



SPITALUL MUNICIPAL ACADEMICIAN LEON DĂNILĂ DORHOI  
8-dul Victoriei nr. 75, Muz. Dornesti, Jud. Botosani, Cod postal: 715300  
E-mail: [office@spitalmdorohoi.ro](mailto:office@spitalmdorohoi.ro) Web: [spitalmdorohoi.ro](http://spitalmdorohoi.ro)  
Telefon: 0231/603179 Fax: 0231/603179  
Operator date cu caracter personal nr. 16113, CUI 13777330

Meniul zilei :08.09.2026  
Pacienti\Medici de garda

Aprobat,

| REGIM                                              | Dimineata                |                | Ora 10     |      | Pranz                         |            | Ora 16   |       | Seara                    |            |
|----------------------------------------------------|--------------------------|----------------|------------|------|-------------------------------|------------|----------|-------|--------------------------|------------|
|                                                    | alimente                 | cant           | alimente   | cant | alimente                      | cant       | alimente | cant  | alimente                 | cant       |
| RG1 Hidric<br>Rg<br>semilichid                     | Ceai neindulcit          | 250 ml         |            |      | Supa strecurata de legume     | 400 ml     |          |       | ceai fara zahar          | 250ml      |
|                                                    |                          | 50g            |            |      |                               |            |          |       | ceai,terci               | 250 ml     |
|                                                    | Ceai                     | 250 ml         |            |      | Supa crema de legume          | 400 ml     |          |       | branza                   | 70g        |
|                                                    | pasta de branza          | 70 gr          |            |      |                               |            |          |       | macaroane cu branza      | 250gr      |
| RG 2<br>(Afctiuni<br>gastroduode<br>nale )         | ceai                     | 250 ml         |            |      | Supa cu legume                | 400 ml     | Biscuiti | 50gr  | ceai                     | 250ml      |
|                                                    | paine                    | 50g            | Biscuiti   | 50gr | Cartofi natur cu pulpa de     | 250/150gr  |          |       |                          |            |
|                                                    | Pasta de brz             | 70 gr          |            |      | Paine                         | 50gr       |          |       |                          |            |
|                                                    | Ou fiert\Unt             | 1\1buc         |            |      |                               |            |          |       |                          |            |
| Rg 3<br>(Afectiuni<br>B.D.A)                       | Ceai f.z                 | 250 ml         |            |      | Supa de orez                  | 400 ml     |          |       | Orez cu morcov fiert     | 200gr      |
|                                                    | paine                    | 50g            | Biscuiti   | 50 g | Orez fiert si branza de vaci  | 200\70gr   | Biscuiti | 50 gr | paine coapta             | 50gr       |
|                                                    | branza de vaci           | 70g            |            |      | Paine coapta                  | 150 g      |          |       | ceai fara zahar          | 250ml      |
|                                                    |                          |                |            |      |                               |            |          |       |                          |            |
| Rg 4<br>(Afectiuni<br>hepatice)                    | Ceai                     | 250ml          |            |      | Supa cu legume                | 400 ml     |          |       | Macarone cu branza       | 250gr      |
|                                                    | paine                    | 50g            | biscuiti   | 50gr | Cartofi natur si pulpa de pui | 200g\150gr | Biscuiti | 50gr  |                          |            |
|                                                    | pasta de branza          | 70 gr          |            |      | Paine                         | 150 gr     |          |       | ceai fara zahar          | 250ml      |
|                                                    | unt\gem                  | 1\1buc         |            |      | Compot                        | 360gr      |          |       |                          |            |
| Rg 5-6<br>Afectiuni-<br>cardiovascul<br>are-renale | ceai                     | 250ml          |            |      | Supa cu legume si fidea       | 400ml      |          |       | ficat cu ceapa si legume | 250gr      |
|                                                    | Branza de vaci unt\halva | 70gr/1buc\50gr | rosii      | 50gr | mazare cu pulpa de pui        | 250/150gr  |          |       | Paine                    | 50gr       |
|                                                    | Paine                    | 50gr           | castraveti | 30gr | Paine                         | 150gr      | Kiwi     | 1buc  | Mamaliga                 | 150gr      |
|                                                    | ou fiert                 | 50gr           |            |      | Napolitana                    | 1buc       |          |       |                          |            |
| Lfv                                                | Ceai                     | 250 ml         |            |      | Supa cu legume                | 400 ml     |          |       | Cartofi cu legume        | 250gr/70gr |
|                                                    | paine                    | 50g            | biscuiti   | 50gr | pilaf cu legume               | 250g       | Kiwi     | 1buc  | ceai                     | 250 ml     |
|                                                    | branza de vaci           | 70gr           |            |      | paine                         | 150gr      |          |       |                          |            |

|                            |                   |           |            |      |                               |             |         |      |                          |       |
|----------------------------|-------------------|-----------|------------|------|-------------------------------|-------------|---------|------|--------------------------|-------|
|                            | Unt\gem           | 1\1buc    |            |      | Napolitana                    | 1buc        |         |      | ficat cu ceapa si legume | 250gr |
| Rg 8 diabet                | Ceai f. z.        | 250 ml    |            |      | Supa cu legume si fidea       | 400 ml      |         |      |                          |       |
|                            | paine             | 50g       | rosii      | 50gr | mazare cu pulpa de pui        | 250/150gr   | telemea | 70gr | Paine                    | 50gr  |
|                            | Pasta de br. Vaci | 70gr      | castraveti | 30gr | Grapefruit                    | 1\2         |         |      | ceai fara zahar          | 250ml |
|                            | carnati           | 70gr      |            |      |                               |             |         |      | Mamaliga                 | 150gr |
|                            | pate\ou fiert     | 1buc\1buc |            |      |                               |             |         |      |                          |       |
| Rg 9,                      | ceai              | 250ml     |            |      | Bors taranesc                 | 400ml       |         |      |                          |       |
| Rg Psihici,<br>Insotitoare | Paine             | 50gr      |            |      | mazare cu pulpa de pui        | 250/150gr   | Mere    | 1buc | ficat cu ceapa si legume | 250gr |
|                            | Pasta de br. vaci | 70gr      | rosii      | 50gr | Paine                         | 1buc        |         |      | Mamaliga                 | 150gr |
|                            | carnati           | 70gr      | castraveti | 30gr | Napolitana                    | 1buc        |         |      | Paine                    | 50gr  |
|                            | pate\ou fiert     | 1\1buc    |            |      |                               | 100gr       |         |      | ceai                     | 250ml |
| Rg 10 Lauze\               | ceai              | 250ml     |            |      | Supa cu legume si fidea       | 400ml       |         |      |                          |       |
| Rg 3-18 ani<br>Rg 1-3 ani  |                   |           |            |      | Cartofi natur cu pulpa de pui | 250/150gr   | Mere    | 1buc | ficat cu ceapa si legume | 250gr |
|                            | Paine             | 50gr      |            |      | Napolitana                    | 1buc        |         |      | Paine                    | 50gr  |
|                            | Pasta de br. vaci | 70gr      | rosii      | 50gr | Paine                         | 150gr       |         |      | ceai                     | 250ml |
|                            | Carnati           | 70gr      | castraveti | 30gr |                               |             |         |      | Mamaliga                 | 150gr |
| Medic de<br>garda          | Pate,ou fiert     | 1\1buc    |            |      |                               |             |         |      | pilaf cu piept de pui    | 250gr |
|                            | ceai,paine        | 250/150gr |            |      | Bors cu legume si fidea       | 400ml       |         |      |                          |       |
|                            | cascaval\ou fiert | 70gr\1buc |            |      | piure cu piept de curcan      | 200gr/150gr |         |      | ceai                     | 250ml |
|                            | muschi file       | 70gr      |            |      | salata de varza               | 100gr       |         |      | salata                   | 100gr |
|                            | pate\masline      | 1bc/50gr  |            |      |                               |             |         |      |                          |       |

\*\*\*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

