

MENIUL ZILEI : LUNI-II DATA 29 VI 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 |

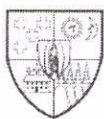
Sectia 6 CRONICI va primi in loc de toba polonez (/cremvursti) si la prinz pilaf cu carne de pui in loc de mazare cu carne SUPLIMENT 1 buc iaurt, 1ou fiert

INTOCMIT:
AS. SANDU ADRIANA



APROBAT:



CONSILIUL JUDEȚEAN HARGHITA
HARGHITA MEGYE TANÁCSA



Spitalul de Psihiatrie Tulgheș
Gyergyótölgyesi Pszichiátriai Kórház



MENIUL ZILEI : MARTI- II.DATA 30 VI 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 1OU IAURT 200G

INTOCMIT:
AS. SANDU ADRIANA

APROBAT:



MENIUL ZILEI : MIERCURI 1 VII 2026
PACIENTI/ APARTINATORI/ MEDICI DE GARDA

| REGIM | DIMINEATA | PRANZ | SEARA |
|------------|--|---|--|
| COMUN | PAINE 120G SUNCA PUI 100G MARGARINA 20G CEAI 300G | CIORBA A LA GREC 350g LEGUME TRASE LA TIGAE 300 CU FRIPTURA DE PUI 120G PAINE 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 PAINE 60G | MAMALIGA 250G CU BRANZA 120G IAURT 200G |
| GASTRIC | PAINE 120G SUNCA PUI 100G MARGARINA 20G CEAI 300G | CIORBA A LA GREC350 LEGUME TRASE LA TIGAE 300G CU FRIPTURA DE PUI 120G PAINE | MAMALIGA 250G CU BRANZA 100 IAURT200 PAINE 50G |
| HEPATIC | PAINE 120G SUNCA PUI 100G MARGARINA 20G CEAI 300G | CIORBA A LA GREC 350G PAINE LEGUME TRASE LA TIGAE 300G 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

INTOCMIT:
AS SANDU ADRIANA




MENIUL ZILEI : SAPT II JOI 2 VII 2026
PACIENTI / APARTINATORI /MEDICI DE GARDA

| REGIM | DIMINEATA | PRANZ | SEARA |
|------------|--|--|---|
| COMUN | SALAM,100G unt. 20G Paine 120G ceai300G | 1.Bors rusesc 350G 2 VARZA A LA CLUJ 350G SALAM CU BISCUITI PAINE | PATE DE FICAT100G, OU FIERT PAINE 100G CEAI 150G |
| DIABET | SALAM 120G unt 20G paine 50Gceai fara zahar 300G | 1 Bors rusesc 350G 2 VARZA A LA CLUJ 350G SALAM CU BISCUITI PAINE | PATE DE FICAT100G, OU FIERT PAINE 100G CEAI FARA ZAHAR150G |
| GASTRIC | SALAM,100G unt. 20G Paine 120G ceai300G | 1. Bors RUSESC 350G 2 PIURE DE CARTOFI CU PULPE PUI 350G 3 PAINE | 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 SALAM CU BISCUITI PAINE | 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 IOU, IAURT 200GPATE DE PORC 200G/ZI

INTOCMIT:
As . SANDU ADRIANA



APROBAT:




MENIUL ZILEI :VINERI-II. DATA 3 VII 2026

PACIENTI/ APARTINATORI/ MEDICI DE GARDA

| REGIM | DIMINEATA | PRANZ | SEARA |
|------------|--|--|---|
| COMUN | TELEMEA100G 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 | TELEMEA120G 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 | TELEMEA 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 | TELEMEA 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 I OU IAURT 200G PATE DE PORC 200G

INTOCMIT:
AS SANDU ADRIANA



APROBAT:




MENIUL ZILEI : SAMBATA-II. DATA 4 VII 2026
PACIENTI/ APARTINATORI/ MEDICI DE GARDA

| REGIM | DIMINEATA | PRANZ | SEARA |
|------------|--|--|---|
| COMUN | Cascaval 100G ,margarina20G ceai 300G ,paine120 | 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 PAINE 50G |
| GASTRIC | Cascaval 100G ,margarina20G ceai 300G, paine120G | 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 ,paine120G | CIORBA DE LEGUME 350G PAINE 100G 2 FICAT DE PUI 100G CU MAMALIGA200G SOS DE USTUROI BANANE | TOCANITA DE CARTOFI CU CARNATI PAINE 50G 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 PATEU DE PORC 200G

INTOCMIT:

APROBAT:

MENIUL ZILEI: DUMINICA –II. DATA 5 VII 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

INTOCMIT:
AS. **SANDU ADRIANA**



APROBAT:

