

## Meniu spital 15.05.2026

| NrCrt | Dieta                         | Efective | Mic Dejun                                                                                                                          | Pranz                                                                                                                          | Cina                                                      |
|-------|-------------------------------|----------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| 1     | COMUN-GL<br>Calorii:          | 7        | 1.CEAI, TELEMEDIA<br>DESARATA 150G, OU FIERT 1<br>BUC, UNT 20G; PAINE MIC<br>DEJUN, PRANZ I, CINA<br>100G/75G/100G;                | 1.CIORBA DE LEGUME 300G;<br>2.VARZA 250G+PULPA<br>INFERIOARA PUI 1 BUC;<br>3.MAMALIGA 230G;<br>4.NAPOLITANE 1 BUC;             | PILAF CU LEGUME<br>250G+PULPA<br>INFERIOARA PUI 1<br>BUC; |
| 2     | DESODAT-GL<br>Calorii:        | 5        | 1.CEAI, TELEMEDIA<br>DESARATA 150G, OU FIERT 1<br>BUC, UNT 20G; PAINE FARA<br>SARE MIC DEJUN, PRANZ I,<br>CINA 100G/75G/100G;      | 1.CIORBA DE LEGUME 300G;<br>2.VARZA 250G+PULPA<br>INFERIOARA PUI 1 BUC;<br>3.MAMALIGA 230G;<br>4.NAPOLITANE 1 BUC;             | PILAF CU LEGUME<br>250G+PULPA<br>INFERIOARA PUI 1<br>BUC; |
| 3     | CARDIAC-GL<br>Calorii:        | 14       | 1.CEAI, TELEMEDIA<br>DESARATA 150G, OU FIERT 1<br>BUC, UNT 20G; PAINE FARA<br>SARE MIC DEJUN, PRANZ I,<br>CINA 100G/75G/100G;      | 1.CIORBA DE LEGUME 300G;<br>2.VARZA 250G+PULPA<br>INFERIOARA PUI 1 BUC;<br>3.MAMALIGA 230G;<br>4.NAPOLITANE 1 BUC;             | PILAF CU LEGUME<br>250G+PULPA<br>INFERIOARA PUI 1<br>BUC; |
| 4     | DIABET-GL<br>Calorii:         | 6        | 1.CEAI, TELEMEDIA<br>DESARATA 150G, OU FIERT 1<br>BUC, UNT 20G; PAINE<br>DIABET MIC DEJUN, PRANZ<br>I, CINA 50G/50G/50G;           | 1.CIORBA DE LEGUME 300G;<br>2.VARZA 250G+PULPA<br>INFERIOARA PUI 1 BUC;<br>3.MAMALIGA 230G; 4.IAURT<br>1 BUC;                  | PILAF CU LEGUME<br>250G+PULPA<br>INFERIOARA PUI 1<br>BUC; |
| 5     | DIABET CARDIAC-GL<br>Calorii: | 4        | 1.CEAI, TELEMEDIA<br>DESARATA 150G, OU FIERT 1<br>BUC, UNT 20G; PAINE FARA<br>SARE DIABET MIC DEJUN,<br>PRANZ I, CINA 50G/50G/50G; | 1.CIORBA DE LEGUME 300G;<br>2.VARZA 250G+PULPA<br>INFERIOARA PUI 1 BUC;<br>3.MAMALIGA 230G; 4.IAURT<br>1 BUC;                  | PILAF CU LEGUME<br>250G+PULPA<br>INFERIOARA PUI 1<br>BUC; |
| 7     | GASTRIC-GL<br>Calorii:        | 9        | 1.CEAI, TELEMEDIA<br>DESARATA 150G, IAURT 1<br>BUC, UNT 20G; PAINE MIC<br>DEJUN, PRANZ I, CINA<br>100G/75G/100G;                   | 1.CIORBA DE LEGUME 300G;<br>2.SOTE FASOLE VERDE<br>250G+PULPA INFERIOARA<br>PUI 1 BUC; 3.MAMALIGA<br>230G; 4.NAPOLITANE 1 BUC; | PILAF CU LEGUME<br>250G+PULPA<br>INFERIOARA PUI 1<br>BUC; |
| 10    | HIDRIC-GL<br>Calorii:         | 2        | CEAI;                                                                                                                              | 1.SUPA STRECURATA<br>DEGRESATA* 300G;                                                                                          | SUPA STRECURATA<br>DEGRESATA* 300G;                       |
| 11    | HIDROLACTAT-GL<br>Calorii:    | 1        | CEAI; IAURT 1 BUC;                                                                                                                 | SUPA HIDROL*;                                                                                                                  | SUPA HIDROL*;                                             |
| 15    | MEDIC DE GARDA<br>Calorii:    | 1        | 1.CEAI, TELEMEDIA<br>DESARATA 150G, OU FIERT 1<br>BUC, UNT 20G; PAINE MIC<br>DEJUN, PRANZ I, CINA<br>100G/75G/100G;                | 1.CIORBA DE LEGUME 300G;<br>2.VARZA 250G+PULPA<br>INFERIOARA PUI 1 BUC;<br>3.MAMALIGA 230G;<br>4.NAPOLITANE 1 BUC;             | PILAF CU LEGUME<br>250G+PULPA<br>INFERIOARA PUI 1<br>BUC; |
| 24    | BILIAR<br>Calorii:            | 2        | 1.CEAI, TELEMEDIA<br>DESARATA 150G, IAURT 1<br>BUC, UNT 20G; PAINE MIC<br>DEJUN, PRANZ I, CINA<br>100G/75G/100G;                   | 1.CIORBA DE LEGUME 300G;<br>2.SOTE FASOLE VERDE<br>250G+PULPA INFERIOARA<br>PUI 1 BUC; 3.MAMALIGA<br>230G; 4.NAPOLITANE 1 BUC; | PILAF CU LEGUME<br>250G+PULPA<br>INFERIOARA PUI 1<br>BUC; |
| 25    | COLECISTECTOMIE<br>Calorii:   | 1        | 1.CEAI, TELEMEDIA<br>DESARATA 150G, IAURT 1<br>BUC; PAINE MIC DEJUN,<br>PRANZ, CINA<br>100G/150G/100G;                             | 1.CIORBA DE LEGUME 300G;<br>2.SOTE FASOLE VERDE<br>250G+PULPA INFERIOARA<br>PUI 1 BUC;                                         | PILAF CU LEGUME<br>250G+PULPA<br>INFERIOARA PUI 1<br>BUC; |

AS.Dietetica

