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SPITALUL ORĂŞENESC HÂRŞOVA
Ordinul ANMCS 3510/07.12.2022

Meniu 01 09 2025

CR, D1, D3 - Mic dejun: Ceai 250 ml 50kcal, paine 100g 219 kcal, br vaci 50g
CORTIZON 101 kcal, gem portionat 2 buc 40 g 116 kcal, unt 20 g 140 kcal
-Pranz :Supa de pui a la grec 350/50g 350 kcal
Ficatei cu pilaf 150/300g 436 kcal, paine 50g 110 kcal
-Cina - Salata orientala 400g/ 484 kcal, ceai 50 kcal, paine 50g 110 kcal
total kcal/zi = 2 641 kcal

COMUN – Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br telemea 50g 135 kcal, gem portionat 2 buc 40 g 116 kcal, unt 20 g 140 kcal
-Pranz :Supa de pui a la grec 350/50g 350 kcal
Ficatei cu pilaf 150/300g 436 kcal, paine 50g 110 kcal
-Cina - Salata orientala 400g/ 484 kcal, ceai 50 kcal, paine 50g 110 kcal
total kcal/zi = 2 675 kcal

COPII PED Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br telemea 50g 135 kcal, gem portionat 2 buc 40 g 116 kcal, unt 20 g 140 kcal
-Pranz :Supa de pui a la grec 350/50g 350 kcal
Ficatei cu pilaf 150/300g 436 kcal, paine 50g 110 kcal
-Cina - Salata orientala 400/ 484 kcal, ceai 50 kcal, paine 50g 110 kcal
total kcal/zi = 2 675kcal

DIABET 200HC –Mic dejun: Ceai 250ml , paine 100g 219 kcal, br telemea 50g 135 kcal, br topita 2 buc 76 kcal, unt 20 g 140 kcal, pate 50g 93 kcal
-Pranz : Supa de pui a la grec 350/50g 350 kcal
Aripi de pui cu fasole verde 200/200 g 456 kcal , paine 50g 110 kal
-Cina - Salata orientala 400/ 484 kcal ,ceai , paine 50g 110 kcal
total kcal/zi = 2 355 kcal

Medic garda - – Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br telemea 50g 135 kcal, gem portionat 2 buc 40 g 116 kcal, unt 20 g 140 kcal
-Pranz :Supa de pui a la grec 350/50g 350 kcal
Ficatei cu pilaf 150/300g 436 kcal, paine 50g 110 kcal
-Cina - Salata orientala 400/ 484 kcal, ceai 50 kcal, paine 50g 110 kcal
total kcal/zi = 2 675 kcal

Gustare (inclus in total calorii)10: compot 200g 120 kcal/ dz 200hc- mar 200g 104 kcal
15 : prajitura 35g 1 buc 355 kcal/ dz 200hc iaurt 140g 78 kcal

Intocmit: As. Chiuaru Ioana

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SPITALUL ORĂŞENESC
HÂRSOVA

Ordinul ANMCS 351/07.12.2022

MENIU 02 09 2025

CR,D1.D3, -Mic dejun-ceai 50 kcal, paine 100g 219 kcal, crenwurst 100 g 213 kcal
CORTIZON br de vaci 50 g 101 kcal, ardei 100g 16 kcal
-Pranz –Supa de zarzavat cu fidea 400g 220 kcal
Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal
-Cina-Cartofi natur cu br de vaci 300g/50g 428 kcal, ceai 50 kcal, paine 50 110 kcal Total kcal: 2 373 kcal

COMUN -Mic dejun-ceai 50 kcal, paine 100g 219 kcal, crenwurst 100 g 213 kcal
br de vaci 50 g 101 kcal, ardei 100g 16 kcal
-Pranz Supa de zarzavat cu fidea 400g 220 kcal
Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal
- Cina –Cartofi natur cu telemea 300g/50g 458 kcal, ceai 50 kcal, paine 50g 110 kcal Total kcal: 2 393 kcal

COPII PED -Mic dejun-ceai 50 kcal, paine 100g 219 kcal, crenwurst 100 g 213 kcal
br de vaci 50 g 101 kcal, ardei 100g 16 kcal
-Pranz- Supa de zarzavat cu fidea 400g 220 kcal
Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal
-Cina-Cartofi natur cu br de vaci300g/50g 428 kcal, ceai 50 kcal, paine 100g 219 kcal Total kcal: 2 373 kcal

DIABET 200 HC -Mic dejun-ceai, paine 100g 219 kcal, crenwurst 100 g 213 kcal
br de vaci 50 g 101 kcal, ardei 100g 16 kcal
-Pranz - Supa de zarzavat cu fidea 400g 220 kcal
Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal
- Cina –Cartofi natur cu telemea 200g/100g 558 kcal, ceai , paine 50 g 110 kcal Total kcal: 2 173 kcal

MEDIC GARDA -Mic dejun-ceai 50 kcal, paine 100g 219 kcal , crenwurst 100 g 213 kcal
br de vaci 50 g 101 kcal, ardei 100g 16 kcal
-Pranz – Supa de zarzavat cu fidea 400g 220 kcal
Ardei umpluti cu carne 400g 424 kcal paine 50g 110 kcal
- Cina –Cartofi prajiti cu pui 300g/100g 550 kcal, ceai 50 kcal, paine 100g 219 kcal Total kcal: 2 515 kcal

Gustare (inclus in total calorii)
10; biscuit 50g 207 kcal / dz : iaurt 140g 78 kcal
15: mar 200g 124 kcal

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Ordinul ANMCS 351/07.12.2022

Meniu 03 09 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 141 kcal , **CORTIZON** sunca presata 50g 142 kcal, unt 20g 116 kcal
-Pranz : Supa de perisoare 400g 258 kcal
Ou ochi cu piure 50/300g 416 kcal, paine 50g 110 kcal
-Cina – Paste cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g 110kcal. Total kcal/zi =2 384 kcal

COMUN –Mic dejun: ceai 50kcal, paine 100 g 219 kcal, cascaval 50g 141 kcal ,unt 20g 116 kcal ,sunca presata 50g 142 kcal
-Pranz : Supa de perisoare 400g 258 kcal
Ou ochi cu piure 50/300g g 416 kcal,paine 50g , 110 kcal
- Cina : – Paste cu branza telemea 400g 494 kcal, paine 50g 110 kcal, ceai 50 kcal. Total kcal/zi =2 404 kcal

COPII PED -Mic dejun:ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 141 kcal ,unt 20g 116 kcal ,sunca presata 50g 142 kcal
-Pranz : Supa de perisoare 400g 258 kcal
Ou ochi cu piure 50/200g 303 kcal, paine 50g 110 kcal
-Cina — Paste cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi =2 384 kcal

DIABET 200 HC –Mic dejun: ceai, paine 100g 219 kcal, cascaval 50g 141 kcal ,unt 20g 116 kcal ,sunca presata 50g 142 kcal
-Pranz : Supa de perisoare 400g 258 kcal
Ou ochi cu piure 100/200g 493 kcal, paine 50 g 110 kcal
- Cina – Fasole verde cu aripi de pui 300/150 g 430 kcal, ceai, paine 50g 110 kcal, Total kcal/zi =2 221 kcal

Medic de garda –Mic dejun:ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 141 kcal ,unt 20g 116 kcal ,sunca presata 50g 142 kcal
-Pranz : Supa de perisoare 400g 258 kcal
Ceafa de porc cu cartofi natur si telemea 200/200/100g 532 kcal,paine 110 kcal
- Cina : – Paste cu branza telemea 400g 494 kcal, paine 50g 110 kcal, Total kcal/zi =2 404 kcal

Gustare (inclusa in total calorii) 10: corn 60g 270 kcal/ dz 200hc- mar 200g 124 kcal
15 : – iaurt 140 g 78 kcal

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Meniu 04 09 2025

CR,D1,D3, -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, pate 50 g 93 kcal,
CORTIZON branza topita cub 1 37 kcal, rosie 100g 16 kcal,
-Pranz :Supa de zarzavat cu fidea 400 ml 220 kcal,
Ghiveci de legume cu pui 150/300g 532 kcal, paine 50g 110 kcal,
- Cina : Pilaf cu legume si ficatei 300/100 g 430 kcal ,ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 099 kcal

COMUN -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 78 kcal,
branza topita cub 1 37 kcal, ardei 100g 16 kcal,
-Pranz : Supa de zarzavat cu fideac 400 ml 220 kcal,
Ghiveci de legume cu pui 150/300g 532 kcal paine 50g 110 kcal,,
- Cina : Pilaf cu legume si cabanos 300/100 g 566 kcal, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 099 kcal

COPII PED- -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 78 kcal,
branza topita cub 1 37 kcal, ardei 100g 16 kcal,
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal,
Ghiveci de legume cu pui 150/300g 532 kcal paine 50g 110 kcal,
- Cina : Pilaf cu legume si ficatei 300/100 g 430 kcal, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 157 kcal

DIABET 200HC- -Mic dejun : ceai, paine 100g 219 kcal, ou fiert buc 1 78 kcal, masline 50g 75 kcal
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal,
Ghiveci de legume cu pui 150/300g 532 kcal, paine 50g 110 kcal,,
- Cina : : Pilaf cu legume si cabanos 300/100 g 566 kcal, ceai , paine 50g 110 kcal. Total kcal/zi= 2 082kcal

MEDIC DE GARDA : -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 78 kcal, branza topita cub 1 37 kcal, ardei 100g 16 kcal,
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal,
Ghiveci de legume cu pui 150/300g 532 kcal, paine 50g 110 kcal
- Cina : : Pilaf cu legume si cabanos 300/100 g 566 kcal, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 289 kcal

Gustare pentru toti pacientii (inclus in total calorii) :
: 10 : lapte 200 ml 126 kcal
: 15 : prajitura buc 1 171 kcal / Dz mar 200g 124 kcal

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Meniu 05 09 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, crenwurst 100g 213 kcal, **CORTIZON**, branza de vaci 50g 101 kcal, castraveti 100 g 13 kcal
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal
Pui pulpa cu piure 100/300g 432 kcal, paine 50g 110 kcal,
-Cina –Mamaliga branza si smantana 200/100/100g 572 kcal, kcal, ceai 50 kcal, paine 50g 110kcal. Total kcal/zi =2 429 kcal

COMUN –Mic dejun: ceai 50kcal, paine 100 g 219 kcal, crenwurst 100g 213 kcal, branza de vaci 50g 101 kcal, castraveti 100 g 13 kcal
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal
Kaizer cu varza 100/300g 488 kcal, paine 50g 110 kcal,
- Cina : Mamaliga branza si smantana 200/100/100g 572 kcal, kcal, paine 50g 110 kcal, ceai 50 kcal. Total kcal/zi =2 484 kcal

COPII PED -Mic dejun:ceai 50 kcal, paine 100g 219 kcal, crenwurst 100g 213 kcal, branza de vaci 50g 101 kcal, castraveti 100 g 13 kcal
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal
Pui pulpa cu piure 100/300g 432 kcal, paine 50g 110 kcal,
-Cina ;Mamaliga branza si smantana 200/100/100g 572 kcal,, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi =2 429 kcal

DIABET 200 HC –Mic dejun: ceai, paine 100g 219 kcal, crenwurst 100g 213 kcal, branza de vaci 50g 101 kcal, castraveti 100 g 13 kcal
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal
Kaizer cu varza 100/300g 488 kcal kcal, paine 50g 110 kcal,
- Cina –Mamaliga branza si smantana 200/100/100g 572 kcal, kcal, ceai, paine 50g 110 kcal, Total kcal/zi =2 256 kcal

Medic de garda –Mic dejun:ceai 50 kcal, paine 100g 219 kcal, crenwurst 100g 213 kcal, branza de vaci 50g 101 kcal, castraveti 100 g 13 kcal
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal
Kaizer cu varza 100/300g 488 kcal, paine 50g 110 kcal,
- Cina : Mamaliga branza si smantana 200/100/100g 572 kcal, paine 50g 110 kcal, Total kcal/zi =2 484 kcal

Gustare (inclusa in total calorii) 10: mar 200g 124 kcal
15 : biscuiti 50 g 207 kcal/ dz - iaurt 140g 78 kcal

Intocmit: As. Chiuaru Ioana

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Meniu 06 09 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, gem 40 g 116 kcal,
CORTIZON br vaci 50g 101 kcal, unt 20g 116 kcal
-Pranz : Supa de zarzavat cu fidea 400g 188 kcal
Aripi pui cu mancare de cartofi 150/300g 550 kcal, paine 50g 110 kcal
-Cina –Paste cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g 110kcal. Total kcal/zi =2 355 kcal

COMUN –Mic dejun: ceai 50kcal, paine 100 g 219 kcal gem 40 g 116 kcal, br vaci 50g 101 kcal, unt 20g 116 kcal
Aripi pui cu mancare de cartofi 150/300g 550 kcal, paine 50g 110 kcal
- Cina : Paste cu branza telemea 400g 494 kcal, paine 50g 110 kcal, ceai 50 kcal. Total kcal/zi =2 375 kcal

COPII PED -Mic dejun:ceai 50 kcal, paine 100g 219 kcal, gem 40 g 116 kcal, br vaci 50g 101 kcal, unt 20g 116 kcal
-Pranz Supa de zarzavat cu fidea 400g 188 kcal
Aripi pui cu mancare de cartofi 150/300g 550 kcal, paine 50g 110 kcal
-Cina – Paste cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi =2 355 kcal

DIABET 200 HC –Mic dejun: ceai, paine 100g 219 kcal, br vaci 50g 101 kcal, unt 20g 116 kcal, 2 br topita 76 kcal
-Pranz : Supa de zarzavat cu fidea 400g 188 kcal
Aripi pui cu mancare de cartofi 150/300g 550 kcal, paine 50g 110 kcal
- Cina – Fasole verde cu aripi de pui 300/150g 386 kcal,, ceai, paine 50g 110 kcal, Total kcal/zi =2 180 kcal

Medic de garda –Mic dejun:ceai 50 kcal, paine 100g 219 kcal, gem 40 g 116 kcal, br vaci 50g 101 kcal, unt 20g 116 kcal
-Pranz : Supa de zarzavat cu fidea 400g 188 kcal
Aripi pui cu mancare de cartofi 150/300g 550 kcal, paine 50g 110 kcal
- Cina : Paste cu branza telemea 400g 474 kcal, ceai 50 kcal, paine 50g 110 kcal, Total kcal/zi =2 375 kcal

Gustare (inclus in total calorii) 10: corn 60 g 193 kcal/ dz – mar 200g 124 kcal
15: iaurt 140g 78 kcal

Intocmit: As. Chiuaru Ioana

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Meniu 07 09 2025

CR, D1, D3 - Mic dejun: Ceai 250 ml 50kcal, paine 100g 219 kcal, br topita buc 1
CORTIZON 37 kcal, sunca presata 50g 142 kcal, unt 20 g 140 kcal, rosie 100g 13kcal
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal
Ficatei cu pilaf 150/300g 436 kcal, paine 50g 110 kcal
-Cina - Salata orientala 400g/ 484 kcal, ceai 50 kcal, paine 50g 110 kcal
total kcal/zi = 2 390 kcal

COMUN – Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br topita buc 1
37 kcal, sunca presata 50g 142 kcal, unt 20 g 140 kcal, rosie 100g 13kcal
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal
Ficatei cu pilaf 150/300g 436 kcal, paine 50g 110 kcal
-Cina - Salata orientala 400g/ 484 kcal, ceai 50 kcal, paine 50g 110 kcal
total kcal/zi = 2 390 kcal

COPII PED Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br topita buc 1
37 kcal, sunca presata 50g 142 kcal, unt 20 g 140 kcal, rosie 100g 13kcal
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal
Ficatei cu pilaf 150/300g 436 kcal, paine 50g 110 kcal
-Cina - Salata orientala 400/ 484 kcal, ceai 50 kcal, paine 50g 110 kcal
total kcal/zi = 2 390 kcal

DIABET 200HC –Mic dejun: Ceai 250ml , paine 100g 219 kcal, br topita buc 1
37 kcal, sunca presata 50g 142 kcal, unt 20 g 140 kcal, rosie 100g 13kcal
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal
Piept de pui cu am Mexican 150/200 g 456 kcal , paine 50g 110 kal
-Cina - Salata orientala 400/ 484 kcal ,ceai , paine 50g 110 kcal
total kcal/zi = 2 310 kcal

Medic garda - – Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br topita buc 1
37 kcal, sunca presata 50g 142 kcal, unt 20 g 140 kcal, rosie 100g 13kcal
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal
Piept de pui cu am Mexican 150/200 g 456 kcal, paine 50g 110 kcal
-Cina - Salata orientala 400/ 484 kcal, ceai 50 kcal, paine 50g 110 kcal
total kcal/zi = 2 410 kcal

Gustare (inclus in total calorii)10: lapte -200g 124 kcal
15 : prajitura 35g 1 buc 255 kcal/ dz 200hc- mar 200g 104 kcal

Intocmit: As. Chiuaru Ioana

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Meniu 08 09 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, pate 50g 142 kcal
CORTIZON, br vaci 50g 101 kcal, castraveti 100g 18 kcal, unt 20g 116 kcal
-Pranz : Supa de zarzavat cu aripi de pui 300/100g 328 kcal
Ou cu piure 100/300g 418 kcal, paine 50g 110 kcal
-Cina – Mamaliga branza si smantana 200/100/100g 572 kcal, ceai 50 kcal, paine 50g 110kcal. Total kcal/zi =2 547 kcal

COMUN –Mic dejun: ceai 50kcal, paine 100 g 219 kcal, pate 50g 142 kcal
br vaci 50g 101 kcal, castraveti 100g 18 kcal, unt 20g 116 kcal
-Pranz : Supa de zarzavat cu aripi de pui 300/100g 328 kcal
Ou cu piure 100/300g 418 kcal, paine 50g 110 kcal
- Cina : Mamaliga branza si smantana 200/100/100g 572 kcal ,paine 50g 110 kcal, ceai 50 kcal. Total kcal/zi =2 547 kcal

COPII PED -Mic dejun:ceai 50 kcal, paine 100g 219 kcal pate 50g 142 kcal
br vaci 50g 101 kcal, castraveti 100g 18 kcal, unt 20g 116 kcal
-Pranz Supa de zarzavat cu aripi de pui 300/100g 328 kcal
Ou cu piure 100/300g 418 kcal, paine 50g 110 kcal
-Cina – Mamaliga branza si smantana 200/100/100g 572 kcal ,ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi =2 547 kcal

DIABET 200 HC –Mic dejun: ceai, paine 100g 219 kcal, pate 50g 142 kcal
br vaci 50g 101 kcal, castraveti 100g 18 kcal, unt 20g 116 kcal
-Pranz : Supa de zarzavat cu aripi de pui 300/100g 328 kcal
2 oua cu piure 100/300g 491 kcal, paine 50g 110 kcal
- Cina – Mamaliga branza si smantana 200/100/100g 572 kcal ceai, paine 50g 110 kcal, Total kcal/zi =2 132

Medic de garda –Mic dejun:ceai 50 kcal, paine 100g 219 kcal, pate 50g 142 kcal
br vaci 50g 101 kcal, castraveti 100g 18 kcal, unt 20g 116 kcal
-Pranz : Supa de zarzavat cu aripi de pui 300/100g 328 kcal
2 oua cu cartofi prajiti 100/300g 548 kcal, paine 50g 110 kcal
- Cina : Mamaliga branza si smantana 200/100/100g 572 kcal, ceai 50 kcal, paine 50g 110 kcal, Total kcal/zi =2 677 kcal

Gustare (inclusa in total calorii) 10 :compot 200ml 120 kcal/dz - mar 200g 124 kcal
15 : napolitana buc 1 193 kcal / dz iaurt 140 g 78 kcal

Intocmit: As. Chiuaru Ioana

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MENIU 09 09 2025

CR,D1,D3 -Mic dejun- ceai 50 kcal, paine 100 g 219kcal, ou buc 1 73 kcal
CORTIZON masline 50g 75 kcal, br dietetica 50 g 96 kcal
Pranz- Supa de zarzavat cu taietei 400g 208 kcal,
Pipote de pui cu pilaf 150/ 300 g 480 kcal, paine 50 g 110 kcal
Cina- Cartofi cu branza de vaci 400g 352 kcal, ceai 50 kcal, paine 50 g 110 kcal. Total kcal/zi = 2 108 kcal

COMUN – Mic dejun- ceai 50 kcal, paine 100g 219 kcal, ou buc 1 73 kcal, masline 50g 75 kcal , br dietetica 50 g 96 kcal
- Supa de zarzavat cu taietei 400g 208 kcal,
Afumatura cu varza 150/ 300 g 570 kcal, paine 50 g 110 kcal
-Cina- Cartofi cu branza de vaci 400g 352 kcal, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi=2 198 kcal

COPII PED- Mic dejun — ceai 50 kcal, paine 100g 219 kcal, ou buc 1 73 kcal, masline 50g 75 kcal , br dietetica 50 g 96 kcal
- Pranz- Supa de zarzavat cu taietei 400g 208 kcal,
Pipote de pui cu pilaf 100/ 300 g 480 kcal, paine 50 g 110 kcal
-Cina- Cartofi cu branza de vaci 400g 352 kcal, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 108 kcal

DIABET 200HC- Mic dejun- ceai, paine 100 g 219kcal ou buc 1 73 kcal, masline 50g 75 kcal , br dietetica 50 g 96 kcal
Pranz- Supa de zarzavat cu taietei 400g 208 kcal,
Pulpa de pui cu varza 200/ 300 g 570 kcal, paine 50 g 110 kcal
-Cina – Cartofi cu branza de vaci 400g 352 kcal, 50 g paine 110 kcal , ceai. Total kcal/zi =2 166 kcal

Medic de garda – Mic dejun- - ceai 50 kcal, paine 100g 219 kcal, ou buc 1 73 kcal, masline 50g 75 kcal , br dietetica 50 g 96 kcal
- Pranz- Supa de zarzavat cu taietei 400g 208 kcal,,
Afumatura cu varza 150/ 300 g 570 kcal. paine 50g 110 kcal
-Cina- Pulpa de pui cu cartofi prajiti 150/200g 550, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 398 kcal

Gustare (inclusa in total calorii) 10 : iaurt 140g 78kcal
15 – biscuit 50g 207 kcal / dz – mar 200g 120 kcal

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Meniu 10 09 2025

CR,D1,D3, -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 78 kcal,
CORTIZON branza vaci 50g 101 kcal, unt 20g 116 kcal,
-Pranz :Supa de zarzavat cu galuste 400 ml 220 kcal,
Ghiveci de legume cu aripi de pui 150/300g 532 kcal, paine 50g 110 kcal,
- Cina : Paste cu branza de vaci 400g 474 kcal ,ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 357 kcal

COMUN -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 78 kcal,
branza vaci 50g 101 kcal, unt 20g 116 kcal,
-Pranz : Supa de zarzavat cu galuste 400 ml 220 kcal,
Ghiveci de legume cu aripi de pui 150/300g 532 kcal, paine 50g 110 kcal
- Cina : Paste cu branza telemea 400g 494 kcal, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 377 kcal

COPII PED- -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 78 kcal,
branza vaci 50g 101 kcal, unt 20g 116 kcal,
-Pranz : Supa de zarzavat cu galuste 400 ml 220 kcal,
Ghiveci de legume cu aripi de pui 150/300g 532 kcal, paine 50g 110 kcal,
- Cina : Paste cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 357 kcal

DIABET 200HC- -Mic dejun : ceai, paine 100g 219 kcal, pate 50 g 142 kcal, , branza vaci 50g 101 kcal, unt 20g 116 kcal,
-Pranz : Supa de zarzavat cu galuste 400 ml 220 kcal,
Ghiveci de legume cu aripi de pui 150/300g 532 kcal, paine 50g 110 kcal,
- Cina : Fasole verde cu aripi de pui 300/150 g 466 kcal, ceai , paine 50g 110 kcal. Total kcal/zi= 2 295 kcal

MEDIC DE GARDA : -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 78 kcal, branza vaci 50g 101 kcal, unt 20g 116 kcal,
-Pranz : Supa de zarzavat cu galuste 400 ml 220 kcal,
Ghiveci de legume cu aripi de pui 150/300g 532 kcal, paine 50g 110 kcal,
- Cina : : Paste cu branza telemea 400g 494 kcal,, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 377 kcal

Gustare pentru toti pacientii (inclus in total calorii) :
: 10 : lapte 200 ml 126 kcal
: 15 : napolitana buc 1 171 kcal / Dz mar 200g 124 kcal

Intocmit : As .Chiuaru Ioana

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SPITALUL ORĂŞENESC HÂRSOVA

Meniu 11 09 2025

CR,D1,D3, -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, pate 50 g 142 kcal
CORTIZON branza topita buc 1 37 kcal, unt 20g 116 kcal
-Pranz : Supa de perisoare 400g 258 kcal, paine 50g 110 kcal.
Ou cu piure de cartofi 50/300g 408 kcal
- Cina : Mamaliga branza si smantana 200/100/100g 572 kcal,,ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 357 kcal

COMUN -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, pate 50 g 142 kcal branza topita buc 1 37 kcal, unt 20g 116 kcal
-Pranz : Supa de perisoare 400g 258 kcal, paine 50g 110 kcal.
Ou cu piure de cartofi 50/300g 408 kcal
- Cina : Mamaliga branza si smantana 200/100/100g 572 kcal,, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 357 kcal

COPII PED- -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, pate 50 g 142 kcal branza topita buc 1 37 kcal, unt 20g 116 kcal
-Pranz : Supa de perisoare 400g 258 kcal, paine 50g 110 kcal.
Ou cu piure de cartofi 50/300g 408 kcal
- Cina : Mamaliga branza si smantana 200/100/100g 572 kcal, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 357 kcal

DIABET 200HC- -Mic dejun : ceai, paine 100g 219 kcal, pate 50 g 142 kcal branza topita buc 1 37 kcal, unt 20g 116 kcal
-Pranz : Supa de perisoare 400g 258 kcal, paine 50g 110 kcal.
2 oua cu piure de cartofi 50/300g 485 kcal
- Cina : Mamaliga branza si smantana 200/100/100g 572 kcal,, ceai , paine 50g 110 kcal. Total kcal/zi= 2 247 kcal

MEDIC DE GARDA : -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, pate 50 g 142 kcal branza topita buc 1 37 kcal, unt 20g 116 kcal
-Pranz : Supa de perisoare 400g 258 kcal, paine 50g 110 kcal.
2 oua cu piure de cartofi 100/300g 485 kcal
- Cina : Mamaliga branza si smantana 200/100/100g 572 kcal, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 430 kcal

Gustare pentru toti pacientii (inclus in total calorii) :
: 10 : iaurt 140g 78 kcal
: 15 : biscuit 50g 207 kcal/ dz mar 200g 124 kcal

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SPITALUL ORĂŞENESC HÂRŞOVA

Ordinul ANMCS 351/07.12.2022

MENIU 12 09 2025

CR,D1.D3, -Mic dejun-ceai 50 kcal, paine 100g 219 kcal, ou 50g 73 kcal, masline **CORTIZON** 75 kcal, br topita buc 1 37 kcal,

-Pranz –Supa de zarzavat cu fidea 400g 220 kcal
Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal
-Cina- Ghiveci de legume cu pui 150/300g 532, ceai 50 kcal, paine 50 110 kcal Total kcal: 2 373 kcal

COMUN -Mic dejun-ceai 50 kcal, paine 100g 219 kcal, ou 50g 73 kcal, masline 50g 75 kcal, br topita buc 1 37 kcal,

-Pranz Supa de zarzavat cu fidea 400g 220 kcal
Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal
- Cina – Ghiveci de legume cu pui 150/300g 532 ,ceai 50 kcal, paine 50g 110 kcal Total kcal: 2 393 kcal

COPII PED -Mic dejun-ceai 50 kcal, paine 100g 219 kcal, ou 50g 73 kcal, masline 50g 75 kcal, br topita buc 1 37 kcal,

-Pranz- Supa de zarzavat cu fidea 400g 220 kcal
Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal
-Cina-Cartofi natur cu pui 300g/100g 428 kcal, ceai 50 kcal, paine 100g 219 kcal Total kcal: 2 373 kcal

DIABET 200 HC -Mic dejun-ceai, paine 100g 219 kcal, ou 50g 73 kcal, masline 50g 75 kcal, br topita buc 1 37 kcal,

-Pranz - Supa de zarzavat cu fidea 400g 220 kcal
Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal
- Cina –Ghiveci de legume cu pui 150/300g 532 kcal, ceai , paine 50 g 110 kcal Total kcal: 2 173 kcal

MEDIC GARDA -Mic dejun-ceai 50 kcal, paine 100g 219 kcal , ou 50g 73 kcal, masline 50g 75 kcal, br topita buc 1 37 kcal,
br de vaci 50 g 101 kcal, ardei 100g 16 kcal

-Pranz – Supa de zarzavat cu fidea 400g 220 kcal
Ardei umpluti cu carne 400g 424 kcal paine 50g 110 kcal
- Cina –Cartofi prajiti cu pui 300g/150g 580 kcal, ceai 50 kcal, paine 100g 219 kcal Total kcal: 2 515 kcal

Gustare (inclus in total calorii)

10; napolitana buc 1- 257 kcal / dz : iaurt 140g 78 kcal
15: mar 200g 124 kcal

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Ordinul ANMCS 3510/07.12.2022

Meniu 13 09 2025

CR, D1, D3 - Mic dejun: Ceai 250 ml 50 kcal, paine 100g 219 kcal, br topita buc 1
CORTIZON 37 kcal, pate 50g 142 kcal, ardei 100g 13kcal
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal
Pulpa de pui cu pilaf 150/300g 466 kcal, paine 50g 110 kcal
-Cina - Salata orientala 400g/ 484 kcal, ceai 50 kcal, paine 50g 110 kcal
total kcal/zi = 2 390 kcal

COMUN – Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br topita buc 1
37 kcal, pate 50g 142 kcal, ardei 100g 13kcal
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal
Pulpa de pui cu pilaf 150/300g 466 kcal, paine 50g 110 kcal
-Cina - Salata orientala 400g/ 484 kcal, ceai 50 kcal, paine 50g 110 kcal
total kcal/zi = 2 390 kcal

COPII PED Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br topita buc 1
37 kcal, pate 50g 142 kcal, ardei 100g 13kcal
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal
Pulpa de pui cu pilaf 150/300g 466 kcal, paine 50g 110 kcal
-Cina - Salata orientala 400/ 484 kcal, ceai 50 kcal, paine 50g 110 kcal
total kcal/zi = 2 390 kcal

DIABET 200HC –Mic dejun: Ceai 250ml , paine 100g 219 kcal, br topita buc 1
37 kcal, pate 50g 142 kcal, ardei 100g 13kcal
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal
Pulpa de pui cu am Mexican 150/200 g 456 kcal , paine 50g 110 kal
-Cina - Salata orientala 400/ 484 kcal ,ceai , paine 50g 110 kcal
total kcal/zi = 2 310 kcal

Medic garda - – Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br topita buc 1
37 kcal, pate 50g 142 kcal, ardei 100g 13kcal
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal
Pulpa de pui cu am Mexican 150/200 g 456 kcal, paine 50g 110 kcal
-Cina - Salata orientala 400/ 484 kcal, ceai 50 kcal, paine 50g 110 kcal
total kcal/zi = 2 410 kcal

Gustare (inclus in total calorii)10: iaurt -140g 78 kcal
15 : prajitura 35g 1 buc 255 kcal/ dz 200hc- mar 200g 104 kcal

Intocmit: As. Chiuaru Ioana

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MENIU 14 09 2025

CR,D1,D3 -Mic dejun- ceai 50 kcal, paine 100 g 219kcal, gem 2 buc 104 kcal
CORTIZON br topita 2 buc 76 kcal, unt 20g 116 kcal
Pranz- Supa de fasole 400 g 208 kcal
Pui cu paste 150/ 300 g 470 kcal, paine 50 g 110 kcal
Cina- Mancare de cartofi 400g 352 kcal, ceai 50 kcal, paine 50 g 110 kcal.
Total kcal/zi = 2 166 kcal

COMUN – Mic dejun- ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 104 kcal, br topita 2 buc 76 kcal ,unt 20g 116 kcal
Pranz- Supa cu fasole 400 g 208 kcal
Pui cu paste 150/ 300 g 470 kcal, paine 50 g 110 kcal
-Cina- Mancare de cartofi 400g 352 kcal, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi=2 166 kcal

COPII PED- Mic dejun –- ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 104 kcal, br topita 2 buc 76 kcal, unt 20g 116 kcal
Pranz- Supa cu fasole 400 g 208 kcal
Pui cu paste 150/ 300 g 470 kcal, paine 50 g 110 kcal
-Cina- Mancare de cartofi 400g 352 kcal, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 1 976 kcal

DIABET 200HC- Mic dejun- ceai, paine 100 g 219kcal, topita 2 buc 76 kcal, masline 50g 75 kcal, unt 20g 116 kcal
Pranz- Supa cu fasole 400 g 208 kcal
Pui cu paste 150/ 300 g 470 kcal, paine 50 g 110 kcal
-Cina –Aripi de pui cu amestec mexicam 150/250g 525 kcal, 50 g paine 110 kcal , ceai. Total kcal/zi =2 166 kcal

Medic de garda – Mic dejun- - ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 104 kcal, br topita 2 buc 76 kcal, unt 20g 116 kcal
- Pranz- Supa cu fasole 400 g 208 kcal
Afumatura cu varza 150/ 300 g 570 kcal, paine 50 g 110 kcal
-Cina- Piept de pui cu cartofi prajiti 150/200g 550, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 364 kcal

Gustare (inclusa in total calorii) 10 : mar 200g 124 kcal
15 – biscuit 50g 207 kcal / dz –iaurt 140g g 78 kcal

Intocmit: As. Chiuaru Ioana

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MENIU 15 09 2025

CR,D1,D3 -Mic dejun- ceai 50 kcal, paine 100 g 219 kcal, pate 50g 142 kcal
CORTIZON unt 20 g 116 kcal, br topita buc 1 37 kcal
Pranz- Supa de zarzavat cu fidea 400g 208 kcal,
Pipote de pui cu pilaf 150/ 300 g 480 kcal, paine 50 g 110 kcal
Cina- Cartofi natur cu ficatei 300/100g 452 kcal, ceai 50 kcal, paine 50 g 110 kcal. Total kcal/zi = 2 108 kcal

COMUN – Mic dejun- ceai 50 kcal, paine 100g 219 kcal, pate 50g 142 kcal
unt 20 g 116 kcal, br topita buc 1 37 kcal
- Supa de zarzavat cu fidea 400g 208 kcal,
Aripi de pui cu varza 150/ 300 g 530 kcal, paine 50 g 110 kcal
-Cina- Cartofi natur cu ficatei 300/100g 452 kcal, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi=2 198 kcal

COPII PED- Mic dejun — ceai 50 kcal, paine 100g 219 kcal, , pate 50g 142 kcal
unt 20 g 116 kcal, br topita buc 1 37 kcal
- Pranz- Supa de zarzavat cu fidea 400g 208 kcal,
Pipote de pui cu pilaf 100/ 300 g 480 kcal, paine 50 g 110 kcal
-Cina- Cartofi natur cu ficatei 300/100g 452 kcal, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 108 kcal

DIABET 200HC- Mic dejun- ceai, paine 100 g 219kcal pate 50g 142 kcal
unt 20 g 116 kcal, br topita buc 1 37 kcal
- Supa de zarzavat cu fidea 400g 208 kcal,
Aripi de pui cu varza 150/ 300 g 530 kcal, paine 50 g 110 kcal
-Cina – Cartofi natur cu ficatei 300/100g 452 kcal, 50 g paine 110 kcal , ceai. Total kcal/zi =2 166 kcal

Medic de garda – Mic dejun- - ceai 50 kcal, paine 100g 219 kcal, pate 50g 142 kcal
unt 20 g 116 kcal, br topita buc 1 37 kcal
- Supa de zarzavat cu fidea 400g 208 kcal,
Pulpa de pui cu varza 150/ 300 g 530 kcal, paine 50 g 110 kcal
-Cina- Cartofi natur cu ficatei 300/100g 452, ceai 50 kcal, paine 50g 110 kcal. Total kcal/zi= 2 398 kcal

Gustare (inclusa in total calorii) **10** : lapte 200g 126 kcal
15 – biscuit 50g 207 kcal / dz – mar 200g 120 kcal

Intocmit: As. Chiuaru Ioana