

Spitalul Municipal Caracal–Bloc Alimentar			MENIU - LUNI		
Regim Nr.	Efectiv	Dimineata 08.15 – 08.45	Supliment 10.30 – 11.00	Panz 13.00 – 13.45	Seara 18.00 – 18.30
Hidrozaharat 1		Ceai dulce plante-250ml	Ceai dulce pl.250	Ceai dulce plante-20ml Supa zarzavat srecurata-350ml <i>Alergeni (telina)</i>	Ceai dulce plante-250ml
Lacto-hidro- zaharat 1L		Ceai dulce plante-250ml	Ceai dulce pl.250 Lapte dulce 250 <i>Alergeni: lapte</i>	Ceai dulce plante-250ml Supa zarzavat srecurata-350ml <i>Alergeni (telina)</i>	Ceai dulce plante-250ml
Gastric 2		Ceai, paine,unt ,br Fagaras si br grasa-250/100/20/50/50g <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz cu zdrente ou,paine-350/250g Man.fasole galb cu carne pasare*250/100 <i>*produs congelat Alergeni: oua, telina, gluten</i>	Tocanita cartofi cu carne pasare*250/100g Ceai dulce plante-250ml+biscuit 50g <i>*produs congelat Alergeni: gluten</i>
Enterocolita 3		Ceai de plante fara zahar, paine si br. grasa-250/100/50 <i>Alergeni: gluten,lapte</i>	Branza grasa 50 g <i>Alergeni: lapte</i>	Supa zarz.strecurata, paine 350/250g Orez fiert cu carne pasare*-250/100 g <i>*produs congelat Alergeni: telina, gluten</i>	Orez fiert cu carne pasare*-250/100 g Ceai de plante fara zahar 250ml <i>*produs congelat Alergeni: gluten</i>
Hepatic 4		Ceai, paine,unt ,br Fagaras si miere-250/100/20/50/40g <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz cu zdrente ou,paine-350/250g Man.fasole galb cu carne pasare*250/100 <i>*produs congelat Alergeni: oua, telina, gluten</i>	Tocanita cartofi cu carne pasare*250/100g Ceai dulce plante-250ml+magura 1 buc <i>*produs congelat Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Renal 5		Ceai, paine,unt ,br Fagaras si miere-250/100/20/50/40g <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz cu zdrente ou,paine-350/250g Man.fasole galb cu carne pasare*250/100 <i>*produs congelat Alergeni: oua, telina, gluten</i>	Tocanita cartofi cu carne pasare*250/100g Ceai dulce plante-250ml+magura 1 buc <i>*produs congelat Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Cardiac 6		Ceai, paine,unt ,br Fagaras si miere-250/100/20/50/40g <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz cu zdrente ou,paine-350/250g Man.fasole galb cu carne pasare*250/100 <i>*produs congelat Alergeni: oua, telina, gluten</i>	Tocanita cartofi cu carne pasare*250/100g Ceai dulce plante-250ml+magura 1 buc <i>*produs congelat Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Diabet 8		Ceai, paine,unt ,br.Fagaras si br.grasa-250/200/20/50/50g <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz cu zdrente ou-350 ml Sote fasole galb cu carne pasare*250/100 <i>*produs congelat Alergeni: oua, telina, gluten</i>	Tocanita cartofi cu carne pasare*250/100g Ceai dulce plante-250ml/Mere 200g <i>*produs congelat Alergeni: gluten</i>
Comun+ Insotitori 9		Ceai, paine,unt ,br telemea si miere-250/100/20/50/40g <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Ciorba zarz cu zdrente ou, paine-350/250 Ardei umpluti cu carne de porc*-250/70g <i>*produs congelat</i>	Manc mazare cu carne porc*-250/70g Ceai dulce plante-250ml+magura 1 buc <i>*produs congelat</i>

				Alergeni: oua, telina, gluten	Alergeni: gluten, lapte, oua, soia, susan, nuci, alune
Medici de garda		Ceai, paine, unt, br telemea si miere-250/100/20/50/40g Alergeni: gluten, lapte	Lapte dulce 250 ml Alergeni: lapte	Ciorba zarz cu zdrente ou, paine-350/250 Ardei umpluti cu carne de porc*-250/70g Mere 200 g *produs congelat Alergeni: oua, telina, gluten	Friptura de porc* la gril cu cartofi prajiti-150/250g Ceai dulce plante-250ml+magura 1 buc *produs congelat Alergeni: gluten, lapte, oua, soia, susan, nuci, alune
Special 0		Ceai plante fara zahar 250 ml	Ceai pl. fara zahar 250 ml	Ceai de plante fara zahar 250 ml	Ceai de plante fara zahar 250 ml
TOTAL					
Suplimente ora 10.30				Pranz ora 13.00	
Copii 3-16 ani = paine 100 g + smantana 50 g = reg 4 (portii) + reg 6 (ORL) Alergeni: gluten, lapte				Biscuiti 50 g = reg 2 Alergeni: gluten	
Lehuze = paine 100 g + smantana 50 g = reg 5 (portii) Alergeni: gluten, lapte				Mere 200g= reg 4.5.6.8.9	
TBC, ONC=paine 100g+ smantana 50 g =reg 4.9 (TBC) + reg 9 (ONC) Alergeni: gluten, lapte					
TBC, ONC = smantana 50 g =reg 8 (TBC) + (ONC) Alergeni: gluten, lapte					
				Suplimente ora 16.00 Compartiment diabet=lapte dulce 250 ml (portii) Alergeni: lapte	
Intocmit, As. Nutritie si dietetica, Barancea Stela				3	

Spitalul Municipal Caracal–Bloc Alimentar					
MENIU - MARTI					
Regim Nr.	Efectiv	Dimineata 08.15 – 08.45	Supliment 10.30 – 11.00	Panz 13.00 – 13.45	Seara 18.00 – 18.30
Hidrozaharat 1		Ceai dulce plante-250ml	Ceai dulce pl.250	Ceai dulce plante-20ml Supa zarzavat srecurata-350ml <i>Alergeni (telina)</i>	Ceai dulce plante-250ml
Lacto-hidro- zaharat 1L		Ceai dulce plante-250ml	Ceai dulce pl.250 Lapte dulce 250 <i>Alergeni: lapte</i>	Ceai dulce plante-250ml Supa zarzavat srecurata-350ml <i>Alergeni (telina)</i>	Ceai dulce plante-250ml
Gastric 2		Ceai, paine,unt, br topita si br grasa 250/100/20/35/50 g <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz.cu zdrente ou, paine-350/250 Musaca cu piept de pui* 250/100g <i>*produs congelat Alergeni: oua, telina, gluten</i>	Pilaf cu rosii si carne pasare* 250/100g Ceai dulce plante-250ml+Biscuiti 50 g <i>*produs congelat Alergeni: gluten</i>
Enterocolita 3		Ceai de plante fara zahar, paine si br. grasa-250/100/50 <i>Alergeni: gluten,lapte</i>	Br.grasa 50 g <i>Alergeni: lapte</i>	Supa zarz.strecurata, paine 350/250g Orez fiert cu piept pui*-250/100 g <i>*produs congelat Alergeni: telina, gluten</i>	Orez fiert cu carne pasare*-250/100 g Ceai de plante fara zahar 250ml <i>*produs congelat Alergeni: gluten</i>
Hepatic 4		Ceai, paine,unt, br topita si gem 250/100/20/35/40 g <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz.cu zdrente ou, paine-350/250 Musaca cu piept de pui* 250/100g <i>*produs congelat Alergeni: oua, telina, gluten</i>	Pilaf cu rosii si carne pasare* 250/100g Ceai dulce plante-250ml+Napolitane 1 buc <i>*produs congelat Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Renal 5		Ceai, paine,unt, br topita si gem 250/100/20/35/40 g <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz.cu zdrente ou, paine-350/250 Musaca cu piept de pui* 250/100g <i>*produs congelat Alergeni: oua, telina, gluten</i>	Pilaf cu rosii si carne pasare* 250/100g Ceai dulce plante-250ml+Napolitane 1 buc <i>*produs congelat Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Cardiac 6		Ceai, paine,unt, br grasa si gem 250/100/20/50/40 g <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz.cu zdrente ou, paine-350/250 Musaca cu piept de pui* 250/100g <i>*produs congelat Alergeni: oua, telina, gluten</i>	Pilaf cu rosii si carne pasare* 250/100g Ceai dulce plante-250ml+Napolitane 1 buc <i>*produs congelat Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Diabet 8		Ceai, paine,unt, br topita si br grasa 250/200/20/35/50 g <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz.cu zdrente ou-350 ml Musaca cu piept de pui* 200/100g <i>*produs congelat Alergeni: oua, telina, gluten</i>	Sote legume cu carne pasare* 250/100g Ceai plante fara zahar 250 ml+Mere 200g <i>*produs congelat Alergeni: gluten</i>
Comun+ Insotitori		Ceai, paine,unt, br telemea si gem 250/100/20/50/40 g	Lapte dulce 250 ml	Ciorba zarz.cu zdrente ou, paine350/250 Varza cu carne de porc*-250/70	Tocana de legume cu carne porc* 250/70g Ceai dulce plante-250ml+Napolitane 1 buc

9		Alergeni: gluten,lapte	Alergeni: lapte	*produs congelat Alergeni: oua, telina, gluten	*produs congelat Alergeni: gluten, lapte, oua, soia, susan, nuci, alune
Medici de garda		Ceai, paine,unt, br telemea si gem 250/100/20/50/40 g Alergeni: gluten,lapte	Lapte dulce 250 ml Alergeni: lapte	Ciorba zarz.cu zdrente ou, paine350/250 Friptura de porc*inabusita cu varza calita la cuptor-150/250g Mere 200g *produs congelat Alergeni: oua, telina, gluten	Snitel din piept de pui*cu cartofi prajiti 150/250g Ceai dulce plante-250ml+Napolitane 1 buc *produs congelat Alergeni: gluten, lapte, oua, soia, susan, nuci, alune
Special 0		Ceai plante fara zahar 250 ml	Ceai pl. fara zahar 250 ml	Ceai de plante fara zahar 250 ml	Ceai de plante fara zahar 250 ml
TOTAL					
Suplimente ora 10.30				Pranz ora 13.00	
Copii 3-16 ani = paine 100 g + cascaval 50 g = reg 4 (Ped) + reg 6 (ORL) Alergeni: gluten,lapte				Biscuiti 50 g = reg 2 Alergeni: gluten	
Lehuze = paine 100 g + cascaval 50 g = reg 5 (portii) Alergeni: gluten,lapte				Mere 200 g= reg 4.5.6.8.9	
TBC,ONC =pain 100 g+ cascaval 50 g =reg 4.9 (TBC) + reg 9 (ONC) Alergeni: gluten,lapte					
TBC,ONC = cascaval 50 g =reg 8 (TBC) + (ONC) Alergeni: lapte				Suplimente ora 16.00 Compartiment diabet = lapte dulce 250 ml (portii) Alergeni: lapte	
Intocmit, As. Nutritie si dietetica, Barancea Stela				3	

Spitalul Municipal Caracal–Bloc Alimentar					
MENIU - MIERCURI					
Regim Nr.	Efectiv	Dimineata 08.15 – 08.45	Supliment 10.30 – 11.00	Panz 13.00 – 13.45	Seara 18.00 – 18.30
Hidrozaharat 1		Ceai dulce plante-250ml	Ceai dulce pl.250	Ceai dulce plante-20ml Supa zarzavat srecurata-350ml <i>Alergeni (telina)</i>	Ceai dulce plante-250ml
Lacto-hidro- zaharat 1L		Ceai dulce plante-250ml	Ceai dulce pl.250 Lapte dulce 250 <i>Alergeni: lapte</i>	Ceai dulce plante-250ml Supa zarzavat srecurata-350ml <i>Alergeni (telina)</i>	Ceai dulce plante-250ml
Gastric 2		Ceai, paine,unt, smantana si br grasa 250/100/20/50/50 <i>Alergeni: gluten, lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz.cu zdrente ou, paine-350/250 Piure cu carne pasare* 250/100g <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Ghiveci legume cu carne pasare*250/100g Ceai dulce plante-250ml+Biscuiti 50 g <i>*produs congelat</i> <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Enterocolita 3		Ceai de plante fara zahar, paine si br. grasa-250/100/50 <i>Alergeni: gluten ,lapte</i>	Br.grasa 50 g <i>Alergeni: lapte</i>	Supa zarz.strecurata, paine 350/250g Orez fiert cu carne pasare*-250/100 g <i>*produs congelat</i> <i>Alergeni: telina, gluten</i>	Orez fiert cu carne pasare*-250/100 g Ceai de plante fara zahar 250ml <i>*produs congelat</i> <i>Alergeni: gluten</i>
Hepatic 4		Ceai, paine,unt, smantana si br grasa 250/100/20/50/50 <i>Alergeni: gluten, lapte</i>	Compot de visine 200 ml	Supa zarz.cu zdrente ou, paine-350/250 Piure cu carne pasare* 250/100g <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Ghiveci legume cu carne pasare*250/100g Ceai dulce plante-250ml+Magura 1 buc <i>*produs congelat</i> <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Renal 5		Ceai, paine,unt, smantana si ou fiert 250/100/20/50/50 g <i>Alergeni: gluten, lapte, ou</i>	Compot de visine 200 ml	Supa zarz.cu zdrente ou, paine-350/250 Piure cu carne pasare* 250/100g <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Ghiveci legume cu carne pasare*250/100g Ceai dulce plante-250ml+Magura 1 buc <i>*produs congelat</i> <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Cardiac 6		Ceai, paine,unt, smantana si ou fiert 250/100/20/50/50 g <i>Alergeni: gluten, lapte, ou</i>	Compot de visine 200 ml	Supa zarz.cu zdrente ou, paine-350/250 Piure cu carne pasare* 250/100g <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Ghiveci legume cu carne pasare*250/100g Ceai dulce plante-250ml+Magura 1 buc <i>*produs congelat</i> <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Diabet 8		Ceai, paine,unt, smantana si ou fiert 250/200/20/50/50 g <i>Alergeni: gluten, lapte, ou</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz.cu zdrente ou-350 ml Piure cu carne pasare* 250/100g <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Mancare rosii cu carne pasare* 250/100g Ceai plante fara zahar 250 ml+Mere 200g <i>*produs congelat</i> <i>Alergeni: gluten)</i>
Comun+ Insotitori 9		Ceai, paine,unt, smantana si ou fiert 250/100/20/50/50 g <i>Alergeni: gluten, lapte, ou</i>	Compot de visine 200 ml	Ciorba de fasole uscata, paine350/250 Piure cu carne de porc*-250/100g Salata de varza 200 g <i>*produs congelat</i>	Mancare rosii cu carne porc* 250/70g Ceai dulce plante-250ml+Magura 1 buc <i>*produs congelat</i> <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>

				Alergeni: oua, telina, gluten	
Medici de garda		Ceai, paine, unt, smantana si ou fiert 250/100/20/50/50 g Alergeni: gluten, lapte, ou	Compot de visine 200 ml	Ciorba de fasole uscata, paine 350/250 Friptura de porc* la gril cu piure 150/250 Salata de varza 200 g Mere 200 g *produs congelat Alergeni: oua, telina, gluten	Friptura de porc* la gril cu cartofi prajiti 150/250 g Ceai dulce plante-250ml+Magura 1 buc *produs congelat Alergeni: gluten, lapte, oua, soia, susan, nuci, alune
Special 0		Ceai plante fara zahar 250 ml	Ceai pl. fara zahar 250 ml	Ceai de plante fara zahar 250 ml	Ceai de plante fara zahar 250 ml
TOTAL					
Suplimente ora 10.30				Pranz ora 13.00	
Copii 3-16 ani = paine 100 g + Br topita 35 g = reg 4 (Ped) + reg 6 (ORL) Alergeni: gluten, lapte				Biscuiti 50 g = reg 2 Alergeni: gluten	
Lehuze = paine 100 g + Br topita 35 g = reg 5 (portii) Alergeni: gluten, lapte				Mere 200 g = reg 4.5.6.8.9	
TBC, ONC = paine 100 g + Br topita 35 g = reg 4.9 (TBC) + reg 2.4.6.9 (ONC) Alergeni: gluten, lapte					
TBC, ONC = br topita 35 g = reg 8 (TBC) + (ONC) Alergeni: lapte				Suplimente ora 16.00 Compartiment diabet = lapte dulce 250 ml (portii) Alergeni: lapte	
Intocmit, As. Nutritie si dietetica, Barancea Stela				3	

Spitalul Municipal Caracal–Bloc Alimentar		MENIU - JOI 25.12.2025			
Regim Nr.	Efectiv	Dimineata 08.15 – 08.45	Supliment 10.30 – 11.00	Panz 13.00 – 13.45	Seara 18.00 – 18.30
Hidrozaharat 1		Ceai dulce plante-250ml	Ceai dulce pl.250	Ceai dulce plante-20ml Supa zarzavat srecurata-350ml <i>Alergeni: telina</i>	Ceai dulce plante-250ml
Lacto-hidro-zaharat 1L		Ceai dulce plante-250ml	Ceai dulce pl.250 Lapte dulce 250 <i>Alergeni: lapte</i>	Ceai dulce plante-250ml Supa zarzavat srecurata-350ml <i>Alergeni: telina</i>	Ceai dulce plante-250ml
Gastric 2		Ceai, paine,unt , br grasa si smantana-250/100/20/50/50 <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz cu zdrente ou,paine-350/250g Pilaf sarbesc cu friptura pasare*-250/100 <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Piure cu piept pui* la cuptor.-250/150 g Lapte dulce+biscuiti-250ml/50g <i>*produs congelat</i> <i>Alergeni: gluten. lapte</i>
Enterocolita 3		Ceai de plante fara zahar, paine si br.grasa-250/100/50 <i>Alergeni: gluten,lapte</i>	Branza grasa 50 g <i>Alergeni: lapte</i>	Supa zarz.strecurata, paine 350/250g Orez fiert cu friptura pasare*-250/100 g <i>*produs congelat</i> <i>Alergeni: telina, gluten</i>	Orez fiert cu piept pui*la cuptor-250/150 g Ceai de plante fara zahar 250ml <i>*produs congelat</i> <i>Alergeni: gluten</i>
Hepatic 4		Ceai, paine,unt , br topita si smantana-250/100/20/35/50 <i>Alergeni: gluten,lapte</i>	Chefir 330 g+ Cozonac 100g <i>Alergeni: lapte, oua, soia, susan, nuci, alune</i>	Supa zarz cu zdrente ou,paine-350/250g Pilaf sarbesc cu friptura pasare*-250/100 <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Piure cu piept pui* la cuptor.-250/150 g Lapte dulce+Croissant-250ml/1 buc <i>*produs congelat</i> <i>Alergeni: lapte, oua, soia, susan, nuci, alune</i>
Renal 5		Ceai, paine,unt ,br topita si ou fiert-250/100/20/35/50g <i>Alergeni: gluten,lapte, ou.</i>	Chefir 330 g+ Cozonac 100g <i>Alergeni: lapte, oua, soia, susan, nuci, alune</i>	Supa zarz cu zdrente ou,paine-350/250g Pilaf sarbesc cu friptura pasare*-250/100 <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Piure cu piept pui* la cuptor.-250/150 g Lapte dulce+Croissant-250ml/1 buc <i>*produs congelat</i> <i>Alergeni: lapte, oua, soia, susan, nuci, alune</i>
Cardiac 6		Ceai, paine,unt ,br grasa si ou fiert-250/100/20/50/50g <i>Alergeni: gluten,lapte, ou.</i>	Chefir 330 g+ Cozonac 100g <i>Alergeni: lapte, oua, soia, susan, nuci, alune</i>	Supa zarz cu zdrente ou,paine-350/250g Pilaf sarbesc cu friptura pasare*-250/100 <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Piure cu piept pui* la cuptor.-250/150 g Lapte dulce+Croissant-250ml/1 buc <i>*produs congelat</i> <i>Alergeni: lapte, oua, soia, susan, nuci, alune</i>
Diabet 8		Ceai, paine,unt ,br topita si ou fiert-250/200/20/35/50g <i>Alergeni: gluten,lapte, ou.</i>	Chefir 330 g+ <i>Alergeni: lapte</i>	Supa zarz cu zdrente ou,paine-350/250g Pilaf sarbesc cu friptura pasare*-200/100 <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Piure cu piept pui* la cuptor.-200/150 g Lapte dulce-250ml <i>*produs congelat</i> <i>Alergeni: gluten. lapte</i>
Comun+ Insotitori		Ceai, paine,unt ,br topita si ou fiert-250/100/20/35/50g	Chefir 330 g+ Cozonac 100g	Ciorba zarz cu zdrente ou, paine-350/250 Sarmale cu carne de porc*-70/250g	Piure cu piept pui* la cuptor.-250/150 g Lapte dulce+Croissant-250ml/1 buc

9		Alergeni: gluten,lapte, ou.	Alergeni: lapte, oua, soia, susan, nuci, alune	*produs congelat Alergeni: oua, telina, gluten	*produs congelat Alergeni: lapte, oua, soia, susan, nuci, alune
Medici de garda	9	Ceai, paine,unt ,br topita si ou fiert-250/100/20/35/50g Alergeni: gluten,lapte, ou.	Chefir 330 g+ Cozonac 100g Alergeni: lapte, oua, soia, susan, nuci, alune	Ciorba zarz cu zdrente ou, paine-350/250 Sarmale cu carne de porc*-70/250g Portocale 300 g *produs congelat Alergeni: oua, telina, gluten	Piept de pui* la cuptor cu piure-150/250 g Lapte dulce+Croissant-250ml/1 buc *produs congelat Alergeni: lapte, oua, soia, susan, nuci, alune
Special 0		Ceai plante fara zahar 250 ml	Ceai pl. fara zahar 250 ml	Ceai de plante fara zahar 250 ml	Ceai de plante fara zahar 250 ml
TOTAL					
Suplimente ora 10.30				Pranz ora 13.00	
Copii 3-16 ani = paine 100 g + cascaval 50 g = reg 4 (portii) + reg 6 (ORL) Alergeni: gluten,lapte				Biscuiti 50 g = reg 2 Alergeni: gluten	
Lehuze = paine 100 g + cascaval 50 g = reg 5 (portii) Alergeni: gluten,lapte				Portocale 300 g = reg 4.5.6.8.9	
TBC,ONC=paine 100g+ cascaval 50 g =reg 4.9 (TBC) + reg 4.6.9 (ONC) Alergeni: gluten,lapte					
TBC,ONC = cascaval 50 g =reg 8 (TBC) + (ONC) Alergeni: lapte				Suplimente ora 16.00 Compartiment diabet = lapte dulce 250 ml (portii) Alergeni: lapte	
Intocmit, As. Nutritie si dietetica, Barancea Stela				3	

Spitalul Municipal Caracal–Bloc Alimentar					
MENIU - VINERI 26.12.2025					
Regim Nr.	Efectiv	Dimineata 08.15 – 08.45	Supliment 10.30 – 11.00	Panz 13.00 – 13.45	Seara 18.00 – 18.30
Hidrozaharat 1		Ceai dulce plante-250ml	Ceai dulce pl.250	Ceai dulce plante-20ml Supa zarzavat srecurata-350ml <i>Alergeni (telina)</i>	Ceai dulce plante-250ml
Lacto-hidro- zaharat 1L		Ceai dulce plante-250ml	Ceai dulce pl.250 Lapte dulce 250 <i>Alergeni: lapte</i>	Ceai dulce plante-250ml Supa zarzavat srecurata-350ml <i>Alergeni (telina)</i>	Ceai dulce plante-250ml
Gastric 2		Ceai, paine,unt, br Fagaras si smantana 250/100/20/50/50 <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz.cu zdrente ou, paine-350/250 Cartofi taranesti cu piept pui*250/150g <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Pilaf sarbesc cu friptura pasare*-250/100g Ceai dulce plante-250ml+Biscuiti 50 g <i>*produs congelat</i> <i>Alergeni: gluten,lapte</i>
Enterocolita 3		Ceai de plante fara zahar, paine si br. grasa-250/100/50 <i>Alergeni: gluten,lapte</i>	Br.grasa 50 g <i>Alergeni: lapte</i>	Supa zarz.strecurata, paine 350/250g Orez fiert cu piept pui*250/150g <i>*produs congelat</i> <i>Alergeni: telina, gluten</i>	Orez fiert cu friptura pasare* .250/100 g Ceai de plante fara zahar 250ml <i>*produs congelat</i> <i>Alergeni: gluten</i>
Hepatic 4		Ceai, paine,unt, br Fagaras si smantana 250/100/20/50/50 <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml+ Cozonac 100 g <i>Alergeni: lapte, gluten, oua, soia, susan, nuci, alune</i>	Supa zarz.cu zdrente ou, paine-350/250 Cartofi taranesti cu piept pui*250/150g <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Pilaf sarbesc cu friptura pasare*-250/100g Ceai dulce plante-250ml+Napolitane 1 buc <i>*produs congelat</i> <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Renal 5		Ceai, paine,unt, br Fagaras si smantana 250/100/20/50/50 <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml+ Cozonac 100 g <i>Alergeni: lapte, gluten, oua, soia, susan, nuci, alune</i>	Supa zarz.cu zdrente ou, paine-350/250 Cartofi taranesti cu piept pui*250/150g <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Pilaf sarbesc cu friptura pasare*-250/100g Ceai dulce plante-250ml+Napolitane 1 buc <i>*produs congelat</i> <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Cardiac 6		Ceai, paine,unt, br Fagaras si smantana 250/100/20/50/50 <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml+ Cozonac 100 g <i>Alergeni: lapte, gluten, oua, soia, susan, nuci, alune</i>	Supa zarz.cu zdrente ou, paine-350/250 Cartofi taranesti cu piept pui*250/150g <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Pilaf sarbesc cu friptura pasare*-250/100g Ceai dulce plante-250ml+Napolitane 1 buc <i>*produs congelat</i> <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Diabet 8		Ceai, paine,unt, br Fagaras si smantana 250/200/20/50/50	Lapte dulce 250 ml	Supa zarz.cu zdrente ou, paine-350/250 Cartofi taranesti cu piept pui*200/150g	Pilaf sarbesc cu friptura pasare*-200/100g Ceai plante fara zh 250 ml+Portocale 300g

		Alergeni: gluten,lapte	Alergeni: lapte	*produs congelat Alergeni: oua, telina, gluten	*produs congelat Alergeni: gluten
Comun+Insotitori 9		Ceai, paine,unt, br Fagaras si smantana 250/100/20/50/50 Alergeni: gluten,lapte	Lapte dulce 250 ml+ Cozonac 100 g Alergeni: lapte, gluten, oua, soia, susan, nuci, alune	Ciorba zarz.cu zdrente ou, paine350/250 Chiftele cu carne porc* si piure-70/250g Salata de varza 200 g *produs congelat Alergeni: oua, telina, gluten	Pilaf sarbesc cu friptura porc*-250/150g Ceai dulce plante-250ml+Napolitane 1 buc *produs congelat Alergeni: gluten, lapte, oua, soia, susan, nuci, alune
Medici de garda	9	Ceai, paine,unt, br Fagaras si smantana 250/100/20/50/50 Alergeni: gluten,lapte	Lapte dulce 250 ml+ Cozonac 100 g Alergeni: lapte, gluten, oua, soia, susan, nuci, alune	Ciorba zarz.cu zdrente ou, paine350/250 Chiftele cu carne porc* si piure-70/250g Salata de varza 200 g Portocale 300 g *produs congelat Alergeni: oua, telina, gluten	Friptura de porc*la gril cu pilaf sarbesc la cuptor-150/250g Ceai dulce plante-250ml+Napolitane 1 buc *produs congelat Alergeni: gluten, lapte, oua, soia, susan, nuci, alune
Special 0		Ceai plante fara zahar 250 ml	Ceai pl. fara zahar 250 ml	Ceai de plante fara zahar 250 ml	Ceai de plante fara zahar 250 ml
TOTAL					
Suplimente ora 10.30				Pranz ora 13.00	
Copii 3-16 ani = paine 100 g + br topita 35 g = reg 4 (Ped) +reg 6 (ORL) Alergeni: gluten,lapte				Biscuiti 50 g = reg 2 Alergeni: gluten	
Lehuze = paine 100 g + br topita 35 g = reg 5 (portii) Alergeni: gluten,lapte				Portocale 300 g = reg 4.5.6.8.9	
TBC, ONC =paine 100 g + br topita 35 g =reg 4.9 (TBC) +reg 4.6.9 (ONC) Alergeni: gluten,lapte					
TBC,ONC = br topita 35 g = reg 8 (TBC) + (ONC) Alergeni: lapte				Suplimente ora 16.00 Compartiment diabet = lapte dulce 250 ml (portii) Alergeni: lapte	
Intocmit, As. Nutritie si dietetica, Barancea Stela				3	

Spitalul Municipal Caracal–Bloc Alimentar					
MENIU - SAMBATA					
Regim Nr.	Efectiv	Dimineata 08.15 – 08.45	Supliment 10.30 – 11.00	Panz 13.00 – 13.45	Seara 18.00 – 18.30
Hidrozaharat 1		Ceai dulce plante-250ml	Ceai dulce pl.250	Ceai dulce plante-20ml Supa zarzavat srecurata-350ml <i>Alergeni (telina)</i>	Ceai dulce plante-250ml
Lacto-hidro- zaharat 1L		Ceai dulce plante-250ml	Ceai dulce pl.250 Lapte dulce 250 <i>Alergeni: lapte</i>	Ceai dulce plante-250ml Supa zarzavat srecurata-350ml <i>Alergeni (telina)</i>	Ceai dulce plante-250ml
Gastric 2		Ceai, paine,unt, br topita si br grasa 250/100/20/35/50 <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz.cu zdrente ou, paine-350/250 Manc fasole galb. cu c. pasare* 250/100 <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Gris cu lapte si sirop caramel 250 g Ceai dulce plante-250ml+Biscuiti 50 g <i>Alergeni: gluten,lapte</i>
Enterocolita 3		Ceai de plante fara zahar, paine si br. grasa-250/100/50 <i>Alergeni: gluten,lapte</i>	Br.grasa 50 g <i>Alergeni: lapte</i>	Supa zarz.strecurata, paine 350/250g Orez fiert cu carne pasare*-250/100 g <i>*produs congelat</i> <i>Alergeni: telina, gluten</i>	Orez fiert cu carne pasare*.250/100 g Ceai de plante fara zahar 250ml <i>*produs congelat</i> <i>Alergeni: gluten</i>
Hepatic 4		Ceai, paine,unt, br topita si gem 250/100/20/35/40 g <i>Alergeni: gluten,lapte</i>	Chefir 330 g+ Croissant 1 buc <i>Alergeni: lapte, gluten, oua, soia, susan, nuci, alune</i>	Supa zarz.cu zdrente ou, paine-350/250 Manc fasole galb. cu c. pasare* 250/100 <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Gris cu lapte si sirop caramel 250 g Ceai dulce plante-250ml+Napolitane 1 buc <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Renal 5		Ceai, paine,unt, br topita si gem 250/100/20/35/40 g <i>Alergeni: gluten,lapte</i>	Chefir 330 g+ Croissant 1 buc <i>Alergeni: lapte, gluten, oua, soia, susan, nuci, alune</i>	Supa zarz.cu zdrente ou, paine-350/250 Manc fasole galb. cu c. pasare* 250/100 <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Gris cu lapte si sirop caramel 250 g Ceai dulce plante-250ml+Napolitane 1 buc <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Cardiac 6		Ceai, paine,unt, br grasa si gem 250/100/20/50/40 g <i>Alergeni: gluten,lapte</i>	Chefir 330 g+ Croissant 1 buc <i>Alergeni: lapte, gluten, oua, soia, susan, nuci, alune</i>	Supa zarz.cu zdrente ou, paine-350/250 Manc fasole galb. cu c. pasare* 250/100 <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Gris cu lapte si sirop caramel 250 g Ceai dulce plante-250ml+Napolitane 1 buc <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Diabet 8		Ceai, paine,unt, br topita si br grasa 250/200/20/35/50 <i>Alergeni: gluten,lapte</i>	Chefir 330 g <i>Alergeni: lapte</i>	Supa zarz.cu zdrente ou-350 ml Manc fasole galb. cu c. pasare* 250/100 <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten</i>	Cartofi natur cu carne pasare* 200/100g Ceai plante fara zahar 250 ml <i>*produs congelat</i> <i>Alergeni: gluten</i>

Comun+ Insotit 9		Ceai, paine, unt, br topita si gem 250/100/20/35/50 <i>Alergeni: gluten, lapte</i>	Chefir 330 g+ Croissant 1 buc <i>Alergeni: lapte, gluten, oua, soia, susan, nuci, alune</i>	Ciorba zarz. cu zdrente ou, paine 350/250 Chiftele cu carne porc* si piure-70/250g Salata de varza 200 g <i>*produs congelat Alergeni: oua, telina, gluten</i>	Gris cu lapte si sirop caramel 250 g Ceai dulce plante-250ml+Napolitane 1 buc <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Medici de garda		Ceai, paine, unt, br topita si gem 250/100/20/35/50 <i>Alergeni: gluten, lapte</i>	Chefir 330 g+ Croissant 1 buc <i>Alergeni: lapte, gluten, oua, soia, susan, nuci, alune</i>	Ciorba zarz. cu zdrente ou, paine 350/250 Chiftele cu carne porc* si piure-70/250g Salata de varza 200 g Magura 1 buc <i>*produs congelat Alergeni: oua, telina, gluten</i>	Carne de pasare la cuptor cu cartofi natur 150/250g Gris cu lapte si sirop caramel 250 g Ceai dulce plante-250ml+Napolitane 1 buc <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>
Special 0		Ceai plante fara zahar 250 ml	Ceai pl. fara zahar 250 ml	Ceai de plante fara zahar 250 ml	Ceai de plante fara zahar 250 ml
TOTAL					
<u>Suplimente ora 10.30</u>				<u>Pranz ora 13.00</u>	
Copii 3-16 ani = paine 100 g + smantana 50 g = reg 4 (Ped) + reg 6 (ORL) <i>Alergeni: gluten, lapte</i>				Biscuiti 50 g = reg 2 <i>Alergeni: gluten</i>	
Lehuze = paine 100 g + smantana 50 g = reg 5 (portii) <i>Alergeni: gluten, lapte</i>				Magura 1 buc = reg 4.5.6.9 <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>	
TBC, ONC = paine 100 g + smantana 50 g = reg 4.9 (TBC) + reg 4.6.9 (ONC) <i>Alergeni: gluten, lapte</i>					
TBC, ONC = smantana 50 g = reg 8 (TBC) + (ONC) <i>Alergeni: lapte</i>				<u>Suplimente ora 16.00</u> Compartiment diabet = lapte dulce 250 ml (portii) <i>Alergeni: lapte</i>	
Intocmit, As. Nutritie si dietetica, Barancea Stela				3	

Spitalul Municipal Caracal–Bloc Alimentar					
MENIU - DUMINICA					
Regim Nr.	Efectiv	Dimineata 08.15 – 08.45	Supliment 10.30 – 11.00	Panz 13.00 – 13.45	Seara 18.00 – 18.30
Hidrozaharat 1		Ceai dulce plante-250ml	Ceai dulce pl.250	Ceai dulce plante-20ml Supa zarzavat srecurata-350ml <i>Alergeni: telina</i>	Ceai dulce plante-250ml
Lacto-hidro- zaharat 1L		Ceai dulce plante-250ml	Ceai dulce pl.250 Lapte dulce 250 <i>Alergeni: lapte</i>	Ceai dulce plante-250ml Supa zarzavat srecurata-350ml <i>Alergeni: telina</i>	Ceai dulce plante-250ml
Gastric 2		Ceai, paine,unt ,smantana si br grasa-250/100/20/50/50g <i>Alergeni: gluten,lapte</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz cu zdrente ou,paine-350/250g Ghiveci legume cu carne pasare*-250/100 <i>*produs congelat Alergeni: oua, telina, gluten</i>	Paste cu c. pasare* si sos tom.-250/100 Lapte dulce+biscuiti-250ml/50g <i>*produs congelat Alergeni: gluten. lapte</i>
Enterocolita 3		Ceai de plante fara zahar, paine si br.grasa-250/100/50 <i>Alergeni: gluten,lapte</i>	Branza grasa 50 g <i>Alergeni: lapte</i>	Supa zarz.strecurata, paine 350/250g Orez fiert cu carne pasare*-250/100 g <i>*produs congelat Alergeni: telina, gluten</i>	Orez fiert cu carne pasare*-250/100 g Ceai de plante fara zahar 250ml <i>*produs congelat Alergeni: gluten</i>
Hepatic 4		Ceai, paine,unt ,cascaval si br grasa-250/100/20/50/50g <i>Alergeni: gluten,lapte</i>	Compot piersici 250 ml	Supa zarz cu zdrente ou,paine-350/250g Ghiveci legume cu carne pasare*-250/100 <i>*produs congelat Alergeni: oua, telina, gluten</i>	Mamaliga,br Fagar+smantana-200//50/50 Lapte dulce+croissant-250ml/1buc <i>Alergeni: lapte, oua, soia, susan, nuci, alune</i>
Renal 5		Ceai, paine,unt ,cascaval si ou fiert-250/100/20/50/50g <i>Alergeni: gluten,lapte, ou.</i>	Compot piersici 250 ml	Supa zarz cu zdrente ou,paine-350/250g Ghiveci legume cu carne pasare*-250/100 <i>*produs congelat Alergeni: oua, telina, gluten</i>	Mamaliga,br Fagar+smantana-200//50/50 Lapte dulce+croissant-250ml/1buc <i>Alergeni: lapte, oua, soia, susan, nuci, alune</i>
Cardiac 6		Ceai, paine,unt ,br grasa si ou fiert-250/100/20/50/50g <i>Alergeni: gluten,lapte, ou.</i>	Compot piersici 250 ml	Supa zarz cu zdrente ou,paine-350/250g Ghiveci legume cu carne pasare*-250/100 <i>*produs congelat Alergeni: oua, telina, gluten</i>	Mamaliga,br Fagar+smantana-200//50/50 Lapte dulce+croissant-250ml/1buc <i>Alergeni: lapte, oua, soia, susan, nuci, alune</i>
Diabet 8		Ceai, paine,unt ,cascaval si ou fiert-250/200/20/50/50g <i>Alergeni: gluten,lapte, ou.</i>	Lapte dulce 250 ml <i>Alergeni: lapte</i>	Supa zarz cu zdrente ou-350 ml Sote legume cu carne pasare*-250/100 <i>*produs congelat Alergeni: oua, telina, gluten</i>	Mamaliga,br Fagar+smantana-200//50/50 Lapte dulce-250ml <i>Alergeni: lapte</i>
Comun+ Insotitori 9		Ceai, paine,unt ,cascaval si ou fiert-250/100/20/50/50g <i>Alergeni: gluten,lapte, ou.</i>	Compot piersici 250 ml	Ciorba zarz cu zdrente ou, paine-350/250 Varza cu carne de porc*-250/70g <i>*produs congelat Alergeni: oua, telina, gluten</i>	Mamaliga,br telem+smantana-200//50/50 Lapte dulce+croissant-250ml/1buc <i>Alergeni: lapte, oua, soia, susan, nuci, alune</i>

Medici de garda		Ceai, paine, unt, cascaval si ou fiert-250/100/20/50/50g <i>Alergeni: gluten, lapte, ou.</i>	Compot piersici 250 ml	Ciorba zarz cu zdrente ou, paine-350/250 Friptura de porc *inabusita, cu varza calita la cuptor-150/250g Napolitane 1 buc <i>*produs congelat</i> <i>Alergeni: oua, telina, gluten, lapte, soia, susan, nuci, alune</i>	Mamaliga, br telem+smantana-200//50/50 Carne de pasare la cuptor 150 g Lapte dulce+croissant-250ml/1buc <i>*produs congelat</i> <i>Alergeni: lapte, oua, soia, susan, nuci, alune</i>
Special 0		Ceai plante fara zahar 250 ml	Ceai pl. fara zahar 250 ml	Ceai de plante fara zahar 250 ml	Ceai de plante fara zahar 250 ml
TOTAL					
<u>Suplimente ora 10.30</u>				<u>Pranz ora 13.00</u>	
Copii 3-16 ani = paine 100 g + br.topita 35 g = reg 4 (portii) + reg 6 (ORL) <i>Alergeni: gluten, lapte</i>				Biscuiti 50 g = reg 2 <i>Alergeni: gluten</i>	
Lehuze = paine 100 g + br.topita 35 g = reg 5 (portii) <i>Alergeni: gluten, lapte</i>				Napolitane 1 buc = reg 4.5.6.9 <i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>	
TBC, ONC = paine 100g + br.topita 35 g = reg 4.9 (TBC) + reg 4.6.9 (ONC) <i>Alergeni: gluten, lapte</i>					
TBC, ONC = br topita 35 g = reg 8 (TBC) + (ONC) <i>Alergeni: lapte</i>				<u>Suplimente ora 16.00</u> Compartiment diabet = lapte dulce 250 ml (portii) <i>Alergeni: lapte</i>	
Intocmit, As. Nutritie si dietetica, Barancea Stela				3	