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**Meniul zilei :26.10.2026**
**Pacienti\Medici de garda**

Aprobat,

| REGIM | Dimineata | | Ora 10 | | Pranz | | Ora 16 | | Seara | |
|---|---|---|---|---|---|---|---|---|---|---|
| | alimente | cant | aliment | cant | alimente | cant | alimente | cant | alimente | cant |
| RG1 Hidric Rg semilichid | Ceai neindulcit | 250 ml | | | Supa strecurata de leg | 400 ml | | | ceai fara zahar | 250ml |
| | | | | | | | | | ceai,terci | 250 ml |
| | Ceai | 400 ml | | | Supa crema de legume | 400 ml | | | branza | 70g |
| | pasta de branza | 70 gr | | | | | | | | |
| RG 2 (Afectiuni gastro-duodenale) | ceai | 250 ml | Biscuiti | 50gr | supa cu legume | 400 ml | Biscuiti | 50gr | Tocanita de cartofi cu pulpa pui | 250gr |
| | paine | 50g | | | Pilaf cu pulpa | 200\150gr | | | ceai | 250 ml |
| | Pasta de branza | 70 gr | | | paine | 150 gr | | | Paine | 50gr |
| | telemea\unt/ou | 70gr\1\1buc | | | | | | | | |
| Rg 3 (Afectiuni B.D.A) | Ceai fara zahar | 250 ml | | | Supa de orez | 400 ml | | | Orez fiert si morcov rondele | 250gr |
| | paine | 50g | Biscuiti | 50 g | Orez fiert si branza vaci | 200/70g | Biscuiti | 50 gr | paine coapta | 50gr |
| | branza de vaci | 70g | | | paine coapta | 150 g | | | ceai fara zahar | 250ml |
| Rg 4 (Afectiuni hepatice) | Ceai | 250ml | | | supa cu legume | 400 ml | | | | 150gr |
| | paine | 50g | | | Pilaf cu pulpa de pui | 200/150gr | Biscuiti | 50gr | Paine | 50gr |
| | branza de vaci | 70 gr | Biscuiti | 50gr | paine | 150gr | | | cartofi cu pulpa pui | 250gr |
| | gem\unt | 20gr\1buc | | | | | | | ceai | 250ml |
| RG 5-6(Af renale ,cardio-vasculare) Rg desodat | Ceai ,paine | 250ml \150gr | | | Supa cu legume si fidea | 400ml | | | | |
| | Telemea\unt\gem | 70gr/1\1buc | ou fiert | 1buc | Branza cu smantana si pulpa de pui | 250/150gr | Biscuiti | 1buc | tocanita de cartofi cu pulpa pui | 250gr/150gr |
| | Tocana de leg. | 100gr | | | Eugenia | 1buc | beurre | | paine | 50gr |
| | | | | | | | | | | |
| | Ceai\Paine | 250 ml | | | Supa cu legume | 400 ml | | | Ceai | 250ml |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| LFV | paine | 50g | | | Pilaf cu legume | 200gr | Biscuiti | 1buc | Cartofi cu legume | 250gr |
| | branza de vaci | 70gr | Biscuiti | 50gr | paine | 150 g | beurre | | Paine | 50gr |
| | unt\gem | 1buc/20gr | | | Eugenia | 1buc | | | | |
| Rg 8 diabet | Ceai f.z.,Paine | 250/50gr | | | Supa cu legume si fidea | 400 ml | | | Tocanita de cartofi cu pulpa | 250gr/150gr |
| | cascaval | 70gr | b.topita | 1buc | Branza cu smantana si pulpa de pui | 250gr/150gr | iaurt 0.1% | 1buc | Ceai | 250ml |
| | Ou fiert | 1buc | | | mamaliga | 200gr | | | paine | 50gr |
| | muschi file | 70gr | | | | | | | | |
| Rg 9 Comun | ceai \paine | 250ml\150gr | | | Bors cu sfecla rosie | 400ml | | | Tocanita de cartofi cu pulpa | 250gr/150gr |
| Insotitoare | cascaval\unt\gem | 70gr/1buc/20gr | b.topita | 1buc | Branza cu smantana si pulpa de pui | 250gr\150g | Biscuiti | 1buc | | |
| Rg Psihici | muschi file | 70gr | | | mamaliga\Eugenia | 200gr\1buc | beurre | | paine /ceai | 50gr\250ml |
| Rg 10\Vauze | Ceai\paine | 250ml\150gr | | | Bors cu legume si fidea | 400 ml | | | Ceai | 250ml |
| Rg 1-3 Rg 3-18 | cascaval | 70gr | b.topita | 1buc | Branza cu smantana si pulpa de pui | 250gr/ 150gr | Biscuiti | 1buc | Tocanita de cartofi cu pulpa | 250/150gr |
| | unt\gem | 1buc/20gr | | | mamaliga | 200gr | beurre | | Paine | 50gr |
| | muschi file | 70gr | | | Eugenia | 1buc | | | | |
| Medic de garda | Ceai,paine,cascaval, | 250ml\150gr | | | Bors cu sfecla rosie | 400ml | | | Cartofi la cuptor | 250gr |
| | ou fiert\masline | 1buc\50gr | | | Piure cu piept curcan | 250\150gr | | | piept de pui | 150gr |
| | pate,muschi | 1buc\70gr | | | ardei copti | 100gr | | | Ceai\salata | 250ml |

***Nota:Conform Ordinului nr.183/2016,art.3,si a Reg. CE 1169/2011 privind informarea consumatorilor,va aducem la cunostinta ca preparatele culinare din cadrul unitatii noastre ,pot fi prezenti agenti alergeni din produse:lactate si produse derivate(lactoza),cereale care contin gluten(paine si produse derivate ),oua si produse derivate(albumina),produse congelate(carne de pui,piept de pui,curcan,porc)semipreparare(pui,porc),legume(mazare,pastai,legume pentru ciorbe)telina ,fructe cu coaja (mar,portocale,banane,grapefruit),condimente(piper,boia de ardei).

**MIC DEJUN**









**PRANZ**













HEPATIC


RG DIABET


RG 3-18 ANI

**CINA**


BDA
RG DESODAT
RG DIABET
Petit Beurre
Dorolact
Petit Beurre
RG COMUN
GASTRIC