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Meniu 16 11 2025

CR,D1,D3, CORTIZON -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, cascaval 50 g 140 kcal, salam 50g 151 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 : Ficategi cu pilaf 150/ 300 g 485 kcal,,ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 357 kcal

COMUN -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, cascaval 50 g 140 kcal, salam 50g 151 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 : Ficategi cu pilaf 150/ 300 g 485 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, gem 2 buc 75 kcal, branza de vaci 50g 100 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 : Ficategi cu pilaf 150/ 300 g 485 kcal, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 357 kcal

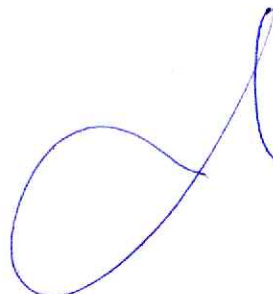
DIABET 200HC- -Mic dejun : ceai, paine 100g 219 kcal, cascaval 50 g 140 kcal, salam 50g 151 kcal, unt 20g 116 kcal
-Pranz : Supa de perisoare 400g 258 kcal, paine 50g 110 kcal.
2 oua cu piure de cartofi 100/300g 485 kcal
- Cina : Ficategi cu fasole verde 150/ 300 g 385 kcal,, ceai , paine 50g 110 kcal.
Total kcal/zi= 2 247 kcal

MEDIC DE GARDA : -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, cascaval 50 g 140 kcal, salam 50g 151 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 : Ficategi cu pilaf 150/ 300 g 485 kcal, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi= 2 430 kcal

Gustare pentru toti pacientii (inclus in total calorii) :

- : 10 : lapte 2000ml 126 kcal
- : 15 : napolitana buc 1 267 kcal/ dz mar 200g 124 kcal

Intocmit : As .Chiuaru Ioana


CHIURU IOANA
Asistent medical de nutritie
si dietetică
Cod 10231.2



SPITALUL ORĂȘENESC
HÂRȘOVA

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Ordinul ANMCS 351/07.12.2022

Meniu 17 11 2025

CR,D1,D3 -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, masline 50g 75 kcal, branza CORTIZON, de vaci 50g 96 kcal, crenvurst buc 1 142 kcal

-Pranz= Supa de zarzavat cu fidea 400g 228 kcal,

Ciulama cu pui, ciuperci si mamaliga 200/200 g 396 kcal, paine 50g 110 kcal,

-Cina – Cartofi cu branza de vaci 400g 374 kcal kcal, paine 50g 110 kcal,ceai 50 kcal.
Total kcal/zi = 2 161 kcal

COMUN -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, , masline 50g 75 kcal, branza de vaci 50g 96 kcal, crenvurst buc 1 142 kcal

- Pranz= Supa de zarzavat cu fidea 400g 228 kcal

Varza cu kaizer 300/150g 496 kcal, paine 100g 110 kcal,

-Cina – Cartofi cu branza telemea 400g 374 kcal 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 de vaci 50 g 96 kcal, unt 20g 116 kcal

- Pranz= Supa de zarzavat cu fidea 400g 228 kcal

Ciulama cu pui, ciuperci si mamaliga 200/200 g 396 kcal, paine 50g 110 kcal,

-Cina: Cartofi cu branza de vaci 400g 374 kcal kcal, paine 50g 110 kcal, ceai 50 kcal.
Total kcal/zi = 2 021 kcal

DIABET 200 HC- -Mic dejun=ceai , paine 50g 110 kcal, masline 50g 75 kcal, branza de vaci 50g 96 kcal, crenvurst buc 1 142 kcal

- Pranz= Supa de zarzavat cu fidea 400g 228 kcal,

Varza cu pulpa de pui 300/150g 496 kcal, paine 100g 110 kcal,

-Cina – Cartofi cu branza de vaci 400g 374 kcal, paine 50g 110 kcal,ceai .

Total kcal/zi = 1 937 kcal

MEDIC DE GARDA -Mic dejun:ceai 50 kcal, paine 100g 219 kcal , masline 50g 75 kcal, branza de vaci 50g 96 kcal, crenvurst buc 1 142 kcal

- Pranz- Supa de zarzavat cu fidea 400g 228 kcal,

Varza cu kaizer 150/300g 496 kcal, paine 100g 110 kcal,,

-Cina Cartofi natur cu pui 150/200g 474 kcal kcal, paine 50g 110 kcal,ceai 50 kcal.
Total kcal/zi = 2 085 kcal

Gustare (inclus in total calorii)

10:compot 200g – 120 kcal / dz - mar 200g 120 kcal

15: biscuit 50 g 205 kcal/ dz= iaurt 140g 78 kcal

INTOCMIT : As. Chiuatu Ioana

CHIUAȚU IOANA
Asistent medical de familie
Cod 22312



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SPITALUL GRAȘENESC
HÂRȘOVA



Ordinul ANMCS 15107.12.2022

Meniu 18 11 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, branza de vaci 50g 101 kcal, **CORTIZON**, unt 20g 116 kcal, gem 2 buc 75 kcal

-Pranz : Supa de zarzavat cu zdrente de ou 400g 230 kcal

Pui pulpa cu paste cu sos 150/300g 532 kcal, paine 50g 110 kcal,

-Cina – Mancare de cartofi cu cabanos 100/300g 508 kcal, ceai 50 kcal,
paine 50g 110kcal. Total kcal/zi =2 658 kcal

COMUN –Mic dejun: ceai 50kcal, paine 100 g 219 kcal, branza de vaci 50g 101 kcal, unt 20g 116 kcal, gem 2 buc 75 kcal

-Pranz : Supa de zarzavat cu zdrente de ou 400g 230 kcal

Pui pulpa cu mazare 150/300g 574 kcal, paine 50g 110 kcal,

- Cina : Mancare de cartofi cu cabanos 100/300g 508 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, branza de vaci 50g 101 kcal, unt 20g 116 kcal, gem 2 buc 75 kcal

-Pranz : Supa de zarzavat cu zdrente de ou 400g 230 kcal

Pui pulpa cu paste cu sos 150/300g 532 kcal, paine 50g 110 kcal,

-Cina ; Mancare de cartofi cu cabanos 100/300g 508 kcal,, ceai 50 kcal,
paine 50g 110 kcal. Total kcal/zi =2 700 kcal

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

-Pranz : Supa de zarzavat cu zdrente de ou 400g 230 kcal

Pulpa de pui cu fasole verde 150/300g 488 kcal kcal, paine 50g 110 kcal,

- Cina – Mancare de cartofi cu cabanos 100/300g 508 kcal, kcal, ceai, paine
50g 110 kcal, Total kcal/zi =2 489 kcal

Medic de garda –Mic dejun:ceai 50 kcal, paine 100g 219 kcal, branza de vaci 50g 101 kcal, unt 20g 116 kcal, gem 2 buc 75 kcal

-Pranz : Supa de zarzavat cu zdrente de ou 400g 230 kcal

Pulpa de pui cu mazare 150/300g 574 kcal, paine 50g 110 kcal,

- Cina : Mancare de cartofi cu cabanos 100/300g 508 kcal, paine 50g 110 kcal,
Total kcal/zi =2 700 kcal

Gustare (inclusa in total calorii) 10: corn 60g 270 kcal/ dz = mar 200g 124 kcal

15 : iaurt 140g 78 kcal

Intocmit: As. Chiuaru Ioana

CHIURU IOANA
Asistent medical de pediatrie
si dietetica
Cod 102312



SPITALUL ORĂȘENESC
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Ordinul ANMCS 351/07.12.2022

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Meniu 19 11 2025

CR,D1,D3, CORTIZON -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, branza de vaci 50g 96 kcal
pate 50g 142 kcal, unt 20g 116 kcal, ardei 100 g 16 kcal
-Pranz : Supa de galuste 400g 228 kcal
Pipote de pui cu pilaf 150/ 300 g 480 kcal, paine 50g 110 kcal
-Cina – Salata orientala 400g/ 484 kcal, ceai 50 kcal, paine 50g
110kcal. Total kcal/zi =2 474 kcal

COMUN –Mic dejun: ceai 50kcal, paine 100 g 219 kcal, branza de vaci 50g 96 kcal
pate 50g 142 kcal, unt 20g 116 kcal, ardei 100 g 16 kcal
-Pranz : Supa de galuste 400g 228 kcal
Kaizer cu iahnie de fasole 150/300g 566 kcal,paine 50g , 110 kcal
- Cina : – Salata orientala 400g/ 484 kcal, paine 50g 110 kcal, ceai 50 kcal.
Total kcal/zi =2 474 kcal

COPII PED -Mic dejun:ceai 50 kcal, paine 100g 219 kcal, branza de vaci 50g 96 kcal
pate 50g 142 kcal, unt 20g 116 kcal, ardei 100 g 16 kcal
-Pranz : Supa de galuste 400g 228 kcal
Pipote de pui cu pilaf 150/ 300 g 480 kcal, paine 50g 110 kcal
-Cina — Salata orientala 400g/ 484 kcal, ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi =2 474 kcal

DIABET 200 HC –Mic dejun: ceai, paine 100g 219 kcal, branza de vaci 50g 96 kcal
pate 50g 142 kcal, unt 20g 116 kcal, ardei 100 g 16 kcal
-Pranz : Supa de galuste 400g 228 kcal
Pulpa de pui cu fasole verde 150/300g 488 kcal, paine 50 g 110 kcal
- Cina – Salata orientala 400g/ 484 kcal, ceai, paine 50g 110 kcal,
Total kcal/zi =2 225 kcal

Medic de garda –Mic dejun:ceai 50 kcal, paine 100g 219 kcal, branza de vaci 50g 96
kcal, pate 50g 142 kcal, unt 20g 116 kcal, ardei 100 g 16 kcal
-Pranz : Supa de galuste 400g 228 kcal
Kaizer cu iahnie de fasole 150/300g 566 kcal,paine 110 kcal
- Cina : – Salata orientala 400g/ 484 kcal, paine 50g 110 kcal,
Total kcal/zi =2 474 kcal

Gustare (inclusa in total calorii) 10: prajitura buc 1, 255 kcal/ dz - mar 200g 124 kcal
15 : – lapte 250g 126 kcal

Intocmit: **As. Chiuaru Ioana**

CHIARU IOANA
Asistent medic
si diet.
Cod /uz.



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SPITALUL GRAȘENESC
HÂRȘOVA



Decretul ANMCS 3310/07.12.2022

Meniu 20 11 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal
CORTIZON, sunca presata 50g 63 kcal , unt 20g 116 kcal

-Pranz : Supa de perisoare cu orez 400g 258 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 =2 347 kcal

COMUN –Mic dejun: ceai 50kcal, paine 100 g 219 kcal, cascaval 50g 140 kcal
, sunca presata 50g 63 kcal , unt 20g 116 kcal

-Pranz : Supa de perisoare cu orez 400g 258 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 =2 347 kcal

COPII PED -Mic dejun:ceai 50 kcal, paine 100g 219 kcal ,cascaval 50g 140 kcal
, sunca presata 50g 63 kcal , unt 20g 116 kcal

-Supa de perisoare cu orez 400g 258 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 =2 347 kcal

DIABET 200 HC –Mic dejun: ceai, paine 100g 219 kcal, cascaval 50g 140 kcal
, sunca presata 50g 63 kcal , unt 20g 116 kcal

-Pranz : Supa de perisoare cu orez 400g 258 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, cascaval 50g 140 kcal
, sunca presata 50g 63 kcal , unt 20g 116 kcal

-Pranz : Supa de perisoare cu orez 400g 258 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 =2 377 kcal

Gustare (inclusa in total calorii) 10 : iaurt 140g 78 kcal

15 : biscuiti 50g 209 kcal/dz - mar 200g 124 kcal

Intocmit: As. Chiuaru Ioana

CHIURU IOANA
Asistent medical de dietetie
Cod 102312



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Meniu 21 11 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, salam 50g 154 kcal
CORTIZON cascaval 50g 140 kcal, unt 20g 116 kcal
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal
Ficatei cu paste 150/300g 486 kcal, paine 50g 110 kcal
-Cina – Cartofi cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g
110kcal. Total kcal/zi =2 337 kcal

COMUN –Mic dejun: ceai 50kcal, paine 100 g 219 kcal, salam 50g 154 kcal
cascaval 50g 140 kcal, unt 20g 116 kcal
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal
Ficatei cu paste 150/300g 486 kcal, paine 50g , 110 kcal
-Cina : – Cartofi cu branza telemea 400g 494 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 , salam 50g 154 kcal
cascaval 50g 140 kcal, unt 20g 116 kcal
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal
Ficatei 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, salam 50g 154 kcal
cascaval 50g 140 kcal, unt 20g 116 kcal
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal
Ficatei cu paste 150/300g 486 kcal, paine 50 g 110 kcal
-Cina – Amestec Mexican cu aripi de pui 300/150 g 526 kcal, ceai, paine
50g 110 kcal, Total kcal/zi =2 145 kcal

Medic de garda –Mic dejun:ceai 50 kcal, paine 100g 219 kcal, salam 50g 154 kcal
cascaval 50g 140 kcal, unt 20g 116 kcal
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal
Ficatei cu paste 150/300g 486 kcal, paine 110 kcal
-Cina : – Amestec Mexican cu aripi de pui 300/150 g 526 kcal, paine 50g
110 kcal, Total kcal/zi =2 404 kcal
Gustare (inclusa in total calorii) 10: prajitura buc 1 269 kcal/ dz - mar 200g 124 kcal
15 : – lapte 200 g 126 kcal

Intocmit: **As. Chiuaru Ioana**

CHIURU IOANA
Asistent medical de nutritie
si dietetică
Cod 102312



Meniu 22 11 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, pâine 100g 219 kcal, crenvurst 100g 213 kcal
CORTIZON, branza topita 2 buc 74 kcal, rosie 100g 15 kcal,
-Pranz : Supa de zarzavat cu fidea 400g 228 kcal,
Pulpa de pui cu cartofi natur 150/300g 488 kcal, pâine 50g 110 kcal
-Cina – Paste cu branza vaci 400g 474kcal, ceai 50 kcal, pâine 50g 110kcal.
Total kcal/zi =2 304 kcal

COMUN –Mic dejun: ceai 50kcal, pâine 100 g 219 kcal, crenvurst 100g 213 kcal
branza topita 2 buc 74 kcal, rosie 100g 15 kcal,
-Pranz : Supa de zarzavat cu fidea 400g 228 kcal,
Varza cu Kaizer 300/150g 466 kcal, pâine 50g 110 kcal
-Cina : Paste cu branza telemea 400g 494 kcal ,pâine 50g 110 kcal, ceai 50 kcal.
Total kcal/zi =2 304 kcal

COPII PED -Mic dejun:ceai 50 kcal, pâine 100g 219 kcal , crenvurst 100g 213 kcal
branza topita 2 buc 74 kcal, rosie 100g 15 kcal,
-Pranz Supa de zarzavat cu fidea 400g 228 kcal,
Pulpa de pui cu cartofi natur 150/300g 488 kcal, pâine 50g 110 kcal
-Cina – Paste cu branza vaci 400g 474 kcal ,ceai 50 kcal, pâine 50g 110 kcal.
Total kcal/zi =2 304 kcal

DIABET 200 HC –Mic dejun: ceai, pâine 100g 219 kcal, crenvurst 100g 213 kcal
branza topita 2 buc 74 kcal, rosie 100g 15 kcal,
-Pranz : Supa de zarzavat cu fidea 400g 228 kcal,
Varza cu pui 300/150g 366 kcal, pâine 50g 110 kcal
-Cina – Paste cu branza vaci 400g 474 kcal ceai, pâine 50g 110 kcal,
Total kcal/zi =2 197 kcal

Medic de garda –Mic dejun:ceai 50 kcal, pâine 100g 219 kcal, crenvurst 100g 213 kcal
branza topita 2 buc 74 kcal, rosie 100g 15 kcal,
-Pranz : Supa de zarzavat cu fidea 400g 228 kcal,
Varza cu Kaizer 300/150g 466 kcal, pâine 50g 110 kcal
-Cina : Pulpa de pui cu cartofi natur 150/300g 488 kcal, ceai 50 kcal, pâine 50g 110 kcal,
Total kcal/zi =2 485 kcal

Gustare (inclusa in total calorii) 10 :- biscuit 50g =205 kcal, dz= iaurt 140 g 78 kcal
15 : mar 200g 120 kcal

Intocmit: **As. Chiuaru Ioana**

CHIURU IOANA
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SPITALUL GRAȘENESC
HÂRȘOVA

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Ordinul ANMCS 351/07.12.2022

MENIU 23 11 2025

CR,D1,D3 -Mic dejun- ceai 50 kcal, paine 100 g 219kcal, cascaval 50g 140 kcal
CORTIZON sunca presata 50g 63 kcal, unt 20g 116 kcal, castraveti 100g 13 kcal;
Pranz- Supa de fasole 400 g 208 kcal
Pulpa de pui cu pilaf 150/ 300 g 472 kcal, paine 50 g 110 kcal
Cina- Salata de cartofi cu ou si masline 400g 372 kcal, ceai 50 kcal, paine 50
g 110 kcal. Total kcal/zi = 2 225 kcal

COMUN – Mic dejun- ceai 50 kcal, paine 100g 219 kcal,cascaval 50g 140 kcal
sunca presata 50g 63 kcal, unt 20g 116 kcal, castraveti 100g 13 kcal;
Pranz- Supa cu fasole 400 g 208 kcal
Pulpa de pui cu pilaf 150/ 300 g 472 kcal, paine 50 g 110 kcal
-Cina- Salata de cartofi cu ou si masline 400g 372 kcal, ceai 50 kcal, paine 50g
110 kcal. Total kcal/zi=2 225 kcal

COPII PED- Mic dejun — ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal
sunca presata 50g 63 kcal, unt 20g 116 kcal, castraveti 100g 13 kcal;
Pranz- Supa cu fasole 400 g 208 kcal
Pulpa de pui cu pilaf 150/ 300 g 472 kcal, paine 50 g 110 kcal
-Cina- Salata de cartofi cu ou si masline 400g 372 kcal, ceai 50 kcal, paine
50g 110 kcal. Total kcal/zi= 2 225 kcal

DIABET 200HC- Mic dejun- ceai, paine 100 g 219kcal, cascaval 50g 140 kcal
sunca presata 50g 63 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 –Salata de cartofi cu ou si masline 400g 372 kcal, 50 g paine 110 kcal ,
ceai. Total kcal/zi =2 102 kcal

Medic de garda – Mic dejun- - ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140
kcal, sunca presata 50g 63 kcal, unt 20g 116 kcal, castraveti 100g 13 kcal;
- Pranz- Supa cu fasole 400 g 208 kcal
Pulpa de pui cu pilaf 150/ 300 g 472 kcal, paine 50 g 110 kcal
-Cina- Salata de cartofi cu ou si masline 400g 372, ceai 50 kcal, paine 50g 110
kcal. Total kcal/zi= 2 225 kcal

Gustare (inclusa in total calorii) 10 : napolitana 224 kcal/ dz= mar 200g 124 kcal
15 – –iaurt 140g g 78 kcal

Intocmit: As. **Chiuari, Ioana**

CHIURARU IOANA
Asistent medical de nutriție
si dietetică
Cod 102312



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Meniu 24 11 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 75 kcal
CORTIZON branza de vaci 50g 101 kcal, unt 20g 116 kcal, rosie 100g 15 kcal
-Pranz : Supa de zarzavat cu paste 400g 228 kcal
Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal
-Cina – Cartofi cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g
110kcal. Total kcal/zi = 2 367 kcal

COMUN –Mic dejun: ceai 50kcal, paine 100 g 219 kcal, gem 2 buc 75kcal
branza de vaci 50g 101 kcal, unt 20g 116 kcal, rosie 100g 15 kcal
-Pranz : Supa de zarzavat cu paste 400g 228 kcal
Ardei umpluti cu carne 400g 424 kcal, paine 50g , 110 kcal
-Cina : – Cartofi cu branza telemea 400g 494 kcal, paine 50g 110 kcal, ceai
50 kcal. Total kcal/zi = 2 367 kcal

COPII PED -Mic dejun:ceai 50 kcal, paine 100g 219 kcal , gem 2 buc 75 kcal
branza de vaci 50g 101 kcal, unt 20g 116 kcal, rosie 100g 15 kcal
-Pranz : Supa de zarzavat cu paste 400g 228 kcal
Pulpa de pui cu pilaf sarbesc 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 = 2 427 kcal

DIABET 200 HC –Mic dejun: ceai, paine 100g 219 kcal, pate 50g 142 kcal
branza de vaci 50g 101 kcal, unt 20g 116 kcal, rosie 100g 15 kcal
-Pranz : Supa de zarzavat cu paste 400g 228 kcal
Ardei umpluti cu carne 400g 424 kcal, paine 50 g 110 kcal
-Cina – Cartofi cu branza de vaci 400g 474 kcal, ceai, paine 50g 110 kcal,
Total kcal/zi = 2 189 kcal

Medic de garda –Mic dejun:ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 75 kcal
branza de vaci 50g 101 kcal, unt 20g 116 kcal, rosie 100g 15 kcal
-Pranz : Supa de zarzavat cu paste 400g 228 kcal
Ardei umpluti cu carne 400g 424 kcal, paine 110 kcal
-Cina : – Cartofi natur cu pulpa de pui 300/100 g 496 kcal, paine 50g 110
kcal, Total kcal/zi = 2 404 kcal

Gustare (inclusa in total calorii) 10: corn 60g 269 kcal/dz - mar 200g 124 kcal
15: -lapte 200g 126 kcal

Intocmit: As. Chiuaru Ioana

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Cod 102312



Meniu 25 11 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, ou fiert 73 kcal
CORTIZON, br vaci 50g 101 kcal, ardei 100g 15 kcal,
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal,
Pulpa de pui cu piure 150/300g 488 kcal, paine 50g 110 kcal
-Cina – Paste cu branza vaci 400g 474kcal, ceai 50 kcal, paine 50g 110kcal.
Total kcal/zi =2 253 kcal

COMUN –Mic dejun: ceai 50kcal, paine 100 g 219 kcal, ou fiert 73 kcal
br vaci 50g 101 kcal, ardei 100g 15 kcal,
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal,
Varza cu cabanos 300/150g 466 kcal, paine 50g 110 kcal
-Cina : Paste cu branza telemea 400g 494 kcal ,paine 50g 110 kcal, ceai 50 kcal.
Total kcal/zi =2 251 kcal

COPII PED -Mic dejun:ceai 50 kcal, paine 100g 219 kcal , ou fiert 73 kcal
br vaci 50g 101 kcal, ardei 100g 15 kcal,
-Pranz Supa de zarzavat cu galuste 400g 228 kcal,
Pulpa de pui cu piure 150/300g 488 kcal, paine 50g 110 kcal
-Cina – Paste cu branza vaci 400g 474 kcal ,ceai 50 kcal, paine 50g 110 kcal.
Total kcal/zi =2 253 kcal

DIABET 200 HC –Mic dejun: ceai, paine 100g 219 kcal, ou fiert 73 kcal
br vaci 50g 101 kcal, ardei 100g 15 kcal,
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal,
Varza cu pui 300/150g 396 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, ou fiert 73 kcal
br vaci 50g 101 kcal, ardei 100g 15 kcal,
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal,
Varza cu cabanos 300/150g 466 kcal, paine 50g 110 kcal
-Cina : Pulpa de pui cu cartofi natur 150/300g 488 kcal, ceai 50 kcal, paine 50g 110
kcal,
Total kcal/zi =2 251 kcal

Gustare (inclusa in total calorii) 10 :- prajitura buc 1=215 kcal, dz= iaurt 140 g 78 kcal
15 : mar 200g 120 kcal

Intocmit: As. Chiuaru Ioana


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Meniu 26 11 2025

CR,D1,D3 -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, sunca presata 50g 63 kcal, cascaval
CORTIZON ,50g 140 kcal, unt 20g 116 kcal, castraveti 100g 16 kcal
-Pranz= Supa de pui a la grec 100/300g 318 kcal,
Ficateri de pui cu pilaf sarbesc 150/300g 485 kcal, paine 50g 110 kcal
-Cina – Salata orientala 400g/ 484 kcal, paine 50g 110 kcal,ceai 50 kcal.
Total kcal/zi = 2 476 kcal

COMUN -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, sunca presata 50g 63 kcal, cascaval
50g 140 kcal, unt 20g 116 kcal, castraveti 100g 16 kcal
- Pranz= Supa de pui a la grec 100/300g 318 kcal,
Ficateri de pui cu pilaf sarbesc 150/300g 485 kcal, paine 50g 110 kcal
-Cina Salata orientala 400g/ 484 kcal, paine 50g 110 kcal,ceai 50 kcal.
Total kcal/zi = 2 476 kcal

COPII PED - Mic dejun=ceai 50 kcal, paine 100g 219 kcal, sunca presata 50g 63 kcal, cascaval
50g 140 kcal, unt 20g 116 kcal, castraveti 100g 16 kcal
- Pranz= Supa de pui a la grec 100/300g 318 kcal,
Ficateri de pui cu pilaf sarbesc 150/300g 485 kcal, paine 50g 110 kcal
-Cina – Salata orientala 400g/ 484 kcal, paine 50g 110 kcal,ceai 50 kcal.
Total kcal/zi = 2 476 kcal

DIABET 200 HC- -Mic dejun=ceai , paine 50g 110 kcal, sunca presata 50g 63 kcal, cascaval
50g 140 kcal, unt 20g 116 kcal, castraveti 100g 16 kcal
- Pranz= Supa de pui a la grec 100/300g 318 kcal,
Pulpa de pui cu fasole verde 150/300g 460kcal, paine 50g 110 kcal
-Cina – Salata orientala 400g/ 484 kcal, paine 50g 110 kcal,ceai 50 kcal.
Total kcal/zi = 2 278 kcal

MEDIC DE GARDA -Mic dejun:ceai 50 kcal, paine 100g 219 kcal, sunca presata 50g 63 kcal,
cascaval 50g 140 kcal, unt 20g 116 kcal, castraveti 100g 16 kcal
- Pranz- Supa de pui a la grec 100/300g 318 kcal,
Ficateri de pui cu pilaf sarbesc 150/300g 485 kcal, paine 50g 110 kcal
-Cina – Salata orientala 400g/ 484 kcal, paine 50g 110 kcal,ceai 50 kcal.
Total kcal/zi = 2 549 kcal

Gustare (inclus in total calorii) :10 –biscuiti buc 1 267 kcal/ / dz -mar 200 g 124 kcal
15 - iaurt 140g 78 kcal

INTOCMIT : As. Chiuaru Ioana

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Meniu 27 11 2025

CR,D1,D3 -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, ou fiert 73 kcal, branza topita 2
CORTIZON, buc 74 kcal, masline 50g 75 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 – Cartofi cu branza de vaci 400g 474 kcal, paine 50g 110 kcal,ceai 50 kcal.

Total kcal/zi = 2 161 kcal

COMUN -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, ou fiert 73 kcal, branza topita 2 buc
74 kcal, masline 50g 75 kcal

- Pranz= Supa de zarzavat cu paste 400g 228 kcal

Varza cu pui 300/150g 366 kcal, paine 100g 110 kcal,

-Cina – Cartofi cu branza de vaci 400g 474 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 , ou fiert 73 kcal, branza topita 2
buc 74 kcal, masline 50g 75 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 – Cartofi cu branza de vaci 400g 474 kcal, paine 50g 110 kcal, ceai 50 kcal.

Total kcal/zi = 2 021 kcal

DIABET 200 HC- -Mic dejun=ceai , paine 50g 110 kcal, ou fiert 73 kcal, branza topita 2 buc
74 kcal, masline 50g 75 kcal

- Pranz= Supa de zarzavat cu paste 400g 228 kcal,

Varza cu pui 300/150g 366 kcal, paine 100g 110 kcal,

-Cina – Cartofi cu branza de vaci 400g 474 kcal, paine 50g 110 kcal,ceai .

Total kcal/zi = 1 937 kcal

MEDIC DE GARDA -Mic dejun:ceai 50 kcal, paine 100g 219 kcal , ou fiert 73 kcal, branza
topita 2 buc 74 kcal, masline 50g 75 kcal

- Pranz- Supa de zarzavat cu paste 400g 228 kcal,

Varza cu pui 150/300g 496 kcal, paine 100g 110 kcal,,

-Cina – Pulpa de pui cu cartofi natur 150/250g 525 kcal, paine 50g 110 kcal,ceai 50 kcal.

Total kcal/zi = 2 085 kcal

Gustare (inclus in total calorii)

10: prajitura buc 1 – 215 kcal / dz lapte 200 ml 124 kcal

15: mar 200g 120 kcal

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Ordinul ANMCS 351/03.12.2022

MENIU 28 11 2025

CR,DI,D3 -Mic dejun- ceai 50 kcal, paine 100 g 219kcal, pate 50 g 142 kcal

CORTIZON br topita 2 buc 76 kcal, unt 20g 116 kcal

Pranz- Supa de fasole 400 g 208 kcal

Ou cu piure 50/300g 418 kcal, paine 50 g 110 kcal

Cina- Paste cu telemea 400g 482 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, pate 50 g 142 kcal, br topita 2 buc 76 kcal ,unt 20g 116 kcal

Pranz- Supa cu fasole 400 g 208 kcal

Ou cu piure 50/300g 418 kcal, paine 50 g 110 kcal

-Cina- Paste cu telemea 400g 482 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, pate 50 g 142 kcal, br topita 2 buc 76 kcal, unt 20g 116 kcal

Pranz- Supa cu fasole 400 g 208 kcal

Ou cu piure 50/300g 418 kcal, paine 50 g 110 kcal

-Cina- Paste cu telemea 400g 482 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, pate 50 g 142 kcal, unt 20g 116 kcal

Pranz- Supa cu fasole 400 g 208 kcal

2 Oua cu piure 100/300g 488 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 =2 276 kcal

Medic de garda – Mic dejun- - ceai 50 kcal, paine 100g 219 kcal, pate 50 g 142 kcal, br topita 2 buc 76 kcal, unt 20g 116 kcal

- Pranz- Supa cu fasole 400 g 208 kcal

2 Oua cu piure 100/300g 488 kcal, paine 50 g 110 kcal

-Cina- Aripi de pui cu amestec mexicam 150/250g 525 , 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 29 11 2025

CR,D1,D3, -Mic dejun: ceai 50 kcal, pâine 100g 219 kcal, gem 2 buc 75 kcal
CORTIZON unt 20g 116 kcal, branza de vaci 50g 101 kcal
-Pranz : Supa de fidea 400g 208 kcal, pâine 50g 110 kcal.
Pulpa de pui cu paste 150/300g 570 kcal, pâine 50g 110 kcal
-Cina –Mancare de cartofi 400g 174 kcal, ceai 50 kcal, pâine 50g
110kcal. Total kcal/zi =1 947 kcal

COMUN –Mic dejun: ceai 50kcal, pâine 100 g 219 kcal , gem 2 buc 75 kcal
unt 20g 116 kcal, branza telemea 50g 110 kcal
-Pranz : Supa de fidea 400g 208 kcal, pâine 50g 110 kcal.
Pulpa de pui cu mazare 150/300g 570 kcal,pâine 50g , 110 kcal
- Cina : Mancare de cartofi 400g 174 kcal, pâine 50g 110 kcal, ceai 50 kcal.
Total kcal/zi =2 057 kcal

COPII PED -Mic dejun : ceai 50kcal, pâine 100 g 219 kcal , gem 2 buc 75 kcal
unt 20g 116 kcal, branza de vaci 50g 101 kcal
-Pranz Supa de fidea 400g 208 kcal, pâine 50g 110 kcal.
Pulpa de pui cu paste 150/300g 570 kcal, pâine 50g 110 kcal
-Cina – Mancare de cartofi 400g 174 kcal, ceai 50 kcal, pâine 50g 110 kcal.
Total kcal/zi =2 057 kcal

DIABET 200 HC –Mic dejun: ceai, pâine 100 g 219 kcal , pate 50g 142 kcal
unt 20g 116 kcal, branza de vaci 50g 101 kcal
-Pranz : Supa de fidea 400g 208 kcal, pâine 50g 110 kcal.
Pulpa de pui cu fasole verde 150/300g 460 kcal, pâine 50 g 110 kcal
- Cina – Mancare de cartofi cu pui 150/200g 474 kcal,, ceai, pâine 50g 110 kcal,
Total kcal/zi =2 221 kcal

Medic de garda –Mic dejun: ceai 50kcal, pâine 100 g 219 kcal , gem 2 buc 75 kcal
unt 20g 116 kcal, branza telemea 50g 110 kcal
-Pranz : Supa de fidea 400g 208 kcal, pâine 50g 110 kcal.
Pulpa de pui cu mazare 150/300g 570 kcal,pâine 110 kcal
- Cina : Mancare de cartofi cu pui 150/200g 474 kcal, ceai 50 kcal, pâine 50g 110
kcal, Total kcal/zi =2 357 kcal

Gustare (inclus in total calorii) 10: mar 200g 120 kcal
15: biscuit pac 1= 270 kcal/ dz= lapte 250g 124 kcal

Intocmit: As. Chiuaru Ioana

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Ordinul ANMCS 351/07.12.2022

Meniu 30 11 2025

CR,D1,D3 -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, ou 50g 73 kcal,
CORTIZON, masline 50g 75 kcal, branza topita 1 buc 37 kcal,
-Pranz= Supa de zarzavat cu galuste 400g 228 kcal,
Ficatei de pui cu pilaf cu legume 150/300 g 496 kcal, paine 50g 110 kcal,
-Cina – Aripa de pui cu ghiveci de legume 150/300 g 496 kcal, paine 50g 110 kcal,ceai 50 kcal. Total kcal/zi = 2 476 kcal

COMUN -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, ou 50g 73 kcal, masline 50g 75 kcal, branza topita 1 buc 37 kcal,
- Pranz= Supa de zarzavat cu galuste 400g 228 kcal
Ficatei de pui cu pilaf cu legume 150/300 g 496 kcal, paine 50g 110 kcal,
-Cina Aripa de pui cu ghiveci de legume 150/300 g 496 kcal, paine 50g 110 kcal,ceai 50 kcal. Total kcal/zi = 2 476 kcal

COPII PED - Mic dejun=ceai 50 kcal, paine 100g 219 kcal , ou 50g 73 kcal, masline 50g 75 kcal, branza topita 1 buc 37 kcal,
- Pranz= Supa de zarzavat cu galuste 400g 228 kcal
Ficatei de pui cu pilaf cu legume 150/300 g 496 kcal, paine 50g 110 kcal,
-Cina – Aripa de pui cu ghiveci de legume 150/300 g 496 kcal, paine 50g 110 kcal,ceai 50 kcal. Total kcal/zi = 2 376 kcal

DIABET 200 HC- -Mic dejun=ceai , paine 50g 110 kcal, ou 50g 73 kcal, masline 50g 75 kcal, branza topita 1 buc 37 kcal,
- Pranz= Supa de zarzavat cu galuste 400g 228 kcal,
Ficatei de pui cu pilaf cu legume 150/300 g 496 kcal, paine 50g 110 kcal,
-Cina – Aripa de pui cu ghiveci de legume 150/300 g 496 kcal, paine 50g 110 kcal,ceai . Total kcal/zi = 2 302 kcal

MEDIC DE GARDA -Mic dejun:ceai 50 kcal, paine 100g 219 kcal , ou 50g 73 kcal, masline 50g 75 kcal, branza topita 1 buc 37 kcal,
- Pranz- Supa de zarzavat cu galuste 400g 228 kcal,
Ficatei de pui cu pilaf cu legume 150/300 g 496 kcal, paine 50g 110 kcal,
-Cina – Aripa de pui cu ghiveci de legume 150/300 g 496 kcal, paine 50g 110 kcal,ceai 50 kcal. Total kcal/zi = 2 496 kcal

Gustare (inclus in total calorii)

10: napolitana buc 1 255 kcal/ dz iaurt 140g 78 kcal

15: mar 200g 124 kcal

INTOCMIT : As. **Chiuaru Ioana**

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