Bloc Alimentar

## MENIU COMUN - PACIENTI/INSOTITORI

## SAPTAMANA 31.08.2026 - 06.09.2026

| DATA | MIC DEJUN ORA 8.15. | GUSTARE PACIENTI ORA 10 | PRANZ ORA 12.30. | GUSTARE PACIENTI ORA 16 | CINA ORA 18.30. |
|---|---|---|---|---|---|
| **LUNI**<br>**8/31/2026** | 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>**9/1/2026** | 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>**9/2/2026** | 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>**9/3/2026** | 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>**9/4/2026** | 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>**9/5/2026** | 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>**9/6/2026** | 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** |

[redacted]

SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

## MENIU PACIENTI CU REGIM

### SAPTAMANA 31.08.2026 - 06.09.2026

| 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 | |
| 8/31/2026 | 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 |
| 9/1/2026 | **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 |
| 9/2/2026 | | 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 |
| 9/3/2026 | | 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 |
| 9/4/2026 | | 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 |
| 9/5/2026 | | 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 |
| 9/6/2026 | | 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** |

[redacted]

SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

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

**SAPTAMANA 31.08.2026 - 06.09.2026**

| 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 |
| **8/31/2026** | 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 |
| **9/1/2026** | 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;** |
| **MIERCURI** | Paine cu unt,muschi file,cascaval ;gem | Iaurt 150g | I.Ciorba de perisoare 300ml | taitei cu lapte 200g | Spaghete cu sos bolognez 300g |
| | 200g;50g,30g,20g | | carne congelata | | carne tocata congelata |
| | sandvici prep.termic | | II.Cartofi frantuzesti ,friptura de pui | | |
| **9/2/2026** | 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 |
| **9/3/2026** | 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 |
| **9/4/2026** | 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 |
| **9/5/2026** | 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 |
| **9/6/2026** | Crema de branza 140g | | | | |
| | | | | | |
| | Lapte 250 ml | | carne congelata | | Ceai 200 ml 5% zahar |
| | Ceai 200 ml, 5% zahar | | | **alergeni:gluten;ou;lactoza;** | carne congelata |
| | **alergeni:gluten;lactoza;aditivi** | **alergeni:lactoza;gluten** | **alergeni:lactoza,gluten,ou,telina** | **aditivi** | **alergeni:aditivi** |

[redacted]

SPITALUL CLINIC DE URGENTA PENTRU COPII LOUIS TURCANU TIMIŞOARA

Bloc Alimentar

## MENIU MEDICI GARDA

## SAPTAMANA 31.08.2026 - 06.09.2026

| 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 |
| **8/31/2026** | 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 |
| **9/1/2026** | 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 | |
| **9/2/2026** | 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 |
| **9/3/2026** | 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 |
| **9/4/2026** | | 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 |
| **9/5/2026** | | 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 |
| **9/6/2026** | 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** |

[redacted]

SPITALUL CLINIC DE URGENȚĂ PENTRU COPII LOUIS ȚURCANU TIMIȘOARA

Bloc Alimentar

## MENIU COMUN INSOTITORI PREMATURI

## SAPTAMANA 31.08.2026 - 06.09.2026

| DATA | MIC DEJUN ORA 8.15. | GUSTARE PACIENTI ORA 10 | PRANZ ORA 12.30. | GUSTARE PACIENTI ORA 16 | CINA ORA 18.30. |
|---|---|---|---|---|---|
| **LUNI**<br>**8/31/2026** | Paine, unt;mezel,brinza topita;gem<br>250g;16g;70g;18g;20g<br>Ceai 200 ml, 5% zahar<br>**alergeni: gluten,lactoza** | Iaurt 150g<br>**alergeni: lactoza** | I.Ciorba de pui a la grec 300ml<br>**carne congelata**<br>II.Brocoli sote,piure de cartofi,friptura de pui<br>200g,100g,120g<br>**alergeni: telina,rosii, ou,lactoza,gluten,**<br>**aditivi,conservanti** | Eugenia 36g<br>Fructe 200-250g<br>**alergeni:gluten;ou;cacao** | Ghiveci de legume cu orez,friptura de pui<br>250g,110g<br>Ceai 200 ml 5% zahar<br>**alergeni: lactoza,gluten** |
| **MARTI**<br>**9/1/2026** | Paine cu unt;br.topita,ou fiert;miere;<br>250g,16g,30g,55g,20g<br>alergeni:gluten;lactoza;aditivi<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | Iaurt 150g<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>**alergeni: gluten, ou,telina,rosii** | Chec cu visine<br>Fructe 200-250g<br>**alergeni: lactoza,gluten,ou** | Mincare de cartofi,chiftele<br>250g,110g<br>Ceai 200 ml 5% zahar<br>**carne congelata, cartofi fulgi**<br>**alergeni: lactoza** |
| **MIERCURI**<br>**9/2/2026** | Paine cu unt;salam,cascaval;gem<br>250g;16g;30g30g;20g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza,ou,aditivi** | Iaurt 150g<br>**alergeni: lactoza** | I.Ciorba de perisoare 300ml<br>carne congelata<br>II.Cartofi frantuzesti ,pulpe pui,salata sfecla.<br>250g,100g<br>**carne congelata**<br>**alergeni:telina,rosii,lactoza,aditivi** | Prajitura Magura<br>Fructe 200-250g<br>**alergeni:gluten,cacao,ou** | Spaghete in sos bolognez 300g<br>**carne tocata,rosii**<br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,telina,rosii** |
| **JOI**<br>**9/3/2026** | Paine cu unt;mezel;ou fiert;miere;<br>250g,16g,30g,30g,20g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | Iaurt 150g<br>**alergeni: lactoza** | Ciorba de cartofi 300ml<br>**alergeni:lactoza,ou,gluten**<br>IITocanita de pui;piure cartofi;<br>200g; 120g<br>**carne congelata,piure fulgi**<br>**alergeni: telina,rosii,gluten,lactoza** | Biscuiti 70g<br>Fructe200-250g<br>**alergeni:gluten;lactoza** | Brocoli sote; cartofi piure;friptura de pui<br>200g,100g,110g<br>**carne congelata, cartofi fulgi**<br>Ceai 200 ml 5% zahar<br>**alergeni:gluten,lactoza,ou** |
| **VINERI**<br>**9/4/2026** | Paine cu unt;mezel,cascaval;gem<br>250g,16g,30g,30g,20g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten,lactoza** | Iaurt 150g<br>**alergeni: lactoza** | I.Supa de carne cu taitei 300ml<br>II.Ardei umpluti;piure fulgi cartofi<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** | Muschi file,cascaval,ou fiert<br>50g,30g,55 g<br>Ceai 200 ml 5% zahar<br>**alergeni:ou,aditivi,lactoza** |
| **SAMBATA**<br>**9/5/2026** | Paine cu unt;salam;br.topita; miere<br>250g,16g,30g,55g,20g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;ou;aditivi** | Iaurt 150g<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>**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>**9/6/2026** | Paine cu unt;mezel;b.topita;gem<br>250g,16g,30g,18g,20g<br>Ceai 200 ml, 5% zahar<br>**alergeni:gluten;lactoza;aditivi** | Iaurt 150g<br>**alergeni: lactoza** | Supa de conopida 300 ml<br>II.Legume mexicane cu orez,pulpe de pui la tava<br>250g,100g<br>**carne congelata,piure fulgi**<br>**alergeni:lactoza,gluten,ou,telina** | gris in lapte 200g<br>Fructe 200-250g<br>**alergeni:gluten;ou;lactoza;** | Tocanita de ficat pui;<br>cartofi piure;salata de sfecla100g,200g,100g<br>**carne congelata, cartofi fulgi**<br>**alergeni:gluten,rosii,telina,lactoza**<br>Ceai 200 ml 5% zahar<br>**alergeni:ou;lactoza;conservanti** |

[redacted]