CONSILIUL JUDEȚEAN HARGHITA
HARGITA MEGYE TANÁCSA

Spitalul de Psihiatrie Tulgheș
Gyergyótölgyesi Pszichiátriai Kórház

MENIUL ZILEI : LUNI I DATA 9 XI 2026

PACIENTI/ APARTINATORI/ MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	Polonezi (/crenvusti,)100G , mustar, MARG 20G Ceai, 300G paine 120G	1.Ciorba de omleta350G 2.MAZARE 220G carne de porc 120GG PAINE 100G GOGOSI	Paste cu sos si carne de porc 350G PAINE 60G
DIABET	Polonezi(/crenvusti,), 120Gmustar , Ceai fara zahar,300G Paine 60G	1.Ciorba de omleta 2.MAZARE 220G cu carne de Pui si porc140G STRUDEL	Branza topita 28G mezel 100G paine 50G
GASTRIC	Polonezi (/crenvusti,)100G , mustar, MARG 20G Ceai, 300G paine 120G	1.Ciorba de OMLETA 350G 2PILAF DE .OREZ 250G cu carne de pui100G PAINE 100G GOGOSI	Paste cu sos si carne de porc 350GPAINE 60G
HEPATIC	Polonezi (/crenvusti,)100G , mustar, MARG 20G Ceai, 300G paine 120G	1. Ciorba de OMLETA 350G 2PILAF DE .OREZ 250G cu carne de pui100G PAINE 100G GOGOSI	Paste cu sos si carne de porc 350GPAINE 60G
HIDRIC	Paine prajita ,ceai	1.ceai , 2.orez fiert cu sare	Paine prajita ,ceai
MIXT PASAT	Orez cu lapte	Supa crema de ficat de pui cu orez	Gris cu lapte
HIPOSODAT	Regim comun fara adaos de sare	Regim comun fara adaos de sare	Regim comun fara adaos de sare

La sectia 6 CRONICI in loc de toba se va da polonezi(crenvvusti),ca la gastrici OREZ CU CARNE PUI IN LOC DE MAZARE
SUPLIMENT 1 OU IAURT 200G

INTOCMIT:
As. SANDU ADRIANA

APROBAT

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MENIUL ZILEI : MARTI- I. DATA 10 XI 2026

PACIENTI/ APARTINATORI/ MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	CRENVUSTI 100G, mustar, UNT 20G,ceai 300G,paine120G	CIORBA DE CARTOFI 350G TOCANITA CARNE PORC200G CU MAMALIGA180G GOGOSI PAINE 50G	PASTA DE PATEU 120G OU FIERT PAINE 120 COMPOT
DIABET	CRENVUSTI, 120G mustar, unt20G,ceai fara zahar300Gpaine 60G	1. CIORBA DE CARTOFI 350G PAINE 50G 2 TOCANITA CARNE PORC 220G CU MAMALIGA180G CORN TARATE	PASTA DE PATEU120G OU FIERT PAINE 60G COMPOT
GASTRIC	CRENVUSTI 100G, mustar, UNT 20G,ceai 300G,paine120G	CIORBA DE CARTOFI 350G TOCANITA CARNE PORC200G CU MAMALIGA180G PAINE 50G GOGOSI	PASTA DE PATEU 120G OU FIERT PAINE 120G COMPOT
HEPATIC	CRENVUSTI 100G, mustar, UNT 20G,ceai 300G,paine120G	CIORBA DE CARTOFI 350G TOCANITA CARNE PORC200G CU MAMALIGA180G GOGOSI	PASTA DE PATEU 120G OU FIERT PAINE 120 COMPOT
HIDRIC	Paine prajita cu ceai	1.ceai 2.orez fiert cu sare	Paine prajita .ceai
MIXT PASAT	Orez cu lapte	Supa crema 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

SECTIA VI SUPLIMENT 1OU IAURT 200G

INTOCMIT :
SANDU ADRIANA

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MENIUL ZILEI : MIERCURI -I. DATA 11 XI 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

INTOCMIT:
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MENIUL ZILEI JOI I 12 XI 2026

PACIENTI/ APARTINATORI/ MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	MARMELADA100G PAINE 120G CEAI 300G UNT 20G	1.SUPA DE ZDRENTE350G PAINE 100G 2 SARMALE CU COSTITA 320G CORN UMPLUT	CARNATI CU SUNCA 100G BRANZA TOPITA28G PAINE 110G
DIABET	SUNCA PRAGA 120G PAINE60G UNT 20G CEA I 300G	1.SUPA DE ZDRENTE PAINE 50G SARMALE CU COSTITA 350G CORN TARATE	CARNATI CU SUNCA 120g BRANZA TOPITA28g PAINE 60g
GASTRIC	MARMELADA100G PAINE 120G CEAI 300G UNT 20G	1. SUPA DE ZDRENTE350G PAINE 100G 2 SARMALE CU COSTITA 320G CORN UMPLUT	CARNATI CU SUNCA 100G BRANZA TOPITA28G PAINE 110G
HEPATIC	MARMELADA100G PAINE 120G CEAI 300G UNT 20G	1. SUPA DE ZDRENTE350G PAINE 100G 2 SARMALE CU COSTITA 320G CORN UMPLUT	CARNATI CU SUNCA 100G BRANZA TOPITA28G PAINE 110G
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

SECTIA VI SUPLIMENT 1 OU IAURT 200G

INTOCMIT:
As . SANDU ADRIANA

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MENIUL ZILEI :VINERI 13 XI 2026

PACIENTI/ APARTINATORI/ MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	PARIZER100G unt, 20G paine 120G, ceai 300G	CIORBA RADAUTEANA 350G PAINE 100G MUSACA DE CARTOFI CU CARNE VITA 350G GOGOSI UMPLUTE	PASTE CU VARZA CALITA 350G PAINE 60G
DIABET	Parizer120G unt,20G Ceai fara zahar300G,paine60G	CIORBA RADAUTEANA MUSACA DE CARTOFI CU CARNE VITA 330GPAINE 50G FOIETAJ	VARZA CALITA 200G CU CARNATI 100G PAINE 50G
GASTRIC	PARIZER100G unt, 20G paine 120G, ceai 300G	CIORBA RADAUTEANA 350G PAINE 100G MUSACA DE CARTOFI CU CARNE VITA 350G GOGOSI UMPLUTE	PASTE CU VARZA CALITA 350G PAINE 60G
HEPATIC	PARIZER100G unt, 20G paine 120G, ceai 300G	CIORBA RADAUTEANA 350G PAINE 100G MUSACA DE CARTOFI CU CARNE VITA 350G GOGOSI UMPLUTE	PASTE CU VARZA CALITA 350G PAINE 60G
HIDRIC	Paine prajita cu ceai	OREZ FIERT CU SARE	Paine prajita cu 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 6 CR SUPLIMENT 1OU IAURT

INTOCMIT:
SANDU ADRIANA

APROBAT:

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HARGITA MEGYE TANÁCSA

Spitalul de Psihiatrie Tulgheș
Gyergyótölgyesi Pszichiátriai Kórház

MENIUL ZILEI :SAMBATA-I. DATA 14 XI 2026

PACIENTI/ APARTINATORI / MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	Cascaval 100G Margarina20G ,paine120G, Ceai.300G	1SUPA DE FIDEA 350G 2.IAHNIE FASOLE BOABE CU COSTITA SI CARNAT I300G PAINE 100G BANANE	SALATA ORIENTALA 330G PAINE100G CEAI
DIABET	Cascaval,120G Margarina20G ,paine,60G Ceai300G	1SUPA DE PASTE 350G 2. IAHNIE FASOLE BOABE CU COSTITA SI CARNATI 350G PAINE 50G BANANE	SALATA ORIENTALA 330G PAINE 60G CEAI
GASTRIC	Cascaval 100G Margarina20G ,paine120G, Ceai.300G	1SUPA DE PASTE350G 2PIREU DE CATOFI CU PULPE PUI 350G PAINE 100G BANANA	SALATA ORIENTALA 330G PAINE 60G CEAI
HEPATIC	Cascaval 100G Margarina20G ,paine120G, Ceai.300G	1. 1SUPA DE PASTE350G 2PIREU DE CATOFI CU PULPE PUI 350G PAINE 100G BANANA	SALATA ORIENTALA330G 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 pateu si oua	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 1OU

INTOCMIT:
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MENIUL ZILEI :DUMINICA-I. DATA 15 XI 2026

PACIENTI/ APARTINATORI/ MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	Sunca praga 100G mustar, Unt 20G ,paine,120G Ceai 300G.	1.CIORBA ARDELEMEASCA350G 2 FRIPTURA PULPE PUI130G CU CARTOFI PIURE 200G PAINE 100G PRAJITURA	CRENVUSTI 100G brinza topita, 28G Paine.120G CEAI
DIABET	Sunca praga100G , Paine60 G,ceai fara zahar Unt20G	1. CIORBA ARDELENEASCA350G 2 FRIPTURA PULPE PUI 150G CU CARTOFI PIURE 200G PAINR 50G PRAJITURA	CRENVUST 120G brinza topita,28 Paine 60G. CEAI FARA ZAHAR
GASTRIC	Sunca praga 100G mustar, Unt 20G ,paine,120G Ceai 300G.	CIORBA ARDELEMEASCA350G 2 FRIPTURA PULPE PUI130G CU CARTOFI PIURE 200G PAINE 100G PRAJITURA	CRENVUSTI 100G brinza topita, 28G Paine.120G CEAI
HEPATIC	Sunca praga 100G mustar, Unt 20G ,paine,120G Ceai 300G.	1.CIORBA ARDELEMEASCA350G 2 FRIPTURA PULPE PUI130G CU CARTOFI PIURE 200G PAINE 100G PRAJITURA	, CRENVUSTI 100G brinza topita, 28G Paine.120G 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

SECTIA VI CR SUPLIMENT 1IAURT 200G 1 PATE 200G

INTOCMIT:
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