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Aprobat,

**Meniul zilei:29.10.2026**

**Pacienti\Medici de garda**

| REGIM | Dimineata | | Ora 10 | | Pranz | | Ora 16 | | Seara | |
|---|---|---|---|---|---|---|---|---|---|---|
| | alimente | cant | alimente | 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, | 250ml |
| | Ceai | 400 ml | | | Supa crema de legume | 400 ml | | | branza | 70g |
| | pasta de branza | 70 gr | | | | | | | | |
| RG 2 (Afectiuni gastroduodenale ) | Ceai | 250 ml | | | Supa cu legume | 400 ml | biscuiti | 50gr | orez cu lapte | 250gr |
| | paine | 50g | Biscuiti | 50gr | Pilaf cu pulpa de pui | 200gr\150 gr | | | ceai | 250 ml |
| | Pasta de branza | 70 gr | | | paine | 150 gr | | | paine | 50g |
| | unt\telemea\Ou | 1buc\70gr\1 | | | | | | | | |
| Rg 3 (Afectiuni B.D.A) | Ceai fara zahar | 250 ml | | | Supa de orez | 400 ml | biscuiti | 50gr | orez cu morcov rondele | 300g |
| | paine | 50g | Biscuiti | 50gr | Orez fiert si branza vaci | 200/70g | | | | |
| | branza de vaci | 70g | | | paine coapta | 150 g | | | ceai fara zahar | 250ml |
| Rg 4 (Afectiuni hepatice) | ceai | 250ml | | | Supa cu legume | 400 ml | | | orez cu lapte | 250gr |
| | paine | 50g | | | Pilaf cu pulpa de pui | 250/200gr | iaurt 0.1% | 1buc | | |
| | branza de vaci | 70 gr | Biscuiti | 50gr | Compot | 360gr | | | paine | 50gr |
| | unt\gem | 1\1buc | | | | | | | | |
| RG 5-6(Af renale ,cardio-vasculare) Rg desodat | paine\Ceai | 50gr/250ml | | | Supa cu legume si cartofi | 400ml | | | **brocoli cu morcov baby** | 250gr |
| | telemea | 70gr | masline fara sare | 30gr | Pilaf cu pulpa de pui | 250\150gr | banane | 1buc | pulpa pui | 150gr |
| | unt\ halva | \1buc\50gr | **rosie** | 50gr | salata de varza | 100gr | | | Ceai | 250ml |
| | tocana de legume | 100gr | | | eugenia | 1buc | | | Paine | 50gr |
| | Ceai | 250 ml | | | Supa cu legume | 400 ml | | | | 250gr |
| LFV | paine | 50g | | | Pilaf cu legume | 250gr | | | orez cu lapte | 250gr |
| | branza de vaci | 70gr | biscuiti | 50gr | paine | 150GR | banane | 1buc | paine | 50g |
| | Gem\Unt | 20gr/1buc | | | eugenia | 1buc | | | | |
| Rg 8 diabet | Ceai f.z. | 250 ml | | | Supa cu legume si cartofi | 400 ml | | | **brocoli cu morcov baby** | 250gr |
| | paine | 50gr | masline | 30gr | Pilaf cu pulpa de pui | 250\150\gr | grapefruit | 200gr | Ceai fara zahar | 250ml |
| | carnati \brz topita | 70gr | rosie | 50gr | paine | 50gr | | | paine | 50gr |
| | branza de vaci\pate | 70gr/1buc | | | salata de varza | 100gr | | | pulpa de pui | 150gr |
| Rg 9, Insotitoare, Rg Psihici | Ceai | 250ml | | | Bors cu legume si cartofi | 400ml | | | orez cu lapte | 250gr |
| | paine\Carnati | 50gr/70gr | masline | 30gr | Fasole cu carnati | 250/150gr | banane | 1buc | | |
| | branza de vaci/pate | 70gr/1buc | rosie | 50gr | eugenia /salata de varza | 1buc/100gr | | | paine/ceai | 50gr/250ml |
| Rg 10\lauze Rg 3-18 Rg 1-3 ani | Ceai | 250ml | **masline** | 30gr | Bors cu legume si cartofi | 400 ml | | | orez cu lapte | 250gr |
| | Paine \Carnati | 50/70gr | rosie | 50gr | salata de varza | 100gr | | | ceai | 250ml |
| | branza de vaci \pate | 70gr/1buc | | | Pilaf cu pulpa pui | 250\150gr | banane | 1buc | Paine | 50gr |
| | | | | | eugenia | 1buc | | | | |
| Medici de garda | Ceai\paine | 250\50gr | | | Bors cu legume si cartofi | 400ml | | | Ceai | 250ml |
| | carnati \brz topita | 70gr\1buc | | | Fasole cu carnati | 250gr\150 | | | Cartofi la cuptor | 250gr |
| | cascaval | 70gr | | | salata de varza | 100gr | | | cu piept de pui | 150gr |
| | ou fiert\masline | 1buc/30gr | | | | | | | salata de varza | 100gr |

***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**















**CINA**

