



**SPITALUL MUNICIPAL ACADEMICIAN LEON DĂNILĂ DORHOI**  
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**Meniul zilei: 28.08.2026**  
**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 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<br>(Afectiuni<br>gastroduode<br>nale )                 | Ceai             | 250 ml      |            |      | Supa cu legume            | 400 ml          | biscuiti | 1buc | Paste cu legume           | 250gr  |
|                                                             |                  |             |            |      |                           | 200gr\150<br>gr | beurre   |      | ceai                      | 250 ml |
|                                                             | paine            | 50g         | Biscuiti   | 50gr | Pilaf cu pulpa de pui     |                 |          |      | paine                     | 50g    |
|                                                             | Pasta de branza  | 70 gr       |            |      | paine                     | 150 gr          |          |      | pulpe pui                 | 150gr  |
| Rg 3<br>(Afectiuni<br>B.D.A)                                | unt\telemea\Ou   | 1buc\70gr\1 |            |      |                           |                 |          |      | orez cu morcov<br>rondele | 300g   |
|                                                             | Ceai fara zahar  | 250 ml      |            |      | Supa de orez              | 400 ml          | biscuiti | 50gr |                           |        |
|                                                             | 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<br>(Afectiuni<br>hepatice)                             | ceai             | 250ml       |            |      | Supa cu legume            | 400 ml          |          |      | Paste cu legume           | 250gr  |
|                                                             |                  |             |            |      |                           |                 |          |      |                           |        |
|                                                             | paine            | 50g         |            |      | Pilaf cu pulpa de pui     | 250/200gr       | biscuiti | 1buc | pulpe pui                 | 150gr  |
|                                                             | branza de vaci   | 70 gr       | Biscuiti   | 50gr | Compot                    | 360gr           | beurre   |      | paine                     | 50gr   |
| RG 5-6(Af<br>renale<br>,cardio-<br>vasculare)<br>Rg desodat | unt\gem          | 1\1buc      |            |      |                           |                 |          |      |                           |        |
|                                                             | paine\ceai       | 50gr/250ml  |            |      | Supa cu leg si cartofi    | 400ml           |          |      | Paste cu legume           | 250gr  |
|                                                             | telemea          | 70gr        | rosii      | 50gr | Pilaf cu pulpa de pui     | 250\150gr       | kiwi     | 1buc | pulpe pui                 | 150gr  |
|                                                             | ou fiert \ unt   | 1\1buc      | castraveti | 50gr | salata de varza           | 100gr           |          |      | Ceai                      | 250ml  |
|                                                             | tocana de legume | 100gr       |            |      | napolitana                | 1buc            |          |      | Paine                     | 50gr   |
|                                                             | Ceai             | 250 ml      |            |      | Supa cu legume            | 400 ml          |          |      |                           | 250gr  |
|                                                             | paine            | 50g         |            |      | Pilaf cu legume           | 250gr           |          |      | Paste cu legume           | 250gr  |
|                                                             |                  |             |            |      |                           |                 |          |      |                           |        |

|                       |                       |            |            |      |                             |                |       |      |                                 |            |
|-----------------------|-----------------------|------------|------------|------|-----------------------------|----------------|-------|------|---------------------------------|------------|
| LFV                   | branza de vaci        | 70gr       | biscuiti   | 50gr | paine\salata de varza       | 150/100gr      | kiwi  | 1buc | paine                           | 50g        |
|                       | Gem\Unt               | 20gr/1buc  |            |      | napolitana                  | 1buc           |       |      |                                 |            |
| Rg 8 diabet           | Ceai f.z.             | 250 ml     |            |      | Supa cu legume si cartofi   | 400 ml         |       |      | Paste cu legume si<br>pulpe pui | 250gr/150g |
|                       |                       |            |            |      |                             | 250\150\<br>gr | iaurt | 1buc | Ceai fara zahar                 | 250ml      |
|                       | paine                 | 50gr       | rosii      | 50gr | Pilaf cu pulpa de pui       |                |       |      | paine                           | 50gr       |
|                       | carnati\ou fiert      | 70gr/ 1buc | castraveti | 50gr | paine                       | 50gr           |       |      |                                 |            |
| Rg 9,                 | telemea/pate          | 70gr/1buc  |            |      | salata de varza             | 100gr          |       |      |                                 |            |
|                       | ceai                  | 250ml      |            |      | Bors cu legume si vacuta    | 400ml          |       |      | Paste cu legume                 | 250gr      |
|                       |                       |            |            |      |                             |                |       |      |                                 |            |
|                       | paine\Carnati         | 50gr/70gr  | rosii      | 50gr | Pilaf cu pulpa de pui       | 250/150gr      | kiwi  | 1buc | pulpe pui                       | 150gr      |
| Rg Psihici            | telemea\pate\ou fiert | 70gr/1buc  | castraveti | 50gr | salata de varza \napolitana | 100gr/1bc      |       |      | paine/ceai                      | 50gr/250ml |
|                       |                       |            |            |      |                             |                |       |      |                                 |            |
|                       | ceai                  | 250ml      | rosii      | 50gr | Bors cu legume si cartofi   | 400 ml         |       |      | Paste cu legume si<br>pulpe pui | 250/150gr  |
|                       | Paine \carnati        | 50/70gr    | castraveti | 50gr | salata de varza             | 100gr          |       |      | ceai                            | 250ml      |
| Rg 3-18<br>Rg 1-3 ani | telemea \pate         | 70gr/1buc  |            |      | Pilaf cu pulpa pui          | 250\150\       | kiwi  | 1buc | Paine                           | 50gr       |
|                       | ou fiert              | 1buc       |            |      | napolitana                  | 1buc           |       |      |                                 |            |
|                       | Ceai\paine            | 250\50gr   |            |      | Bors cu leg si vacuta       | 400ml          |       |      | Ceai                            | 250ml      |
|                       | muschi \brz topita    | 70gr\1buc  |            |      | Pilaf cu snitele de pui     | 250gr\150      |       |      | tochitura de porc               | 200gr      |
| Medici de<br>garda    | cascaval              | 70\1buc    |            |      | salata de varza rosie       | 100gr          |       |      | mamaliga                        | 200gr      |
|                       | ou fiert\masline      | 1buc/30gr  |            |      |                             |                |       |      | ou\telemea                      | 1/70gr     |

\*\*\*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(lactoză),cereale care contin gluten(paine si produse derivate ),oua si produse derivate(albumina),produse congelate(carne de pulpept de pui,urcan,porc)semipreparate(pui,porc),legume(mazare,pasta,legume pentru ciorbe)telina ,fructe cu coaja (mar,porocale,banane,grapefruti),condimente(piper,boia de ardei).

## MIC DEJUN





PRANZ





## CINA

