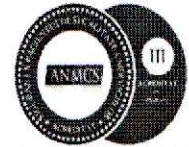




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Ordinul ANMCS 351/07.12.2022

### Meniu 1 10 2025

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, cascaval 50 g 140 kcal,,  
**CORTIZON** branza topita 2 buc 76 kcal,  
-Pranz= Supa de zarzavat cu fidea 400g 228 kcal,  
Piept de pui cu paste 150/200 g 622 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 50 g 140 kcal,,  
branza topita 2 buc 76 kcal,  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal  
Piept de pui cu paste 150/200 g 622 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 , cascaval 50 g 140 kcal,,  
branza topita 2 buc 76 kcal,  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal  
Piept de pui cu paste 150/200 g 622 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 50 g 140 kcal,,  
branza topita 2 buc 76 kcal,  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal,  
Piept de pui cu fasole verde 150/300 g 412 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 50 g 140  
kcal, branza topita 2 buc 76 kcal,  
- Pranz- Supa de zarzavat cu fidea 400g 228 kcal,  
Piept de pui cu paste 150/300 g 622 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: lapte 200g 124 kcal

15:biscuiti buc 1 210 kcal/ dz =mar 200g 124 kcal

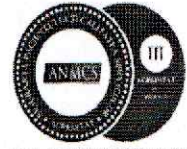
INTOCMIT : As. Chiuaru Ioana

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SPITALUL GRAȘENESC  
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Ordinul ANMCS 351/07.12.2022

### Meniu: 2 10 2025

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, pate 50g 142 kcal,  
**CORTIZON**, unt 20g 116 kcal, branza topita buc 37 kcal  
-Pranz= Supa de zarzavat cu fidea 400g 228 kcal,  
Pilaf cu snitel pui 300/100g 506 kcal, paine 50g 110 kcal,  
-Cina – Cartofi gratinati cu branza 400g 372 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 275 kcal

**COMUN** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, pate 50g 142 kcal, unt 20g 116 kcal, branza topita buc 37 kcal  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal  
Pilaf cu snitel pui 300/100g 506 kcal, paine 100g 110 kcal,  
-Cina – Cartofi gratinati cu branza 400g 372 kcal, paine 50g 110 kcal, ceai 50 kcal.  
Total kcal/zi = 2 275 kcal

**COPII PED** - Mic dejun=ceai 50 kcal, paine 100g 219 kcal , gem 2 buc 75 kcal, branza vaci 50 g 100 kcal, unt 20g 116 kcal  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal  
Pilaf cu snitel pui 300/100g 506 kcal, paine 50g 110 kcal,  
-Cina – Cartofi gratinati cu branza 400g 372 kcal, paine 50g 110 kcal, ceai 50 kcal.  
Total kcal/zi = 2 275 kcal

**DIABET 200 HC-** -Mic dejun=ceai , paine 50g 110 kcal,pate 50g 142 kcal, unt 20g 116 kcal, branza topita buc 37 kcal  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal,  
Pilaf cu snitel pui 300/100g 506 kcal, paine 100g 110 kcal,  
-Cina – Cartofi gratinati cu branza 400 g 372 kcal, paine 50g 110 kcal,ceai .  
Total kcal/zi = 2 038 kcal

**MEDIC DE GARDA** -Mic dejun:ceai 50 kcal, paine 100g 219 kcal , pate 50g 142 kcal, unt 20g 116 kcal, branza topita buc 37 kcal  
- Pranz- Supa de zarzavat cu fidea 400g 228 kcal,  
Pilaf cu snitel pui 300/100g 506 kcal, paine 100g 110 kcal,,  
-Cina – Cartofi gratinati cu branza 400g 372 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 275 kcal

### Gustare (inclus in total calorii)

10: prajitura buc 1 – 215 kcal / dz mar 200g 120 kcal

15:compot 200g 120 kcal/ dz iaurt 140 g 78 kcal

INTOCMIT : As. **Chiuaru Ioana**

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Ordinul ANMCS 351/07.12.2002

## MENIU 3 10 2025

**CR,D1,D3** -Mic dejun- ceai 50 kcal, paine 100 g 219 kcal, crenwurst buc 1 142 kcal,  
**CORTIZON** branza de vaci 50g 100 kcal , ardei 100g 16 kcal  
Pranz- Supa de zarzavat cu zdrente de ou 400 g 208 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 = 2 108 kcal

**COMUN** – Mic dejun- ceai 50 kcal, paine 100g 219 kcal, crenwurst buc 1 142 kcal,  
branza de vaci 50g 100 kcal , ardei 100g 16 kcal  
- Pranz Supa de zarzavat cu zdrente de ou 400 g 208 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=2 198 kcal

**COPII PED-** Mic dejun — ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 116 kcal  
unt 20 g 116 kcal, branza de vaci 50g 100 kcal  
- Pranz- Supa de zarzavat cu zdrente de ou 400 g 208 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= 2 108 kcal

**DIABET 200HC-** Mic dejun- ceai, paine 100 g 219kcal, crenwurst buc 1 142 kcal,  
branza de vaci 50g 100 kcal , ardei 100g 16 kcal  
- Pranz -Supa de zarzavat cu zdrente de ou 400 g 208 kcal  
Aripi de pui cu mancare de cartofi 150/ 300 g 480 kcal, paine 50 g 110 kcal  
-Cina – Pulpa de pui cu fasole verde 150/300g 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, crenwurst buc 1 142 kcal,  
branza de vaci 50g 100 kcal , ardei 100g 16 kcal  
- Pranz -Supa de zarzavat cu zdrente de ou 400 g 208 kcal  
Pulpa de pui cu mancare de cartofi 150/ 300 g 530 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 – mar 200g 120 kcal

**Intocmit: As. Chiuaru Ioana**

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SPITALUL GRAȘENESC  
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Ordinul ANMMS nr 1477/12.2022

## Meniu 5 10 2025

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, gem 1 buc 75 kcal, branza vaci

**CORTIZON** 50g 100 kcal, unt 20g 116 kcal,

-Pranz= Supa de pui cu fidea 400g 318 kcal,

Ou cu piure de cartofi 50/300g 408 kcal, paine 50g 110 kcal

-Cina -Pasta cu branza de vaci 400g 452 kcal, paine 50g 110 kcal,ceai 50 kcal.

Total kcal/zi = 2 366 kcal

**COMUN** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, gem 1 buc 75 kcal, branza telemea 50g 110 kcal, unt 20g 116 kcal,

- Pranz= Supa de pui cu fidea 400g 318 kcal

Ou cu piure de cartofi 50/300g 408 kcal, paine 50g 110 kcal

-Cina -Paste cu telemea 400g 482 kcal, paine 50g 110 kcal,ceai 50 kcal.

Total kcal/zi = 2 396 kcal

**COPII PED** - Mic dejun=ceai 50 kcal, paine 100g 219 kcal, gem 1 buc 75 kcal, branza telemea 50g 110 kcal, unt 20g 116 kcal,

- Pranz= Supa de pui cu fidea 400g 318 kcal

Ou cu piure de cartofi 50/300g 408 kcal, paine 50g 110 kcal

-Cina -Paste cu telemea 400g 482 kcal, paine 50g 110 kcal,ceai 50 kcal.

Total kcal/zi = 2 396 kcal

**DIABET 200 HC-** -Mic dejun=ceai , paine 50g 110 kcal, pate 50 g 142 kcal , branza de vaci 50g 100 kcal, unt 20g 116 kcal,

- Pranz= Supa de pui cu fidea 400g 318 kcal,

2 oua cu piure de cartofi 100/300g 485 kcal, paine 50g 110 kcal

-Cina - Pulpa de pui cu fasole verde 150/300g 525 kcal, paine 50g 110 kcal,ceai 50 kcal.

Total kcal/zi = 2 375 kcal

**MEDIC DE GARDA** -Mic dejun:ceai 50 kcal, paine 100g 219 kcal gem 1 buc 75 kcal, branza telemea 50g 110 kcal, unt 20g 116 kcal,

- Pranz- Supa de pui cu fidea 400g 318 kcal

2 oua cu piure de cartofi 100/300g 485 kcal, paine 50g 110 kcal

-Cina - Pulpa de pui cu fasole verde 150/300g 525 kcal, paine 50g 110 kcal,ceai 50 kcal.

Total kcal/zi = 2 476 kcal

### Gustare (inclus in total calorii) :

10 - corn buc 1 238 kcal , dz -mar 200 g 124 kcal

15 - - lapte 200g 126 kcal

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SPITALUL GRĂȘENESC

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Ordinul ANMCS 351/2017 13.2022

## Meniu 4 10 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 ficatei 100/300g 454 kcal, paine 50g 110 kcal

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

Total kcal/zi = 2 425 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 475 kcal, paine 50g 110 kcal

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

Total kcal/zi = 2 444 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 ficatei 100/300g 454 kcal, paine 50g 110 kcal

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

Total kcal/zi = 2 425 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,

Varza cu kaizer 100/300 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 475 kcal, paine 50g 110 kcal

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

Total kcal/zi = 2 444 kcal

### Gustare (inclus in total calorii) :

10 - biscuiti cu crema buc 1 295 kcal/ dz - iaurt 140g 78 kcal

15 - -mar 200 g 124 kcal

INTOCMIT : As. Chiuaru Ioana

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SPITALUL GRĂȘENESC  
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Ordinul ANMCS 351/07.12.2022

## Meniu 6 10 2025

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal,  
**CORTIZON**, salam 50 g 201 kcal, unt 20g 116 kcal, rosie 100g 16 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 gratinati cu branza 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, cascaval 50g 140 kcal, salam  
50 g 201 kcal, unt 20g 116 kcal, rosie 100g 16 kcal  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal  
Varza cu kaizer 300/150g 366 kcal, paine 100g 110 kcal,  
-Cina – Cartofi gratinati cu branza 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 fidea 400g 228 kcal  
Ciulama cu pui, ciuperci si mamaliga 200/200 g 396 kcal, paine 50g 110 kcal,  
-Cina – Cartofi gratinati cu branza 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, cascaval 50g 140 kcal, salam  
50 g 201 kcal, unt 20g 116 kcal, rosie 100g 16 kcal  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal,  
Varza cu pulpa de pui 300/150g 466 kcal, paine 100g 110 kcal,  
-Cina – Cartofi gratinati cu branza 400 g 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 , cascaval 50g 140  
kcal, salam 50 g 201 kcal, unt 20g 116 kcal, rosie 100g 16 kcal  
- Pranz- Supa de zarzavat cu fidea 400g 228 kcal,  
Varza cu kaizer 150/300g 496 kcal, paine 100g 110 kcal,,  
-Cina – Cartofi gratinati cu branza 400g 372 kcal, paine 50g 110 kcal,ceai 50  
kcal. Total kcal/zi = 2 085 kcal

### Gustare (inclus in total calorii)

10: napolitana buc 1 – 215 kcal / dz 1felie paine +ou 110 kcal

15: iaurt 200g 120 kcal

INTOCMIT : As. Chiuaru Ioana

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SPITALUL GRĂȘENESC

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Ordinul ANMCS 351/07.12.2022

### Meniu 7 10 2025

**CR,D1,D3**, -Mic dejun: ceai 50 kcal, pâine 100g 219 kcal, pate 50g 142 kcal, unt 20g 116 kcal  
**CORTIZON** rosie 100g 16 kcal, branza telemea 50g 110 kcal  
-Pranz : Supa cu galuste 400g 208 kcal, pâine 50g 110 kcal.  
Pulpa de pui cu pilaf 150/300g 604 kcal, pâine 50g 110 kcal  
-Cina –Mancare de cartofi cu cabanos 100/300g 425 kcal, ceai 50 kcal, pâine 50g  
110kcal. Total kcal/zi =2 494 kcal

**COMUN** –Mic dejun: ceai 50kcal, pâine 100 g 219 kcal , pate 50g 142 kcal, unt 20g 116 kcal,  
rosie 100g 16 kcal, branza telemea 50g 110 kcal  
-Pranz : Supa cu galuste 400g 208 kcal, pâine 50g 110 kcal.  
Pulpa de pui cu mazare 150/300g 570 kcal,pâine 50g , 110 kcal  
- Cina : Mancare de cartofi cu cabanos 100/300g 425 kcal , pâine 50g 110 kcal, ceai  
50 kcal. Total kcal/zi =2 460 kcal

**COPII PED** -Mic dejun : ceai 50kcal, pâine 100 g 219 kcal , gem 2 buc 75 kcal, unt 20g 116  
kcal, rosie 100g 16 kcal, branza de vaci 50g 100 kcal  
-Pranz Supa cu galuste 400g 208 kcal, pâine 50g 110 kcal.  
Pulpa de pui cu pilaf 150/300g 604 kcal, pâine 50g 110 kcal  
-Cina – Cartofi cu branza de vaci 100/300g 425 kcal, ceai 50 kcal, pâine 50g 110  
kcal. Total kcal/zi =2 457 kcal

**DIABET 200 HC** –Mic dejun: ceai, pâine 100 g 219 kcal , pate 50g 142 kcal, unt 20g 116 kcal,  
rosie 100g 16 kcal, branza telemea 50g 110 kcal  
-Pranz : Supa cu galuste 400g 208 kcal, pâine 50g 110 kcal.  
Pulpa de pui cu fasole verde 150/300g 464, pâine 50 g 110 kcal  
- Cina – Mancare de cartofi cu cabanos 100/300g 425 kcal,, ceai, pâine 50g 110  
kcal, Total kcal/zi =2 354 kcal

**Medic de garda** –Mic dejun: ceai 50kcal, pâine 100 g 219 kcal , pate 50g 142 kcal, unt 20g 116  
kcal, rosie 100g 16 kcal, branza telemea 50g 110 kcal  
-Pranz : Supa cu galuste 400g 208 kcal, pâine 50g 110 kcal.  
Pulpa de pui cu mazare 150/300g 570 kcal,pâine 110 kcal  
- Cina : Mancare de cartofi cu cabanos 100/300g 425 kcal, ceai 50 kcal, pâine 50g  
110 kcal, Total kcal/zi =2 460 kcal

**Gustare (inclus in total calorii) 10:** biscuiti 50g 210 kcal/ dz - iaurt 140 ml -120 kcal  
**15:** mar 200g 124 kcal

**Intocmit: As. Chiuaru Ioana**

  
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Ordinul ANMCS 351/07.12.2022

### Meniu 8 10 2025

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, crenwurst buc 1 142 kcal,,  
**CORTIZON** branza topita 2 buc 76 kcal, castraveti 100 g 14kcal  
-Pranz= Supa de zarzavat cu fidea 400g 228 kcal,  
Piept de pui cu paste 150/200 g 622 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, crenwurst buc 1 142 kcal,,  
branza topita 2 buc 76 kcal, castraveti 100 g 14kcal  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal  
Piept de pui cu paste 150/200 g 622 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 , crenwurst buc 1 142 kcal,,  
branza topita 2 buc 76 kcal, castraveti 100 g 14kcal  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal  
Piept de pui cu paste 150/200 g 622 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, crenwurst buc 1 142 kcal,,  
branza topita 2 buc 76 kcal, castraveti 100 g 14kcal  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal,  
Piept de pui cu am mexican 150/300 g 412 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 , crenwurst buc 1  
142 kcal, branza topita 2 buc 76 kcal, castraveti 100 g 14kcal  
- Pranz- Supa de zarzavat cu fidea 400g 228 kcal,  
Piept de pui cu am mexican 150/300 g 412 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: lapte 200g 124 kcal

15:corn buc 1 237 kcal/ dz =mar 200g 124 kcal

**INTOCMIT : As. Chiuaru Ioana**

*CHIURU IOANA*  
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SPITALUL GRĂȘENESC  
HÂRȘOVA



Ordinul ANMCM nr 17/12.2012

### Meniu 09 10 2025

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, salam 50 g 142 kcal, branza vaci  
**CORTIZON** 50g 100 kcal, unt 20g 116 kcal, ardei 100g 16 kcal  
-Pranz= Supa de pui cu taietei 100/300g 318 kcal,  
Ou cu piure de cartofi 50/300g 408 kcal, paine 50g 110 kcal  
-Cina –Paste cu branza de vaci 400g 464 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 476 kcal

**COMUN** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, salam 50 g 142 kcal, 50g 100 kcal,  
unt 20g 116 kcal, ardei 100g 16 kcal  
- Pranz= Supa de pui cu taietei 100/300g 318 kcal,  
Ou cu piure de cartofi 50/300g 408 kcal, paine 50g 110 kcal  
-Cina – Paste cu branza de vaci 400g 464 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, salam 50 g 142 kcal, 50g 100 kcal,  
unt 20g 116 kcal, ardei 100g 16 kcal  
- Pranz= Supa de pui cu taietei 100/300g 318 kcal,  
Ou cu piure de cartofi 50/300g 408 kcal, paine 50g 110 kcal  
-Cina – Paste cu branza de vaci 400g 464 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 476 kcal

**DIABET 200 HC-** -Mic dejun=ceai , paine 50g 110 kcal, salam 50 g 142 kcal, 50g 100 kcal,  
unt 20g 116 kcal, ardei 100g 16 kcal  
- Pranz= Supa de pui cu taietei 100/300g 318 kcal,  
2 oua cu piure de cartofi 100/300g 485 kcal, paine 50g 110 kcal  
-Cina – Pulpa de pui cu fasole verde 150/300g 460 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, salam 50 g 142 kcal, 50g  
100 kcal, unt 20g 116 kcal, ardei 100g 16 kcal  
- Pranz- Supa de pui cu taietei 100/300g 318 kcal,  
2 oua cu piure de cartofi 100/300g 485 kcal, paine 50g 110 kcal  
-Cina – Pulpa de pui cu fasole verde 150/300g 460 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 549 kcal

**Gustare (inclus in total calorii) :10** –napolitana buc 1 295 kcal// dz -mar 200 g 124 kcal  
15 - iaurt 140g 78 kcal

**INTOCMIT : As. Chiuaru Ioana**

CHIARU IOANA  
as. medicina de nutritie  
4.10.2025



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Original ANMCS AS/07/12/2022

### MENIU 10 10 2025

**CR,D1.D3**, -Mic dejun-ceai 50 kcal, paine 100g 219 kcal, 2 gem 75 kcal, cascaval  
**CORTIZON** 50g 140 kcal, unt 20g 116 kcal,

-Pranz -Supa de zarzavat cu fidea 400g 220 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 50 110

kcal Total kcal: 2 373 kcal

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

-Pranz Supa de zarzavat cu fidea 400g 220 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 110

kcal Total kcal: 2 393 kcal

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

-Pranz- Supa de zarzavat cu fidea 400g 220 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 100g 219

kcal Total kcal: 2 373 kcal

**DIABET 200 HC** -Mic dejun-ceai, paine 100g 219 kcal, br topita buc 1 37 kcal ,  
cascaval 50g 140 kcal, unt 20g 116 kcal,

-Pranz - Supa de zarzavat cu fidea 400g 220 kcal

Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal

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

Total kcal: 2 173 kcal

**MEDIC GARDA** -Mic dejun-ceai 50 kcal, paine 100g 219 kcal , 2 gem 75 kcal,  
cascaval 50g 140 kcal, unt 20g 116 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 pulpa de pui 300g/150g 580 kcal, ceai 50 kcal, paine

100g 219 kcal Total kcal: 2 515 kcal

#### Gustare (inclus in total calorii)

10; prajitura buc 1- 257 kcal / dz : mar 200g 120 kcal

15: lapte 200g 124 kcal

Intocmit: as Chiuaru Ioana

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## Meniu

11 10 2025

**CR,D1,D3, -Mic dejun:** ceai 50 kcal, paine 100g 219 kcal, crenwurst buc 1 142 kcal,  
**CORTIZON** branza topita 2 buc 76 kcal,  
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal  
Pulpa de pui cu pilaf 150/300g 604 kcal, paine 50g 110 kcal  
-Cina – Mamaliga branza si smantana 200/100/100g 572 kcal, ceai 50 kcal,  
paine 50g 110kcal. Total kcal/zi =2 432 kcal

**COMUN** –Mic dejun: ceai 50kcal, paine 100 g 219 kcal, crenwurst buc 1 142 kcal,  
branza topita 2 buc 76 kcal,  
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal  
Pulpa de pui cu pilaf 150/300g 604 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 =2 432 kcal

**COPII PED** -Mic dejun:ceai 50 kcal, paine 100g 219 kcal crenwurst buc 1 142 kcal,  
branza topita 2 buc 76 kcal,  
-Pranz: Supa de zarzavat cu galuste 400g 228 kcal  
Pulpa de pui cu pilaf 150/300g 604 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 =2 432 kcal

**DIABET 200 HC** –Mic dejun: ceai, paine 100g 219 kcal, crenwurst buc 1 142 kcal,  
branza topita 2 buc 76 kcal,  
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal  
Pulpa de pui cu fasole verde 150/300g 464 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, crenwurst buc 1 142  
kcal, branza topita 2 buc 76 kcal,  
-Pranz : Supa de zarzavat cu galuste 400g 228 kcal  
Pulpa de pui cu pilaf 150/300g 604 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 =2 432 kcal

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

**Intocmit: As. Chiuaru Ioana**

CHIURU IOANA  
Asistent medical de putrie  
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SPITALUL GRAȘENESC  
HÂRȘOVA



Ordinul ANMCS 351/07.12.2022

### Meniu: 12 10 2025

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, sunca presata 50g 142 kcal,  
**CORTIZON**, unt 20g 116 kcal, cascaval 50g 140 kcal

-Pranz= Supa de fasole 400g 208 kcal,

Cartofi natur cu snitel pui 300/100g 506 kcal, paine 50g 110 kcal,

-Cina – Paste cu branza de vaci 400g 452 kcal, paine 50g 110 kcal,ceai 50 kcal.

Total kcal/zi = 2 275 kcal

**COMUN** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, sunca presata 50g 142 kcal,  
unt 20g 116 kcal, cascaval 50g 140 kcal

- Pranz= Supa de fasole 400g 208 kcal,

Cartofi natur cu snitel pui 300/100g 506 kcal, paine 100g 110 kcal,

-Cina – Paste cu telemea 400g 482 kcal, paine 50g 110 kcal, ceai 50 kcal.

Total kcal/zi = 2 275 kcal

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

- Pranz= Supa de fasole 400g 208 kcal, l

Cartofi natur cu snitel pui 300/100g 506 kcal, paine 50g 110 kcal,

-Cina – Paste cu branza de vaci 400g 452 kcal, paine 50g 110 kcal, ceai 50 kcal.

Total kcal/zi = 2 275 kcal

**DIABET 200 HC-** -Mic dejun=ceai , paine 50g 110 kcal,sunca presata 50g 142 kcal,  
unt 20g 116 kcal, cascaval 50g 140 kcal

- Pranz= Supa de fasole 400g 208 kcal,

Cartofi natur cu snitel pui 300/100g 506 kcal, paine 100g 110 kcal,

-Cina – Pulpa de pui cu fasole verde 150/300g 525 kcal, paine 50g 110 kcal,ceai .

Total kcal/zi = 2 038 kcal

**MEDIC DE GARDA** -Mic dejun:ceai 50 kcal, paine 100g 219 kcal , sunca presata 50g  
142 kcal, unt 20g 116 kcal, cascaval 50g 140 kcal

- Pranz- Supa de fasole 400g 208 kcal,,

Cartofi natur cu snitel pui 300/100g 506 kcal, paine 100g 110 kcal,,

- Cina – Pulpa de pui cu fasole verde 150/300g 525 kcal, paine 50g 110 kcal,ceai

50 kcal.

Total kcal/zi = 2 275 kcal

### Gustare (inclus in total calorii)

10: corn buc 1 – 215 kcal / dz mar 200g 120 kcal

15:lapte 200g 124 kcal

INTOCMIT : As. Chiuaru Ioana

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Ordinul ANMCS 351/07.12.2022

### Meniu 13 10 2025

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal,  
**CORTIZON**, pate 50g 142 kcal, unt 20g 116 kcal  
-Pranz= Supa de zarzavat cu fidea 400g 228 kcal,  
Piept de pui cu paste 150/200 g 622 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, pate  
50g 142 kcal, unt 20g 116 kcal,  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal  
Iahnie de fasole cu kaizer 100/300 g 570 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  
de vaci 50g 96 kcal, unt 20g 116 kcal  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal  
Piept de pui cu paste 150/200 g 622 kcal, paine 50g 110 kcal,  
-Cina –Salata de cartofi cu ou 400g 302 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, pate  
50g 142 kcal, unt 20g 116 kcal,  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal,  
Piept de pui cu fasole verde 150/300 g 293 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, pate 50g 142 kcal, unt 20g 116 kcal,  
- Pranz- Supa de zarzavat cu fidea 400g 228 kcal,  
Iahnie de fasole cu kaizer 100/300 g 570 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:napolitana buc 1 209 kcal/ dz =mar 200g 124 kcal

INTOCMIT : As. Chiuaru Ioana

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Ordinul ANMCS 351/07.12.2022

### Meniu 14 octombrie 2026

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, crenwurst buc 1 142 kcal,  
**CORTIZON**, branza topita 2 buc 76 kcal,  
-Pranz= Supa de zarzavat cu taietei 400g 228 kcal,  
Ciulama cu pui, ciuperci si mamaliga 200/200 g 396 kcal, paine 50g 110 kcal,  
-Cina –Mancare de cartofi cu cabanos 300/100g 552 kcal, paine 50g 110 kcal,ceai  
50 kcal. Total kcal/zi = 2 185 kcal

**COMUN** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, crenwurst buc 1 142 kcal,  
branza topita 2 buc 76 kcal,  
- Pranz= Supa de zarzavat cu paste 400g 228 kcal  
Piept de pui cu mazare 150/300 g 383 kcal, paine 50g 110 kcal,  
-Cina –Mancare de cartofi cu cabanos 300/100g 552 kcal, paine 50g 110 kcal,ceai  
50 kcal. Total kcal/zi = 2 172 kcal

**COPII PED** - Mic dejun=ceai 50 kcal, paine 100g 219 kcal , gcrenwurst buc 1 142 kcal,  
branza topita 2 buc 76 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 –Mancare de cartofi cu cabanos 300/100g 552 kcal, paine 50g 110 kcal,ceai  
50 kcal. Total kcal/zi = 2 185 kcal

**DIABET 200 HC-** -Mic dejun=ceai , paine 50g 110 kcal, crenwurst buc 1 142 kcal,  
branza topita 2 buc 76 kcal,  
- Pranz= Supa de zarzavat cu paste 400g 228 kcal,  
Piept de pui cu fasole verde 150/300 g 293 kcal, paine 50g 110 kcal,  
-Cina –Mancare de cartofi cu cabanos 300/100g 552 kcal, paine 50g 110 kcal,ceai  
50 kcal. Total kcal/zi = 1 967 kcal

**MEDIC DE GARDA** -Mic dejun:ceai 50 kcal, paine 100g 219 kcal , crenwurst buc 1  
142 kcal,  
branza topita 2 buc 76 kcal,  
- Pranz- Supa de zarzavat cu paste 400g 228 kcal,  
Piept de pui cu mazare 150/300 g 383 kcal, paine 50g 110 kcal,  
-Cina –Mancare de cartofi cu cabanos 300/100g 552 kcal, paine 50g 110 kcal,ceai  
50 kcal. Total kcal/zi = 2 172 kcal

#### Gustare (inclus in total calorii)

10: prajitura buc 1 – 215 kcal / dz 1 felie paine +ou 110 kcal

15: lapte 200g 124 kcal

**INTOCMIT : As. Chiuaru Ioana**

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### Meniu 15 10 2025

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 75 kcal, branza vaci  
**CORTIZON** 50g 100 kcal, unt 20g 116 kcal, ardei 100g 16 kcal  
-Pranz= Supa de pui a la grec 100/300g 318 kcal,  
Ou cu piure de cartofi 50/300g 408 kcal, paine 50g 110 kcal  
-Cina –Paste cu branza de vaci 400g 464 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 476 kcal

**COMUN** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 75 kcal, branza de vaci 50g  
100 kcal, unt 20g 116 kcal, ardei 100g 16 kcal  
- Pranz= Supa de pui a la grec 100/300g 318 kcal,  
Ou cu piure de cartofi 50/300g 408 kcal, paine 50g 110 kcal  
-Cina – Paste cu branza de vaci 400g 464 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, gem 2 buc 75 kcal, unt 20g  
116 kcal, ardei 100g 16 kcal  
- Pranz= Supa de pui a la grec 100/300g 318 kcal,  
Ou cu piure de cartofi 50/300g 408 kcal, paine 50g 110 kcal  
-Cina – Paste cu branza de vaci 400g 464 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 476 kcal

**DIABET 200 HC-** -Mic dejun=ceai , paine 50g 110 kcal, salam 50 g 142 kcal, branza de vaci  
50g 100 kcal, unt 20g 116 kcal, ardei 100g 16 kcal  
- Pranz= Supa de pui a la grec 100/300g 318 kcal,  
2 oua cu piure de cartofi 100/300g 485 kcal, paine 50g 110 kcal  
-Cina – Pulpa de pui cu amestec mexican 150/300g 460 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, gem 2 buc 75 kcal, branza  
de vaci 50g 100 kcal, unt 20g 116 kcal, ardei 100g 16 kcal  
- Pranz- Supa de pui a la grec 100/300g 318 kcal,  
2 oua cu piure de cartofi 100/300g 485 kcal, paine 50g 110 kcal  
-Cina – Pulpa de pui cu amestec mexican 150/300g 460 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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Asistent medical de nutriție  
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SPITALUL GRAȘENESC  
HÂRȘOVA



Original ANMMS 35107-12-2007

### Meniu 16 10 2025

**CR,D1,D3**, -Mic dejun: ceai 50 kcal, paine 100g 219 kcal, cascaval 50g 140 kcal

**CORTIZON** sunca presata 50g 56 kcal, unt 20g 116 kcal, ardei 100g 15 kcal

-Pranz : Supa de zarzavat cu galuste 400g 208 kcal

Pipote 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

110kcal. Total kcal/zi =2 337 kcal

**COMUN** –Mic dejun: ceai 50kcal, paine 100 g 219 kcal, cascaval 50g 140 kcal

sunca presata 50g 56 kcal, unt 20g 116 kcal, ardei 100g 15 kcal

-Pranz : Supa de zarzavat cu galuste 400g 208 kcal

Pipote cu pilaf sarbesc 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 , gem 2 buc 116 kcal

branza de vaci 50g 101 kcal, unt 20g 116 kcal.ardei 100g 15 kcal

-Pranz : Supa de zarzavat cu galuste 400g 208 kcal

Pipote 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 =2 337 kcal

**DIABET 200 HC** –Mic dejun: ceai, paine 100g 219 kcal, cascaval 50g 140 kcal

sunca presata 50g 56 kcal, unt 20g 116 kcal, ardei 100g 15 kcal

-Pranz : Supa de zarzavat cu galuste 400g 208 kcal

Pipote cu fasole verde 150/200g 393 kcal, paine 50 g 110 kcal

-Cina – Cartofi cu branza de vaci 400g 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, cascaval 50g 140 kcal

sunca presata 50g 56 kcal, unt 20g 116 kcal, ardei 100g 15 kcal

-Pranz : Supa de zarzavat cu galuste 400g 208 kcal

Piept de pui cu pilaf si sal varza 200/200/100g 532 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: biscuit 50g 209 kcal/dz - iaurt 140g 78 kcal

15: - mar 200g 124 kcal

Intocmit: As. Chiuaru Ioana

CHIURU IOANA  
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Ordinul ANMCS 35/07.12.2022

### Meniu 17 10 2025

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, pate 50g 142 kcal,  
**CORTIZON** branza topita 2 buc 76 kcal, unt 20g 116 kcal  
-Pranz= Supa de zarzavat cu fidea 400g 228 kcal,  
Piept de pui cu paste 150/200 g 622 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, pate 50g 142 kcal, branza  
topita 2 buc 76 kcal, unt 20g 116 kcal  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal  
Varza cu kaizer 300/150g 466 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  
Piept de pui cu paste 150/200 g 622 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, pate 50g 142 kcal, branza  
topita 2 buc 76 kcal, unt 20g 116 kcal  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal,  
Piept de pui cu varza 150/300 g 412 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 , pate 50g 142 kcal,  
branza topita 2 buc 76 kcal, unt 20g 116 kcal  
- Pranz- Supa de zarzavat cu fidea 400g 228 kcal,  
Varza cu kaizer 300/150g 466 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: lapte 200g 124 kcal

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

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Ordinul ANMCS 351/07.12.2022

### MENIU 18 10 2025

**CR,DI.D3**, -Mic dejun-ceai 50 kcal, paine 100g 219 kcal, sunca presata 50g 63 kcal,

**CORTIZON** cascaval 50g 140 kcal, unt 20g 116 kcal,

-Pranz –Supa de zarzavat cu fidea 400g 220 kcal

Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal

-Cina- Mamaliga branza si smantana 200/100/100g 572 kcal, ceai 50 kcal,  
paine 50 110 kcal Total kcal: 2 373 kcal

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

-Pranz Supa de zarzavat cu fidea 400g 220 kcal

Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal

-Cina – Mamaliga branza si smantana 200/100/100g 572 kcal,ceai 50 kcal,  
paine 50g 110 kcal Total kcal: 2 393 kcal

**COPII PED** -Mic dejun-ceai 50 kcal, paine 100g 219 kcal, 2 gem 75 kcal, br vaci  
50g 96 kcal, unt 20g 116 kcal,

-Pranz- Supa de zarzavat cu fidea 400g 220 kcal

Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal

-Cina- Mamaliga branza si smantana 200/100/100g 572 kcal,ceai 50 kcal,  
paine 100g 219 kcal Total kcal: 2 373 kcal

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

-Pranz - Supa de zarzavat cu fidea 400g 220 kcal

Ardei umpluti cu carne 400g 424 kcal, paine 50g 110 kcal

-Cina – Mamaliga branza si smantana 200/100/100g 572 kcal,ceai , paine 50  
g 110 kcal Total kcal: 2 173 kcal

**MEDIC GARDA** -Mic dejun-ceai 50 kcal, paine 100g 219 kcal , sunca presata 50g 63  
kcal, cascaval 50g 140 kcal, unt 20g 116 kcal,

-Pranz – Supa de zarzavat cu fidea 400g 220 kcal

Ardei umpluti cu carne 400g 424 kcal paine 50g 110 kcal

-Cina – Mamaliga branza si smantana 200/100/100g 572 kcal, ceai 50 kcal,  
paine 100g 219 kcal Total kcal: 2 515 kcal

#### Gustare (inclus in total calorii)

**10;** prajitura buc 1- 257 kcal / dz : mar 200g 120 kcal

**15:** iaurt 140 g 78 kcal

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### Meniu 19 10 2024

**CR,D1,D3**, -Mic dejun: ceai 50 kcal, pâine 100g 219 kcal, sunca presata 50g 63 kcal

**CORTIZON** unt 20g 116 kcal, branza topita buc 2 74 kcal

-Pranz : Supa de perisoare 400g 258 kcal, pâine 50g 110 kcal.

Ficatei cu pilaf 150/ 300 g 485 kcal, pâine 50g 110 kcal

-Cina –Ghiveci de legume 400g 274 kcal, ceai 50 kcal, pâine 50g

110kcal. Total kcal/zi =1 947 kcal

**COMUN** –Mic dejun: ceai 50kcal, pâine 100 g 219 kcal , sunca presata 50g 63 kcal

unt 20g 116 kcal, branza topita buc 2 74 kcal

-Pranz : Supa de perisoare 400g 258 kcal, pâine 50g 110 kcal.

Ficatei cu pilaf 150/ 300 g 485 kcal ,pâine 50g , 110 kcal

- Cina : Ghiveci de legume 400g 274 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 , sunca presata 50g 63 kcal  
unt 20g 116 kcal, branza topita buc 2 74 kcal

-Pranz Supa de perisoare 400g 258 kcal, pâine 50g 110 kcal.

Ficatei cu pilaf 150/ 300 g 485 kcal ,pâine 50g 110 kcal

-Cina – Ghiveci de legume 400g 274 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 , sunca presata 50g 63 kcal  
unt 20g 116 kcal, branza topita buc 2 74 kcal

-Pranz : Supa de perisoare 400g 258 kcal, pâine 50g 110 kcal.

Ficatei cu pilaf 150/ 300 g 485 kcal, pâine 50 g 110 kcal

- Cina – Ghiveci de legume 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 , sunca presata 50g 63 kcal  
unt 20g 116 kcal, branza topita buc 2 74 kcal

-Pranz : Supa de perisoare 400g 258 kcal, pâine 50g 110 kcal.

Ficatei cu pilaf 150/ 300 g 485 kcal,pâine 110 kcal

- Cina : Ghiveci de legume 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:** lapte 200 ml -124 kcal

**15:** biscuit buc 1 270 kcal/ dz= mar 200g 124 kcal

**Intocmit: As. Chiuaru Ioana**

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Ordinul ANMCS 351/07.12.2002

## Meniu 20 10 2025

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, masline 50g 75 kcal, branza  
**CORTIZON**, topita buc 1 37 kcal, pate 50g 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 – Mancare de cartofi 400g 174 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,  
topita buc 1 37 kcal, pate 50g 142 kcal  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal  
Varza cu pulpa de porc 300/150g 496 kcal, paine 100g 110 kcal,  
-Cina – Mancare de cartofi 400g 174 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  
telemea 50 g 101 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 Mancare de cartofi 400g 174 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, topita buc 1 37 kcal, pate 50g 142 kcal  
- Pranz= Supa de zarzavat cu fidea 400g 228 kcal,  
Varza cu pulpa de porc 300/150g 496 kcal, paine 100g 110 kcal,  
-Cina – Mancare de cartofi 400g 174 kcal 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, topita buc 1 37 kcal, pate 50g 142 kcal  
- Pranz- Supa de zarzavat cu fidea 400g 228 kcal,  
Varza cu pulpa de porc 150/300g 496 kcal, paine 100g 110 kcal,,  
-Cina – Mancare de cartofi 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: napolitana buc 1 – 215 kcal / dz - mar 200g 124 kcal

15: lapte 200g 120 kcal

INTOCMIT : As. Chiuaru Ioana

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Original ANMCS 35/07/12/2022

## Meniu 21 10 2025

**CR, D1, D3** - Mic dejun: Ceai 250 ml 50 kcal, paine 100g 219 kcal, br topita buc 1  
**CORTIZON** 37 kcal, sunca presata 50 g 63 kcal, ardei 100g 13 kcal  
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal  
Pulpa de pui cu paste 150/300g 466 kcal, paine 50g 110 kcal  
-Cina - Cartofi cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g  
110 kcal total kcal/zi = 2 234 kcal

**COMUN** - Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br topita buc 1  
37 kcal, sunca presata 50 g 63 kcal, ardei 100g 13 kcal  
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal  
Pulpa de pui cu mazare 150/300g 570 kcal, paine 50g 110 kcal  
-Cina - Cartofi cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g  
110 kcal total kcal/zi = 2 306 kcal

**COPII PED** Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br topita buc 1  
37 kcal, sunca presata 50 g 63 kcal, ardei 100g 13 kcal  
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal  
Pulpa de pui cu paste 150/300g 466 kcal, paine 50g 110 kcal  
-Cina - Cartofi cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g  
110 kcal total kcal/zi = 2 234 kcal

**DIABET 200HC** -Mic dejun: Ceai 250ml , paine 100g 219 kcal, br topita buc 1  
37 kcal, sunca presata 50 g 63 kcal, ardei 100g 13 kcal  
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal  
Pulpa de pui cu fasole verde 150/400 g 438 kcal , paine 50g 110 kcal  
-Cina - Cartofi cu branza de vaci 400g 474 kcal ,ceai , paine 50g 110 kcal  
total kcal/zi = 2 055 kcal

**Medic garda** - - Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br topita buc 1  
37 kcal, sunca presata 50 g 63 kcal, ardei 100g 13 kcal  
-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal  
Pulpa de pui cu mazare 150/300g 570 kcal, paine 50g 110 kcal  
-Cina - Pulpa de pui cu cartofi natur 150/300 g 550 kcal, ceai 50 kcal, paine  
50g 110 kcal total kcal/zi = 2 306 kcal

**Gustare (inclus in total calorii)10:** mar 200g 120 kcal  
**15 :** biscuit cu crema 1 buc 255 kcal/ dz 200hc- lapte 200g 124 kcal  
Intocmit: As. Chiuaru Ioana

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## MENIU 22 10 2025

**CR,D1,D3** -Mic dejun- ceai 50 kcal, paine 100 g 219kcal, cascaval 50g 140 kcal

**CORTIZON** pate 50 g 142 kcal, masline 50 g 75 kcal

Pranz- Supa de fasole 400 g 208 kcal

Pui cu pilaf 150/ 300 g 470 kcal, paine 50 g 110 kcal

Cina- Salata orientala 400g/ 484 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, cascaval 50g 140 kcal, pate 50 g 142 kcal, masline 50 g 75 kcal

Pranz- Supa cu fasole 400 g 208 kcal

Pui cu pilaf 150/ 300 g 470 kcal, paine 50 g 110 kcal

-Cina- Salata orientala 400g/ 484 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, cascaval 50g 140 kcal, pate 50 g 142 kcal, masline 50 g 75 kcal

Pranz- Supa cu fasole 400 g 208 kcal

Pui cu pilaf 150/ 300 g 470 kcal, paine 50 g 110 kcal

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

Total kcal/zi= 1 976 kcal

**DIABET 200HC-** Mic dejun- ceai, paine 100 g 219kcal, cascaval 50g 140 kcal, pate 50 g 142 kcal, masline 50 g 75 kcal

Pranz- Supa cu fasole 400 g 208 kcal

Pui cu fasole verde 150/ 300 g 480 kcal, paine 50 g 110 kcal

-Cina – Salata orientala 400g/ 484 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, cascaval 50g 140 kcal, pate 50 g 142 kcal, masline 50 g 75 kcal

- Pranz- Supa cu fasole 400 g 208 kcal

Pui cu pilaf 150/ 300 g 470 kcal, paine 50 g 110 kcal

-Cina- Piept de pui cu cartofi natur 150/300g 550, ceai 50 kcal, paine 50g 110 kcal.

Total kcal/zi= 2 364 kcal

**Gustare ( inclusa in total calorii) 10** :lapte 200g 124 kcal

15 – biscuit 50g 207 kcal / dz –iaurt 140g g 78 kcal

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### Meniu 23 10 2025

**CR,D1,D3** -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 perisoare 400g 258 kcal,  
Ou cu piure de cartofi 50/300g 408 kcal, paine 50g 110 kcal  
-Cina -Paste cu branza de vaci 400g 464 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 476 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 perisoare 400g 258 kcal,  
Ou cu piure de cartofi 50/300g 408 kcal, paine 50g 110 kcal  
-Cina - Paste cu branza de vaci 400g 464 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, pate 50 g 142 kcal branza topita buc 1 37 kcal, unt 20g 116 kcal, rosie 100g 16 kcal  
- Pranz= Supa de perisoare 400g 258 kcal,  
Ou cu piure de cartofi 50/300g 408 kcal, paine 50g 110 kcal  
-Cina - Paste cu branza de vaci 400g 464 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 476 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 perisoare 400g 258 kcal,  
2 oua cu piure de cartofi 100/300g 485 kcal, paine 50g 110 kcal  
-Cina - Pulpa de pui cu amestec mexican 150/300g 460 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, pate 50 g 142 kcal branza topita buc 1 37 kcal, unt 20g 116 kcal, rosie 100g 16 kcal  
- Pranz- Supa de perisoare 400g 258 kcal,  
2 oua cu piure de cartofi 100/300g 485 kcal, paine 50g 110 kcal  
-Cina - Pulpa de pui cu amestec mexican 150/300g 460 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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Ordinul ANMCS 351/07.12.2022

## Meniu 24 10 2025

**CR, D1, D3** - Mic dejun: Ceai 250 ml 50 kcal, paine 100g 219 kcal, br vaci 50g 96 kcal  
**CORTIZON** , crenwurst buc 1 142 kcal, castraveti 100g 13 kcal

-Pranz : Supa de zarzavat cu taietei 400 ml 220 kcal

Pulpa de pui cu paste 150/300g 466 kcal, paine 50g 110 kcal

-Cina - Cartofi cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g  
110 kcal total kcal/zi = 2 234 kcal

**COMUN** – Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br vaci 50g 96 kcal  
crenwurst buc 1 142 kcal, castraveti 100g 13 kcal

-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal

Pulpa de pui cu mazare 150/300g 570 kcal, paine 50g 110 kcal

-Cina - Cartofi cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g  
110 kcal total kcal/zi = 2 306 kcal

**COPII PED** Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br vaci 50g 96 kcal  
crenwurst buc 1 142 kcal, castraveti 100g 13 kcal

-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal

Pulpa de pui cu paste 150/300g 466 kcal, paine 50g 110 kcal

-Cina - Cartofi cu branza de vaci 400g 474 kcal, ceai 50 kcal, paine 50g  
110 kcal total kcal/zi = 2 234 kcal

**DIABET 200HC** –Mic dejun: Ceai 250ml , paine 100g 219 kcal, br vaci 50g 96 kcal  
crenwurst buc 1 142 kcal, castraveti 100g 13 kcal

-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal

Pulpa de pui cu varza 150/400 g 438 kcal , paine 50g 110 kcal

-Cina - Cartofi cu branza de vaci 400g 474 kcal , ceai , paine 50g 110 kcal  
total kcal/zi = 2 055 kcal

**Medic garda** - - Mic dejun: Ceai 250ml 50kcal, paine 100g 219 kcal , br vaci 50g 96 kcal,  
crenwurst buc 1 142 kcal, castraveti 100g 13 kcal

-Pranz : Supa de zarzavat cu fidea 400 ml 220 kcal

Pulpa de pui cu mazare 150/300g 570 kcal, paine 50g 110 kcal

-Cina - Pulpa de pui cu cartofi natur 150/300 g 550 kcal, ceai 50 kcal, paine  
50g 110 kcal total kcal/zi = 2 306 kcal

**Gustare (inclus in total calorii)**10:compot 200g 126 kcal/ dz - mar 200g 120 kcal

15 : biscuit cu crema 1 buc 255 kcal/ dz 200hc- iaurt 140g 78 kcal

Intocmit: As. Chiuaru Ioana

  
CHIURU IOANA  
Asistent medical de zi/noapte  
10/13/22



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### Meniu 25 10 2025

**CR,D1,D3,** -Mic dejun: ceai 50 kcal, pâine 100g 219 kcal, cascaval 50g 140 kcal  
**CORTIZON** Sunca presata 50 g 63 kcal, rosie 100g 15 kcal, unt 20g 116 kcal  
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal  
Pipote cu pilaf sarbesc 150/300g 486 kcal, pâine 50g 110 kcal  
-Cina -Mancare de cartofi 400g 274 kcal, ceai 50 kcal, pâine 50g  
110kcal. Total kcal/zi =2 337 kcal

**COMUN** -Mic dejun: ceai 50kcal, pâine 100 g 219 kcal, cascaval 50g 140 kcal  
Sunca presata 50 g 63 kcal, rosie 100g 15 kcal, unt 20g 116 kcal  
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal  
Pipote cu pilaf sarbesc 150/300g 486 kcal, pâine 50g , 110 kcal  
-Cina : - Mancare de cartofi 400g 274 kcal, pâine 50g 110 kcal, ceai 50 kcal.  
Total kcal/zi =2 357 kcal

**COPII PED** -Mic dejun:ceai 50 kcal, pâine 100g 219 kcal , cascaval 50g 140 kcal  
Sunca presata 50 g 63 kcal, rosie 100g 15 kcal, unt 20g 116 kcal  
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal  
Pipote cu pilaf sarbesc 150/300g 486 kcal, pâine 50g 110 kcal  
-Cina — Mancare de cartofi 400g 274 kcal, ceai 50 kcal, pâine 50g 110 kcal.  
Total kcal/zi =2 337 kcal

**DIABET 200 HC** -Mic dejun: ceai, pâine 100g 219 kcal, cascaval 50g 140 kcal  
Sunca presata 50 g 63 kcal, rosie 100g 15 kcal, unt 20g 116 kcal  
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal  
Pulpa de pui cu fasole verde 150/200g 393 kcal, pâine 50 g 110 kcal  
-Cina : Mancare de cartofi cu cabanos 300/100 g 496 kcal, ceai, pâine 50g  
110 kcal, Total kcal/zi =2 145 kcal

**Medic de garda** -Mic dejun:ceai 50 kcal, pâine 100g 219 kcal, cascaval 50g 140 kcal  
Sunca presata 50 g 63 kcal, rosie 100g 15 kcal, unt 20g 116 kcal  
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal  
Pulpa de pui cu pilaf si sal varza 200/200/100g 532 kcal, pâine 110 kcal  
-Cina : - Mancare de cartofi cu cabanos 300/100 g 496 kcal, pâine 50g 110  
kcal, Total kcal/zi =2 404 kcal

Gustare (inclusa in total calorii) 10: corn 60g 209 kcal/ dz 200hc- mar 200g 124 kcal  
15 : - lapte 200 g 126 kcal

**Intocmit: As. Chiuaru Ioana**

CHIURU IOANA  
Asistent medical de nutriție  
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Ordinul ANMMS nr. 10/05.10.2007

## Meniu 26 10 2025

**CR,D1,D3,** -Mic dejun : ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 75 kcal

**CORTIZON** branza de vaci 50g 100 kcal, unt 20g 116 kcal,

-Pranz : Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.

Aripi de pui cu piure de cartofi 150/300g 485 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, gem 2 buc 75 kcal, branza de vaci 50g 100 kcal, unt 20g 116 kcal,

-Pranz : Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.

Aripi de pui cu piure de cartofi 150/300g 485 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, gem 2 buc 75 kcal, branza de vaci 50g 100 kcal, unt 20g 116 kcal,

-Pranz : Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.

Aripi de pui u piure de cartofi 150/300g 485 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 zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.

Aripi de pui cu piure de cartofi 150/300g 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, gem 2 buc 75 kcal, branza de vaci 50g 100 kcal, unt 20g 116 kcal,

-Pranz : Supa de zarzavat cu fidea 400g 208 kcal, paine 50g 110 kcal.

Aripi de pui cu piure de cartofi 200/300g 585 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 ( inclus in total calorii ) :

: 10 : iaurt 140g 78 kcal

: 15 : biscuit 50g 207 kcal/ dz mar 200g 124 kcal

Intocmit : As .Chiuaru Ioana

  
As. CHIURU IOANA  
medic de familie  
diabetica  
2025



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Ordinul ANMCS 351/07.12.2002

## MENIU 27 10 2025

**CR,D1,D3** -Mic dejun- ceai 50 kcal, paine 100 g 219kcal, branza topita 2 buc 74

**CORTIZON** pate 50 g 142 kcal, rosie 100g 15 kcal, unt 20g 116 kcal

Pranz- Supa de zarzavat cu galuste 400g 208 kcal,

Ficateri cu pilaf 150/ 300 g 470 kcal, paine 50 g 110 kcal

Cina- Salata orientala 400g/ 484 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, branza topita 2 buc 74 kcal  
pate 50 g 142 kcal, rosie 100g 15 kcal, unt 20g 116 kcal

Pranz- Supa de zarzavat cu galuste 400g 208 kcal,

Ficateri cu pilaf 150/ 300 g 470 kcal, paine 50 g 110 kcal

-Cina- Salata orientala 400g/ 484 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, branza topita 2 buc 74 kcal,  
pate 50 g 142 kcal, rosie 100g 15 kcal, unt 20g 116 kcal

Pranz- Supa de zarzavat cu galuste 400g 208 kcal,

Ficateri cu pilaf 150/ 300 g 470 kcal, paine 50 g 110 kcal

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

Total kcal/zi= 1 976 kcal

**DIABET 200HC-** Mic dejun- ceai, paine 100 g 219kcal, branza topita 2 buc 74 kcal  
pate 50 g 142 kcal, rosie 100g 15 kcal, unt 20g 116 kcal

Pranz- Supa de zarzavat cu galuste 400g 208 kcal

Ficateri cu pilaf 150/ 300 g 470 kcal, paine 50 g 110 kcal

-Cina – Salata orientala 400g/ 484 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 topita 2 buc  
74 kcal, pate 50 g 142 kcal, rosie 100g 15 kcal, unt 20g 116 kcal

- Pranz- Supa de zarzavat cu galuste 400g 208 kcal

Ficateri cu pilaf 150/ 300 g 470 kcal, paine 50 g 110 kcal

-Cina- Piept de pui cu cartofi natur 150/300g 550, ceai 50 kcal, paine 50g 110

kcal.

Total kcal/zi= 2 364 kcal

**Gustare ( inclusa in total calorii) 10** :compot 200g 126 kcal/ dz lapte 200g 124 kcal

**15** – biscuit 50g 207 kcal / dz –iatrt 140g g 78 kcal

Intocmit: As. Chiuaru Ioana

Asistent medical de nutritie  
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## Meniu 28 10 2025

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 75 kcal, branza vaci  
**CORTIZON** 50g 100 kcal, unt 20g 116 kcal, ardei 100g 16 kcal  
-Pranz= Supa de zarzavat cu fidea 400g 208 kcal,  
Pulpa de pui cu piure de cartofi 150/300g 485 kcal, paine 50g 110 kcal  
-Cina -Paste cu branza de vaci 400g 464 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 476 kcal

**COMUN** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, gem 2 buc 75 kcal, branza de vaci 50g  
100 kcal, unt 20g 116 kcal, ardei 100g 16 kcal  
- Pranz= Supa de zarzavat cu fidea 400g 208 kcal,  
Pulpa de pui cu piure de cartofi 150/300g 485 kcal, paine 50g 110 kcal  
-Cina - Paste cu branza de vaci telemea 400g 464 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, gem 2 buc 75 100 kcal, unt 20g  
116 kcal, ardei 100g 16 kcal  
- Pranz= Supa de zarzavat cu fidea 400g 208 kcal,  
Pulpa de pui cu piure de cartofi 150/300g 485 kcal, paine 50g 110 kcal  
-Cina - Paste cu branza de vaci 400g 464 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 476 kcal

**DIABET 200 HC-** -Mic dejun=ceai , paine 50g 110 kcal, salam 50 g 142 kcal, branza de vaci  
50g 100 kcal, unt 20g 116 kcal, ardei 100g 16 kcal  
- Pranz= Supa de zarzavat cu fidea 400g 208 kcal,  
Pulpa de pui cu piure de cartofi 150/300g 485 kcal, paine 50g 110 kcal  
-Cina -Ficatei cu fasole verde 150/300g 460 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, gem 2 buc 75 kcal, branza  
de vaci 50g 100 kcal, unt 20g 116 kcal, ardei 100g 16 kcal  
- Pranz- Supa de zarzavat cu fidea 400g 208 kcal,  
Pulpa de pui cu piure de cartofi 150/300g 485 kcal, paine 50g 110 kcal  
-Cina - Paste cu branza de vaci telemea 400g 464 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 549 kcal

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

**INTOCMIT : As. Chiuaru Ioana**

CHIURU IOANA  
Asistent medical de nutriție  
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### Meniu 29 10 2025

**CR,D1,D3**, -Mic dejun: ceai 50 kcal, pâine 100g 219 kcal, salam 50g 140 kcal  
**CORTIZON** branza de vaci 50 g 96 kcal, castraveti 100g 15 kcal, unt 20g 116 kcal  
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal  
Pipote cu legume mexicane 150/300g 486 kcal, pâine 50g 110 kcal  
-Cina –Mancare de cartofi 400g 274 kcal, ceai 50 kcal, pâine 50g  
110kcal. Total kcal/zi =2 337 kcal

**COMUN** –Mic dejun: ceai 50kcal, pâine 100 g 219 kcal, salam 50g 140 kcal  
branza de vaci 50 g 96 kcal, castraveti 100g 15 kcal, unt 20g 116 kcal  
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal  
Pipote cu legume mexicane 150/300g 486,paine 50g , 110 kcal  
-Cina : – Mancare de cartofi 400g 274 kcal, pâine 50g 110 kcal, ceai 50 kcal.  
Total kcal/zi =2 357 kcal

**COPII PED** -Mic dejun:ceai 50 kcal, pâine 100g 219 kcal , salam 50g 140 kcal  
branza de vaci 50 g 96 kcal, castraveti 100g 15 kcal, unt 20g 116 kcal  
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal  
Pipote cu legume mexicane 150/300g 486 kcal ,paine 50g 110 kcal  
-Cina — Mancare de cartofi 400g 274 kcal, ceai 50 kcal, pâine 50g 110 kcal.  
Total kcal/zi =2 337 kcal

**DIABET 200 HC** –Mic dejun: ceai, pâine 100g 219 kcal, salam 50g 140 kcal  
branza de vaci 50 g 96 kcal, castraveti 100g 15 kcal, unt 20g 116 kcal  
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal  
Pipote cu legume mexicane 150/300g 486 kcal, pâine 50 g 110 kcal  
-Cina : Mancare de cartofi cu pulpa de pui 300/100 g 496 kcal, ceai, pâine  
50g 110 kcal, Total kcal/zi =2 145 kcal

**Medic de garda** –Mic dejun:ceai 50 kcal, pâine 100g 219 kcal, salam 50g 140 kcal  
branza de vaci 50 g 96 kcal, castraveti 100g 15 kcal, unt 20g 116 kcal  
-Pranz : Supa de zarzavat cu fidea 400g 208 kcal  
Pulpa de pui cu legume mexicane 200/200g 532 kcal,paine 110 kcal  
-Cina : – Mancare de cartofi cu pulpa de pui 300/100 g 496 kcal, pâine 50g  
110 kcal, Total kcal/zi =2 404 kcal

Gustare (inclusa in total calorii)10: napolitane 60g 209 kcal/ dz 200hc mar 200g124kcal  
15 : – iaurt 140 g 78 kcal

**Intocmit: As. Chiuaru Ioana**

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Ordonanță ANMCS 35/07.12.2022

## Meniu 30 10 2025

**CR,D1,D3, -Mic dejun:** ceai 50 kcal, paine 100g 219 kcal, branza topita 2 buc 74 kcal,  
**CORTIZON,** sunca presata 50g 63 kcal, rosii 100g 15 kcal

-Pranz : Supa de zarzavat cu galuste 400g 290 kcal

Ficatei pui cu paste cu sos 150/300g 532 kcal, paine 50g 110 kcal,

-Cina –Mamaliga branza si smantana 200/100/100g 572 kcal, ceai 50 kcal, paine 50g 110kcal. Total kcal/zi =2 658 kcal

**COMUN –Mic dejun:** ceai 50kcal, paine 100 g 219 kcal, branza topita 2 buc 74 kcal,  
, sunca presata 50g 63 kcal, rosii 100g 15 kcal

-Pranz : Supa de zarzavat cu galuste 400g 290 kcal

Ficatei pui cu paste cu sos 150/300g 532 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 =2 484 kcal

**COPII PED -Mic dejun:**ceai 50 kcal, paine 100g 219 kcal branza topita 2 buc 74 kcal,  
, sunca presata 50g 63 kcal, rosii 100g 15 kcal

-Pranz : Supa de zarzavat cu galuste 400g 290 kcal

Ficatei pui cu paste cu sos 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 =2 700 kcal

**DIABET 200 HC –Mic dejun:** ceai, paine 100g 219 kcal, branza topita 2 buc 74 kcal,  
, sunca presata 50g 63 kcal, rosii 100g 15 kcal

-Pranz : Supa de zarzavat cu galuste 400g 290 kcal

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

- Cina –Mamaliga branza si smantana 200/100/100g 572 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 topita 2 buc 74 kcal,, sunca presata 50g 63 kcal, rosii 100g 15 kcal

-Pranz : Supa de zarzavat cu galuste 400g 290 kcal

Ficatei pui cu paste cu sos 150/300g 532 kcal, paine 50g 110 kcal,

- Cina : Mamaliga branza si smantana 200/100/100g 572 kcal, paine 50g 110 kcal, Total kcal/zi =2 700 kcal

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

15 : iaurt 140 ml 78 kcal

**Intocmit: As. Chiuaru Ioana**

CHIURU IOANA  
Asistent medical de nutritie  
si dietetică  
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### Meniu 31 10 2025

**CR,D1,D3** -Mic dejun=ceai 50 kcal, paine 100g 219 kcal, ou fiert 1 buc 73 kcal, sunca presata  
**CORTIZON** 50g 63 kcal, maslime 50g 75 kcal,  
-Pranz= Supa de zarzavat cu galuste 400g 228 kcal,  
Pulpa de pui cu fasole verde 150/300g 460 kcal, paine 50g 110 kcal  
-Cina – Paste cu branza de vaci 400g 464 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 fiert 1 buc 73 kcal, sunca presata  
50g 63 kcal, maslime 50g 75 kcal,  
- Pranz= Supa de zarzavat cu galuste 400g 228 kcal,  
Varza calita cu kaizer 150/300g 585 kcal, paine 50g 110 kcal  
-Cina – Paste cu branza de vaci telemea 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, gem 2 buc 75 100 kcal, unt 20g  
116 kcal, ardei 100g 16 kcal  
- Pranz= Supa de zarzavat cu galuste 400g 228 kcal,  
Pulpa de pui cu fasole verde 150/300g 460 kcal, paine 50g 110 kcal  
-Cina – Paste cu branza de vaci 400g 464 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 476 kcal

**DIABET 200 HC-** -Mic dejun=ceai , paine 50g 110 kcal, ou fiert 1 buc 73 kcal, sunca presata  
50g 63 kcal, maslime 50g 75 kcal,  
- Pranz= Supa de zarzavat cu galuste 400g 228 kcal,  
Varza calita cu kaizer 150/300g 585 kcal, paine 50g 110 kcal  
-Cina – Paste cu branza de vaci 400g 464 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 kca ou fiert 1 buc 73 kcal, sunca  
presata 50g 63 kcal, maslime 50g 75 kcal,  
- Pranz- Supa de zarzavat cu galuste 400g 228 kcal,  
Varza calita cu kaizer 150/300g 585 kcal, paine 50g 110 kcal  
-Cina – Paste cu branza de vaci telemea 400g 484 kcal, paine 50g 110 kcal,ceai 50 kcal.  
Total kcal/zi = 2 549 kcal

**Gustare (inclus in total calorii) :10** –corn buc 1 237 kcal// dz -mar 200 g 124 kcal  
15 - iaurt 140g 78 kcal

**INTOCMIT : As. Chiuaru Ioana**

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