

MENIUL ZILEI

01.11.2025

| Regim               | Alocatie | Efec | Dimineata                                                                | Gustare 10   | Efec | Pranz                                                                            | Gustare 16             | Efec | Seara                                                                         |
|---------------------|----------|------|--------------------------------------------------------------------------|--------------|------|----------------------------------------------------------------------------------|------------------------|------|-------------------------------------------------------------------------------|
| COMUN               | 22.00    | 114  | Ceai unt, cas, gem, cascaval, 200ml/8g/60g/20g/40g/8                     |              | 114  | Ciorba de legume 250ml<br>Orez cu legume si pulpa de pui 200g/80g portocala 150g |                        | 114  | Mancare de spanac cu ou ochi 200g/1buc, banana 200g<br>Val cal: 2500kcal/zi   |
| DESODAT             | 22.00    | 41   | Ceai unt, cas, vaci, gem, miere, 200ml/16g/60g/20g/20g                   |              | 41   | Ciorba de legume 250ml<br>Orez cu legume si pulpa de pui 200g/80g portocala 150g |                        | 41   | Mancare de spanac cu ou ochi 200g/1buc, banana 200g<br>Val cal: 2500kcal/zi   |
| HIDRIC Bagdasar     | 22.00    | 4    | Ceai 500ml laurt 140ml                                                   |              | 4    | Supa de legume pasata 500ml                                                      | Compot de mere 250 ml  | 4    | Ceai 500ml, laurt 140g<br>Val cal: 2500kcal/zi                                |
| INSOTTORI           | 22.00    | 1    | Ceai unt, cas, gem, cascaval, 200ml/8g/60g/20g/40g                       |              | 1    | Ciorba de legume 250ml<br>Orez cu legume si pulpa de pui 200g/80g portocala 150g |                        | 1    | Mancare de spanac cu ou ochi 200g/1buc, banana 200g<br>Val cal: 2500kcal/zi   |
| DIABET              | 33.00    | 46   | Ceai, cas, vaci, ou fier, laurt, unt, lapte 200ml/80g/1buc/140g/8g/200ml | Mar 150g     | 46   | Ciorba de legume 250ml<br>Orez cu legume si piept de pui 200g/80gMar 150         |                        | 46   | Mancare de spanac cu ou ochi 200g/1buc, Portocala150g<br>Val cal: 2700kcal/zi |
| PASAT(SONDE)        | 22.00    | 23   | laurt, ou, branza de vaci 150ml/2buc/120g                                |              | 23   | Supa de legume pasata 500ml<br>Carne pasata 150g                                 |                        | 23   | laurt, laurt, compot, orez,400ml/10<br>nml/200ml/100g<br>Val cal: 2700kcal/zi |
| MEDICI GARDA        | 22.00    | 27   | Ceai unt, sunca, gem, cascaval, ro sil, laurt 200ml/8g/50g/20g/50g/140g  | Eugenie 1buc | 27   | Ciorba de legume 250ml<br>Muscata 200g/laurt 140ml mar 150g                      | Piacinta de mere 80 g  | 27   | Mancare de spanac cu ou ochi 200g/1buc, banana 200g<br>Val cal: 2700kcal/zi   |
| DIABET RENAL        | 33.00    | 1    | Ceai unt, cas, vaci, ou fier, laurt, lapte 200ml/8g/60g/1buc/140g/200ml  | Mar 150g     | 1    | Ciorba de legume 250ml<br>Orez cu legume 250g mar 150g                           |                        | 1    | Mancare de spanac cu ou ochi 200g/1buc, banana 200g<br>Val cal: 2700kcal/zi   |
| HIPERPROTEIC-BAGDAZ | 33.00    | 3    | Ceai unt, cas, ou fier, cascaval, lapte 200ml/8g/60g/1buc/40g/200ml      | laurt 140ml  | 3    | Ciorba de legume 250ml<br>Orez cu legume si piept de pui 200g/80g portocala 150g | Branza cu smantana 80g | 3    | Mancare de spanac cu ou ochi 200g/1buc, banana 200g<br>Val cal: 2700kcal/zi   |
| ARSI                | 33.00    | 9    | Ceai unt, cas, ou fier, cascaval, lapte 200ml/8g/60g/1buc/40g/200ml      | laurt 140ml  | 9    | Ciorba de legume 250ml<br>Orez cu legume si piept de pui 200g/80g portocala 150g | Branza cu smantana 80g | 9    | Mancare de spanac cu ou ochi 200g/1buc, banana 200g<br>Val cal: 2700kcal/zi   |

La cetera se vor realiza meniuri pentru culte religioase  
Atenatie: guten, telina, arahide, lapte  
Intocmit

Asistent dietetician,

Statistica,



## MENIUL ZILEI

02.11.2025

| Regim               | Alocatie | Efec | Dimineața                                                                               | Gustare 10       | Efec | Prânz                                                                                                                       | Gustare 16           | Efec | Seara                                                                                     |
|---------------------|----------|------|-----------------------------------------------------------------------------------------|------------------|------|-----------------------------------------------------------------------------------------------------------------------------|----------------------|------|-------------------------------------------------------------------------------------------|
| COMUN               | 22.00    | 118  | Ceai,gem, unt,ou fiert, iaurt, sunca dietetica<br>200ml/20g/8g/1 buc/140ml/40g          |                  | 120  | Bors taranesc de legume cu smantana 250ml<br>Piure de cartofi cu pulpa de pui 200g/80g mar 150g                             |                      | 119  | Paste cu sos Bolognese 250g, iaurt 140ml<br>Val cal:2500kcal/zi                           |
| RENAL               | 22.00    | 1    | Ceai,gem unt,iaurt, miere,<br>200ml/20g/16g/140g/20g                                    |                  |      | Bors taranesc de legume cu smantana 250ml<br>Piure de cartofi cu branza proaspata 200g/70g mar 150g                         |                      | 1    | Paste cu sos Bolognese 250g, iaurt 140ml<br>Val cal: 2500kcal/zi                          |
| DESODAT             | 22.00    | 46   | Ceai,gem unt,iaurt, miere,<br>200ml/20g/16g/140g/20g                                    |                  | 43   | Bors taranesc de legume cu smantana 250ml<br>Piure de cartofi cu pulpa de pui 200g/80g mar 150g                             |                      | 46   | Paste cu sos Bolognese 250g, iaurt 140ml<br>Val cal:2500kcal/zi                           |
| HIDRIC Bagdasar     | 22.00    | 4    | Ceai 500ml, iaurt 140ml                                                                 |                  | 3    | Supa de legume pasata 500ml                                                                                                 | Compot de mere 250ml | 4    | Ceai 500ml,iaurt 140 ml<br>Val cal:2500kcal/zi                                            |
| INSOTITORI          | 22.00    | 1    | Ceai,gem unt, sunca dietetica, iaurt, ou<br>200ml/20g/8g/40g/140ml/1buc                 |                  | 1    | Bors taranesc de legume cu smantana 250ml<br>Piure de cartofi cu pulpa de pui 200g/80g mar 150g                             |                      | 1    | Paste cu sos Bolognese 250g, iaurt 140ml<br>Val cal:2500kcal/zi                           |
| DIABET              | 33.00    | 46   | Ceai,unt,cas ,iaurt, ou, lapte<br>200ml/8g/60g/140ml/1buc/200ml                         | Mar              | 45   | Bors taranesc de legume cu smantana 250ml<br>Piure de cartofi cu pulpa de pui 200g/80g mar 150g                             |                      | 46   | Pulpa superioara de pui, paste cu sos 90g/200g, iaurt 140ml<br>Val cal: 2700kcal/zi       |
| PASAT(SONDE)        | 22.00    | 24   | iaurt ,ou,branza de vaci<br>150ml/2buc/120g                                             |                  | 23   | Supa de legume pasata 500ml<br>Carne pasata 150g                                                                            |                      | 24   | Gris cu lapte,iaurt,lapte praf,orez400ml/200ml/100g<br>Val cal: 2500kcal/zi               |
| MEDICI GARDA        | 22.00    | 27   | Ceai,unt,cascaval,gem,rosie,iaurt , sunca, lapte<br>200ml/8g/50g/20g/40g/140g/40g/200ml |                  | 27   | Bors taranesc de legume cu smantana 250ml<br>Piure de cartofi cu pulpa superioara 200g/80g mar 150g<br>Salata de sfecla 80g |                      | 27   | Fasole verde trasa la tigiaie cu pulpa de pui superioara 200g/90<br>iaurt 100ml, Mar 200g |
| ANTIDIAREIC         | 22.00    | 1    | Ceai menta,branza proaspata,paine pesmet<br>200ml/200g/50g                              | Banana 200g      |      | Supa dietetica de legume 250ml<br>Orez dietetic cu morcov 200g                                                              |                      | 1    | Ceai menta,branza proaspata,paine<br>Val cal:2500kcal/zi                                  |
| DIABET RENAL        | 33.00    | 1    | Ceai,unt,cas ,ou, lapte<br>200ml/8g/60g/1 buc/200ml                                     | iaurt 140ml      | 1    | Bors taranesc de legume cu smantana 250ml<br>Piure de cartofi cu branza proaspata 200g/70g mar 150g                         |                      | 1    | Paste cu sos Bolognese 250g, iaurt 140ml<br>Val cal: 2700kcal/zi                          |
| HIPERPROTEIC-BAGDAZ | 33.00    | 3    | Ceai,unt,ou fiert, sunca dietetica, iaurt, lapte<br>200ml/8g/1 buc/40g/140ml/200ml      | Cas de vaci 60 g | 2    | Bors taranesc de legume cu smantana 250ml<br>Piure de cartofi cu pulpa de pui 200g/80g mar 150g                             | Portocala            | 2    | Pulpa superioara de pui, paste cu sos 90g/200g, iaurt 140ml<br>Val cal: 2700kcal/zi       |
| ARSI                | 33.00    | 11   | Ceai,unt, ou fiert, sunca dietetica, iaurt, lapte<br>200ml/8g/1 buc/40g/140ml/200ml     | Cas de vaci 60 g | 10   | Bors taranesc de legume cu smantana 250ml<br>Piure de cartofi cu pulpa de pui 200g/80g mar 150g                             | Portocala            | 11   | Pulpa superioara de pui, paste cu sos 90g/200g, iaurt 140ml<br>Val cal: 2700kcal/zi       |

\*La cerere se vor realiza meniuri pentru culte religioase

\*Alergeni: guten, telina, arahide, lapte  
Intocmit,

Asistent dietetician,

Statistica,



## MENIUL ZILEI

03.11.2025

| Regim               | Alocatie | Efec | Dimineata                                                                  | Gustare 10   | Efec | Prânz                                                                                      | Gustare 16              | Efec | Seara                                                                                 |
|---------------------|----------|------|----------------------------------------------------------------------------|--------------|------|--------------------------------------------------------------------------------------------|-------------------------|------|---------------------------------------------------------------------------------------|
| COMUN               | 22.00    | 135  | Ceai, cas, unt, gem, ou<br>200ml/80g /8g/20 g/1buc                         |              | 128  | Supa de pui cu taliei 250ml<br>Ostropel de pasare cu cartofi natur<br>80g/200g banana 200g |                         | 135  | Piatr cu pulpa de pui 200g/80g,<br>Iaurt 140ml<br>Val cal: 2500kcal/zi                |
| DESODAT             | 22.00    | 49   | Ceai, cas de vaci, unt, gem, ou<br>fiert,<br>200 ml/60g/8g/20g/ 1 buc      |              | 47   | Supa de pui cu taliei 250ml<br>Ostropel de pasare cu cartofi natur<br>80g/200g banana 200g |                         | 49   | Piatr cu pulpa de pui 200g/80g,<br>Iaurt 140ml<br>Val cal: 2500kcal/zi                |
| HIDRIC Bagdasar     | 22.00    | 4    | Ceai, Iaurt 140ml<br>500ml                                                 |              | 4    | Supa de legume pasata 500ml                                                                | Compot de mere<br>250ml | 4    | Ceai 500ml/ Iaurt 140 ml<br>Val cal: 2000 kcal/zi                                     |
| INSOTTORI           | 22.00    | 1    | Ceai, cas de vaci, unt, gem, ou<br>fiert,<br>200ml/60g/8g/20g/ 1 buc       |              | 1    | Supa de pui cu taliei 250ml<br>Ostropel de pasare cu cartofi natur<br>80g/200g banana 200g |                         | 1    | Piatr cu pulpa de pui 200g/80g,<br>Iaurt 140ml<br>Val cal: 2500kcal/zi                |
| DIABET              | 33.00    | 49   | Ceai, cas vaci, ou, unt, Iaple<br>200ml/60g /1buc/8g/ 200ml                | Iaurt 140ml  | 49   | Supa de pui cu taliei 250ml<br>Pulpa de pui cu cartofi natur 80g/200g<br>portocala         | Mar                     | 49   | Piatr cu piept de pui 200g/80g<br>Iaurt 140ml<br>Val cal: 2700kcal/zi                 |
| PASAT(SONDE)        | 22.00    | 25   | Iaurt, ou, branza de vaci<br>150g/2buc/100g                                |              | 22   | Supa de legume pasata 500ml<br>Carne pasata 150g                                           |                         | 25   | Gris cu Iaple, Iaurt, Iaple praf<br>orez 250ml/100ml/25g/100g<br>Val cal: 2500kcal/zi |
| MEDICI GARDA        | 22.00    | 27   | Ceai, cascaval, unt, sunca, gem<br>ou<br>200ml/50g/8g/50g/20g/ 1buc        | Iaurt 140ml  | 27   | Supa de pui cu taliei 250ml<br>Ostropel de pasare cu cartofi natur<br>80g/200g banana 200g | Mar 150g                | 27   | Piatr cu pulpa dezosata la<br>cupor 200g/90g, Iaurt 140ml<br>salata de varza80 g      |
| ANTI-DIAREIC        | 22.00    |      | Ceai de menta, cas vaci, paine<br>prajita<br>200ml/200g/50g                | Banana 200g  | 1    | Supa dietetica 250ml<br>Orez dietetic cu morcov 250g                                       |                         |      | Ceai de menta, cas vaci, paine<br>prajita 250ml/200g/50g<br>Val cal: 2500kcal/zi      |
| DIABET RENAL        | 33.00    | 1    | Ceai, cas vaci, ou, unt, Iaurt,<br>Iaple<br>200ml/60g/ 1buc/8g/ 140g 200ml | Mar 150g     |      | Supa de pui cu taliei 250ml<br>File de salau cu cartofi natur 80g/200g<br>portocala 150g   | Mar 150g,               | 1    | Orez cu legume 250g, Iaurt<br>140ml<br>Val cal: 2700kcal/zi                           |
| HIPERPROTEIC-BAGDAZ | 33.00    | 2    | Ceai unt, cas, Iaurt, ou, Iaple<br>200ml/16g/60g/140<br>g/40g/200ml        | Cascaval 40g | 2    | Supa de pui cu taliei 250ml<br>Ostropel de pui cu cartofi natur<br>80g/200g portocala      | Mar                     | 2    | Piatr cu piept de pui 200g/80g<br>Iaurt 140ml<br>Val cal: 2700kcal/zi                 |
| ARSI                | 33.00    | 11   | Ceai, unt, cas, Iaurt, ou, Iaple<br>g/40g/200ml                            | Cascaval 40g | 11   | Supa de pui cu taliei 250ml<br>Ostropel de pui cu cartofi natur<br>80g/200g portocala      | Mar                     | 11   | Piatr cu piept de pui 200g/80g<br>Iaurt 140ml<br>Val cal: 2700kcal/zi                 |

La cerere se vor realiza meniuri pentru cule religioase  
 \*Alergeni: gluten, telina, arahide, Iaple  
 Intocmit,

Asistent dietetician,

Statistica,





MENIUL ZILEI  
04.11.2025

| Regim               | Alocatie | Efec | Dimineata                                                               | Gustare 10  | Efec | Prânz                                                                                                     | Gustare 16             | Efec | Seara                                                                                   |
|---------------------|----------|------|-------------------------------------------------------------------------|-------------|------|-----------------------------------------------------------------------------------------------------------|------------------------|------|-----------------------------------------------------------------------------------------|
| COMUN               | 22.00    | 167  | Ceai , unt ,sunca dietetica, gem, cascaval,                             |             | 138  | Supa de legume cu fidea 250ml<br>Varza calta cu mamaliga si pulpa pui 100g/100g/ 80g mar 150g             |                        | 167  | Paste cu sos de rosii si pulpa de pui 200g/80g<br>Val cal: 2500kcal/zi                  |
| DESODAT             | 22.00    | 50   | Ceai , ou fier , unt , gem , miere 250ml/1buc /16g/40g/20g              |             | 48   | Supa de legume cu fidea 250ml<br>Varza calta cu mamaliga si pulpa pui 100g/100g/ 80g mar 150g             |                        | 50   | Paste cu sos de rosii si pulpa de pui 200g/80g<br>Val cal: 2500kcal/zi                  |
| HIDRIC Bagdasar     | 22.00    | 8    | Ceai, iaurt 500ml/140ml                                                 |             | 4    | Supa de legume pasata 500ml                                                                               | Compot de mere 250ml   | 8    | Ceai 200 ml/ iaurt 140 ml<br>Val cal: 2500kcal/zi                                       |
| INSOTTORI           | 22.00    | 1    | Ceai , unt ,sunca dietetica, gem cascaval, 250ml/40g/8g/20g/40g         |             | 1    | Supa de legume cu fidea 250ml<br>Varza calta cu mamaliga si pulpa pui 100g/100g/ 80g mar 150g             |                        | 1    | Paste cu sos de rosii si pulpa de pui 200g/80g<br>Val cal: 2500kcal/zi                  |
| DIABET              | 33.00    | 49   | Ceai , unt ,iaurt , ou , ardei gras, lapte 250ml/8g/140g/1buc/50g/200ml | Mar 150g    | 49   | Supa de legume cu fidea 250ml<br>Varza calta cu mamaliga si pulpa pui superioara 100g/100g/ 50g mar 150g  | Mar 150g               | 49   | Paste cu sos de rosii si pulpa de pui 200g/80g iaurt 140ml<br>Val cal: 2700kcal/zi      |
| PASAT(SONDE)        | 22.00    | 22   | Iaurt ,branza de vaci ,ou , lapte 150ml/100g/2buc 200ml                 |             | 23   | Supa de legume pasata 500ml<br>Carne pasata 150g                                                          |                        | 22   | Gris cu lapte ,iaurt ,compot ,orez400ml/100g/200g<br>Val cal: 2500kcal/zi               |
| MEDICI GARDA        | 22.00    | 27   | Ceai, sunca unt ,gem, iaurt, cascaval, lapte 250ml/50g/8g/20g/140ml/40g |             | 27   | Supa de legume cu fidea 250ml<br>Pulpa superioara cu varza calta si mamaliga 90/100g/100g<br>Mar 150g     | Mar 150g               | 27   | Pure de cartofi , cu pulpa de pui dezosata 200g/90g iaurt 140ml<br>Val cal: 2500kcal/zi |
| ANTIDAREIC          | 22.00    |      | Ceai de menta ,cas de vaci ,paine pesmet 250ml/200g/200g                | Banana 200g | 1    | Supa dietetica de legume 250ml<br>Orez dietetic cu morcov 200g                                            |                        |      | Ceai de menta , cas de vaci ,paine pesmet 250ml/200g/200g<br>Val cal : 2500kcal/zi      |
| DIABET RENAL        | 33.00    | 1    | Ceai ,unt ,iaurt , ou , lapte 250ml/8g/140g/1buc/200ml                  | Mar 150g    | 1    | Supa de legume cu fidea 250ml<br>File de salau cu cartofi natur 80g/200g<br>Portocala 150g                |                        | 1    | Paste cu sos de rosii 250g, iaurt 140ml<br>Val cal: 2700kcal/zi                         |
| HIPERPROTEIC-BAGDAZ | 33.00    | 2    | Ceai , unt , ou , cas, cascaval, lapte 250ml/16g/1 buc/60g/40g/200ml    | Iaurt 140ml | 2    | Supa de legume cu fidea 250 ml<br>Varza calta cu mamaliga si pulpa pui superioara 100g/100g/ 90g mar 150g | Compot de mere 250 ml, | 2    | Paste cu sos de rosii si pulpa de pui 200g/80g iaurt 140ml<br>Val cal: 2500kcal/zi      |
| ARSI                | 33.00    | 12   | Ceai ,unt , ou , cas, cascaval, lapte 250ml/16g/1 buc/60g/40g/200ml     | Iaurt 140ml | 12   | Supa de legume cu fidea 250 ml<br>Varza calta cu pulpa pui superioara 160g/ 90g mar 150g                  | Compot de mere 250 ml, | 12   | Paste cu sos de rosii si pulpa de pui 200g/80g iaurt 140ml<br>Val cal: 2500kcal/zi      |

1. La cere se vor realiza meniuri pentru culile religioase  
Alergeni: gluten, telina, arahide, lapte  
Intoleran:

Asistent dietetician,

Statistica.



MENIUL ZILEI

05.11.2025

| Regim              | Alocatie | Elec | Dimineata                                                                        | Gustare 10                             | Elec | Prinz                                                                                                    | Gustare 16              | Elec | Seara                                                                                                              |
|--------------------|----------|------|----------------------------------------------------------------------------------|----------------------------------------|------|----------------------------------------------------------------------------------------------------------|-------------------------|------|--------------------------------------------------------------------------------------------------------------------|
| COMUN              | 22.00    | 157  | Ceai ,urf , gem , cas , . rosie<br>200ml/8g/20g/80g/50g                          | Crema de branza<br>20g                 | 178  | Supa de legume cu fidea 250 ml<br>Ceara de porc cu piure de cartofi<br>80g/200g Portocala 150g           |                         | 157  | Marmaliga cu branza de vaci si<br>smantana 100g/80g/50g,<br>piupa de pui 80g<br>Val cal: 2500kcal/zi               |
| RENAL              | 22.00    | 2    | Ceai ,urf ,gem , cas , vaci , eugenia<br>, rosie<br>200ml/8g/20g/80g/1buc/50g    |                                        |      | Supa de legume cu fidea 250 ml<br>Piure de cartofi cu salata de varza<br>250g /100g portocala 150g       |                         | 2    | Marmaliga cu branza de vaci<br>cu smantana 100 gr/80g/50g,<br>piupa de pui 80g iaurt 140ml<br>Val cal: 2500kcal/zi |
| DESODAT            | 22.00    | 56   | Ceai ,urf , gem , cas , . rosie<br>200ml/8g/20g/80g/50g                          | Iaurt 140g                             | 52   | Supa de legume cu fidea 250 ml<br>Ceara de porc cu piure de cartofi<br>80g/200g Portocala 150g           |                         | 56   | Marmaliga cu branza de vaci si<br>smantana 100g/80g/50g,<br>piupa de pui 80g<br>Val cal: 2500kcal/zi               |
| HIDRIC Bagdasar    | 22.00    | 23   | Ceai , iaurt<br>500ml/140ml                                                      |                                        | 8    | Supa de legume pasala 500ml                                                                              | Compot de mere<br>250ml | 23   | Ceai 500ml/ iaurt 140 ml<br>Val cal: 2500kcal/zi                                                                   |
| INSOTTORI          | 22.00    | 3    | Ceai ,urf , gem , cas , . rosie<br>200ml/8g/20g/80g/50g                          | Crema de branza<br>20g                 | 1    | Supa de legume cu fidea 250 ml<br>Ceara de porc cu piure de cartofi<br>80g/200g Portocala 150g           |                         | 3    | Marmaliga cu branza de vaci si<br>smantana 100g/80g/50g,<br>piupa de pui 80g<br>Val cal:2500kcal/zi                |
| DIABET             | 33.00    | 46   | Ceai ,urf , cas , vaci , ou , lapte<br>200ml/8g/60g/50g/50g/1<br>buc/200 ml      | Iaurt 140ml                            | 50   | Supa de legume cu fidea 250 ml<br>Pierci de pui cu piure de cartofi<br>80g/200g Portocala 150            | Mar 150g                | 46   | Marmaliga cu branza de vaci si<br>smantana 100g/80g/50g,<br>piupa de pui 80g iaurt 140ml<br>Val cal: 2700kcal/zi   |
| PASAT(SONDE)       | 22.00    | 22   | Iaurt , ou ,branza proteziata 150<br>gr /2 buc /100g                             |                                        | 23   | Supa de legume pasala 500ml<br>Carne pasala 150g                                                         |                         | 22   | Gris cu lapte , iaurt , lapte<br>prat , ouz / 500ml<br>Val cal: 2500 kcal/zi                                       |
| MEDICI GARDA       | 22.00    | 27   | Ceai , cascaval ,urf , gem , surcata , ro<br>sie,<br>200ml/8g/8g/20g/40g/50g/50g | Crema de branza<br>20g                 | 27   | Supa de legume cu fidea 250 ml<br>Ceara de porc cu piure de cartofi<br>80g/200g portocala 150g salata de |                         | 27   | Marmaliga cu branza de vaci si<br>smantana 100g/80g/50g,<br>piupa de pui 80g iaurt 140ml                           |
| DIABET RENAL       | 33.00    | 2    | Ceai ,urf , cas , vaci , iaurt , ou , lapte<br>200ml/8g/60g/140g/1 buc/200ml     | Mar 150g                               | 1    | Supa de legume cu fidea 250 ml<br>Piure de cartofi 200g salata de varza<br>80g Mar 150g                  |                         | 2    | Marmaliga cu branza de vaci si<br>smantana 100g/80g/50g,<br>iaurt 140ml<br>Val cal: 2700kcal/zi                    |
| HIPERPROTEIC-BAGDA | 33.00    | 2    | Ceai ,urf , cas , vaci , rosii,<br>200ml/16g/60g/50g                             | Crema de branza<br>20g                 | 2    | Supa de legume cu fidea 250 ml<br>Ceara de porc cu piure de cartofi<br>80g/200g Portocala 150g           | Gris cu lapte 250g      | 2    | Marmaliga cu branza de vaci si<br>smantana 100g/80g/50g,<br>piupa de pui 80g<br>Val cal: 2700kcal/zi               |
| ARSI               | 33.00    | 12   | Ceai ,urf , cas , vaci , rosii,<br>200ml/16g/60g/50g                             | Iaurt 140 ml<br>Crema de branza<br>20g | 13   | Supa de legume cu fidea 250 ml<br>Ceara de porc cu piure de cartofi<br>80g/200g Portocala 150g           | Gris cu lapte 250g      | 12   | Frango verde cu piupa de pui<br>superoare 180g/90g<br>Val cal: 2700kcal/zi                                         |

La ceara se vor realiza meniuri pentru cufite religioase  
Atenție: guten, iarna, ararinde, lapte  
Intocmit,

Asistent dietetician,

Statistica,



## MENIUL ZILEI

08/11/2025

| Regim               | Alocatie | Efec | Dimineala                                                                | Gustare 10    | Efec | Prânz                                                                                         | Gustare 16           | Efec | Seara                                                                              |
|---------------------|----------|------|--------------------------------------------------------------------------|---------------|------|-----------------------------------------------------------------------------------------------|----------------------|------|------------------------------------------------------------------------------------|
| COMUN               | 22.00    | 161  | Ceai, unt, gem, iaurt, sunca dietetica, 200ml/8g/20g/140g/40g            |               | 159  | Ciorba de vacuta 250g<br>Papricas de cartofi cu mamaliga si pulpa de pui 100/120/80g mar 150g |                      | 161  | Sote de legume cu ficat de pasare 200g/70g iaurt 140ml<br>Val cal: 2500 kcal/zi    |
| RENAL               | 22.00    | 2    | Ceai, unt, gem, iaurt, sunca dietetica, 200ml/8g/20g/140g/40g            |               | 2    | Ciorba de vacuta 250g<br>Papricas de cartofi cu mamaliga 250 g, mar 150g                      |                      | 2    | Sote de legume 250g iaurt 140ml<br>Val cal: 2500 kcal/zi                           |
| DESODAT             | 22.00    | 46   | Ceai, unt, gem, iaurt, miere 200ml/18g/20g/140g/20g                      |               | 56   | Ciorba de vacuta 250g<br>Papricas de cartofi cu mamaliga si pulpa de pui 100/120/80g mar 150g |                      | 46   | Sote de legume cu ficat de pasare 200g/70g iaurt 140ml<br>Val cal: 2500 kcal/zi    |
| HIDRIC Bagdasar     | 22.00    | 17   | Ceai, iaurt 500ml/140ml                                                  |               | 23   | Supa de legume pasata 500ml                                                                   | Compot de mere 250ml | 17   | Ceai, iaurt 200 ml/ 140 ml<br>Val cal: 2500 kcal/zi                                |
| INSOTTORI           | 22.00    | 3    | Ceai, unt, gem, iaurt, sunca dietetica 200ml/8g/20g/140g/40g             |               | 3    | Ciorba de vacuta 250g<br>Papricas de cartofi cu mamaliga si pulpa de pui 100/120/80g mar 150g |                      | 3    | Sote de legume cu ficat de pasare 200g/70g iaurt 140ml<br>Val cal: 2500 kcal/zi    |
| DIABET              | 33.00    | 51   | Ceai, unt, rosie, iaurt/ou 200ml/8g/50g/140g/1 buc                       | Cas vaci 60 g | 47   | Ciorba de vacuta 250g<br>Papricas de cartofi cu mamaliga si pulpa de pui 100/120/80g mar 150g |                      | 51   | Sote de legume cu ficat de pasare 200g/70g iaurt 140ml<br>Val cal: 2700 kcal/zi    |
| PASAT(SONDE)        | 22.00    | 21   | Iaurt ou, branza de vaci 150ml/2buc/100g                                 |               | 23   | Supa de legume pasata 500ml<br>Carne pasata 150g                                              |                      | 21   | Gris cu lapte, iaurt, compot, orez 300ml/100ml/200ml/100g<br>Val cal: 2500 kcal/zi |
| MEDIC GARDA         | 22.00    | 28   | Ceai, unt, Salam, gem, cas, sunca, lapte 200ml/8g/40g/20g/50g/50g/200 ml |               | 28   | Ciorba de vacuta 250g<br>Papricas de cartofi cu mamaliga si pulpa de pui 100/120/80g mar 150g |                      | 28   | Sote de legume cu pulpa superioara 200g/70g iaurt 140ml<br>Val cal: 2700 kcal/zi   |
| DIABET RENAL        | 33.00    | 2    | Ceai, unt, rosie, iaurt/ou 200ml/8g/50g/140g/1 buc                       | Cas vaci 60 g | 2    | Ciorba de legume 250g<br>Papricas de cartofi cu mamaliga 250 g, mar 150g                      |                      | 2    | Sote de legume 250g iaurt 140ml<br>Val cal: 2500 kcal/zi                           |
| HIPERPROTEIC-BAGDAZ | 33.00    | 2    | Ceai, unt ou, gem, sunca dietetica, rosie 250ml/18g/20g/1buc/50g/50g     | Iaurt 140ml   | 2    | Ciorba de vacuta 250g<br>Papricas de cartofi cu mamaliga si pulpa de pui 100/120/80g mar 150g | Salam 40g            | 2    | Sote de legume cu ficat de pasare 200g/70g iaurt 140ml<br>Val cal: 2700 kcal/zi    |
| ARSI                | 33.00    | 13   | Ceai, unt ou, gem, sunca dietetica, rosie 250ml/18g/20g/1buc/50g/50g     | Iaurt 100 ml  | 12   | Ciorba de vacuta 250g<br>Tocanita de legume cu pulpa de pui 180/80g mar 150g                  | Salam 40g            | 13   | Sote de legume cu ficat de pasare 200g/70g iaurt 100ml<br>Val cal: 2700 kcal/zi    |

La cerere se vor realiza meniuri pentru culte religioase  
 \*Alergeni: pui, ou, telina, arahide, lapte  
 Intocmit

Asistent dietetician,

Statistica,





## MENIUL ZILEI

07.11.2025

SP BAGDASAR

| Regim              | Alocatie | Efec | Dimineaja                                                                                            | Gustare 10     | Efec | Prânz                                                                                         | Gustare 16              | Efec | Seara                                                                               |
|--------------------|----------|------|------------------------------------------------------------------------------------------------------|----------------|------|-----------------------------------------------------------------------------------------------|-------------------------|------|-------------------------------------------------------------------------------------|
| COMUN              | 22.00    | 167  | Ceai ,cas ,unt,gem, ardei gras, ou<br>200ml/60g/8g/20g/50g1 buc                                      |                | 164  | Ciorba de cartofi cu iaurt 250 g<br>Orez cu legume si pulpa de pui<br>200g/80g, iaurt 140g    |                         | 167  | Paste cu sos de rosii si pulpa<br>de pui 200/80g mar150g<br>Val cal: 2500kcal/zi    |
| RENAL              | 22.00    | 2    | Ceai ,cas de vac,unt, gem<br>,iaurt, ardei gras<br>200ml/60g/8g/20g/140ml/50g                        |                | 2    | Ciorba de cartofi cu iaurt 250 g<br>Orez cu legume 250g iaurt 140g                            |                         | 2    | Paste cu sos de rosii 250g<br>mar150g<br>Val cal: 2500kcal/zi                       |
| DESODAT            | 22.00    | 47   | Ceai ,cas ,unt,gem, ardei gras,<br>ou<br>200ml/60g/8g/20g/50g1 buc                                   |                | 47   | Ciorba de cartofi cu iaurt 250 g<br>Orez cu legume si pulpa de pui<br>200g/80g, iaurt 140g    |                         | 47   | Paste cu sos de rosii si pulpa<br>de pui 200/80g mar150g<br>Val cal: 2500kcal/zi    |
| HIDRIC Bagdasar    | 22.00    | 6    | Ceai, iaurt<br>500ml, 100ml                                                                          |                | 15   | Supa de legume pasata<br>500ml                                                                | Compot de mere<br>250ml | 6    | Ceai 500ml iaurt 140 ml<br>Val cal: 2500 kcal/zi                                    |
| INSOTTORI          | 22.00    | 3    | Ceai ,cas ,unt,gem, ardei gras,<br>ou<br>200ml/60g/8g/20g/50g1 buc                                   |                | 3    | Ciorba de cartofi cu iaurt 250 g<br>Orez cu legume si pulpa de pui<br>200g/80g, iaurt 140g    |                         | 3    | Paste cu sos de rosii si pulpa<br>de pui 200/80g mar150g<br>Val cal: 2500kcal/zi    |
| DIABET             | 33.00    | 47   | Ceai ,unt,cas vaci, ardei gras,<br>lapte<br>200ml/8g/60g/50g/200g                                    | Ou fiert 1 buc | 51   | Ciorba de cartofi cu iaurt 250ml<br>Orez cu legume si pulpa supenoara<br>200g/80g, iaurt 140g |                         | 47   | Paste cu sos de rosii si pulpa<br>de pui 200/80g mar150g<br>Val cal: 2700 kcal/zi   |
| PASAT(SONDE)       | 22.00    | 23   | iaurt,ou brianza de vaci, lapte<br>150ml,2buc, 100g/ 200ml                                           |                | 22   | Supa de legume pasata 500ml<br>Carne pasata 150g                                              |                         | 23   | Gris cu lapte,iaurt,lapte<br>praf,orez<br>Val cal: 2500 kcal/zi                     |
| MEDICI GARDA       | 22.00    | 27   | Ceai ,cascaval, ou unt,gem,<br>iaurt, ardei gras, lapte<br>200ml/50g/1buc/8g/20g/140ml/<br>50g/200ml |                | 27   | Ciorba de cartofi cu iaurt 250 g<br>Orez cu legume si piept de pui<br>200g/80g, iaurt 140g    |                         | 27   | Paste cu sos de rosii si pulpa<br>supenoara 200/90g mar150g<br>Val cal: 2500kcal/zi |
| DIABET RENAL       | 33.00    |      | Ceai ,rosie,unt,cas vaci, ardei<br>gras, lapte, ou<br>200ml/40g/8g/60g/50g/200ml/1<br>buc            | iaurt 140g     | 2    | Ciorba de cartofi cu iaurt 250 g<br>Orez cu legume 250g, iaurt 140g                           |                         |      | Paste cu sos de rosii 250g<br>mar150g<br>Val cal: 2500kcal/zi                       |
| HIPERPROTEIC-BAGDA | 33.00    | 3    | Ceai ,rosie,unt, surca<br>dietetica,gem, lapte<br>200ml/50g/16g/40g/20g/200ml                        | Ou 1 buc,      |      | Ciorba de cartofi cu iaurt 250 g<br>Orez cu legume si pulpa<br>supenoara200g/90g, iaurt 140g  |                         | 3    | Paste cu sos de rosii si pulpa<br>de pui 200/80g mar150g<br>Val cal: 2700 kcal/zi   |
| ARSI               | 33.00    | 12   | Ceai ,rosie,unt, surca<br>dietetica,gem, lapte<br>200ml/50g/16g/40g/20g/200ml                        | Ou 1 buc,      | 12   | Ciorba de cartofi cu iaurt 250 g<br>Orez cu legume si pulpa supenoara<br>200g/80g, iaurt 140g |                         | 12   | Paste cu sos de rosii si pulpa<br>de pui 200/80g mar150g<br>Val cal: 2700 kcal/zi   |

\*La cerere se vor realiza menuri pentru cule religioase  
Vegetarian, gluten, telina, arahide, lapte  
indulcent.

Asistent dietetician,

Statistica,

