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SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE JOI 12-03-2026

REGIM	MIC DEJUN	PRANZ	CINA
COMUN	TELEMEA80GR,SUNCA DE PUI 80GR,OU 1BUC ,CEAI 250ML , PAINE300GR	CIORBA DE FASOLE VERDE 250 ML, PARJOALE MOLDOVENESTI GARNITURA OREZ 250GR , SALATA SFECLA ROSIE 80GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,CEA 250Ml,
COMUN PSIHIATRIE	TELEMEA80GR,SUNCA DE PUI 80GR,OU 1BUC ,CEAI 300ML , PAINE450GR	CIORBA DE FASOLE VERDE 250 ML, PARJOALE MOLDOVENESTI GARNITURA OREZ 300GR , SALATA SFECLA ROSIE 80GR	PARIZER 100GR,UNT 50GR,BR.TOPITA 2BUC,CE 300ML,
ULCER	TELEMEA80GR,SUNCA DE PUI 80GR,OU 1BUC ,CEAI 250ML , PAINE300GR	SUPA ZARZAVAT CU FIDEA 250 ML, FRIPTURA PUI , GARNITURA OREZ 250GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,CEA 250ML
HEPATIC	TELEMEA80GR,SUNCA DE PUI 80GR,UNT 50GR ,CEAI 250ML , PAINE300GR	SUPA ZARZAVAT CU FIDEA 250 ML, FRIPTURA PUI , GARNITURA OREZ 250GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,CEA 250ML,
REGIM USOR	BR.TOPITA 2BUC,OU 1BUC,UNT50GR,LAPTE 200ML	SUPA ZARZAVAT CU FIDEA 250 ML, FRIPTURA PUI , GARNITURA OREZ 250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAF 200ML,
COPII	BR.TOPITA 2BUC,OU 1BUC,UNT50GR,LAPTE 200ML , NAPOLITANE 40GR	SUPA ZARZAVAT CU FIDEA 250 ML, FRIPTURA PUI , GARNITURA OREZ 250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAF 200ML,
COLITA , DIZENTERIE	TELEMEA 120GR,CEAI250ML,PAINE300GR	SUPA ZARZAVAT CU FIDEA 250 ML, FRIPTURA PUI , GARNITURA OREZ 250GR	CARNE FIARTA 100GR,TELEMEA 120GR, CEAI 250ML,
CARDIAC	BR.TOPITA 2BUC,OU 1BUC,UNT50GR,CEAI 250ML	CIORBA DE FASOLE VERDE 250 ML, PARJOALE MOLDOVENESTI GARNITURA OREZ 250GR , SALATA SFECLA ROSIE 80GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,CEA 250ML,
NEFRITA	BR.TOPITA 2BUC,OU 1BUC,UNT50GR,CEAI 250ML	SUPA ZARZAVAT CU FIDEA 250 ML, FRIPTURA PUI , GARNITURA OREZ 250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,CEA 250ML,
LACTO FAINOS	TELEMEA80GR,SUNCA DE PUI 80GR,UNT 50GR ,CEAI 250ML , PAINE300GR	SUPA ZARZAVAT CU FIDEA 250 ML, FRIPTURA PUI , GARNITURA OREZ 250GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,CEA 250ML,
DIABET	TELEMEA80GR,SUNCA DE PUI 80GR,OU 1BUC ,CEAI 250ML , PAINE 200GR,MAR150GR	CIORBA DE FASOLE VERDE 250 ML, PARJOALE MOLDOVENESTI GARNITURA OREZ 200GR , SALATA SFECLA ROSIE 80GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,CEA 250ML IAURT 175GR 1BUC,
LAUZE	TELEMEA80GR,SUNCA DE PUI 80GR,OU 2BUC ,CEAI 250ML , PAINE300GR,SALAM 50GR,NAPOLITANE 40GR	SUPA ZARZAVAT CU FIDEA 250 ML, PARJOALE MOLDOVENESTI GARNITURA OREZ 250GR , SALATA SFECLA ROSIE 80GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,CEA 250ML, MOS
INTOLERANTA LA GLUTEN	TELEMEA80GR,SUNCA DE PUI 80GR,OU 1BUC ,IAURT 175GR 1BUC	CIORBA DE FASOLE VERDE 250 ML, PARJOALE MOLDOVENESTI GARNITURA OREZ 250GR , SALATA SFECLA ROSIE 80GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,CEA 250ML,
INTOLERANTA LA LACTOZA	SUNCA DE PUI 80GR,OU 2BUC ,CEAI 250ML , PAINE300GR	CIORBA DE FASOLE VERDE 250 ML, PARJOALE MOLDOVENESTI GARNITURA OREZ 250GR , SALATA SFECLA ROSIE 80GR	GEM 2BUC 40GR,PARIZER 80GR,CEAI 250ML,
CULT RELIGIOS	TELEMEA80GR ,OU 2BUC ,CEAI 250ML , PAINE300GR	CIORBA DE FASOLE VERDE 250 ML, OREZ CU LEGUME 250GR , SALATA SFECLA ROSIE 80GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,CEA 250ML,
PASERAT	OU 2BUC,SUNCA PUI80GR,TELEMEA 80GR,CEAI250ML,PAINE300GR(PASERAT)	SUPA ZARZAVAT CU FIDEA 250ML, RASOL PUI CU OREZ250GR(PASERAT)	OREZ IN LAPTE 300ML(PASERAT) ,BANANA 1BU C
HIDOZAHARAT,SPECIAL	OU1BUC,IAURT 175GR 1BUC,CEAI250ML,BISCUITI 1PACHET 100GR	SUPA STRECURATA 200ML,GRIS IN LAPTE200ML	ZEAMA DE OREZ DULCE BISCUITI 1PACHET 10

Meniurile pot suferii anumite modificari.

Painea se trimite dimineata pentru cele trei mese principale

Preparatele alimentare pot contine unul sau mai multi alergeni dupa cum urmeaza: cereal care contin gluten(grau), ou, lapte si produse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana

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SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE VINERI 13-03-2026

REGIM	MIC DEJUN	PRANZ	CINA
COMUN	CRENVUSTI120GR,MUSTAR30GR SUNCA PUI BR.TOPITA 2BUC , CEAI 300ML,PAINE300GR80GR	CIORBA ARDELENEASCA 250ML ,IAHNIE DE FASOLE CU CARNAT, 250GR	SALAM 80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
COMUN PSIHIATRIE	CRENVUSTI120GR,MUSTAR30GR SUNCA PUI BR.TOPITA 2BUC , CEAI 300ML,PAINE450GR80GR	CIORBA ARDELENEASCA 250ML ,IAHNIE DE FASOLE CU CARNAT, 300GR	SALAM 100GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
ULCER	CRENVUSTI120GR, SUNCA PUI BR.TOPITA 2BUC , CEAI 300ML,PAINE300GR80GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE 250GR	PARIZER 80GR,UNT 50GR,TELEMEA 80 GR,CEAI 250ML
HEPATIC	CRENVUSTI120GR, SUNCA PUI BR.TOPITA 2BUC , CEAI 300ML,PAINE300GR80GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE 250GR	PARIZER 80GR,UNT 50GR,TELEMEA 80 GR,CEAI 250ML
REGIM USOR	OU IBUC,UNT50GR,BR.TOPITA 2BUC , LAPTE 200ML PAINE 300GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE 250GR	MIERE ALBINE 2BUC 30GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
COPII	OU IBUC,UNT50GR,BR.TOPITA 2BUC ,LAPTE 200ML PAINE 300GR,EUGENIA1BUC	CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE 250GR	MIERE ALBINE 2BUC 30GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
COLITA , DIZENTERIE	TELEMEA 120GRCEAI300ML,PAINE300GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE 250GR	CARNE FIARTA 100GR,TELEMEA 120GR,CEAI 250ML
CARDIAC	OU IBUC,UNT50GR,BR.TOPITA 2BUC,CEAI 300ML PAINE 300GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE 250GR	MIERE ALBINE 2BUC 30GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
NEFRITA	OU IBUC,UNT50GR,BR.TOPITA 2BUC,CEAI 300ML PAINE 300GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE 250GR	MIERE ALBINE 2BUC 30GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
LACTO FAINOS	CRENVUSTI120GR, SUNCA PUI BR.TOPITA 2BUC , CEAI 300ML,PAINE300GR80GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE 250GR	PARIZER 80GR,UNT 50GR,TELEMEA 80 GR,CEAI 250ML
DIABET	CRENVUSTI 120GR, SUNCA PUI BR.TOPITA 2BUC , LAPTE 250ML,PAINE 200GR	CIORBA ARDELENEASCA 250ML PULPE DE PUI CU LEGUME LA CUPTOR PASTE 200GR	PARIZER 80GR,UNT 50GR,TELEMEA 80 GR,CEAI 250ML,MAR 150GR
LAUZE	CRENVUSTI120GR, SUNCA PUI ,BR.TOPITA 2BUC , CEAI 300ML,PAINE300GR,EUGENIA 1BUC	CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE 250GR	SALAM 100GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
INTOLERANTA LA GLUTEN	CRENVUSTI120GR,UNT50GR,MIERE ALBINE 30GR , CEAI 300ML	CIORBA ARDELENEASCA 250ML ,IAHNIE DE FASOLE CU CARNAT, 250GR	SALAM 100GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
INTOLERANTA LA LACTOZA	CRENVUSTI130GR,MIERE ALBINE40GR,SUNCA PUI 80GR,CEAI300ML,PAINE300GR	CIORBA ARDELENEASCA 250ML ,IAHNIE DE FASOLE CU CARNAT, 250GR	PARIZER 80GR,MIERE ALBINE 2BUC 30GR,CEAI 250ML
CULT RELIGIOS	OU IBUC,UNT50GR,BR.TOPITA 2BUC,CEAI 300ML ,PAINE 300GR	CIORBA ARDELENEASCA 250ML ,IAHNIE DE FASOLE 250GR	MIERE ALBINE 2BUC 30GR,UNT 50GR,TELEMEA 80GR CEAI 250ML
PASERAT	GRIS IN LAPTE300ML	CIORBA ARDELENEASCA 250ML RASOL PUI CU LEGUME 250GR (PASERAT)	PARIZER 80GR,TELEMEA 80GR,OU 1BUC (PASERAT) ,CEAI 200ML
HIDOZAHARAT,SPECIAL	OU1BUC,IAURTR 175GR 1BUC,CEAI250ML,BISCUITI 1 PACHET 100GR	SUPA STRECURATA 200ML,GRIS IN LAPTE200ML	ZEAMA DE OREZ DULCE, BISCUITI 1 PACHET 100GR

Meniurile pot suferii anumite modificari.

Painea se trimite dimineata pentru cele trei mese principale

Preparatele alimentare pot contine unul sau mai multi alergeni dupa cum urmeaza: cereal care contin gluten(grau), ou, lapte si produse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana

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SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE SAMBATA 14-03-2026

REGIM	MIC DEJUN	PRANZ	CINA
COMUN	OU 1BUC,SALAM 80GR,BR.TOPITA 2BUC,ROSII 60GR,PAINE 300GR,CEAI 250ML	CIORBA DE CARTOFI 250,VARZA A LA CLUJ 250GR, BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
COMUN PSIHIATRIE	OU 1BUC,SALAM 80GR,BR.TOPITA 2BUC,ROSII 60GR,PAINE 450GR,CEAI 250ML	CIORBA DE CARTOFI 250,VARZA A LA CLUJ 300GR, BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
ULCER	OU 1BUC,SUNCA DE PUI 80GR,BR.TOPITA 2BUC,ROSII 60GR,PAINE 300GR,CEAI 250ML	CIORBA DE CARTOFI 250,FRIPTURA PUI,GARNITURA CUS-CUS 250GR, BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
HEPATIC	MIERE ALBINE 2BUC 30GR,UNT 50GR,BR.TOPITA 2BUC,CEAI 250ML,PAINE 300GR	CIORBA DE CARTOFI 250,FRIPTURA PUI,GARNITURA CUS-CUS 250GR, BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
REGIM USOR	OU 1BUC,UNT 50GR,BR.TOPITA 2BUC,ROSII 60GR,LAPTE 200ML,PAINE 300GR	CIORBA DE CARTOFI 250,FRIPTURA PUI,GARNITURA CUS-CUS 250GR, BANANE 1BUC	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
COPII	OU 1BUC,UNT 50GR,BR.TOPITA 2BUC,ROSII 60GR,LAPTE 200ML,PAINE 300GR,NAPOLITANE 40GR	CIORBA DE CARTOFI 250,FRIPTURA PUI,GARNITURA CUS-CUS 250GR, BANANE 1BUC	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
COLITA , DIZENTERIE	TELEMEA 120GR,CEAI 250ML,PAINE 300GR	CIORBA DE CARTOFI 250,FRIPTURA PUI,GARNITURA CUS-CUS 250GR, BANANE 1BUC	CARNE FIARTA 100GR,TELEMEA 120GR,CEAI 250ML
CARDIAC	OU 1BUC,UNT 50GR,BR.TOPITA 2BUC,ROSII 60GR,CEAI 250ML,PAINE 300GR	CIORBA DE CARTOFI 250,VARZA A LA CLUJ 250GR, BANANE 1BUC	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
NEFRITA	OU 1BUC,UNT 50GR,BR.TOPITA 2BUC,ROSII 60GR,CEAI 250ML,PAINE 300GR	CIORBA DE CARTOFI 250,FRIPTURA PUI,GARNITURA CUS-CUS 250GR, BANANE 1BUC	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
LACTO FAINOS	MIERE ALBINE 2BUC 30GR,UNT 50GR,BR.TOPITA 2BUC,CEAI 250ML,PAINE 300GR	CIORBA DE CARTOFI 250,FRIPTURA PUI,GARNITURA CUS-CUS 250GR, BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
DIABET	OU 1BUC,SUNCA DE PUI 80GR,BR.TOPITA 2BUC,ROSII 60GR,PAINE 200GR,CEAI 250ML,IAURT 175GR 1 BUC	CIORBA DE CARTOFI 250,VARZA A LA CLUJ 200GR, BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML,MAR 150GR
LAUZE	OU 2BUC,SALAM 80GR,BR.TOPITA 2BUC,ROSII 60GR,PAINE 300GR,CEAI 250ML,NAPOLITANE 40GR	CIORBA DE CARTOFI 250,FRIPTURA PUI,GARNITURA CUS-CUS 250GR, BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
INTOLERANTA LA GLUTEN	OU 1BUC,SALAM 80GR,BR.TOPITA 2BUC,ROSII 60GR,CEAI 250ML	CIORBA DE CARTOFI 250,VARZA A LA CLUJ 250GR, BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
INTOLERANTA LA LACTOZA	OU 1BUC,SALAM 80GR,ROSII 60GR, UNT 50GR ,CEAI 250ML ,PAINE 300GR	CIORBA DE CARTOFI 250,VARZA A LA CLUJ 250GR, BANANE 1BUC	GEM 2BUC 40GR,UNT 50GR, PARIZER,80GR ,CEAI 250ML
CULT RELIGIOS	OU 1BUC ,BR.TOPITA 2BUC,ROSII 60GR,PAINE 300GR,CEAI 250ML	CIORBA DE CARTOFI 250ML, VARZA CALITA 250GR, BANANE 1BUC	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
PASERAT	OU 1BUC,SUNCA DE PUI 80GR, BR.TOPITA 2BUC PAINE 300GR(PASERAT)	CIORBA DE CARTOFI 300ML,PUI CU LEGUME , 250GR , BANANE 1BUC(PASERAT)	GRIS IN LAPTE 300 GR
HIDOZAHARAT,SPECIAL	OU1BUC,IAURT 175GR 1BUC,CEAI250ML, BISCUITI 1 PACHET 100GR	SUPA STRECURATA 200ML,GRIS IN LAPTE200ML	ZEAMA DE OREZ DULCE, BISCUITI 1 PACHET 100GR

Meniurile pot suferii anumite modificari.

Painea se trimite dimineata pentru cele trei mese principale

Preparatele alimentare pot contine unul sau mai multi alergeni dupa cum urmeaza: cereal care contin gluten(grau), ou, lapte si produse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana

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SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE DUMINICA 15-03-2026

REGIM	MIC DEJUN	PRANZ	CINA
COMUN	TELEMEA 80GR,OU 1BUC,PARIZER 80GR,CEAI 250ML,PAINE 300GR,ROSII 60GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, FICAT DE PUI INABUSIT CU LEGUME PIURE 250 GR,SALATA VARZA 80GR, NAPOLITANE 60GR	SALAM 80GR,UNT50GR,BRANZA TOPITA 2BUC CEAI 250ML
COMUN PSIHIATRIE	TELEMEA 80GR,OU 1BUC,PARIZER 80GR,CEAI 250ML,PAINE 450GR,ROSII 60GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, FICAT DE PUI INABUSIT CU LEGUME PIURE 300 GR,SALATA VARZA 80GR, NAPOLITANE 80GR	SALAM 100GR,UNT50GR,BRANZA TOPITA 2BUC IAURT 250GR
ULCER	TELEMEA 80GR,OU 1BUC,SUNCA DE PUI 80GR,CEAI 250ML,PAINE 300GR,ROSII 60GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, PULPE DE PUI INABUSITE CU LEGUME ,PIURE 250 GR, NAPOLITANE 60GR	PARIZER 80GR,UNT 50GR,BRANZA TOPITA 2BU CEAI 250ML
HEPATIC	TELEMEA 80GR, UNT 50GR,SUNCA DE PUI 80GR,CEAI 250ML,PAINE 300GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, PULPE DE PUI INABUSITE CU LEGUME ,PIURE 250 GR, NAPOLITANE 60GR	PARIZER 80GR,UNT 50GR,BRANZA TOPITA 2BU ,CEAI 250ML
REGIM USOR	TELEMEA 80GR, OU 1BUC,UNT 50GR LAPTE 200ML ROSII 60GR,PAINE 300GR ,BISCUITI 40GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, FICAT DE PUI INABUSIT CU LEGUME PIURE 250 GR, ,NAPOLITANE 60GR	BRANZA TOPITA 2BUC,UNT 50GR,MIERE ALBIN 2BUC 30GR,LAPTE 200ML
COPII	TELEMEA 80GR, OU 1BUC,UNT 50GR LAPTE 200ML ROSII 60GR,PAINE 300GR, BISCUITI 40GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, FICAT DE PUI INABUSIT CU LEGUME PIURE 250 GR, ,NAPOLITANE 60GR	BRANZA TOPITA 2BUC,UNT 50GR,MIERE ALBIN 2BUC 30GR,LAPTE 200ML
COLITA , DIZENTERIE	TELEMEA 120GR,CEAI 250ML,PAINE 300GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, PULPE DE PUI INABUSITE CU LEGUME ,PIURE 250 GR	CARNE FIARTA 100GR,TELEMEA 100GR,CEAI 25
CARDIAC	BRANZA TOPITA 2BUC,UNT 50GR,OU 1BUC,CEAI 250ML PAINE300GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, FICAT DE PUI INABUSIT CU LEGUME PIURE 250 GR,SALATA VARZA 80GR, NAPOLITANE 60GR	TELEMEA 80GR,UNT 50GR,MIERE ALBINE 2BUC 30GR, CEAI 250ML
NEFRITA	BRANZA TOPITA 2BUC,UNT 50GR,OU 1BUC,CEAI 250ML PAINE300GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, PULPE DE PUI INABUSITE CU LEGUME ,PIURE 250 GR, NAPOLITANE 60GR	TELEMEA 80GR,UNT 50GR,MIERE ALBINE 2BUC 30GR, CEAI 250ML
LACTO FAINOS	TELEMEA 80GR,OU 1BUC,SUNCA DE PUI 80GR,CEAI 250ML,PAINE 300GR,ROSII 60GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, PULPE DE PUI INABUSITE CU LEGUME ,PIURE 250 GR, NAPOLITANE 60GR	PARIZER 80GR,UNT 50GR,BRANZA TOPITA 2BU CEAI250ML
DIABET	TELEMEA 80GR,OU 1BUC,SUNCA DE PUI 80GR,CEAI 250ML,PAINE 200GR,ROSII 60GR,MAR 150GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, FICAT DE PUI INABUSIT CU LEGUME PIURE 200 GR,SALATA VARZA 80GR	PARIZER 80GR,UNT 50GR,BRANZA TOPITA 2BU IAURT 175GR 1 BUC
LAUZE	TELEMEA 80GR,OU 1BUC,SUNCA DE PUI 80GR,CEAI 250ML,PAINE 300GR,ROSII 60GR,BISCUITI 40GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, FICAT DE PUI INABUSIT CU LEGUME PIURE 250 GR, ,NAPOLITANE 60GR	SALAM 80GR,UNT50GR,BRANZA TOPITA 2BUC ,CEAI 250ML
INTOLERANTA LA GLUTEN	TELEMEA 80GR,OU 2BUC,SUNCA DE PUI 80GR,CEAI 250ML,ROSII 60GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, FICAT DE PUI INABUSIT CU LEGUME CARTOFI NATUR 250 GR,SALATA VARZA 80GR,	SALAM 80GR,UNT50GR,BRANZA TOPITA 2BUC CEAI 250ML
INTOLERANTA LA LACTOZA	OU 2BUC,SUNCA DE PUI 80GR,CEAI 250ML,PAINE 300GR,ROSII 60GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, FICAT DE PUI INABUSIT CU LEGUME CARTOFI NATUR250 GR,SALATA VARZA 80GR,	TELEMEA 80GR,PARIZER 80GR ,MIERE ALBINE 2BUC 30GR, CEAI 250ML
CULT RELIGIOS	OU 2BUC,TELEMEA 80GR,CEAI 250ML,PAINE 300GR	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML, CARTOFI NATUR250 GR,SALATA VARZA 80GR,NAPOLITANE60GR	TELEMEA 80GR,UNT 50GR,MIERE ALBINE 2BUC 30GR, CEAI 250ML
PASERAT	OU 2BUC,SUNCA DE PUI 80GR(PASERAT),CEAI 250ML,PAINE 300GR,	SUPA ZARZAVAT CU GALUSTE DE GRIS 250ML ,PUI INABUSIT CARTOFI NATUR 200GR(PASERAT)	GRIS IN LAPTE300ML
HIDOZAHARAT,SPECIAL	OU1BUC,IAURT 175GR 1BUC,CEAI250ML,BISCUITI 1PACHET 100GR	SUPA STRECURATA 200ML,GRIS IN LAPTE200ML	ZEAMA DE OREZ DULCE,BISCUITI 1PACHET 10

Meniurile pot suferii anumite modificari.

Painea se trimite dimineata pentru cele trei mese principale

Preparatele alimentare pot contine unul sau mai multi alergeni dupa cum urmeaza: cereal care contin gluten(grau), ou, lapte si produse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana

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SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE LUNI 16-03 -2026

REGIM	MIC DEJUN	PRANZ	CINA
COMUN	PARIZER80GR,PATEU 60GR,TELEMEA80GR,CEAI300ML,PAINE300GR	CIORBA DE OUA 250 ML,TOCANITA DE PUI CU MAMALIGA 250GR	SALAM80GR,UNT50GR,BR.TOPITA2BUC,CEA 300ML
COMUN PSIHIATRIE	PARIZER100GR,PATEU 60GR,TELEMEA80GR,CEAI300ML,PAINE450GR	CIORBA DE OUA 250 ML,TOCANITA DE PUI CU MAMALIGA 300GR	SALAM80GR,UNT50GR,BR.TOPITA2BUC,CEA 300M
ULCER	SUNCA DE PUI 80GR, UNT 50GR, TELEMEA80GR,CEAI250ML,PAINE 300GR	SUPA ZARZAVAT CU OREZ 250ML ,TOCANITA DE PUI CU PASTE 250GR	PARIZER80GR,UNT50GR,BR.TOPITA2BUC,CI I 300M
HEPATIC	SUNCA DE PUI 80GR, UNT 50GR, TELEMEA80GR,CEAI250ML,PAINE 300GR	SUPA ZARZAVAT CU OREZ 250ML ,TOCANITA DE PUI CU MAMALIGA 250GR	PARIZER80GR,UNT50GR,BR.TOPITA2BUC,CI I 300M
REGIM USOR	GRIS IN LAPTE200GR,EUGENIA 1BUC,GEM 2BUC40GR,PAINE300GR	SUPA ZARZAVAT CU OREZ 250ML ,TOCANITA DE PUI CU MAMALIGA 250GR	MIERE ALBINE 2BUC30GR ,UNT50GR ,TELEMEA80GR LAPTE200ML
COPII	GRIS IN LAPTE200GR,EUGENIA 1BUC,GEM 2BUC40GR,PAINE300GR	SUPA ZARZAVAT CU OREZ 250ML ,TOCANITA DE PUI CU MAMALIGA 250GR	MIERE ALBINE 2BUC30GR ,UNT50GR ,TELEMEA80GR LAPTE200ML
COLITA , DIZENTERIE	TELEMEA120GR,CEAI 300ML,PAINE300GR	SUPA ZARZAVAT CU OREZ 250ML PULPE DE PUI INABUSITE CU LEGUME ,MAMALIGA 250GR	CARNE FIARTA100GR,TELEMEA 120GR,CEA 250ML
CARDIAC	GRIS IN LAPTE200GR,EUGENIA,GEM 2BUC40GR,PAINE300GR	CIORBA DE OUA 250 ML,TOCANITA DE PUI CU MAMALIGA 250GR	MIERE ALBINE 2BUC30GR ,UNT50GR ,TELEMEA80GR, CEAI 250ML
NEFRITA	GRIS IN LAPTE200GR,EUGENIA 1BUC,GEM 2BUC40GR,PAINE300GR	SUPA ZARZAVAT CU OREZ 250ML ,TOCANITA DE PUI CU PASTE 250GR	MIERE ALBINE 2BUC30GR ,UNT50GR ,TELEMEA80GR, CEAI 250ML
LACTO FAINOS	SUNCA DE PUI 80GR, UNT50GR, TELEMEA80GR,CEAI250ML,PAINE 300GR	SUPA ZARZAVAT CU OREZ 250ML ,TOCANITA DE PUI CU PASTE 250GR	PARIZER80GR,UNT50GR,BR.TOPITA2BUC,CI I 300M
DIABET	SUNCA DE PUI 80GR, UNT50GR, TELEMEA80GR,CEAI 250ML,PAINE 200GR,MAR150GR	CIORBA DE OUA 250 ML,PULPE DE PUI INABUSITE CU LEGUME DE PUI MAMALIGA 200GR	PARIZER80GR,UNT50GR,BR.TOPITA2BUC,LA TE 250ML
LAUZE	SUNCA DE PUI 80GR, UNT50GR, TELEMEA80GR,CEAI250ML,PAINE 300GR,GRIS IN LAPTE 200GR, 1BUC EUGENIA	CIORBA DE OUA 250 ML,TOCANITA DE PUI CU MAMALIGA 250GR	SALAM80GR,UNT50GR,BR.TOPITA2BUC,CEA 300ML
INTOLERANTA LA GLUTEN	GRIS IN LAPTE 300GR,GEM 2BUC40GR	SUPA ZARZAVAT CU OREZ 250ML PULPE DE PUI INABUSITE CU LEGUME ,MAMALIGA 250GR	PARIZER80GR,UNT50GR,BR.TOPITA2BUC,CI I 300M
INTOLERANTA LA LACTOZA	SUNA DE PUI 80GR,MIERE ALBINE30GR,PAINE300GR,CEAI250ML	CIORBA DE OUA 250 ML,PULPE DE PUI INABUSITE CU LEGUME ,MAMALIGA 250GR	PARIZER80GR,UNT50GR,GEM 2BUC 40GR ,CEAI 300M
CULT RELIGIOS	GRIS IN LAPTE 300GR,GEM 2BUC40GR,EUGENIA 1IBUC ,PAINE300GR	CIORBA DE OUA 250 ML,MAMALIGA CU BRANZA250GR	MIERE ALBINE 2BUC30GR ,UNT50GR ,TELEMEA80GR, CEAI 250ML
PASERAT	GRIS IN LAPTE200GR,PAINE 300GR,CEAI 250ML	SUPA ZARZAVAT CU OREZ 250ML PULPE DE PUI INABUSITE, MAMALIGA250GR, (PASERAT)	PUI CU LEGUME PASERAT 250GR
HIDOZAHARAT SPECIAL	OU1BUC,IAURT 175GR 1BUC,CEAI250ML,BISCUITI 1PACHET 100GR	SUPA STRECURATA 200ML,GRIS IN LAPTE200ML	ZEAMA DE OREZ DULCE,BISCUITI 1PACHET 100GR

Meniurile pot suferii anumite modificari.

Painea se trimite dimineata pentru cele trei mese principale

Preparatele alimentare pot contine unul sau mai multi alergeni dupa cum urmeaza: cereal care contin gluten(grau), ou, lapte si produse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana

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SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE MARTI 17-03-2026

REGIM	MIC DEJUN	PRANZ	CINA
COMUN	OMLETA TARANEASCA 180GR,PARIZER 80GR,ARDEI 60GR,CEAI 250MLPAINE300GR	SUPA ZARZAVAT CU FIDEA 250ML,PARJOALE MOLDOVENESTI , GARNITURA OREZ 250GR,SALATA SFECLA ROSIE 80GR	SUNCA DE PUI 80GR,PATEU 60GR , TELEMEA80GR , CEAI 250ML
COMUN PSIHIATRIE	OMLETA TARANEASCA 2000GR,PARIZER 80GR,ARDEI 60GR,CEAI 250MLPAINE4500GR	SUPA ZARZAVAT CU FIDEA 250ML,PARJOALE MOLDOVENESTI , GARNITURA OREZ 300GR,SALATA SFECLA ROSIE 80GR	SUNCA DE PUI 80GR,PATEU 60GR , TELEMEA80GR , CEAI 250ML
ULCER	OMLETA TARANEASCA 180GR,PARIZER 80GR,ARDEI 60GR,CEAI 250MLPAINE300GR	SUPA ZARZAVAT CU FIDEA 250ML,FRIPTURA PUI , GARNITURA OREZ 250GR	SUNCA DE PUI 80GR,UNT 50GR ,TELEMEA 80GR , CEAI 250ML
HEPATIC	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC, CEAI 250ML , PAINE300GR	SUPA ZARZAVAT CU FIDEA 250ML,FRIPTURA PUI , GARNITURA OREZ 250GR	SUNCA DE PUI 80GR,UNT 50GR ,TELEMEA 80GR , CEAI 250ML
REGIM USOR	OMLETA TARANEASCA 180GR,BR.TOPITA 2BUC ,ARDEI 60GR , LAPTE 200ML,PAINE300GR,BISCUITI 40GR	SUPA ZARZAVAT CU FIDEA 250ML,FRIPTURA PUI , GARNITURA OREZ 250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
COPII	OMLETA TARANEASCA 180GR,BR.TOPITA 2BUC ,ARDEI 60GR, LAPTE 200MLPAINE300GR,BISCUITI 40GR	SUPA ZARZAVAT CU FIDEA 250ML,FRIPTURA PUI , GARNITURA OREZ 250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
COLITA , DIZENTERIE	TELEMEA 120GR,CEAI250ML,PAINE300GR	SUPA ZARZAVAT CU FIDEA 250ML,FRIPTURA PUI , GARNITURA OREZ 250GR	RASOL PUI 100GR,TELEMEA120GR,CEAI 250ML
CARDIAC	OMLETA TARANEASCA 180GR,BR.TOPITA 2BUC ,ARDEI 60GR, CEAI 200MLPAINE300GR	SUPA ZARZAVAT CU FIDEA 250ML,PARJOALE MOLDOVENESTI , GARNITURA OREZ 250GR,SALATA SFECLA ROSIE 80GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
NEFRITA	OMLETA TARANEASCA 180GR,BR.TOPITA2BUC ,ARDEI 60GR CEAI 200ML,PAINE300GR	SUPA ZARZAVAT CU FIDEA 250ML,FRIPTURA PUI , GARNITURA OREZ 250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
LACTO FAINOS	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC ,CEAI 250ML , PAINE 00GR	SUPA ZARZAVAT CU FIDEA 250ML,FRIPTURA PUI , GARNITURA OREZ 250GR	SUNCA DE PUI 80GR,UNT 50GR ,TELEMEA 80GR , CEAI 250ML
DIABET	OMLETA TARANEASCA 180GR,PARIZER 80GR,ARDEI 60GR CEAI 250ML,PAINE 200GR,MAR150GR	SUPA ZARZAVAT CU FIDEA 250ML,PARJOALE MOLDOVENESTI , GARNITURA OREZ 200GR,SALATA SFECLA ROSIE 80GR	SUNCA DE PUI 80GR,UNT 50GR ,TELEMEA 80GR , LAPTE 250ML
LAUZE	OMLETA TARANEASCA 180GR,PARIZER 80GR,ARDEI 60GR, LAPTE200 ML,PAINE300GR,BR.TOPITA 2BUC,BISCUITI 40GR	SUPA ZARZAVAT CU FIDEA 250ML,PARJOALE MOLDOVENESTI , GARNITURA OREZ 250GR,SALATA SFECLA ROSIE 80GR	SUNCA DE PUI 80GR,UNT 50GR ,TELEMEA 80GR , CEAI 250ML
INTOLERANTA LA GLUTEN	OMLETA TARANEASCA 180GR,PARIZER80 GR,ARDEI 60GR CEAI250ML	SUPA ZARZAVAT 250ML,PARJOALE MOLDOVENESTI , GARNITURA OREZ 250GR,SALATA SFECLA ROSIE 80GR	SUNCA DE PUI 80GR,UNT 50GR ,TELEMEA 80GR , CEAI 250ML
INTOLERANTA LA LACTOZA	OMLETA TARANEASCA 180GR, PARIZER80GR,ARDEI 60GR,CEAI 250ML,PAINE300GR	SUPA ZARZAVAT CU FIDEA 250ML,PARJOALE MOLDOVENESTI , GARNITURA OREZ 250GR,SALATA SFECLA ROSIE 80GR	SUNCA DE PUI 80GR,GEM 2BUC 40GR, CEAI 250ML
CULT RELIGIOS	OMLETA TARANEASCA 180GR, BR.TOPITA2BUC ,ARDEI 60GR ,CEAI 250ML,PAINE300GR	SUPA ZARZAVAT CU FIDEA 250ML, OREZ CU LEGUME 250GR,SALATA SFECLA ROSIE 80GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
PASERAT	OMLETA TARANEASCA 120GR ,PARIZER 80GR , PAINE 300GR (PASERAT)	SUPA ZARZAVAT CU FIDEA 250ML,FRIPTURA PUI , GARNITURA OREZ 250GR PASERAT)	SUNCA DE PUI 80GR,TELEMEA 80GR (PASERAT) , CEAI250ML
HIDOZAHARAT,SPECIAL	OU1BUC,IAURT 175GR 1BUC,CEAI250ML,BISCUITI 1PACHET 100GR	SUPA STRECURATA 200ML,GRIS IN LAPTE200ML	ZEAMA DE OREZ DULCE,BISCUITI 1PACHET 100GR

Meniurile pot suferii anumite modificari.

Painea se trimite dimineata pentru cele trei mese principale

Preparatele alimentare pot contine unul sau mai multi alergeni dupa cum urmeaza: cereal care contin gluten(grau), ou, lapte si produse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana

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SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE MIERCURI 18-03-2026

REGIM	MIC DEJUN	PRANZ	CINA
COMUN	PASTA DE BRANZA 80GR,PARIZER 80GR,ROSII 60GR,CEAI 250ML,PAINE 300GR	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI TARANESTI 250GR , SAL. VARZA 80GR BANANE 1 BUC	SALAM 80GR,UNT50GR,BR.TOPITA 2BUC,CEAI
COMUN PSIHIATRIE	PASTA DE BRANZA 80GR,PARIZER100GR,ROSII 60GR,CEAI 300ML,PAINE 450GR	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI TARANESTI 250GR , SAL. VARZA 80GR BANANE 1 BUC	SALAM 80GR,UNT50GR,BR.TOPITA 2BUC,IAURT
ULCER	PASTA DE BRANZA 80GR,PARIZER 80GR,ROSII 60GR,CEAI 250ML,PAINE 300GR	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , SAL. VARZA 80GR BANANE 1 BUC	SUNCA DE PUI 80GR,UNT50GR,BR.TOPITA 2BUC 250ML
HEPATIC	PASTA DE BRANZA 80GR,PARIZER 80GR,ROSII 60GR,CEAI 250ML,PAINE 300GR	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , SAL. VARZA 80GR BANANE 1 BUC	SUNCA DE PUI 80GR,UNT50GR,BR.TOPITA 2BUC 250ML
REGIM USOR	PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GR,LAPTE 200ML,PAINE 300GR	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , SAL. VARZA 80GR BANANE 1 BUC	MIERE ALBINE 2BUC 30GR ,UNT 50GR ,TELEME LAPTE200ML ,
COPII	PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GR,LAPTE 200ML,PAINE 300GR,	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , SAL. VARZA 80GR BANANE 1 BUC	MIERE ALBINE 2BUC 30GR ,UNT 50GR ,TELEME , LAPTE200ML ,
COLITA , DIZENTERIE	TELEMEA120GR,CEAI250ML,PAINE300GR	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , SAL. VARZA 80GR BANANE 1 BUC	RASOL PUI 100GR,TELEMEA120GR,CEAI
CARDIAC	PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GRCEAI 250ML,PAINE 300GR	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , SAL. VARZA 80GR BANANE 1 BUC	MIERE ALBINE 2BUC 30GR ,UNT5OGR,TELEME CEAI 250ML
NEFRITA	PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GRCEAI 250ML,PAINE 300GR	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , SAL. VARZA 80GR BANANE 1 BUC	MIERE ALBINE 2BUC 30GR ,UNT50GR ,TELEME CEAI 250ML
LACTO FAINOS	PASTA DE BRANZA 80GR,PARIZER 80GR,ROSII 60GR,CEAI 250ML,PAINE 300GR	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , SAL. VARZA 80GR BANANE 1 BUC	SUNCA DE PUI 80GR,UNT50GR,BR.TOPITA 2BUC 250ML , ,
DIABET	PASTA DE BRANZA 80GR,PARIZER 80GR,ROSII 60GR,CEAI 250ML,PAINE 200GR,IAURT 175GR 1BUC	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI TARANESTI 200GR , SAL. VARZA 80GR BANANE 1 BUC	SUNCA DE PUI 80GR,UNT50GR,BR.TOPITA 2BUC 250ML ,MAR 150GR
LAUZE	PASTA DE BRANZA 80GR,PARIZER 80GR,ROSII 60GR,CEAI 250ML,PAINE 300GR,IAURT 175GR 1BUC	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI TARANESTI 250GR , SAL. VARZA 80GR BANANE 1 BUC	SALAM 80GR,UNT50GR,BR.TOPITA 2BUC,CEAI
INTOLERANTA LA GLUTEN	PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GR,LAPTE 200ML	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI TARANESTI 250GR , SAL. VARZA 80GR BANANE 1 BUC	SUNCA DE PUI 80GR,UNT50GR,BR.TOPITA 2BUC 250ML
INTOLERANTA LA LACTOZA	PARIZER80GR,OU 2BUC,CEAI250ML,PAINE300GR	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI TARANESTI 250GR , SAL. VARZA 80GR BANANE 1 BUC	SALAM 80GR,MIERE ALBINE 2BUC 30GR,CEAI
CULT RELIGIOS	PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GRCEAI 250ML,PAINE 300GR	CIORBA A LA GREC 250 ML ,CARTOFI TARANESTI 250GR , SAL. VARZA 80GR BANANE 1 BUC	MIERE ALBINE 2BUC 30GR ,UNT50GR , BR.TOPI , LAPTE 200ML
PASERAT	PASTA DE BRANZA 80GR,OU 1BUC , 250ML,PAINE 300GR	CIORBA A LA GREC 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , BANANE 1 BUC (PASERAT)	GRIS IN LAPTE250ML
HIDOZAHARAT,SPECIAL	OU1BUC,IAURT 175GR 1BUC,CEAI250ML,BISCUITI 1PACHET 100GR	SUPA STRECURATA 200ML,GRIS IN LAPTE200ML	SUPA STRECURATA 200ML,GRIS IN LAPTE 200M

Meniurile pot suferii anumite modificari.

Painea se trimite dimineata pentru cele trei mese principale

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