

MENIUL ZILEI : LUNI / DATA 12 X 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(crenvusti) ca la gastul OREZ CU
CARNE PUI IN LOC DE MAZARE
SUPLIMENT 1 OU IAURT 200G

INTOCMIT:
As. SANDU ADRIANA






CONSILIUL JUDEȚEAN HARGHITA
HARGHITA MEGYE TANÁCSA



Spitalul de Psihiatrie Tulgheș
Gyógytölgyesi Pszichiátriai Kórház



MENIUL ZILEI : MARTI- I. DATA 13.X.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 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 10U IAURT 200G

INTOCMIT :
SANDU ADRIANA



APROBAT:

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MENIUL ZILEI MIERCURI -I. DATA 14 X 2026
PACIENTI/ APARTINATORI / MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	Sunca pui 100G paine 120G ceai 300G unt 20G	1.Bors fasole boabe 350g 2.Chiftelute marinate cu paste fainoase 350g paine 100g Corn umplut	Cartofi taranesti cu branza 300g iaurt paine 60g
DIABET	Sunca pui 120G paine 60G ceai 300G unt 20G	1.Bors fasole boabe 350 2.Chiftelute marinate cu piute de cartofi 300g paine 50g	Cartofi taranesti cu branza 300g iaurt paine 50g
GASTRIC	Sunca pui 100G paine 120G ceai 300G unt 20G	1.Bors fasole boabe 350g 2.Chiftelute marinate cu paste fainoase 350g paine 100g Corn umplut	Cartofi taranesti cu branza 300g iaurt paine 60g
HEPATIC	Sunca pui 100G paine 120G ceai 300G unt 20G	1.Bors fasole boabe 350g 2.Chiftelute marinate cu paste fainoase 350g paine 100g Corn umplut	Cartofi taranesti cu branza 300g iaurt paine 60g
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

INTOCMIT:
SANDU ADRIANA




PROBAT:



MENIUL ZILEI JOII 15 X 2026
PACIENTI/ APARTINATORI/ MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	MARMELADA100G PAINE 120G CEA 300G UNT 20G	1.SUPA DE ZDRENT 350G PAINE 100G 2 ARDEI UMPLUTI 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 ZDRENT 3 PAINE 50G ARDEI UMPLUTI CU COSTITA 350G CORN TARATE	CARNATI CU SUNCA 120g BRANZA TOPITA28g PAINE 60g
GASTRIC	MARMELADA100G PAINE 120G CEA 300G UNT 20G	1. SUPA DE ZDRENT350G PAINE 100G 2 ARDEI UMPLUTI CU COSTITA 320G CORN UMPLUT	CARNATI CU SUNCA 100G BRANZA TOPITA28G PAINE 110G
HEPATIC	MARMELADA100G PAINE 120G CEA 300G UNT 20G	1. SUPA DE ZDRENT350G PAINE 100G 2 ARDEI UMPLUTI 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




MENIUL ZILEI :VINERI 16 X 2026
PACIENTI/ APARTINATORI/ MEDICI DE GARDA

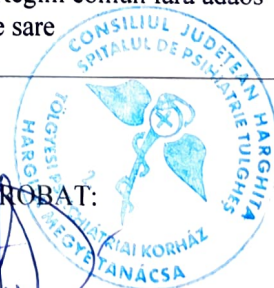
REGIM	DIMINEATA	PRANZ	SEARA
COMUN	PARIZER100G unt, 20G paine 120G, ceai 300G	CIORBA RAD. UTEANA 350G PAINE 100G MUSACA DE CARTOFI CU CARNE VITA 350G GOGOSI UMPLUTE	PASTE CU VARZA CALITA 350G PAINE 60G
DIABET	Parizer120G unt,20G Ceai fara zahar300G,paine60G	CIORBA RADAUTEANA MUSACA DE CARTOFI CU CARNE 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 10U IAURT

INTOCMIT:
SANDU ADRIANA



APROBAT:



MENIUL ZILEI :SAMBATA-I. DATA 17.X. 2026
PACIENTI/ APARTINATORI / MEDICI DE GARDA

REGIM	DIMINEATA	PRANZ	SEARA
COMUN	Cascaval 100G Margarina20G ,paine120G, Ceai.300G	1.SUPA DE FIDEA 350G 2.IAHNIE FASOLE BOABE CU COSTITA SI CARNAT 1300G PAINE 100G BANANE	SALATA ORIENTALA 330G PAINE100G CEAI
DIABET	Cascaval,120G Margarina20G ,paine,60G Ceai300G	1.SUPA 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	1.SUPA 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. 1.SUPA 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:
AS. SANDU ADRIANA




MENIUL ZILEI :DUMINICA-I. DATA 18 X 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 11AURT 200G I PATE 200G

INTOCMIT:
 AS. SANDU ADRIANA





APROBAT: