



Spitalul de Psihiatrie Tulgheș
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MENIUL ZILEI : LUNI-II DATA 12 I 2026
PACIENTI/ APARTINATORI/ MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	TOBA 100G MARGARINA20G mustar,paine 100G, Ceai. 300G	CIORBA DE FASOLE VERDE 350G CHIFTELUTE 120G CU GARNITURA DE OREZ 300G GOGOSI VANILIE	PASTE FAINOASE CU BRANZA 350G BULGARASI CU BRANZA PAINE
DIABET	TOBA120G mustar,paine,50G Ceai fara zahar.300G	CIORBA DE FASOLE VERDE CHIFTELUTE 140G CU GARNITURA DE OREZ 300G STRUDEL CU MERE	Carnati , branza topita PAINE iaurt
GASTRIC	Polonez100G(/parizer), margarina, 20G Paine100G,ceai300G.	1 CIORBA DE FASOLE VERDE 350G CHIFTELUTE1 20G CU GARNITURA DE OREZ GOGOSI CU VANILIE	PASTE FAINOASE CU BRANZA 350G BULGARASI CU BRANZA PAINE
HEPATIC	Polonez(/parizer)100G, margarina20G Paine,100G ceai.300G	CIORBA DE FASOLE VERDE 350G CHIFTELUTE 120GCU GARNITURA DE OREZ300G GOGOSI CU VANILIE	PASTE FAINOASE CU BRANZA 350G BULGARASI CU BRANZA PAINE
HIDRIC	Paine prajita ,ceai	1.Orez fiert cu sare 2.ceai	Paine prajita
MIXT PASAT	Orez cu lapte	Supa crema de orez cu ficat de pui si ou	Gris cu lapte
HIPOSODAT	Regim comun fara adaos de sare	Regim comun fara adaos de sare	Regim comun fara adaos 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, 1ou
 fiert

INTOCMIT:
 AS. SANDU ADRIANA

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MENIUL ZILEI : MARTI- II.DATA 13 I 2026
 PACIENTI/ APARTINATORI/ MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	PARIZER 100G PAINE 120G UNT 20G CEAI 300G	1 SUPA DE FIDEA 350G IAHNIE DE FASOLE BOABE CU 300G COSTITA/CARNATI 100G PAINE 100G BRIOSE	TOCANA DE CARTOFI CU CARNATI 350G PAINE 100G
DIABET	PARIZER 120G PAINE 50G UNT 20G CEAI 300G	PAINE 50G 1 SUPA DE FIDEA IAHNIE DE FASOLE BOABE 300G CU COSTITA/CARNATI 140G CORN CU MAC	TOCANA DE CARTOFI CU CARNATI 350G PAINE 50G
GASTRIC	PARIZER 100G PAINE 100G UNT 20G CEAI 300G	1 SUPA DE FIDEA 350G PIURE DE CARTOFI 300G CU PULPE PUI 200G PAINE 100G	TOCANA DE CARTOFI CU CARNATI PAINE
HEPATIC	PARIZER 100G PAINE 100G UNT 20G CEAI 300G	1 SUPA DE FIDEA 350G PAINE 100G PIURE DE CARTOFI 300G CU PULPE PUI 200G	TOCANA DE CARTOFI CU CARNATI PAINE
HIDRIC	Paine prajita, ceai	1 SUPA DE PASTE SUPA CREMA CARTOFI OU PATEU	Paine prajita
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 10U 1AURT 200G

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MENIUL ZILEI : MIERCURI 14 I 2021
 PACIENTI/ APARTINATORI/ MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	PAINE 120G SUNCA PUI 100G MARG 20G CEAI	CIORBA A LA GREC350G FRIPTURA PULPE PUI 130G CU CARTOFI PIURE2000G PAINE 100G RULADA	MAMALIGA CU BRANZA 350G IAURT PAINE60G
DIABET	SUNCA PUI120G PAINE60G MARG20G CEAI	CIORBA A LA GREC350G FRIPTURA PULPE PUI150G CU CARTOFI PIURE200G PAINE 50G RULADA	MAMALIGA CU BRANZA 350G IAURT PAINE50G
GASTRIC	PAINE 120G SUNCA PUI 100G MARG 20G CEAI	CIORBA A LA GREC350G FRIPTURA PULPE PUI 130G CU CARTOFI PIURE2000G PAINE 100G RULADA	MAMALIGA CU BRANZA 350G IAURT PAINE
HEPATIC	PAINE 120G SUNCA PUI 100G MARG 20G CEAI	CIORBA A LA GREC350G FRIPTURA PULPE PUI 130G CU CARTOFI PIURE2000G PAINE 100G RULADA	MAMALIGA CU BRANZA 350G IAURT PAINE
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 10U IAURT200G PATE DE PORC 200G/ZI

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MENIUL ZILEI : SAPT II JOI 15 I 2026
PACIENTI / APARTINATORI / MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	SALAM,100G unt. 20G Paine 120G ceai300G	1.Bors rusesc350G 2 VARZA A LA CLUJ 350G SALAM CU BISCUITI	PATE DE FICAT100G, OU FIERT PAINE 100G CEAI 150G
DIABET	SALAM 120G unt 20G paine 50Gceai fara zahar 300G	1 Bors rusesc350G 2 VARZA A LA CLUJ 350G SALAM CU BISCUITI 2	PATE DE FICAT100G, OU FIERT PAINE 100G CEAI FARA ZAHAR150G
GASTRIC	SALAM,100G unt. 20G Paine 120G ceai300G	1. Bors RUSESC350G 2 PIURE DE CARTOFI CU PULPE PUI 350G	PATE DE FICAT100G, OU FIERT PAINE 100G CEAI 150G
HEPATIC	SALAM,100G unt. 20G Paine 120G ceai300G	1Bors rusesc 2 PIURE DE CARTOFI CU PULPA PUI350G	PATE DE FICAT100G, OU FIERT 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 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 1OU, IAURT 200GPATE DE PORC 200G/ZI

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MENIUL ZILEI :VINERI-II. DATA 16 I 2026

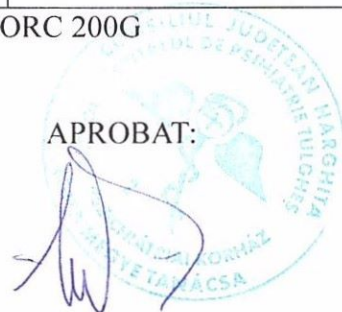
PACIENTI/ APARTINATORI/ MEDICI DE GARDA

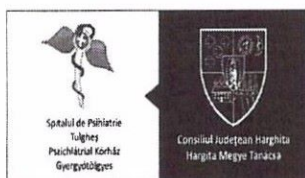
REGIM	DIMINEATA	PRANZ	SEARA
COMUN	PARIZER 100G Margarina20G ceai,300G paine120G	SUPA DE ROSII 350G PIURE CE CARTOFI 250 G CU CARNATI 100G PAINE 100G SALAM CU BISCUITI	TAITEI CU PESMET 300G PAINE 50G , COMPOT
DIABET	PARIZER120G margarina 20 ceai 300Gfara zahar,mustar,paine 50G	SUPA DE ROSII 350G PIIRE 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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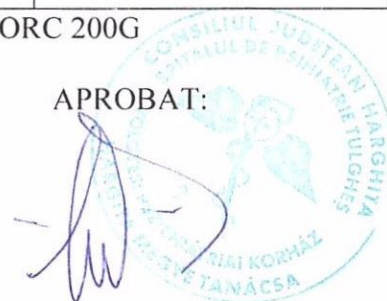
MENIUL ZILEI : SAMBATA-II. DATA 17 I 2026
PACIENTI/ APARTINATORI/ MEDICI DE GARDA

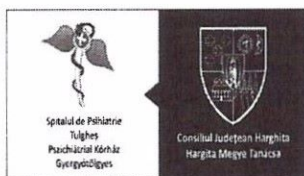
REGIM	DIMINEATA	PRANZ	SEARA
COMUN	Cascaval 100G ,margarina20G ceai 300G,paine100	1CIORBA DE LEGUME 350G PAIME 100G 2 FICAT DE PUI 100GCU MAMALIGA200G SOS DE USTUROI BANANE	TOCANITA DE CARTOFI CU CARNATI 350G PAINE50G CEAI
DIABET	Cascaval,120G margarina20G ceai fara zahar 300G,paine 60G	1 CIORBA DE LEGUME 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 IOU IAURT 200G PATE DE PORC 200G

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MENIUL ZILEI: DUMINICA –II. DATA 18 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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