



SPITALUL CLINIC JUDEȚEAN DE URGENȚĂ TÂRGU-MUREȘ
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AVIZAT
DIRECTOR ÎNCĂLZIRI



BLOC-ALIMENTAR MENIU FIXAT PE DATA 01.12.2025

REGIM	MIC DEJUN	ORA 10	PRÂNZ	ORA 17	CINĂ
DIABET DIABET FARA SARE Cea 2000 CAL	UNT 20G, BR. TOPITA 2BUC CONS. TON 1BUC, MASLINE 30G GRAHAM 200 G CEAI FARA ZAHAR 300ML	SANA 176G	SUPA DE FASOLE VERDE 300ML. PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (100G CARNE/180G-CRUD) MAMALIGUTA 170G SALAT DE VARZA 100G, MAR 1BUC	SANA 176G	SALAM DE VARA 100 G, OU 1 BUC UNT 20G, ROSII 100G/80G CEAI FARA ZAHAR 300ML
NEOPLAZIC NEOPLAZIC COPII Cea 2500 CAL	UNT 20G, BR. TOPITA 2BUC CONS. TON 1BUC, MASLINE 30G FRANZELA 300G, CEAI 300ML	MAR 1BUC	SUPA DE FASOLE VERDE 300ML. PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (100G CARNE/180G-CRUD) MAMALIGUTA 250G	SANA 176G	SALAM DE VARA 100 G, OU 1 BUC UNT 20G, ROSII 100G/80G CEAI 300ML
TRANSPLANT Cea2600 CAL	CONS. TON 1BUC, OU 1BUC GEM 2 BUC, BR. TOPITA 2BUC CEAI 300 ML	COMPOT DE VISINE 250ML	SUPA DE FASOLE VERDE 300ML. PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (100G CARNE/180G-CRUD) MAMALIGUTA 250G, PRAJITURA 1BUC	SANA 176G	PULPA DE PUȚI LA TAVA 150G/100G OREZ CU LEGUME 200G CEAI 300ML
NORMAL INSOTITORI LAUZE, HIPERCALORIC Cea2400 CAL	UNT 20G, BR. TOPITA 2BUC PATE FICAT, MASLINE 30G FRANZELA 300G, CEAI 300ML	MAR 1BUC	SUPA DE FASOLE VERDE 300ML. PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (100G CARNE/180G-CRUD) MAMALIGUTA 250G, PRAJITURA 1BUC	SANA 176G	SALAM DE VARA 60 G, OU 1 BUC UNT 20G, ROSII 50G/40G CEAI 300ML
HIPOSDAT COPIT 3-16 ANI GARDA Cea2400 CAL	UNT 20G, BR. TOPITA 2BUC PATE FICAT, MASLINE 30G FRANZELA 300G, CEAI 300ML	MAR 1BUC	SUPA DE FASOLE VERDE 300ML. PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (100G CARNE/180G-CRUD) MAMALIGUTA 250G, PRAJITURA 1BUC	SANA 176G	SALAM SUNCA 60 G, OU 1 BUC UNT 20G, ROSII 50G/40G CEAI 300ML
HEPATIC Cea 2400CAL	UNT 20G, BR. TOPITA 2BUC SUNCA PRAGA 60G MASLINE 30G FRANZELA 300G, CEAI 300ML	MAR 1BUC	SUPA DE FASOLE VERDE 300ML. PAPRICAS DIN PIEPT DE CURCAN CU SMANTANA (100G CARNE/180G-CRUD) MAMALIGUTA 250G, PRAJITURA 1BUC	SANA 176G	SALAM SUNCA 60 G, OU 1 BUC UNT 20G, ROSII 50G/40G CEAI 300ML
LACTO-FAINOS ULCER SIMPLU ULCER F. SARE ULCER Cea2300 CAL	UNT 20 G, OU 1BUC, BISCUITI 50G FRANZELA 300G CEAI 300 ML	GRIS IN LAPTE 200G	SUPA DE ZARZAVAT 300 ML. RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G SOS MARINATA 100G	SANA 176G	UNT 20 G, OU 1BUC, BISCUITI 50G BRANZA FAGARAS 180G CEAI 300 ML
COLECTIST Cea2300 CAL	UNT 20 G, GEM 2BUC, BISCUITI 60G BRANZA FAGARAS 180G FRANZELA 300G CEAI 300 ML	GRIS IN LAPTE 200G	SUPA DE ZARZAVAT 300 ML. RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G SOS MARINATA 100G	SANA 176G	UNT 20 G, MIERE 2BUC BISCUITI 60G BRANZA FAGARAS 180G CEAI 300 ML
NEFRITA Cea2200 CAL	UNT 20 G, GEM 2BUC, OU 1BUC BRANZA FAGARAS 180G FRANZELA 300G, CEAI 300 ML	GRIS IN LAPTE 200G	SUPA DE ZARZAVAT 300 ML. RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G SOS MARINATA 100G	SANA 176G	UNT 20 G, OU 1BUC, BISCUITI 60G BRANZA FAGARAS 180G CEAI 300 ML
VEGETARIAN Cea 2200 CAL	CONS. TON, GEM 2 BUC BRUSCHETE CU ROSII MASLINE 30G, CEAI 300ML FRANZELA 300G	EUGENIA 1BUC	SUPA DE FASOLE VERDE 300 ML. CARTOFI TARANESTI 300G SALATA DE VARZA 100G MAR 1BUC	EUGENIA 1BUC	OREZ CU LEGUME 250G SALATA DE ROSII 100G CEAI 300ML
COPPII 6 LUNI- 1ANI Cea1000 CAL	MAR CU BISCUITI 250G/ BR. FAGARAS 180G CEAI 200ML	GRIS IN LAPTE 200G	SUPA STRECURATA 100 ML. CARTOFI PURE 100G PIEPT DE CURCAN TOCAT 100G/70G SOS LEGUME 50G	SANA 176G BISCUITI 30G	OREZ IN LAPTE CU GALBENUS 200G CEAI 200 ML

COPRI 1-3 ANI Cea 1500 CAL	OU IBUC, UNT 20G SUNCA PRAGA 40G, GEM IBUC LAPTE 200ML FRANZEIA 300 GR	GRIS IN LAPTE 200G	SUPA DE FASOLE VERDE 150 ML PAPRICA DIN PIEPT DE CURCAN 100G/70G MAMALIGUTA 150G PRAJITURA IBUC	SANA 175G	OU IBUC, UNT 20G SUNCA 40G, ROSII 50G/40G CEAI 200ML
COLITA Cea 2200 CAL	OU FIERT TARE, UNT 20G CASCaval 100G, BISCUITI 50G FRANZEIA 300G CEAI 300ML	ZEAMA DE OREZ 250ML	SUPA DE ZARZAVAT 300 ML RULADA DIN PIEPT DE CURCAN 100G/70G CARTOFI NATUR 200G MORCOVI SOTE 100G	ZEAMA DE OREZ 250ML	OU FIERT TARE, UNT 20G TELEMEIA 100G, BISCUITI 50G CEAI 300ML
INTOLERANTA LA GLUTEN Cea 2300 CAL	UNT 20G, BR. TOPITA 2BUC SUNCA PRAGA 60G MASLINE 30G TAFTINA DE OREZ, CEAI 300ML SUNCA PRAGA 60G, GEM 2BUC FRANZEIA 300G, CEAI 300ML	MAR IBUC	SUPA DE FASOLE VERDE (FARA FAINA) 300ML PIEPT DE CURCAN CU LEGUM 120G/80G MAMALIGUTA 250G SALATA DE VARZA 100G	SANA 175G	SALAM SUNCA 60 G, OU 1 BUC UNT 20G, ROSII 50G/40G CEAI 300ML
INTOLERANTA LA LACTOZA Cea 2300 CAL	MASLINE 30G FRANZEIA 300G, CEAI 300ML	MAR IBUC	PIEPT DE CURCAN CU LEGUM 120G/80G MAMALIGUTA 250G SALATA DE VARZA 100G	COMPOT DE MERE 250ML	SALAM SUNCA 60 G, OU 1 BUC MERE IBUC, ROSII 50G/40G CEAI 300ML
HIDRICI Cea 1800 CAL	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREEACTUA, CEATURI INDULCITE	ZEAMA DE OREZ 250ML	SUPE LIMPEZI DE LEGUME / DE CARNE DILUATA „DEGRESATA”	COMPOT DE MERE 250ML	POST OPERATOR (PRIMELE 1-2 ZILE), CEATURI INDULCITE, SUPA STRECURATA
PASAT SONDA Cea 2000 CAL	GRIS CU LAPTE 250 ML SANA 175G, OU IBUC, ZEAMA DE OREZ	LAPTE 250ML BISCUITI 50G	SUPA CONCENTRATA 500 L (OU, SMANTANA, OREZ, CARTOFI, MORCOV, TELINA, PATRUNJEL, CARNE) ZEAMA DE OREZ	BRANZA FAGARAS 180G MIERE IBUC	CINA : BISCUITI 50 GR LAPTE 250 ML, OU IBUC

POSSIBILI ALERGENI CARE SE REGASESC IN MENU: LAPTE DE VACA, GLUTENUL DIN GRAU, DRODIA, ALBUS DE OU, GALBENUS DE OU, USTUROI, SOLA, FAINA DE MALAI
PRODUSE CONGELATE DIN MENU- PULPA SUPERIOARA DE PUI, FASOLE VERDE, BABY MORCOV, AMESTEC LEGUME CONGELAT, PIEPT DE CURCAN

MENTURILE SE INCADREAZA IN ALOCATIA PREVAZUTA IN ORDINUL 1489/2022 EMIS DE MIN SANATATII

AS MED PR. DIETETICA
SERBANT NICOLETA