



SPITALUL CLINIC JUDEȚEAN DE URGENȚĂ TÂRGU-MUREȘ
Târgu - Mureș, str. Ghe. Marinescu, nr. 50, Județul Mureș
Tel: 0265 - 212111, 211292, 217235 ; Fax: 0265 - 215768
Operator de date cu caracter personal înregistrat la ANSPDCP sub nr. 26287



BLOC-ALIMENTAR

MENIU FIXAT PE DATA 23.11.2025

REGIM	MIC DEJUN	ORA 10	PRÂNZ	ORA 17	CINĂ
DIABET DIABET-HIPOSDAT Cea2000 CAL	UNT 20 G, BR.FAGARAS IBUC/180G SUNCA DE PUI 100G, MASLINE 30G BR. TOPITA 2BUC, GRAHAM 200G CEAI FAR ZAHAR 300ML	SANA 175G MAR IBUC	CIORBA TARANEASCA DE VACUTA 300ML. COTLET DE PORC LA TAVA 200G/crud 140G/rep CUS-CUS CU LEGUME 150G SALATA DE VARZA 100G	SANA 175G	SALAM USCAT 100G CASCAYAL 100G UNT 20G, ROSII 100G/80G CEAI FAR ZAHAR 300ML
NEOPLAZIC Cea2500 CAL	UNT 20 G, BR.FAGARAS IBUC/180G SUNCA DE PUI 100G, MASLINE 30G BR. TOPITA 2BUC, CEAI 300ML FRANZELA 300G	BANANA IBUC	CIORBA TARANEASCA DE VACUTA 300ML. COTLET DE PORC LA TAVA 200G/crud 140G/rep CUS-CUS CU LEGUME 250G SALATA DE VARZA 100G	SANA 175G	SALAM USCAT 100G CASCAYAL 100G UNT 20G, ROSII 100G/80G CEAI 300ML
TRANSPLANT Cea2600CAL	OCHURI CU CAS 2BUC MIERE 40G, BRANZA TOPITA 2BUC FRANZELA 300G, CEAI 300ML	COMPOT 250ML EUGENIA IBUC	CIORBA TARANEASCA DE VACUTA 300ML. COTLET DE PORC LA TAVA 200G/crud 140G/rep CUS-CUS CU LEGUME 250G	SANA 175G	PIEPT DE CURCAN LA TAVA 120G/80G CARTOFI NATUR 250G CEAI 300ML
NORMAL, COPII 3-16 INSOTITOR HIPOSDAT Cea2500 CAL	UNT 20 G, BR.FAGARAS IBUC/180G SUNCA DE PUI 60G, MASLINE 30G MIERE 20 G, CEAI 300 ML FRANZELA 300G	BANANA IBUC	CIORBA TARANEASCA DE VACUTA 300ML. COTLET DE PORC LA TAVA 100G/crud 70G/rep CUS-CUS CU LEGUME 250G SALATA DE VARZA 100G	SANA 175G	SALAM USCAT 60G CASCAYAL 50G, ARDEI 50G/35G UNT 20G CEAI 300ML
GARDA Cea2500 CAL	UNT 20 G, BR.FAGARAS IBUC/180G SUNCA DE PUI 60G, MASLINE 30G MIERE 20 G, CEAI 300 ML FRANZELA 300G	BANANA IBUC	CIORBA TARANEASCA DE VACUTA 300ML. COTLET DE PORC LA TAVA 130G/crud 80G/rep CUS-CUS CU LEGUME 250G SALATA DE VARZA 100G	SANA 175G	SALAM USCAT 60G CASCAYAL 50G, ARDEI 50G/35G UNT 20G CEAI 300ML
LAUZE HIPERCALORIC HEPATIC 2400 CAL	UNT 20G, BR.FAGARAS IBUC/180G SUNCA DE PUI 60G, MASLINE 30G MIERE 20 gr. CEAI 300 ML FRANZELA 300G	BANANA IBUC	CIORBA TARANEASCA DE VACUTA 300ML. PIEPT DE CURCAN LA TAVA 100G/crud 70G/rep CUS-CUS CU LEGUME 250G SALATA DE SECEA ROSIE 100G	SANA 175G	SUNCA PRAGA 50G CASCAYAL 50G, ROSII 50G/40G UNT 20G CEAI 300ML
LACTO-FAINOS ULCER F. SARE ULCER -ULCER SIMPLU Cea 2300CAL	UNT 20G, OU 1 BUC, BISCUITI 60G BRANZA FAGARAS IBUC/180G CEAI 300 ML	BUDINCA DE VANILIE 200G	SUPA CU GALUSTE DE GRIS si carne(20g)300 ML. RASOL, DIN PIEPT DE CURCAN 100G/70G CUS-CUS GARNI 250G SOS DE VISINE 100G	SANA 175G	OU IBUC, UNT 20 G, BISCUITI 60G BRANZA FAGARAS IBUC/180G CEAI 300ML
COLECIST Cea2300 CAL	BR. FAGARAS IBUC/180G, MIERE 40G UNT 20G, BISCUITI 50G, CEAI 300 ML FRANZELA 300G	BUDINCA DE VANILIE 200G	SUPA CU GALUSTE DE GRIS 800 ML. RASOL, DIN PIEPT DE CURCAN 100G/70G CUS-CUS GARNI 250G SOS DE VISINE 100G	SANA 175G	BRANZA FAGARAS 1 BUC/180G UNT 20G, GEM 2 BUC CEAI 300ML, BISCUITI 50G
NEFERTIA Cea2200 CAL	BR. FAGARAS IBUC/180G, MIERE 40G UNT 20 G, BISCUITI 50G, CEAI 300ML FRANZELA 300G	BUDINCA DE VANILIE 200G	SUPA CU GALUSTE DE GRIS 800 ML. RASOL, DIN PIEPT DE CURCAN 100G/70G CUS-CUS GARNI 250G SOS DE VISINE 100G	SANA 175G	GEM 2BUC, UNT 20G BRANZA FAGARAS IBUC/180G BISCUITI 50G CEAI 300ML
VEGETARIAN Cea2200 CAL	PATE VEGETAL 1 BUC, MIERE 40G MASLINE 30G, BRUSCHETE CU ROSII CEAI 300ML, FRANZELA 300G	BANANA IBUC	CIORBA TARANEASCA 300ML. CUS-CUS CU LEGUME 300G SALATA DE SECEA ROSIE 100G	MAR IBUC	SALATA DE CARTOFI ORIENTAL 125G CONS. TON IBUC, ROSII 100G/80G CEAI 300ML
COPII 6 LUNI- 1ANI Cea1100 CAL	BISCUITI CU BANANA 200G CEAI 200ML	BUDINCA DE VANILIE 200G	SUPA STRECURATA 100ML. CARTOF PURE 100G, SOS DE VISINE 50G CARNE TOCATA DIN PIEPT CURCAN 100G/70G	SANA 175G	OREZ 50G CU BRANZA FAGARAS 180G CEAI 200 ml
COPII 1-3 ANI Cea1500 CAL	UNT 20G, MIERE 20G, SUNCA DE PUI 40G BR.FAGARAS IBUC/180G LAPTE 200ML, FRANZELA 300G	BANANA IBUC	SUPA CU GALUSTE DE GRIS 200 ml RASOL, PIEPT DE CURCAN 100G/70G CUS-CUS 100G, SOS DE VISINE 50G	SANA 175G	UNT 20 G, SUNCA PRAGA 40G CASCAYAL 40G, ROSII 50G/40G CEAI 200ML



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COLITA Cca2200 CAL	OU IBUC, UNT 20G, TELEMENEA 100G CEAI 300ML, BISCUITI 50G FRANZEIA 300G	ZEAMA DE OREZ 250ML	SUPA CU GALUSTI DE GRIS si carne(20g/300ML, RASOL DIN PIEPT DE CURCAN 100G/70G+prep OREZ FIERT 200G si MORCOV BABY 100G	ZEAMA DE OREZ 250ML	CASCaval. 100G, UNT 20G, OU IBUC BISCUITI 50G CEAI 30ML
INTOLERANTA LA GLUTEN Cca2400 CAL	UNT 20 G, BR.FAGARAS 1BUC/180G SUNCA DE PUI 50G, MASLINE 30G MIERE 20 G, CEAI 300 ML TARTINA DE OREZ 1BUC	BANANA IBUC	GIORBA TARANEASCA DE VACUTA 300ML COTLET DE PORC LA TAVA 100G/crud 70G/100G OREZ CU LEGUME 250G SALATA DE SPECIA ROSIE 100G	SANA 175G	SUNCA PRAGA 50G CASCaval. 50G UNT 20 G, ROSII 50G/40G CEAI 300ML
INTOLERANTA LA LACTOZA Cca 2300 CAL	SUNCA DE PUI 100G MIERE 40G, MASLINE 30G FRANZEIA 300G, CEAI 300ML	BANANA IBUC	GIORBA TARANEASCA DE VACUTA 300ML COTLET DE PORC LA TAVA 100G/crud 70G/100G CUS-CUS CU LEGUME 250G SALATA DE SPECIA ROSIE 100G	MAR IBUC	ROSII 50G/40G, OU IBUC SUNCA PRAGA 50G GEM 2BUC CEAI 300ML
PASAT SONDA Cca2000CAL	BUDINCA DE VANILIE 200ML SANA 175G/IBUC, OU IBUC, ZEAMA DE OREZ	LAPTEE 250ML BISCUITI 50G	=SUPA CONCENTRATA 500 L (OU, SMANTANA OREZ, UNT, CARTOFI, MORCOV, PATEUNJEL, TELINA, CARNE) ZEAMA DE OREZ	BR. FAGARA S IB, MIERE 1 BUC	CINA -BISCUITI 50G LAPTEE 250ML, OU IBUC
HIDRICI Cca1600 CAL	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREE ACUTA, CEAIURI INDULCITE 300ML	ZEAMA DE OREZ 250ML	SUPA LIMPEZI DE LEGUME / DE CARNE DILUATA „DEGRESATA” 300ML	ZEAMA DE OREZ 250ML	POST OPERATOR (PRIMELE 1-2 ZILE), DIAREE ACUTA, CEAIURI INDULCITE SUPA STRECURATA 250ML

POSSIBILI ALERGENI CARE SE REGASESC IN MENU: LAPTE DE VACA, GLUTENUL, DIN GRAU, DROJDIA, ALBUS DE OU, GALBENUS DE OU, USTUROI, SOLA, FAINA DE MALAI.

MENIURILE SE INCADREAZA IN ALOCATIA PREVAZUTA IN ORDINUL 1488/2022 EMIS DE MIN.SANATATII.

AS.MED. PR. DE DIETETICA
SERBANAI NICOLETA

