**	I.Supa crema de dovlecel 300ml **alergeni:rosii,telina** II.Tocanita de pui;piure cartofi 200g;150g carne congelata,fulgi de cartofi **alegeni:lactoza,ou gluten**	budinca de macaroane 200g **alergeni:lactoza,gluten,ou**	Spanac sote,snitel pui 200g;150g carne congelata Ceai 200 ml 5% zahar **alergeni: gluten;ou**
VINERI **7.08.2026**	Paine cu unt,muschi file,cascaval ;gem 250g;16g;50g;30g;20g Lapte 250 ml Ceai 200 ml, 5% zahar **alergeni:gluten,lactoza,aditivi**	Iaurt 150g **alergeni:lactoza;gluten**	I.Supa de pui cu taitei I.IArdei umpluti,piure de cartofi 200g;100g carne congelata **alergeni:lactoza,gluten,telina**	orez in lapte 200g **alergeni:lactoza**	Legume mexicane cu orez,friptura de pui,salata de sfecla 200g;150g;120g carne congelata Ceai 200 ml 5% zahar **alergeni:rosii;telina**
SAMBATA **8.08.2026**	Paine cu unt;gem;pate ,cascaval 250g;16g50g,30g Lapte 250 ml Ceai 200 ml, 5% zahar **alergeni:gluten;lactoza;aditivi**	Iaurt 150g **alergeni:lactoza;gluten**	I.Ciorba de varza 300 ml II.Papricas de porc ,piure de cartofi; 200g,150g carne congelata,fulgi de cartofi **alergeni:gluten,lactoza,telina,rosii**	budinca de vanilie 200g **alergeni:lactoza,gluten**	Ghiveci de legume cu orez,gratar de pui 300g;120g carne congelata Ceai 200 ml 5% zahar **alergeni:gluten,lactoza**
DUMINICA **9.08.2026**	Paine cu unt;muschi file;cascaval;gem 250g;16g;50g;30g;20g Crema de branza 140g Lapte 250 ml Ceai 200 ml, 5% zahar **alergeni:gluten;lactoza;aditivi**	Iaurt 150g **alergeni:lactoza;gluten**	I.Supa de conopida 300ml II.Varza a la Cluj 250g carne congelata **alergeni:lactoza,gluten,ou,telina**	gris in lapte 200g **alergeni:gluten;ou;lactoza;** **aditivi**	Cartofi taranesti;gratar porc 250g;120g Ceai 200 ml 5% zahar carne congelata **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**

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SPITALUL CLINIC DE URGENTA PENTRU COPII LOUIS TURCANU TIMIȘOARA

Bloc Alimentar

MENIU MEDICI GARDA

SAPTAMANA 03.08.2026 - 09.08.2026

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
3.08.2026	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
4.08.2026	Iaurt 150g,fulgi de ovaz 30g	II.Pilaf de orez;friptura porc		
		salata de sfecla 250g,90g,100g		
		carne tocata congelata		Ceai 200 ml 5% zahar
	Ceai 200 ml, 5% zahar			**carne congelata, cartofi fulgi**
	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	
5.08.2026	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.Supa crema de dovlecel 300ml	Biscuiti 70g	Spanac sote,piure cartof;snitel pui
	250g;16g;50g;30g;55g;20g;20g	**alergeni:lactoza,ou,gluten**	Fructe200-250g	200g;100g120g
6.08.2026	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
7.08.2026		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
8.08.2026		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
9.08.2026	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**

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

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 03.08.2026 - 09.08.2026

DATA	MIC DEJUN ORA 8.15.	GUSTARE PACIENTI ORA 10	PRANZ ORA 12.30.	GUSTARE PACIENTI ORA 16	CINA ORA 18.30.
LUNI **3.08.2026**	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 **4.08.2026**	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 **5.08.2026**	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 **6.08.2026**	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**	I.Supa crema de dovlecel 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 **7.08.2026**	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 **8.08.2026**	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 **9.08.2026**	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**

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

MS:ARSI;HIV;TBC

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