



SPITALUL GRĂȘENESC
HÂRȘOVA

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Ordinul ANMCS 351/07.12.2022

Meniu 1 11 2025

CR,D1,D3 -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal,
CORTIZON salam 50g 76 kcal, unt 20g 116 kcal, ardei 100g 15 kcal
-Pranz= Supa de zarzavat cu fidea 400g 228 kcal,
Pulpa de pui cu legume mexicane 150/200 g 522 kcal, paine 50g 110 kcal,
-Cina -Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal,ceai
50 kcal. Total kcal/zi = 2 446 kcal

COMUN -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal,
salam 50g 76 kcal, unt 20g 116 kcal, ardei 100g 15 kcal
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal
Pulpa de pui cu legume mexicane 150/200 g 522 kcal, paine 50g 110 kcal,
-Cina - Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal,ceai
50 kcal. Total kcal/zi = 2 394 kcal

COPII PED - Mic dejun=ceai 50 kcal, paine 100g 219 kcal , gem 2 buc 75 kcal, branza
telemea 50 g 101 kcal, unt 20g 116 kcal
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal
Pulpa de pui cu legume mexicane 150/200 g 522 kcal, paine 50g 110 kcal,
-Cina -Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal,ceai
50 kcal. Total kcal/zi = 2 376 kcal

DIABET 200 HC- -Mic dejun=ceai , paine 50g 110 kcal, cascaval 50g 140 kcal,
salam 50g 76 kcal, unt 20g 116 kcal, ardei 100g 15 kcal
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal,
Pulpa de pui cu legume mexicane 150/200 g 522 kcal, paine 50g 110 kcal,
-Cina -Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal,ceai .
Total kcal/zi = 2 040 kcal

MEDIC DE GARDA -Mic dejun:ceai 50 kcal, paine 100g 219 kcal , cascaval 50g 140
kcal, salam 50g 76 kcal, unt 20g 116 kcal, ardei 100g 15 kcal
- Pranz- Supa de zarzavat cu fidea 400g 228 kcal,
Pulpa de pui cu legume mexicane 150/200 g 522 kcal, paine 50g 110 kcal,
-Cina - Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal,ceai
50 kcal. Total kcal/zi = 2 394 kcal

Gustare (inclus in total calorii)

10: iaurt 140g 78 kcal

15: biscuiti cu crema buc 1 237 kcal/ dz = lapte 200g 124 kcal

INTOCMIT : As. Chiuaru Ioana

CHIURU IOANA
Asistent medical de nutriție
si dietetică
CNP 102312



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Ordinul ANMCS 351/07.12.2022

MENIU 2 11 2025

CR,D1,D3 -Mic dejun- ceai 50 kcal, paine 100 g 219 kcal, crenwurst buc 1 142 kcal,
CORTIZON cascaval 50g 140 kcal , castraveti 100g 16 kcal
Pranz- Supa de zarzavat cu paste fainoase 400 g 228 kcal
Aripi de pui cu mancare de cartofi 150/ 300 g 480 kcal, paine 50 g 110 kcal
Cina- Paste cu branza de vaci 400g 452 kcal, ceai 50 kcal, paine 50 g 110 kcal.
Total kcal/zi = 2 330 kcal

COMUN – Mic dejun- ceai 50 kcal, paine 100g 219 kcal, crenwurst buc 1 142 kcal,
cascaval 50g 140 kcal , castraveti 100g 16 kcal
- Pranz Supa de zarzavat cu paste fainoase 400 g 228 kcal
Aripi de pui cu mancare de cartofi 150/ 300 g 480 kcal, paine 50 g 110 kcal
-Cina : Paste cu telemea 400g 482 kcal, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi=2 360 kcal

COPII PED- Mic dejun — ceai 50 kcal, paine 100g 219 kcal, crenwurst buc 1 142 kcal,
cascaval 50g 140 kcal , castraveti 100g 16 kcal
- Pranz- Supa de zarzavat cu paste fainoase 400 g 228 kcal
Aripi de pui cu mancare de cartofi 150/ 300 g 480kcal, paine 50 g 110 kcal
-Cina- Paste cu branza de vaci 400g 452 kcal, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 330 kcal

DIABET 200HC- Mic dejun- ceai, paine 100 g 219kcal, crenwurst buc 1 142 kcal,
cascaval 50g 140 kcal , castraveti 100g 16 kcal
- Pranz -Supa de zarzavat cu paste fainoase 400 g 228 kcal
Kaizer cu varza calita 150/ 300 g 496 kcal, paine 50 g 110 kcal
-Cina – Aripi de pui cu mancare de cartofi 150/ 300 g 480 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, crenwurst buc 1 142 kcal,
cascaval 50g 140 kcal , castraveti 100g 16 kcal
- Pranz -Supa de zarzavat cu paste fainoase 400 g 228 kcal
Kaizer cu varza calita 150/ 300 g 496 kcal, paine 50 g 110 kcal
-Cina- Pulpa de pui cu amestec mexican 150/250g 525 kcal, ceai 50 kcal, paine 50g
110 kcal. Total kcal/zi= 2 398 kcal

Gustare (inclusa in total calorii) 10 : iaurt 140g 78 kcal
15 – napolitana buc 1, 255 kcal / dz –lapte 200g 126 kcal

Intocmit: As. Chiuaru Ioana

AS. CHIUARU IOANA
medic medical de nutriție
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Meniu 3 11 2025

CR,D1,D3, CORTIZON -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, sunca presata 50 g 63 kcal
branza topita buc 1 37 kcal, unt 20g 116 kcal, rosie 100g 13 kcal
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.
Ou cu piure de cartofi 50/300g 408 kcal
- Cina : Ficategi cu pilaf 150/ 300 g 485 kcal,,ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 217 kcal

COMUN -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, sunca presata 50 g 63 kcal
branza topita buc 1 37 kcal, unt 20g 116 kcal, rosie 100g 13 kcal
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.
Ou cu piure de cartofi 50/300g 408 kcal
- Cina : Ficategi cu pilaf 150/ 300 g 485 kcal,, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 217 kcal

COPII PED- -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 75 100 kcal, unt 20g
116 kcal, rosie 100g 13 kcal, branza de vaci 50g 100 kcal,
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.
Ou cu piure de cartofi 50/300g 408 kcal
- Cina : Ficategi cu pilaf 150/ 300 g 485 kcal, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 293 kcal

DIABET 200HC- -Mic dejun : ceai, paine 100g 219 kcal, sunca presata 50 g 63 kcal
branza topita buc 1 37 kcal, unt 20g 116 kcal, rosie 100g 13 kcal
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.
2 oua cu piure de cartofi 100/300g 485 kcal
- Cina : Ficategi cu fasole verde 150/ 300 g 385 kcal,, ceai , paine 50g 110 kcal.
Total kcal/zi= 2 051 kcal

MEDIC DE GARDA : -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, sunca presata 50 g 63
kcal branza topita buc 1 37 kcal, unt 20g 116 kcal, rosie 100g 13 kcal
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.
2 oua cu piure de cartofi 100/300g 485 kcal
- Cina : Ficategi cu pilaf 150/ 300 g 485 kcal, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 297 kcal

Gustare pentru toti pacientii (inclus in total calorii) :

- : 10 : iaurt 140g 78 kcal
- : 15 : corn buc 1 270 kcal/ dz mar 200g 124 kcal

Intocmit : As .Chiuaru Ioana

CHIURU IOANA
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SPITALUL GRĂȘENESC
HÂRȘOVA



Online ANMUS 31/07/12/2012

Meniu 4 11 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, crenvurst 50g 154 kcal
CORTIZON ou 73 kcal, branza topita buc 1 37 kcal

-Pranz : Supa de zarzavat cu galuste 400g 228 kcal

Piept de pui cu paste 150/300g 486 kcal, paine 50g 110 kcal

-Cina – Cartofi natur cu zacusca 300/100g 474 kcal, ceai 50 kcal, paine 50g
110kcal. Total kcal/zi =2 337 kcal

COMUN –Mic dejun: ceai 50kcal, paine 100 g 219 kcal, crenvurst 50g 154 kcal
ou 73 kcal, branza topita buc 1 37 kcal

-Pranz : Supa de zarzavat cu galuste 400g 228 kcal

Cabanos cu iahnie de fasole 100/300 g 522 kcal, paine 50g , 110 kcal

- Cina : – Cartofi natur cu zacusca 300/100g 474 kcal, paine 50g 110 kcal,
ceai 50 kcal. Total kcal/zi =2 357 kcal

COPII PED -Mic dejun:ceai 50 kcal, paine 100g 219 kcal , gem 2 buc 75 kcal
Branza de vaci 50g 101 kcal, ou buc 1 73 kcal

-Pranz : Supa de zarzavat cu galuste 400g 228 kcal

Piept de pui cu paste 150/300g 486 kcal, paine 50g 110 kcal

-Cina — Cartofi cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g
110 kcal. Total kcal/zi =2 337 kcal

DIABET 200 HC –Mic dejun: ceai, paine 100g 219 kcal, crenvurst 50g 154 kcal
ou 73 kcal, branza topita buc 1 37 kcal

-Pranz : Supa de zarzavat cu galuste 400g 228 kcal

Piept de pui cu fasole verde 150/300g 388 kcal, paine 50 g 110 kcal

- Cina – Cartofi natur cu zacusca 300/100g 474 kcal, ceai, paine 50g 110
kcal, Total kcal/zi =2 145 kcal

Medic de garda –Mic dejun:ceai 50 kcal, paine 100g 219 kcal, crenvurst 50g 154 kcal
ou 73 kcal, branza topita buc 1 37 kcal

-Pranz Supa de zarzavat cu galuste 400g 228 kcal

Cabanos cu iahnie de fasole 100/300 g 522 kcal, paine 110 kcal

- Cina : – Cartofi natur cu piept de pui 300/150 g 526 kcal, paine 50g 110
kcal, Total kcal/zi =2 404 kcal

Gustare (inclusa in total calorii) 10: corn buc 1 269 kcal/ dz - mar 200g 124 kcal

15 : – lapte 250 g 126 kcal

Intocmit: As. Chiuaru Ioana

CHIARU IOANA
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SPITALUL GRAȘENESC
HÂRȘOVA



Ordinal ANMCS 351/07.12.2022

Meniu 5 11 2025

CR,D1,D3 -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 75 kcal, branza CORTIZON, telemea 50 g 101 kcal, unt 20g 116 kcal
-Pranz= Supa de zarzavat cu paste 400g 228 kcal,
Ciulama cu pui, ciuperci si mamaliga 200/200 g 396 kcal, paine 50g 110 kcal,
-Cina – Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal,ceai 50 kcal.
Total kcal/zi = 2 161 kcal

COMUN -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 75 kcal, branza telemea 50 g 101 kcal, unt 20g 116 kcal
- Pranz= Supa de zarzavat cu paste 400g 228 kcal
Varza cu kaizer 300/100g 496 kcal, paine 100g 110 kcal,
-Cina – Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal, ceai 50 kcal.
Total kcal/zi = 2 166 kcal

COPII PED - Mic dejun=ceai 50 kcal, paine 100g 219 kcal , gem 2 buc 75 kcal, branza telemea 50 g 101 kcal, unt 20g 116 kcal
- Pranz= Supa de zarzavat cu paste 400g 228 kcal
Ciulama cu pui, ciuperci si mamaliga 200/200 g 396 kcal, paine 50g 110 kcal,
-Cina – Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal, ceai 50 kcal.
Total kcal/zi = 2 021 kcal

DIABET 200 HC- -Mic dejun=ceai , paine 50g 110 kcal, 2 buc br topita 74 kcal,,
Branza de vaci 50g 96 kcal, unt 20g 116 kcal
- Pranz= Supa de zarzavat cu paste 400g 228 kcal,
Varza cu piept de pui 300/150g 496 kcal, paine 100g 110 kcal,
-Cina – Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal,ceai .
Total kcal/zi = 1 937 kcal

MEDIC DE GARDA -Mic dejun:ceai 50 kcal, paine 100g 219 kcal , gem 2 buc 75 kcal, branza telemea 50 g 101 kcal, unt 20g 116 kcal
- Pranz- Supa de zarzavat cu paste 400g 228 kcal,
Varza cu kaizer 100/300g 496 kcal, paine 100g 110 kcal,,
-Cina – Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal,ceai 50 kcal.
Total kcal/zi = 2 085 kcal

Gustare (inclus in total calorii)

10:biscuiti buc 1 – 215 kcal / dz=mar 200g 124 kcal

15: iaurt 140g 78 kcal

INTOCMIT : As. Chiuaru Ioana

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Asistent medical de dieta
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Cod 102312



Meniu 6 11 2025

CR,D1,D3, CORTIZON -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, pate 50g 142 kcal,
branza vaci 50g 101 kcal, unt 20g 116 kcal,
-Pranz : Supa de zarzavat cu paste 400 ml 220 kcal,
Ghiveci de legume cu pipote de pui 150/300g 532 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= 2 357 kcal

COMUN -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, pate 50 g 96 kcal,
branza de vaci 50 g 90 kcal , unt 20g 116 kcal,
-Pranz : Supa de zarzavat cu paste 400 ml 220 kcal,
Ghiveci de legume cu pipote de pui 150/300g 532 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= 2 377 kcal

COPII PED- -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, pate 50 g 96 kcal,
branza de vaci 50 g 90 kcal , unt 20g 116 kcal,
-Pranz : Supa de zarzavat cu paste 400 ml 220 kcal,
Ghiveci de legume cu pipote de pui 150/300g 532 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= 2 357 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 paste 400 ml 220 kcal,
Ghiveci de legume cu aripi de pui 150/300g 532 kcal, paine 50g 110 kcal,
- Cina : Mamaliga branza si smantana 200/100/100g 572 kcal, ceai , paine
50g 110 kcal. Total kcal/zi= 2 295 kcal

MEDIC DE GARDA : -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, pate 50 g 96
kcal, branza de vaci 50 g 90 kcal , unt 20g 116 kcal,
-Pranz : Supa de zarzavat cu paste 400 ml 220 kcal,
Ghiveci de legume cu aripi de pui 150/300g 532 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= 2 377 kcal

Gustare pentru toti pacientii (inclus in total calorii) :

: 10 : compot 200 g 124 kcal / dz= lapte 200 ml 126 kcal

: 15 : napolitana buc 1 171 kcal / Dz mar 200g 124 kcal

Intocmit : As .Chiuaru Ioana

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Cod 102312



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Meniu 7 11 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 75 kcal
CORTIZON unt 20g 116 kcal, branza topita buc 2 74 kcal

-Pranz : Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.
Aripi de pui cu pilaf 150/300g 460 kcal, paine 50g 110 kcal

-Cina –Mancare de cartofi 400g 174 kcal, ceai 50 kcal, paine 50g
110kcal. Total kcal/zi =1 947 kcal

COMUN –Mic dejun: ceai 50kcal, paine 100 g 219 kcal , gem 2 buc 75 kcal
unt 20g 116 kcal, branza topita buc 2 74 kcal

-Pranz : Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.
Aripi de pui cu pilaf 150/300g 460 kcal, paine 50g 110 kcal

- Cina : Mancare de cartofi 400g 174 kcal, paine 50g 110 kcal, ceai 50 kcal.
Total kcal/zi =2 057 kcal

COPII PED -Mic dejun : ceai 50kcal, paine 100 g 219 kcal , gem 2 buc 75 kcal
unt 20g 116 kcal, branza topita buc 2 74 kcal

-Pranz Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.
Aripi de pui cu pilaf 150/300g 460 kcal, paine 50g 110 kcal

-Cina – Mancare de cartofi 400g 174 kcal, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi =2 057 kcal

DIABET 200 HC –Mic dejun: ceai, paine 100 g 219 kcal , branza de vaci 50g 101 kcal
unt 20g 116 kcal, branza topita buc 2 74 kcal

-Pranz : Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.
Aripi de pui cu pilaf 150/300g 460 kcal, paine 50g 110 kcal

- Cina – Mancare de cartofi cu pui 150/200g 474 kcal,, ceai, paine 50g 110 kcal,
Total kcal/zi =2 221 kcal

Medic de garda –Mic dejun: ceai 50kcal, paine 100 g 219 kcal , gem 2 buc 75 kcal
unt 20g 116 kcal, branza topita buc 2 74 kcal

-Pranz : Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.
Aripi de pui cu pilaf 150/300g 460 kcal, paine 50g 110 kcal

- Cina : Mancare de cartofi cu pui 150/200g 474 kcal, ceai 50 kcal, paine 50g 110
kcal, Total kcal/zi =2 357 kcal

Gustare (inclus in total calorii) 10: lapte 250 ml -124 kcal

15: biscuit 50g 205 kcal/ dz= mar 200g 124 kcal

Intocmit: As. Chiuaru Ioana

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MENIU 08 11 2025

CR,D1,D3 -Mic dejun- ceai 50 kcal, paine 100 g 219 kcal, branza de vaci 50g 96 kcal
CORTIZON pate 50g 20 g 142 kcal, masline 50g 75 kcal
Pranz- Supa de zarzavat cu paste 400 g 228 kcal
Ficatei cu fasole verde 150/ 300 g 385 kcal, paine 50 g 110 kcal
Cina- Paste cu branza de vaci 400g 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, branza de vaci 50g 96 kcal
pate 50g 20 g 142 kcal, masline 50g 75 kcal
- Pranz Supa de zarzavat cu paste 400 g 228 kcal
Ficatei cu fasole verde 150/ 300 g 385 kcal, paine 50 g 110 kcal
-Cina : Paste cu telemea 400g 482 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, branza de vaci 50g 96 kcal
pate 50g 20 g 142 kcal, masline 50g 75 kcal
- Pranz- Supa de zarzavat cu paste 400 g 228 kcal
Ficatei cu fasole verde 150/ 300 g 385 kcal, paine 50 g 110 kcal
-Cina- Paste cu branza de vaci 400g 452 kcal, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 108 kcal

DIABET 200HC- Mic dejun- ceai, paine 100 g 219 kcal , branza de vaci 50g 96 kcal
pate 50g 20 g 142 kcal, masline 50g 75 kcal
- Pranz - Supa de zarzavat cu paste 400 g 228 kcal
Aripi de pui cu fasole verde 150/ 300 g 485 kcal, paine 50 g 110 kcal
-Cina – Paste cu branza vaci 400g 474 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, branza de vaci 50g 96 kcal
pate 50g 20 g 142 kcal, masline 50g 75 kcal
- Pranz - Supa de zarzavat cu paste 400 g 228 kcal
Ficatei cu fasole verde 150/ 300 g 485 kcal, paine 50 g 110 kcal
-Cina- Aripi de pui cu cartofi natur 200/250g 525, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 398 kcal

Gustare (inclusa in total calorii) 10 : lapte 200g 126 kcal
15 – napolitana buc 1, 255 kcal / dz – mar 200g 120 kcal

Intocmit: As. Chiuaru Ioana


CHIURU IOANA
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SPITALUL GRĂȘENESC
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Ordinal ANMCS 351/07.12.2022

Meniu 9 11 2025

CR,D1,D3 -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal,
CORTIZON gem 2 buc 75 kcal, unt 20g 116 kcal, ardei 100g 15 kcal

-Pranz= Supa de zarzavat cu fidea 400g 228 kcal,
Pulpa de pui cu legume mexicane 150/200 g 522 kcal, paine 50g 110 kcal,
-Cina –Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal,ceai
50 kcal. Total kcal/zi = 2 410 kcal

COMUN -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal, gem
2 buc 75 kcal, unt 20g 116 kcal, ardei 100g 15 kcal

- Pranz= Supa de zarzavat cu fidea 400g 228 kcal
Pulpa de pui cu legume mexicane 150/200 g 522 kcal, paine 50g 110 kcal,
-Cina – Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal,ceai
50 kcal. Total kcal/zi = 2 410 kcal

COPII PED - Mic dejun=ceai 50 kcal, paine 100g 219 kcal , gem 2 buc 75 kcal,
cascaval 50g 140 kcal, unt 20g 116 kcal

- Pranz= Supa de zarzavat cu fidea 400g 228 kcal
Pulpa de pui cu legume mexicane 150/200 g 522 kcal, paine 50g 110 kcal,
-Cina –Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal,ceai
50 kcal. Total kcal/zi = 2 410 kcal

DIABET 200 HC- -Mic dejun=ceai , paine 50g 110 kcal, cascaval 50g 140 kcal,
salam 50g 76 kcal, unt 20g 116 kcal, ardei 100g 15 kcal

- Pranz= Supa de zarzavat cu fidea 400g 228 kcal,
Pulpa de pui cu legume mexicane 150/200 g 522 kcal, paine 50g 110 kcal,
-Cina –Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal,ceai .
Total kcal/zi = 2 177kcal

MEDIC DE GARDA -Mic dejun:ceai 50 kcal, paine 100g 219 kcal , cascaval 50g 140
kcal, gem 2 buc 75 kcal, unt 20g 116 kcal, ardei 100g 15 kcal

- Pranz- Supa de zarzavat cu fidea 400g 228 kcal,
Pulpa de pui cu legume mexicane 150/200 g 522 kcal, paine 50g 110 kcal,
-Cina – Salata de cartofi cu ou si masline 400g 372 kcal, paine 50g 110 kcal,ceai
50 kcal. Total kcal/zi = 2 410 kcal

Gustare (inclus in total calorii)

10: compot piersici slab indulcit 200g 126 kcal

15: corn buc 1 257 kcal/ dz = lapte 200g 124 kcal

INTOCMIT : As. Chiuaru Ioana

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SPITALUL GRAȘENESC
HÂRȘOVA



Ordinul ANMCS 3514/7.12.2012

MENIU 10 11 2025

CR,D1,D3 -Mic dejun- ceai 50 kcal, paine 100 g 219 kcal, cascaval 50g 140 kcal
CORTIZON pate 50g 20 g 142 kcal, masline 50g 75 kcal
Pranz- Supa de zarzavat cu zdrente de ou 400 g 228 kcal
Ou cu piure de cartofi 50/300g 408 kcal, paine 50 g 110 kcal
Cina- Paste cu branza de vaci 400g 452 kcal, ceai 50 kcal, paine 50 g 110 kcal.
Total kcal/zi = 2 365 kcal

COMUN – Mic dejun- ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal
pate 50g 20 g 142 kcal, masline 50g 75 kcal
Pranz- Supa de zarzavat cu zdrente de ou 400 g 228 kcal
Ou cu piure de cartofi 50/300g 408 kcal, paine 50 g 110 kcal
-Cina : Paste cu telemea 400g 482 kcal, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi=2 387 kcal

COPII PED- Mic dejun — ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal
pate 50g 20 g 142 kcal, masline 50g 75 kcal
Pranz- Supa de zarzavat cu zdrente de ou 400 g 228 kcal
Ou cu piure de cartofi 50/300g 408 kcal, paine 50 g 110 kcal
-Cina- Paste cu branza de vaci 400g 452 kcal, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 365 kcal

DIABET 200HC- Mic dejun- ceai, paine 100 g 219 kcal , cascaval 50g 140 kcal
pate 50g 20 g 142 kcal, masline 50g 75 kcal
Pranz- Supa de zarzavat cu zdrente de ou 400 g 228 kcal
2 Oua cu piure de cartofi 100/ 300 g 485 kcal, paine 50 g 110 kcal
-Cina – Paste cu telemeai 400g 482 kcal, 50 g paine 110 kcal , ceai.
Total kcal/zi =2 150 kcal

Medic de garda – Mic dejun- - ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal
pate 50g 20 g 142 kcal, masline 50g 75 kcal
Pranz- Supa de zarzavat cu zdrente de ou 400 g 228 kcal
2 Oua cu piure de cartofi 100/ 300 g 485 kcal, paine 50 g 110 kcal
-Cina- Paste cu telemea 400g 482 kcal,, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 460 kcal

Gustare (inclusa in total calorii) 10 : compot 200g 126 kcal/ dz = mar 200g 120 kcal
15 –biscuiti buc 1, 255 kcal / dz –lapte 200g 124 kcal

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Ordinul ANMCS 351/07.12.2022

MENIU 11 11 2025

CR,D1,D3 -Mic dejun- ceai 50 kcal, paine 100 g 219 kcal, branza ce vaci 50g 100 kcal
CORTIZON gem 2 buc 75 kcal, rosie 100g 15 kcal, unt 20g 116 kcal
Pranz- Supa de zarzavat cu fidea 400g 208 kcal,
Aripi de pui cu pilaf 150/ 300 g 480 kcal, paine 50 g 110 kcal
Cina- Cartofi natur cu cabanos 300/100g 452 kcal, ceai 50 kcal, paine 50 g
110 kcal. Total kcal/zi = 2 312 kcal

COMUN – Mic dejun- ceai 50 kcal, paine 100g 219 kcal, branza ce vaci 50g 100 kcal
gem 2 buc 75 kcal, rosie 100g 15 kcal, unt 20g 116 kcal
- Supa de zarzavat cu fidea 400g 208 kcal,
Aripi de pui cu varza 150/ 300 g 470 kcal, paine 50 g 110 kcal
-Cina- Cartofi natur cu cabanos 300/100g 452 kcal, ceai 50 kcal, paine 50g 110
kcal. Total kcal/zi=2 312 kcal

COPII PED- Mic dejun — ceai 50 kcal, paine 100g 219 kcal, branza ce vaci 50g 100
kcal gem 2 buc 75 kcal, rosie 100g 15 kcal, unt 20g 116 kcal
- Pranz- Supa de zarzavat cu fidea 400g 208 kcal,
Pulpa 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= 2 312 kcal

DIABET 200HC- Mic dejun- ceai, paine 100 g 219kcal , branza ce vaci 50g 100 , pate
50 g 142 kcal, rosie 100g 15 kcal, unt 20g 116 kcal
- Supa de zarzavat cu fidea 400g 208 kcal,
Aripi de pui cu varza 150/ 300 g 470 kcal, paine 50 g 110 kcal
-Cina – Cartofi natur cu cabanos 300/100g 452 kcal, 50 g paine 110 kcal , ceai.
Total kcal/zi =2 188 kcal

Medic de garda – Mic dejun- - ceai 50 kcal, paine 100g 219 kcal, branza ce vaci 50g
100 kcal gem 2 buc 75 kcal, rosie 100g 15 kcal, unt 20g 116 kcal
- Supa de zarzavat cu fidea 400g 208 kcal,
Aripi de pui cu varza 150/ 300 g 470 kcal, paine 50 g 110 kcal
-Cina- Cartofi natur cu cabanos 300/100g 452, ceai 50 kcal, paine 50g 110
kcal. Total kcal/zi= 2 312 kcal

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

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Ordinul ANMCS 351/07.12.2022

MENIU 12 11 2025

CR,D1,D3 -Mic dejun- ceai 50 kcal, paine 100 g 219kcal, cascaval 50g 140 kcal
CORTIZON pate 50g 142 kcal, unt 20g 116 kcal, castraveti 100g 13 kcal;
Pranz- Supa de fasole 400 g 208 kcal
Pui cu paste 150/ 300 g 470 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 = 2 311 kcal

COMUN – Mic dejun- ceai 50 kcal, paine 100g 219 kcal,cascaval 50g 140 kcal
pate 50g 142 kcal, unt 20g 116 kcal, castraveti 100g 13 kcal;
Pranz- Supa cu fasole 400 g 208 kcal
Pui cu paste 150/ 300 g 470 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=2 311 kcal

COPII PED- Mic dejun — ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal
pate 50g 142 kcal, unt 20g 116 kcal, castraveti 100g 13 kcal;
Pranz- Supa cu fasole 400 g 208 kcal
Pui cu paste 150/ 300 g 470 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= 2 311 kcal

DIABET 200HC- Mic dejun- ceai, paine 100 g 219kcal, cascaval 50g 140 kcal
pate 50g 142 kcal, unt 20g 116 kcal, castraveti 100g 13 kcal;
Pranz- Supa cu fasole 400 g 208 kcal
Pui cu fasole verde 150/ 300 g 430 kcal, paine 50 g 110 kcal
-Cina –Cartofi cu branza de vaci 400g 352 kcal, 50 g paine 110 kcal , ceai.
Total kcal/zi =2 142 kcal

Medic de garda – Mic dejun- - ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal, pate 50g 142 kcal, unt 20g 116 kcal, castraveti 100g 13 kcal;
- Pranz- Supa cu fasole 400 g 208 kcal
Pui cu paste 150/ 300 g 470 kcal, paine 50 g 110 kcal
-Cina- Piept de pui cu cartofi natur 200/200g 550, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 513kcal

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

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SPITALUL GRĂȘENESC
HÂRȘOVA



Ordinul ANMCS 35/07.12.2002

Meniu 13 11 2025

CR,D1,D3 -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, pate 50 g 142 kcal, branza topita

CORTIZON buc 1 37 kcal, unt 20g 116 kcal, rosie 100g 16 kcal

-Pranz= Supa de zarzavat cu taietei 400g 218 kcal,

Pilaf cu legume mexicane si ficatului 100/300g 454 kcal, paine 50g 110 kcal

-Cina –Salata orientala 400g/ 484 kcal, paine 50g 110 kcal,ceai 50 kcal.

Total kcal/zi = 2 379 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, rosie 100g 16 kcal

- Pranz= Supa de zarzavat cu taietei 400g 218 kcal

Varza cu kaizer 100/300 g 535 kcal, paine 50g 110 kcal

-Cina –Salata orientala 400g/ 484 kcal, paine 50g 110 kcal,ceai 50 kcal.

Total kcal/zi = 2 459 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, rosie 100g 16 kcal

- Pranz= Supa de zarzavat cu taietei 400g 218 kcal

Pilaf cu legume mexicane si ficatului 100/300g 454 kcal, paine 50g 110 kcal

-Cina –Salata orientala 400g/ 484 kcal, paine 50g 110 kcal,ceai 50 kcal.

Total kcal/zi = 2 379 kcal

DIABET 200 HC- -Mic dejun=ceai , paine 50g 110 kcal, pate 50 g 142 kcal branza topita buc 1 37 kcal, unt 20g 116 kcal, rosie 100g 16 kcal

- Pranz= Supa de zarzavat cu taietei 400g 218 kcal,

Piept de pui cu varza 150/300 g 475 kcal, paine 50g 110 kcal

-Cina – Salata orientala 400g/ 484 kcal, paine 50g 110 kcal,ceai 50 kcal.

Total kcal/zi = 2 128 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, rosie 100g 16 kcal

- Pranz- Supa de zarzavat cu taietei 400g 218 kcal

Varza cu kaizer 100/300 g 535 kcal, paine 50g 110 kcal

-Cina – Salata orientala 400g/ 484 kcal, paine 50g 110 kcal,ceai 50 kcal.

Total kcal/zi = 2 459 kcal

Gustare (inclus in total calorii) :

10 – biscuiti cu crema buc 1 295 kcal/ / dz = mar 200 g 124 kcal

15 – iaurt 140g 78 kcal

INTOCMIT : As. Chiuaru Ioana

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Meniu 14 11 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, crenvurst 100g 213 kcal
CORTIZON, branza topita 2 buc 74 kcal, castraveti 100g 13 kcal,
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal,
Pulpa de pui cu ghiveci legume 150/300g 488 kcal, paine 50g 110 kcal
-Cina – Paste cu branza vaci 400g 474kcal, ceai 50 kcal, paine 50g 110kcal.
Total kcal/zi =2 304 kcal

COMUN –Mic dejun: ceai 50kcal, paine 100 g 219 kcal, crenvurst 100g 213 kcal
branza topita 2 buc 74 kcal, castraveti 100g 13 kcal,
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal,
Pulpa de pui cu ghiveci legume 150/300g 488 kcal, paine 50g 110 kcal
-Cina : Paste cu branza telemea 400g 494 kcal ,paine 50g 110 kcal, ceai 50 kcal.
Total kcal/zi =2 304 kcal

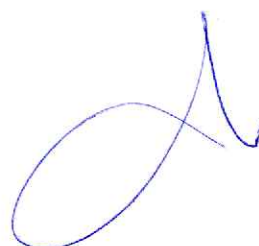
COPII PED -Mic dejun:ceai 50 kcal, paine 100g 219 kcal , crenvurst 100g 213 kcal
branza topita 2 buc 74 kcal, castraveti 100g 13 kcal,
-Pranz Supa de zarzavat cu galuste 400g 228 kcal,
Pulpa de pui cu cartofi natur 150/300g 525 kcal, paine 50g 110 kcal
-Cina – Paste cu branza vaci 400g 474 kcal ,ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi =2 304 kcal

DIABET 200 HC –Mic dejun: ceai, paine 100g 219 kcal, crenvurst 100g 213 kcal
branza topita 2 buc 74 kcal, castraveti 100g 13 kcal
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal,
Pulpa de pui cu ghiveci legume 150/300g 488 kcal, paine 50g 110 kcal
-Cina – Paste cu branza vaci 400g 474 kcal ceai, paine 50g 110 kcal,
Total kcal/zi =2 197 kcal

Medic de garda –Mic dejun:ceai 50 kcal, paine 100g 219 kcal, crenvurst 100g 213 kcal
branza topita 2 buc 74 kcal, castraveti 100g 13 kcal
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal,
Pulpa de pui cu cartofi natur 150/300g 525 kcal, paine 50g 110 kcal
-Cina : Paste cu branza telemea 400g 494 kcal, ceai 50 kcal, paine 50g 110 kcal,
Total kcal/zi =2 485 kcal

Gustare (inclusa in total calorii) 10 :-napolitana buc 1=255 kcal, dz= mar 200g 120 kcal
15 : lapte 250 ml 124 kcal

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Ordinul ANMCS 331/07.12.2022

MENIU 15 11 2025

CR,D1,D3 -Mic dejun- ceai 50 kcal, paine 100 g 219 kcal, cascaval 50g 140 kcal
CORTIZON pate 50 g 142 kcal, ardei 100g 15 kcal, unt 20g 116 kcal
Pranz- Supa de zarzavat cu fidea 400g 208 kcal,
Pulpa de pui cu pilaf 150/ 300 g 480 kcal, paine 50 g 110 kcal
Cina- Mamaliga branza si smantana 200/100/100g 572 kcal, ceai 50 kcal,
paine 50 g 110 kcal. Total kcal/zi = 2 506 kcal

COMUN – Mic dejun- ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal
pate 50 g 142 kcal, ardei 100g 15 kcal, unt 20g 116 kcal
- Supa de zarzavat cu fidea 400g 208 kcal,
Pulpa de pui cu pilaf 150/ 300 g 480 kcal, paine 50 g 110 kcal
-Cina- Mamaliga branza si smantana 200/100/100g 572 kcal, ceai 50 kcal,
paine 50g 110 kcal. Total kcal/zi=2 506 kcal

COPII PED- Mic dejun — ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal
pate 50 g 142 kcal, ardei 100g 15 kcal, unt 20g 116 kcal
- Pranz- Supa de zarzavat cu fidea 400g 208 kcal,
Pulpa de pui cu pilaf 100/ 300 g 480 kcal, paine 50 g 110 kcal
-Cina- Mamaliga branza si smantana 200/100/100g 572 kcal, ceai 50 kcal,
paine 50g 110 kcal. Total kcal/zi= 2 506 kcal

DIABET 200HC- Mic dejun- ceai, paine 100 g 219kcal , cascaval 50g 140 kcal
pate 50 g 142 kcal, ardei 100g 15 kcal, unt 20g 116 kcal
- Supa de zarzavat cu fidea 400g 208 kcal,
Pulpa de pui cu fasole verde 150/ 300 g 380 kcal, paine 50 g 110 kcal
-Cina – Mamaliga branza si smantana 200/100/100g 572 kcal, 50 g paine 110 kcal , ceai.
Total kcal/zi =2 211 kcal

Medic de garda – Mic dejun- - ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal,
pate 50 g 142 kcal, ardei 100g 15 kcal, unt 20g 116 kcal
- Supa de zarzavat cu fidea 400g 208 kcal,
Pulpa de pui cu pilaf 150/ 300 g 480kcal, paine 50 g 110 kcal
-Cina- Mamaliga branza si smantana 200/100/100g 572, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 506 kcal

Gustare (inclusa in total calorii) 10 : iaurt 140g 78 kcal
15 – corn 60 g 290 kcal / dz – mar 200g 120 kcal

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