

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

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

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

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

| Spitalul Municipal Caracal–Bloc Alimentar |         |                                                                                                   |                                                                |                                                                                                                                              |                                                                                                                                                                               |
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| MENIU - MIERCURI                          |         |                                                                                                   |                                                                |                                                                                                                                              |                                                                                                                                                                               |
| Regim Nr.                                 | Efectiv | Dimineata<br>08.15 – 08.45                                                                        | Supliment<br>10.30 – 11.00                                     | Panz<br>13.00 – 13.45                                                                                                                        | Seara<br>18.00 – 18.30                                                                                                                                                        |
| <b>Hidrozaharat<br/>1</b>                 |         | Ceai dulce plante-250ml                                                                           | Ceai dulce pl.250                                              | Ceai dulce plante-20ml<br>Supa zarzavat srecurata-350ml<br><i>Alergeni ( telina)</i>                                                         | Ceai dulce plante-250ml                                                                                                                                                       |
| <b>Lacto-hidro-<br/>zaharat 1L</b>        |         | Ceai dulce plante-250ml                                                                           | Ceai dulce pl.250<br>Lapte dulce 250<br><i>Alergeni: lapte</i> | Ceai dulce plante-250ml<br>Supa zarzavat srecurata-350ml<br><i>Alergeni ( telina)</i>                                                        | Ceai dulce plante-250ml                                                                                                                                                       |
| <b>Gastric<br/>2</b>                      |         | Ceai, paine,unt, smantana si<br>br grasa 250/100/20/50/50<br><i>Alergeni: gluten, lapte</i>       | Lapte dulce<br>250 ml<br><i>Alergeni: lapte</i>                | Supa zarz.cu zdrente ou, paine-350/250<br>Piure cu carne pasare* 250/100g<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i> | Ghiveci leg. cu friptura pasare*250/100g<br>Ceai dulce plante-250ml+Biscuiti 50 g<br><i>*produs congelat</i><br><i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i> |
| <b>Enterocolita<br/>3</b>                 |         | Ceai de plante fara zahar,<br>paine si br. grasa-250/100/50<br><i>Alergeni: gluten ,lapte</i>     | Br.grasa<br>50 g<br><i>Alergeni: lapte</i>                     | Supa zarz.strecurata, paine 350/250g<br>Orez fiert cu carne pasare*-250/100 g<br><i>*produs congelat</i><br><i>Alergeni: telina, gluten</i>  | Orez fiert cu carne pasare*-250/100 g<br>Ceai de plante fara zahar 250ml<br><i>*produs congelat</i><br><i>Alergeni: gluten</i>                                                |
| <b>Hepatic<br/>4</b>                      |         | Ceai, paine,unt, smantana si<br>br grasa 250/100/20/50/50<br><i>Alergeni: gluten, lapte</i>       | Compot de visine<br>200 ml                                     | Supa zarz.cu zdrente ou, paine-350/250<br>Piure cu carne pasare* 250/100g<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i> | Ghiveci leg. cu friptura pasare*250/100g<br>Ceai dulce plante-250ml+Magura 1 buc<br><i>*produs congelat</i><br><i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>  |
| <b>Renal<br/>5</b>                        |         | Ceai, paine,unt, smantana si<br>ou fiert 250/100/20/50/50 g<br><i>Alergeni: gluten, lapte, ou</i> | Compot de visine<br>200 ml                                     | Supa zarz.cu zdrente ou, paine-350/250<br>Piure cu carne pasare* 250/100g<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i> | Ghiveci leg. cu friptura pasare*250/100g<br>Ceai dulce plante-250ml+Magura 1 buc<br><i>*produs congelat</i><br><i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>  |
| <b>Cardiac<br/>6</b>                      |         | Ceai, paine,unt, smantana si<br>ou fiert 250/100/20/50/50 g<br><i>Alergeni: gluten, lapte, ou</i> | Compot de visine<br>200 ml                                     | Supa zarz.cu zdrente ou, paine-350/250<br>Piure cu carne pasare* 250/100g<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i> | Ghiveci leg. cu friptura pasare*250/100g<br>Ceai dulce plante-250ml+Magura 1 buc<br><i>*produs congelat</i><br><i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>  |
| <b>Diabet<br/>8</b>                       |         | Ceai, paine,unt, smantana si<br>ou fiert 250/200/20/50/50 g<br><i>Alergeni: gluten, lapte, ou</i> | Lapte dulce<br>250 ml<br><i>Alergeni: lapte</i>                | Supa zarz.cu zdrente ou-350 ml<br>Piure cu carne pasare* 250/100g<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i>         | Ghiveci leg. cu friptura pasare*250/100g<br>Ceai plante fara zahar 250 ml+Mere 200g<br><i>*produs congelat</i><br><i>Alergeni: gluten</i>                                     |
| <b>Comun+<br/>Insotitori<br/>9</b>        |         | Ceai, paine,unt, smantana si<br>ou fiert 250/100/20/50/50 g<br><i>Alergeni: gluten, lapte, ou</i> | Compot de visine<br>200 ml                                     | Ciorba de fasole uscata, paine350/250<br>Piure cu carne de porc*-250/100g<br>Salata de varza 200 g<br><i>*produs congelat</i>                | Friptura porc cu sos tomat* 250/150g<br>Ceai dulce plante-250ml+Magura 1 buc<br><i>*produs congelat</i><br><i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i>      |

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

| Spitalul Municipal Caracal–Bloc Alimentar |         | MENIU - JOI 01.01.2026                                                                         |                                                                                     |                                                                                                                                                        |                                                                                                                                                                   |
|-------------------------------------------|---------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Regim Nr.                                 | Efectiv | Dimineata<br>08.15 – 08.45                                                                     | Supliment<br>10.30 – 11.00                                                          | Panz<br>13.00 – 13.45                                                                                                                                  | Seara<br>18.00 – 18.30                                                                                                                                            |
| <b>Hidrozaharat<br/>1</b>                 |         | Ceai dulce plante-250ml                                                                        | Ceai dulce pl.250                                                                   | Ceai dulce plante-20ml<br>Supa zarzavat srecurata-350ml<br><i>Alergeni: telina</i>                                                                     | Ceai dulce plante-250ml                                                                                                                                           |
| <b>Lacto-hidro-<br/>zaharat 1L</b>        |         | Ceai dulce plante-250ml                                                                        | Ceai dulce pl.250<br>Lapte dulce 250<br><i>Alergeni: lapte</i>                      | Ceai dulce plante-250ml<br>Supa zarzavat srecurata-350ml<br><i>Alergeni: telina</i>                                                                    | Ceai dulce plante-250ml                                                                                                                                           |
| <b>Gastric<br/>2</b>                      |         | Ceai, paine,unt , br grasa si smantana-250/100/20/50/50<br><i>Alergeni: gluten,lapte</i>       | Lapte dulce 250 ml<br><i>Alergeni: lapte</i>                                        | Supa zarz cu zdrente ou,paine-350/250g<br>Pilaf sarbesc cu friptura pasare*-250/100<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i> | Piure cu piept pui* la cuptor.-250/150 g<br>Lapte dulce+biscuiti-250ml/50g<br><i>*produs congelat</i><br><i>Alergeni: gluten. lapte</i>                           |
| <b>Enterocolita<br/>3</b>                 |         | Ceai de plante fara zahar, paine si br.grasa-250/100/50<br><i>Alergeni: gluten,lapte</i>       | Branza grasa 50 g<br><i>Alergeni: lapte</i>                                         | Supa zarz.strecurata, paine 350/250g<br>Orez fiert cu friptura pasare*-250/100 g<br><i>*produs congelat</i><br><i>Alergeni: telina, gluten</i>         | Orez fiert cu piept pui*la cuptor-250/150 g<br>Ceai de plante fara zahar 250ml<br><i>*produs congelat</i><br><i>Alergeni: gluten</i>                              |
| <b>Hepatic<br/>4</b>                      |         | Ceai, paine,unt , br topita si smantana-250/100/20/35/50<br><i>Alergeni: gluten,lapte</i>      | Chefir 330 g+ Cozonac 100g<br><i>Alergeni: lapte, oua, soia, susan, nuci, alune</i> | Supa zarz cu zdrente ou,paine-350/250g<br>Pilaf sarbesc cu friptura pasare*-250/100<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i> | Piure cu piept pui* la cuptor.-250/150 g<br>Lapte dulce+Croissant-250ml/1 buc<br><i>*produs congelat</i><br><i>Alergeni: lapte, oua, soia, susan, nuci, alune</i> |
| <b>Renal<br/>5</b>                        |         | Ceai, paine,unt ,br topita si ou fiert-250/100/20/35/50g<br><i>Alergeni: gluten,lapte, ou.</i> | Chefir 330 g+ Cozonac 100g<br><i>Alergeni: lapte, oua, soia, susan, nuci, alune</i> | Supa zarz cu zdrente ou,paine-350/250g<br>Pilaf sarbesc cu friptura pasare*-250/100<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i> | Piure cu piept pui* la cuptor.-250/150 g<br>Lapte dulce+Croissant-250ml/1 buc<br><i>*produs congelat</i><br><i>Alergeni: lapte, oua, soia, susan, nuci, alune</i> |
| <b>Cardiac<br/>6</b>                      |         | Ceai, paine,unt ,br grasa si ou fiert-250/100/20/50/50g<br><i>Alergeni: gluten,lapte, ou.</i>  | Chefir 330 g+ Cozonac 100g<br><i>Alergeni: lapte, oua, soia, susan, nuci, alune</i> | Supa zarz cu zdrente ou,paine-350/250g<br>Pilaf sarbesc cu friptura pasare*-250/100<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i> | Piure cu piept pui* la cuptor.-250/150 g<br>Lapte dulce+Croissant-250ml/1 buc<br><i>*produs congelat</i><br><i>Alergeni: lapte, oua, soia, susan, nuci, alune</i> |
| <b>Diabet<br/>8</b>                       |         | Ceai, paine,unt ,br topita si ou fiert-250/200/20/35/50g<br><i>Alergeni: gluten,lapte, ou.</i> | Chefir 330 g+<br><i>Alergeni: lapte</i>                                             | Supa zarz cu zdrente ou,paine-350/250g<br>Pilaf sarbesc cu friptura pasare*-200/100<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i> | Piure cu piept pui* la cuptor.-200/150 g<br>Lapte dulce-250ml<br><i>*produs congelat</i><br><i>Alergeni: gluten. lapte</i>                                        |
| <b>Comun+<br/>Insotitori<br/>9</b>        |         | Ceai, paine,unt ,br topita si ou fiert-250/100/20/35/50g<br><i>Alergeni: gluten,lapte, ou.</i> | Chefir 330 g+ Cozonac 100g<br><i>Alergeni: lapte, oua, soia, susan, nuci, alune</i> | Ciorba zarz cu zdrente ou, paine-350/250<br>Sarmale cu carne de porc*-70/250g<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i>       | Piure cu piept pui* la cuptor.-250/150 g<br>Lapte dulce+Croissant-250ml/1 buc<br><i>*produs congelat</i><br><i>Alergeni: lapte, oua, soia, susan, nuci, alune</i> |

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

| Spitalul Municipal Caracal–Bloc Alimentar |         |                                                                                              |                                                                                                                  |                                                                                                                                                      |                                                                                                                                                                                    |
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| MENIU - VINERI 02.01.2026                 |         |                                                                                              |                                                                                                                  |                                                                                                                                                      |                                                                                                                                                                                    |
| Regim Nr.                                 | Efectiv | Dimineata<br>08.15 – 08.45                                                                   | Supliment<br>10.30 – 11.00                                                                                       | Panz<br>13.00 – 13.45                                                                                                                                | Seara<br>18.00 – 18.30                                                                                                                                                             |
| Hidrozaharat<br>1                         |         | Ceai dulce plante-250ml                                                                      | Ceai dulce pl.250                                                                                                | Ceai dulce plante-20ml<br>Supa zarzavat srecurata-350ml<br><i>Alergeni ( telina)</i>                                                                 | Ceai dulce plante-250ml                                                                                                                                                            |
| Lacto-hidro-<br>zaharat 1L                |         | Ceai dulce plante-250ml                                                                      | Ceai dulce pl.250<br>Lapte dulce 250<br><i>Alergeni: lapte</i>                                                   | Ceai dulce plante-250ml<br>Supa zarzavat srecurata-350ml<br><i>Alergeni ( telina)</i>                                                                | Ceai dulce plante-250ml                                                                                                                                                            |
| Gastric<br>2                              |         | Ceai, paine,unt, br Fagaras si<br>smantana 250/100/20/50/50<br><i>Alergeni: gluten,lapte</i> | Lapte dulce<br>250 ml<br><i>Alergeni: lapte</i>                                                                  | Supa zarz.cu zdrente ou, paine-350/250<br>Cartofi taranesti cu piept pui*250/150g<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i> | Pilaf sarbesc cu friptura pasare*-250/100g<br>Ceai dulce plante-250ml+Biscuiti 50 g<br><i>*produs congelat</i><br><i>Alergeni: gluten,lapte</i>                                    |
| Enterocolita<br>3                         |         | Ceai de plante fara zahar,<br>paine si br. grasa-250/100/50<br><i>Alergeni: gluten,lapte</i> | Br.grasa<br>50 g<br><i>Alergeni: lapte</i>                                                                       | Supa zarz.strecurata, paine 350/250g<br>Orez fiert cu piept pui*250/150g<br><i>*produs congelat</i><br><i>Alergeni: telina, gluten</i>               | Orez fiert cu friptura pasare* .250/100 g<br>Ceai de plante fara zahar 250ml<br><i>*produs congelat</i><br><i>Alergeni: gluten</i>                                                 |
| Hepatic<br>4                              |         | Ceai, paine,unt, br Fagaras si<br>smantana 250/100/20/50/50<br><i>Alergeni: gluten,lapte</i> | Lapte dulce<br>250 ml+<br>Cozonac 100 g<br><i>Alergeni: lapte, gluten,<br/>oua, soia, susan, nuci,<br/>alune</i> | Supa zarz.cu zdrente ou, paine-350/250<br>Cartofi taranesti cu piept pui*250/150g<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i> | Pilaf sarbesc cu friptura pasare*-250/100g<br>Ceai dulce plante-250ml+Napolitane 1 buc<br><i>*produs congelat</i><br><i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i> |
| Renal<br>5                                |         | Ceai, paine,unt, br Fagaras si<br>smantana 250/100/20/50/50<br><i>Alergeni: gluten,lapte</i> | Lapte dulce<br>250 ml+<br>Cozonac 100 g<br><i>Alergeni: lapte, gluten,<br/>oua, soia, susan, nuci,<br/>alune</i> | Supa zarz.cu zdrente ou, paine-350/250<br>Cartofi taranesti cu piept pui*250/150g<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i> | Pilaf sarbesc cu friptura pasare*-250/100g<br>Ceai dulce plante-250ml+Napolitane 1 buc<br><i>*produs congelat</i><br><i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i> |
| Cardiac<br>6                              |         | Ceai, paine,unt, br Fagaras si<br>smantana 250/100/20/50/50<br><i>Alergeni: gluten,lapte</i> | Lapte dulce<br>250 ml+<br>Cozonac 100 g<br><i>Alergeni: lapte, gluten,<br/>oua, soia, susan, nuci,<br/>alune</i> | Supa zarz.cu zdrente ou, paine-350/250<br>Cartofi taranesti cu piept pui*250/150g<br><i>*produs congelat</i><br><i>Alergeni: oua, telina, gluten</i> | Pilaf sarbesc cu friptura pasare*-250/100g<br>Ceai dulce plante-250ml+Napolitane 1 buc<br><i>*produs congelat</i><br><i>Alergeni: gluten, lapte, oua, soia, susan, nuci, alune</i> |
| Diabet<br>8                               |         | Ceai, paine,unt, br Fagaras si<br>smantana 250/200/20/50/50                                  | Lapte dulce<br>250 ml                                                                                            | Supa zarz.cu zdrente ou, paine-350/250<br>Cartofi taranesti cu piept pui*200/150g                                                                    | Pilaf sarbesc cu friptura pasare*-200/100g<br>Ceai plante fara zh 250 ml+Portocale 300g                                                                                            |

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

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

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

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

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