



**Spitalul de Psihiatrie Tulgheș**  
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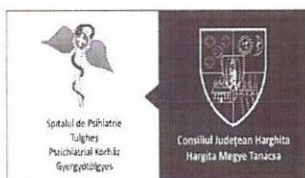
**MENIUL ZILEI : LUNI-II DATA 9-II 2026**  
**PACIENTI/ APARTINATORI/ MEDICI DE GARDA**

| REGIM      | DIMINEATA                                                       | PRANZ                                                                                                 | SEARA                                                               |
|------------|-----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| COMUN      | TOBA 100G<br>MARGARINA20G<br>mustar,paine 100G,<br>Ceai. 300G   | CIORBA DE FASOLE<br>VERDE 350G<br>CHIFTELUTE 120G CU<br>GARNITURA DE OREZ<br>300G<br>GOGOSI VANILIE   | PASTE FAINOASE CU<br>BRANZA 350G<br>BULGARASI CU<br>BRANZA<br>PAINE |
| DIABET     | TOBA120G<br>mustar,paine,50G<br>Ceai fara zahar.300G            | CIORBA DE FASOLE<br>VERDE<br>CHIFTELUTE 140G CU<br>GARNITURA DE OREZ<br>300G<br>STRUDEL CU MERE       | Carnati , branza topita<br>PAINE iaurt                              |
| GASTRIC    | Polonez100G(/parizer),<br>margarina, 20G<br>Paine100G,ceai300G. | 1 CIORBA DE FASOLE<br>VERDE 350G<br>CHIFTELUTE 120G CU<br>GARNITURA DE OREZ<br>300g GOGOSI CU VANILIE | PASTE FAINOASE CU<br>BRANZA 350G<br>BULGARASI CU<br>BRANZA<br>PAINE |
| HEPATIC    | Polonez(/parizer)100G,<br>margarina20G<br>Paine,100G ceai.300G  | CIORBA DE FASOLE<br>VERDE 350G<br>CHIFTELUTE 120G CU<br>GARNITURA DE<br>OREZ300G GOGOSI CU<br>VANILIE | PASTE FAINOASE CU<br>BRANZA 350G<br>BULGARASI CU<br>BRANZA<br>PAINE |
| HIDRIC     | Paine prajita ,ceai                                             | 1.Orez fiert cu sare<br>2.ceai                                                                        | Paine prajita                                                       |
| MIXT PASAT | Orez cu lapte                                                   | Supa crema de orez cu ficat<br>de pui si ou                                                           | Gris cu lapte                                                       |
| HIPOSODAT  | Regim comun fara<br>adaos de sare                               | Regim comun fara adaos de<br>sare                                                                     | Regim comun fara adaos<br>de sare                                   |

Sectia 6 CRONICI va primi in loc de toba polonez (/cremvursti) si la prinz  
 pilaf cu carne de pui in loc de mazare cu carne SUPLIMENT 1 buc iaurt, 1 ou  
 fiert

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**MENIUL ZILEI : MARTI- II.DATA 10 II 2026**  
 PACIENTI/ APARTINATORI/ MEDICI DE GARDA

| REGIM      | DIMINEATA                                       | PRANZ                                                                                                     | SEARA                                              |
|------------|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------|
| COMUN      | PARIZER 100G<br>PAINE 120G<br>UNT 20G CEAI 300G | 1 SUPA DE FIDEA 350G<br>IAHNIE DE FASOLE<br>BOABE CU 300G<br>COSTITA/CARNATI 100G<br>PAINE 100G<br>BRIOSE | TOCANA DE CARTOFI<br>CU CARNATI 350G<br>PAINE 100G |
| DIABET     | PARIZER 120G<br>PAINE 50G UNT 20G<br>CEAI 300G  | PAINE 50G<br>1 SUPA DE FIDEA<br>IAHNIE DE FASOLE<br>BOABE 300G CU<br>COSTITA/CARNATI 140G<br>CORN CU MAC  | TOCANA DE CARTOFI<br>CU CARNATI 350G<br>PAINE 50G  |
| GASTRIC    | PARIZER 100G<br>PAINE 100G<br>UNT 20G CEAI 300G | 1 SUPA DE FIDEA 350G<br>PIURE DE CARTOFI 300G<br>CU PULPE PUI 200G<br>PAINE 100G                          | TOCANA DE CARTOFI<br>CU CARNATI PAINE              |
| HEPATIC    | PARIZER 100G<br>PAINE 100G<br>UNT 20G CEAI 300G | 1 SUPA DE FIDEA 350G<br>PAINE 100G<br>PIURE DE CARTOFI<br>300G CU PULPE PUI 200G                          | TOCANA DE CARTOFI<br>CU CARNATI PAINE              |
| HIDRIC     | Paine prajita, ceai                             | 1 SUPA DE PASTE<br>SUPA CREMA CARTOFI<br>OU PATEU                                                         | Paine prajita                                      |
| MIXT PASAT | Orez cu lapte                                   | Supa crema de cartofi cu<br>oua si pateu                                                                  | Gris cu lapte                                      |
| HIPOSODAT  | Regim comun fara<br>adaos de sare               | Regim comun fara adaos de<br>sare                                                                         | Regim comun fara adaos<br>de sare                  |

LA SECTIA VI CR. SUPLIMENT 100 IAURT 200G

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**MENIUL ZILEI: MIERCURI 11 II 2026**  
**PACIENTI/ APARTINATORI/ MEDICI DE GARDA**

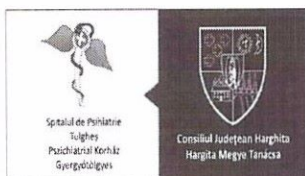
| REGIM      | DIMINEATA                                                  | PRANZ                                                                                             | SEARA                                                |
|------------|------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------|
| COMUN      | PAINE 120G<br>SUNCA PUI 100G<br>MARGARINA 20G<br>CEAI 300G | CIORBA A LA GREC<br>350g<br>LEGUME TRASE LA<br>TIGAE 300 CU<br>FRIPTURA DE PUI 120G<br>PAINE 120G | MAMALIGA 250G CU<br>BRANZA 100<br>IAURT200 PAINE 50G |
| DIABET     | SUNCA PUI 120G<br>PAINE 50G MARG<br>20G CEAI 300           | CIORBA A LA GREC350<br>LEGUME TRASE LA<br>TIGAE 300G CU<br>FRIPTURA DE PUI 160G<br>PAINE 60G      | MAMALIGA 250G CU<br>BRANZA 120G<br>IAURT 200G        |
| GASTRIC    | PAINE 120G SUNCA<br>PUI 100G<br>MARGARINA 20G<br>CEAI 300G | CIORBA A LA GREC350<br>LEGUME TRASE LA<br>TIGAE 300G CU<br>FRIPTURA DE PUI 120G<br>PAINE          | MAMALIGA 250G CU<br>BRANZA 100<br>IAURT200 PAINE 50G |
| HEPATIC    | PAINE 120G SUNCA<br>PUI 100G<br>MARGARINA 20G<br>CEAI 300G | CIORBA A LA GREC<br>350G PAINE<br>LEGUME TRASE LA<br>TIGAE 300G CU<br>FRIPTURA DE PUI 120G        | MAMALIGA 250G<br>CU BRANZA 100<br>IAURT200 PAINE 50G |
| HIDRIC     | Paine prajita ,ceai                                        | 1.Orez fiert cu sare<br>2.ceai                                                                    | Paine prajita ,ceai                                  |
| MIXT-PASAT | Orez cu lapte                                              | Supa crema de cartofi cu<br>oua si pateu                                                          | Gris cu lapte                                        |
| HIPOSODAT  | Regim comun fara<br>adaos de sare                          | Regim comun fara adaos<br>de sare                                                                 | Regim comun fara<br>adaos de sare                    |

SECTIA VI CR SUPLIMENT 1 IAURT 200G 1 OU

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**MENIUL ZILEI : SAPT II JOI 12 II 2026**  
**PACIENTI / APARTINATORI /MEDICI DE GARDA**

| REGIM      | DIMINEATA                                              | PRANZ                                                                    | SEARA                                                               |
|------------|--------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------|
| COMUN      | SALAM,100G unt. 20G<br>Paine 120G ceai300G             | 1.Bors rusesc350G<br>2 VARZA A LA CLUJ<br>350G<br>SALAM CU BISCUITI      | PATE DE FICAT100G,<br>OU FIERT<br>PAINE 100G CEAI 150G              |
| DIABET     | SALAM 120G unt<br>20G paine 50Gceai fara<br>zahar 300G | 1 Bors rusesc350G<br>2 VARZA A LA CLUJ<br>350G<br>SALAM CU BISCUITI<br>2 | PATE DE FICAT100G,<br>OU FIERT<br>PAINE 100G CEAI<br>FARA ZAHAR150G |
| GASTRIC    | SALAM,100G unt.<br>20G Paine 120G<br>ceai300G          | 1. Bors RUSESC350G<br>2 PIURE DE CARTOFI<br>CU PULPE PUI 350G            | PATE DE<br>FICAT100G, OU FIERT<br>PAINE 100G CEAI 150G              |
| HEPATIC    | SALAM,100G unt. 20G<br>Paine 120G ceai300G             | 1Bors rusesc<br>2 PIURE DE CARTOFI<br>CU PULPA PUI350G                   | PATE DE FICAT100G,<br>OU FIERT<br>PAINE 100G CEAI 150G              |
| HIDRIC     | Paine prajita ,ceai                                    | 1.Orez fiert cu sare                                                     | Paine prajita ,ceai                                                 |
| MIXT-PASAT | Orez cu lapte                                          | Supa crema de cartofi cu<br>oua si pateu                                 | Gris cu lapte                                                       |
| HIPOSODAT  | Regim comun fara<br>adaos de sare                      | Regim comun fara adaos<br>de sare                                        | Regim comun fara adaos<br>de sare                                   |

LA SECTIA VI CR SUPLIMENT 1OU, 1AURT 200GPATE DE PORC 200G/ZI

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**MENIUL ZILEI :VINERI-II. DATA 13 II 2026**

PACIENTI/ APARTINATORI/ MEDICI DE GARDA

| REGIM      | DIMINEATA                                                                 | PRANZ                                                                                              | SEARA                                           |
|------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------|
| COMUN      | PARIZER 100G<br>Margarina20G<br>ceai,300G paine120G                       | SUPA DE ROSII 350G<br>PIURE CE CARTOFI<br>250 G CU CARNATI<br>100G PAINE 100G<br>SALAM CU BISCUITI | TAITEI CU PESMET<br>300G<br>PAINE 50G , COMPOT  |
| DIABET     | PARIZER120G<br>margarina 20 ceai<br>300Gfara<br>zahar,mustar,paine<br>50G | SUPA DE ROSII 350G<br>PIIRE DE CARTOFI<br>250G CU CARNATI<br>PRAJITI 140G PAINE<br>50G<br>CORN     | OUA OCHIURI<br>BRANZA TOPITA<br>PAINE 50GCOMPOT |
| GASTRIC    | PARIZER 100G<br>Margarina20G<br>ceai,300G pain120G                        | SUPA DE ROSII 350G<br>PIURE CE CARTOFI<br>250 G CU CARNATI<br>100G PAINE 100G<br>SALAM CU BISCUITI | TAITEI CU PESMET<br>300G<br>PAINE 50G , COMPOT  |
| HEPATIC    | PARIZER 100G<br>Margarina20G<br>ceai,300G paine120G                       | SUPA DE ROSII 350G<br>PIURE CE CARTOFI<br>250 G CU CARNATI<br>100G PAINE 100G<br>SALAM CU BISCUITI | TAITEI CU PESMET<br>300G<br>PAINE 50G , COMPOT  |
| HIDRIC     | Paine prajita ,ceai                                                       | 1.Orez fiert cu sare<br>2.ceai                                                                     | Paine prajita ,ceai                             |
| MIXT PASAT | Orez cu lapte                                                             | Supa crema de cartofi cu<br>oua si pateu                                                           | Gris cu lapte                                   |
| HIPOSODAT  | Regim comun fara<br>adaos de sare                                         | Regim comun fara<br>adaos de sare                                                                  | Regim comun fara adaos<br>de sare               |

LA SECTIA VI CR SUPLIMENT 1 OU IAURT 200G PATE DE PORC 200G

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**MENIUL ZILEI : SAMBATA-II. DATA 14 II 2026**  
**PACIENTI/ APARTINATORI/ MEDICI DE GARDA**

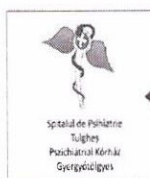
| REGIM      | DIMINEATA                                                          | PRANZ                                                                                                      | SEARA                                                      |
|------------|--------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| COMUN      | Cascaval 100G<br>,margarina20G ceai<br>300G,paine100               | 1CIORBA DE LEGUME<br>350G PAIME 100G<br>2 FICAT DE PUI 100GCU<br>MAMALIGA200G SOS<br>DE USTUROI BANANE     | TOCANITA DE<br>CARTOFI CU<br>CARNATI 350G<br>PAINE50G CEAI |
| DIABET     | Cascaval,120G<br>margarina20G<br>ceai fara zahar<br>300G,paine 60G | 1 CIORBA DE LEGUME<br>350G PAINE 50G<br>2 FICAT DE PUI 120G<br>CU MAMALIGA200G<br>SOS DE USTUROI<br>BANANE | TOCANITA DE<br>CARTOFI CU<br>CARNATI 350G CEAI             |
| GASTRIC    | Cascaval 100G<br>,margarina20G ceai<br>300G,paine100               | CIORBA DE LEGUME<br>350G PAINE 100G<br>2 FICAT DE PUI 100G<br>CU MAMALIGA200G<br>SOS DE USTUROI<br>BANANE  | TOCANITA DE<br>CARTOFI CU<br>CARNATI 350G<br>PAINE50G CEAI |
| HEPATIC    | Cascaval 100G<br>,margarina20G ceai<br>300G,paine100               | CIORBA DE LEGUME<br>350G PAINE 100G<br>2 FICAT DE PUI 100G<br>CU MAMALIGA200G<br>SOS DE USTUROI<br>BANANE  | TOCANITA DE<br>CARTOFI CU<br>CARNATI PAINE 100G<br>CEAI    |
| HIDRIC     | Paine prajita,ceai                                                 | 1.Orez fiert<br>2.Ceai                                                                                     | Paine prajita                                              |
| MIXT PASAT | Orez cu lapte                                                      | Supa crema de cartofi cu<br>pateu si ou                                                                    | Gris cu lapte                                              |
| HIPOSODAT  | Regim comun fara<br>adaos de sare                                  | Regim comun fara adaos de<br>sare                                                                          | Regim comun fara adaos<br>de sare                          |

LA SECTIA VI CR SUPLIMENT IOU IAURT 200G PATE DE PORC 200G

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**MENIUL ZILEI: DUMINICA –II. DATA 12 II 2026**  
**PACIENTI, APARTINATORI, MEDICI DE GARDA**

| REGIM      | DIMINEATA                                                          | PRANZ                                                                                              | SEARA                                                          |
|------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| COMUN      | Sunca praga<br>100Gmustar,<br>Unt 20G,paine, 100G<br>Ceai .        | 1.Ciorba DE ZARZAVAT<br>350G<br>2 PAPRICAS PULPE PUI<br>220G CU CARTOFI NATUR<br>200G<br>PRAJITURA | COSTITA FARA .OS<br>100G brinza topita,28G<br>Paine.100G CEAI  |
| DIABET     | Sunca praga120G ,<br>Paine 60G,ceai fara<br>zahar<br>Margarina.20G | 1 Ciorba DE ZARZAVAT<br>350G<br>2 PAPRICAS PULPE PUI<br>220G CU CARTOFI NATUR<br>200 G PRAJITURA   | , COSTITA FARA .OS<br>120G brinza topita,28G<br>Paine50G. CEAI |
| GASTRIC    | Sunca praga<br>100Gmustar,<br>Unt 20G,paine, 100G<br>Ceai .        | 1 Ciorba DE ZARZAVAT<br>350G<br>2 PAPRICAS PULPE PUI<br>2000G CU CARTOFI NATUR<br>200G PRAJITURA   | COSTITA FARA .OS<br>100G brinza topita,28G<br>Paine.100G CEAI  |
| HEPATIC    | Sunca praga<br>100Gmustar,<br>Unt 20G,paine, 100G<br>Ceai .        | Ciorba DE ZARZAVAT 350G<br>2 PAPRICAS PULPE PUI<br>200G CU CARTOFI NATUR<br>200G PRAJITURA         | COSTITA FARA .OS<br>100G brinza topita,28G<br>Paine.100G CEAI  |
| HIDRIC     | Paine prajita,ceai                                                 | 1.Orez fiert cu sare<br>2.Ceai                                                                     | Paine prajita,ceai                                             |
| MIXT PASAT | Orez cu lapte                                                      | Supa crema de cartofi cu pateu<br>si ou                                                            | Gris cu lapte                                                  |
| HIPOSODAT  | Regim comun fara<br>adaos de sare                                  | Regim comun fara adaos de<br>sare                                                                  | Regim comun fara adaos de<br>sare                              |

LA SECTIA VI VOR PRIMI POLONEZI IN LOC DE COSTITA F OS

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