



Spitalul de Psihiatrie Tulgheș
Pszichiátriai Kórház Gyergyótölgyes
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Nr. _____ / _____

MENIUL ZILEI: DUMINICA –II. DATA 1 I 2026
PACIENTI , APARTINATORI, MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	SALAM CU SUNCAmustar, Unt ,paine, Ceai .	1.CIORBA TARANESCA PIURE DE CARTOFI CU CARNATI PRAJITI COZONAC PAINE	PATE OU FIERT PAINE CEAI
DIABET	SALAM CU SUNCAmustar, Unt ,paine, Ceai .	1.CIORBA TARANESCA PIURE DE CARTOFI CU CARNATI PRAJITI COZONAC PAINE	, PATE OU FIERT PAINE CEAI
GASTRIC	SALAM CU SUNCAmustar, Unt ,paine, Ceai .	1.CIORBA TARANESCA PIURE DE CARTOFI CU CARNATI PRAJITI COZONAC PAINE	, PATE OU FIERT PAINE CEAI
HEPATIC	SALAM CU SUNCAmustar, Unt ,paine, Ceai .	1.CIORBA TARANESCA PIURE DE CARTOFI CU CARNATI PRAJITI COZONAC PAINE	PATE OU FIERT PAINE CEAI
HIDRIC	Paine prajita,ceai	1.Orez fiert cu sare 2.Ceai	Paine prajita,ceai
MIXT PASAT	Orez cu lapte	Supa crema de cartofi cu pateu si ou	Gris cu lapte
HIPOSODAT	Regim comun fara adaos de sare	Regim comun fara adaos de sare	Regim comun fara adaos de sare

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

INTOCMIT:
 AS. **SANDU ADRIANA**





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MENIUL ZILEI :VINERI-II. DATA 2 I 2026

PACIENTI/ APARTINATORI/ MEDICI DE GARDA

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

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

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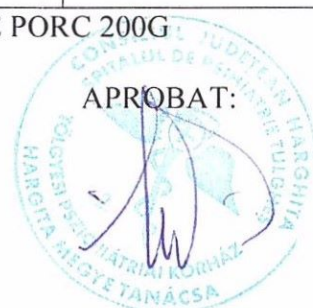


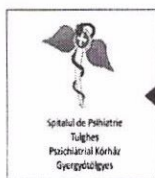
MENIUL ZILEI : SAMBATA-II. DATA 3 I 2026
PACIENTI/ APARTINATORI/ MEDICI DE GARDA

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

LA SECTIA VI CR SUPLIMENT 10U IAURT 200G PATE DE PORC 200G

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MENIUL ZILEI: DUMINICA –II. DATA 4 I 2026
PACIENTI , APARTINATORI, MEDICI DE GARDA

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

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

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