



Spitalul de Psihiatrie Tulgheș
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MENIUL ZILEI : LUNI-II DATA 26 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 CHIFTELUTE 120G CU GARNITURA DE OREZ 300g 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 120G CU 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

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 AS. SANDU ADRIANA





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MENIUL ZILEI : MARTI- II.DATA 27 I 2026
PACIENTI/ APARTINATORI/ MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	PARIZER 100G PAINE120G UNT 20G CEAI 300G	1 SUPA DE FIDEA350G IAHNIE DE FASOLE BOABE CU 300G COSTITA/CARNATI 100G PAINE 100G BRIOSE	TOCANA DE CARTOFI CU CARNATI 350G PAINE 100G
DIABET	PARIZER120G PAINE50G 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 PAINE100G UNT20G CEAI 300G	1 SUPA DE FIDEA350G PIURE DE CARTOFI 300G CU PULPE PUI 200G PAINE 100G	TOCANA DE CARTOFI CU CARNATI PAINE
HEPATIC	PARIZER 100G PAINE100G UNT20G CEAI 300G	1 SUPA DE FIDEA350G PAINE 100G PIURE DE CARTOFI 300GCU 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 IOU IAURT 200G

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MENIUL ZILEI : MIERCURI 28 I 2026
PACIENTI/ APARTINATORI/ MEDICI DE GARDA

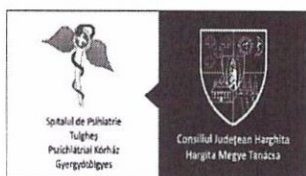
REGIM	DIMINEATA	PRANZ	SEARA
COMUN	PAINE 100G SUNCA PUI 100G MARGARINA 20G CEAI 300G	CIORBA A LA GREC 350g LEGUME TRASE LA TIGAE 300 CU FRIPTURA DE PUI 120G	MAMALIGA 250G CU BRANZA 100 IAURT200 PAINE 50G
DIABET	SUNCA PUI 120G PAINE 50G MARG 20G CEAI 300	CIORBA A LA GREC350 LEGUME TRASE LA TIGAE 300G CU FRIPTURA DE PUI 160G	MAMALIGA 250G CU BRANZA 120G IAURT 200G
GASTRIC	PAINE 100G SUNCA PUI 100G MARGARINA 20G CEAI 300G	CIORBA A LA GREC350 LEGUME TRASE LA TIGAE 300G CU FRIPTURA DE PUI 120G	MAMALIGA 250G CU BRANZA 100 IAURT200 PAINE 50G
HEPATIC	PAINE 100G SUNCA PUI 100G MARGARINA 20G CEAI 300G	CIORBA A LA GREC350G LEGUME TRASE LA TIGAE300G CU FRIPTURA DE PUI 120G	MAMALIGA 250G CU BRANZA 100 IAURT200 PAINE 50G
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

SECTIA VI CR SUPLIMENT 1 IAURT 200G 1 OU

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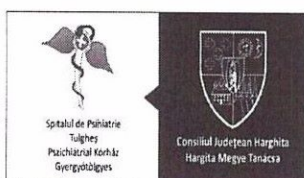
MENIUL ZILEI : MIERCURI -I. DATA 27 I 2026
PACIENTI/ APARTINATORI/ MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	SUNCA PUIB 100G mustar unt20G,paine,120G Ceai.300G	BORS FASOLE BOABE 350G PAINE 100G Chiftelute marinate120G cu paste fainoare 200G PAINE 100G CORN UMPLUT	CARTOFI FRANTUZESTI ,300G PAINE 60G IAURT
DIABET	Sunca pui120G ,mustar , Unt20G, PAINE 60G Ceai fara zahar.	BORS FASOLE BOABE Chiftelute marinate140G cu paste fainoare 200G FOIETAJ	CARTOFI FRANTUZESTI ,300G PAINE 50G IAURT
GASTRIC	SUNCA PUIB 100G mustar unt20G,paine,120G Ceai.300G	BORS FASOLE BOABE 350G PAINE 100G Chiftelute marinate120G cu paste fainoare 200G PAINE 100G CORN UMPLUT	CARTOFI FRANTUZESTI ,300G PAINE 60G IAURT
HEPATIC	SUNCA PUIB 100G mustar unt20G,paine,120G Ceai.300G	BORS FASOLE BOABE 350G PAINE 100G Chiftelute marinate120G cu paste fainoare 200G PAINE 100G CORN UMPLUT	. CARTOFI FRANTUZESTI ,300G PAINE 60G IAURT
HIDRIC	Paine prajita ,ceai	1.Orez fiert cu sare 2.ceai	Paine prajita ,ceai
MIXT PASAT	Orez cu lapte	Supa crema de cartofi Cu ou si pateu	Gris cu lapte
HIPOSODAT	Regim comun fara adaos de sare	Regim comun fara adaos de sare	Regim comun fara adaos de sare

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MENIUL ZILEI : SAPT II JOI 29 I 2026
PACIENTI / APARTINATORI /MEDICI DE GARDA

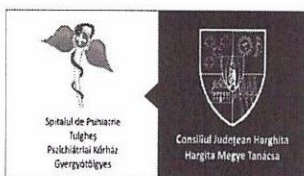
REGIM	DIMINEATA	PRANZ	SEARA
COMUN	SALAM,100G unt. 20G Paine 120G ceai300G	1.Bors rusesc350G 2 VARZA A LA CLUJ 350G SALAM CU BISCUITI	PATE DE FICAT100G, OU FIERT PAINE 100G CEAI 150G
DIABET	SALAM 120G unt 20G paine 50Gceai fara zahar 300G	1 Bors rusesc350G 2 VARZA A LA CLUJ 350G SALAM CU BISCUITI 2	PATE 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, 1AURT 200GPATE DE PORC 200G/ZI

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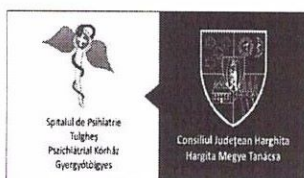
MENIUL ZILEI :VINERI-II. DATA 30 I 2026
PACIENTI/ APARTINATORI/ MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	TELEMEA 100G margarina 20G ceai,paine120G	SUPA DE ROSII 350G PIREU DE CARTOFI 200GCU CARNATI PRAJITI 100G SALAM CU BISCUITI PAINE 100G	TAITEI CU PESMET 300G PAINE 60G CEAI
DIABET	TELEMEA margarina ceai fara zahar,mustar,paine	SUPA DE ROSII 350G PIREU DE CARTOFI200G CU CARNATI PRAJITI 120G PAINE 50G	OUA OCHI BRANZA TOPITA 28 G PAINE50G CEAI
GASTRIC	TELEMEA 100G margarina 20G ceai,paine120G	SUPA DE ROSII 350G PIREU DE CARTOFI 200GCU CARNATI PRAJITI 100G SALAM CU BISCUITI PAINE 100G	TAITEI CU PESMET 300G PAINE 60G CEAI
HEPATIC	TELEMEA 100G margarina 20G ceai,paine120G	SUPA DE ROSII 350G PIREU DE CARTOFI 200GCU CARNATI PRAJITI 100G SALAM CU BISCUITI PAINE 100G	TAITEI CU PESMET 300G PAINE 60G 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 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

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MENIUL ZILEI : SAMBATA-II. DATA 31 I 2026
PACIENTI/ APARTINATORI/ MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	Cascaval 100G ,margarina20G ceai 300G,paine100	1 CIORBA 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 10U IAURT 200G PATE DE PORC 200G

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MENIUL ZILEI: DUMINICA –II. DATA 1 II 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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AS. **SANDU ADRIANA**

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