



Acest document conține informații și date care sunt proprietatea Spitalului Orăşenesc “Dr.Valer Russu “ Luduş Reproducerea și difuzarea sunt în exclusivitate drepturile spitalului

SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE JOI 26-03-2026

| REGIM | MIC DEJUN | PRANZ | CINA |
|-------------------------------|---|--|--|
| COMUN | TELEMEA80GR,SUNCA DE PUI 80GR,OU 1BUC ,CEAI 250ML , PAINE300GR | SUPA ZARZAVAT CU FIDEA 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 | SUPA ZARZAVAT CU FIDEA 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 CUS-CUS 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 | SUPA ZARZAVAT CU FIDEA 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 | SUPA ZARZAVAT CU FIDEA 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 | SUPA ZARZAVAT 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 | SUPA ZARZAVAT CU FIDEA 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 | SUPA ZARZAVAT CU FIDEA 250 ML, OREZ CU LEGUME 250GR , SALATA VARZA 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 OREZ 250GR(PASERAT) | OREZ IN LAPTE 300ML(PASERAT) ,BANANA 1BT C |
| HIDOZAHARAT,SPECIAL | OU1BUC,IAURT 175GR 1BUC,CEAI250ML,BISCUITI 1PACHET 100GR | SUPA STRECURATA 200ML,GRIS IN LAPTE200ML | ZEAMA DE OREZ DULCE BISCUITI 1PACHET 100 |

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(gra), ou, lapte si produse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana



Acest document conține informații și date care sunt proprietatea Spitalului Orășenesc "Dr.Valer Russu" Luduș Reproducerea și difuzarea sunt în exclusivitate drepturile spitalului

SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE VINERI 27-03-2026

| REGIM | MIC DEJUN | PRANZ | CINA |
|-------------------------------|--|---|--|
| COMUN | CRENVUSTII20GR,MUSTAR30GR SUNCA PUI BR.TOPITA 2BUC , CEAI 300ML,PAINE300GR80GR | CIORBA ARDELENEASCA 250ML ,MAZARE SCAZUTA CU CARNAT, 250GR | SALAM 80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML |
| COMUN PSIHIATRIE | CRENVUSTII20GR,MUSTAR30GR SUNCA PUI BR.TOPITA 2BUC , CEAI 300ML,PAINE450GR80GR | CIORBA ARDELENEASCA 250ML ,MAZARE SCAZUTA CU CARNAT 300GR | SALAM 100GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML |
| ULCER | CRENVUSTII20GR, SUNCA PUI BR.TOPITA 2BUC , CEAI 300ML,PAINE300GR80GR | CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE250GR | PARIZER 80GR,UNT 50GR,TELEMEA 80 GR,CEAI 250ML |
| HEPATIC | CRENVUSTII20GR, SUNCA PUI BR.TOPITA 2BUC , CEAI 300ML,PAINE300GR80GR | CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE250GR | 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 PASTE250GR | 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 PASTE250GR | MIERE ALBINE 2BUC 30GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML |
| COLITA , DIZENTERIE | TELEMEA 120GRCEAI300ML,PAINE300GR | CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE250GR | CARNE FIARTA 100GR,TELEMEA 120GR,CEAI 250ML |
| CARDIAC | OU IBUC,UNT50GR,BR.TOPITA 2BUC,CEAI 300ML PAINE 300GR | CIORBA ARDELENEASCA 250ML ,MAZARE SCAZUTA CU CARNE DE PORC 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 PASTE250GR | MIERE ALBINE 2BUC 30GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML |
| LACTO FAINOS | CRENVUSTII20GR, SUNCA PUI BR.TOPITA 2BUC , CEAI 300ML,PAINE300GR80GR | CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE250GR | 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 | CRENVUSTII20GR, SUNCA PUI ,BR.TOPITA 2BUC , CEAI 300ML,PAINE300GR,EUGENIA 1BUC | CIORBA ARDELENEASCA 250ML ,TOCANITA DE PUI CU PASTE250GR | SALAM 100GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML |
| INTOLERANTA LA GLUTEN | CRENVUSTII20GR,UNT50GR,MIERE ALBINE 30GR , CEAI 300ML | CIORBA ARDELENEASCA 250ML ,MAZARE SCAZUTA CU CARNAT, 250GR | SALAM 100GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML |
| INTOLERANTA LA LACTOZA | CRENVUSTII30GR,MIERE ALBINE40GR,SUNCA PUI 80GR,CEAI300ML,PAINE300GR | CIORBA ARDELENEASCA 250ML ,MAZARE SCAZUTA 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 ,MAZARE SCAZUTA 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.

Paina se trimite dimineata pentru cele trei mese principale

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

Intocmit, Asistent dietetician

Trufasila Ana



Acest document conține informații și date care sunt proprietatea Spitalului Orășenesc "Dr.Valer Russu" Luduș. Reproducerea și difuzarea sunt în exclusivitate drepturile spitalului

SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE SAMBATA 28-03-2026

| 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 CALITA CU CARNE DE PORC 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 | OUIBUC,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(gra), ou, lapte si produse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana



Acest document conține informații și date care sunt proprietatea Spitalului Orășenesc "Dr.Valer Russu" Luduș Reproducerea și difuzarea sunt în exclusivitate drepturile spitalului

SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE DUMINICA 29-03-2026

| 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,ESCALOP CIUPERCI CU CARNE DE PORC,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,ESCALOP CIUPERCI CU CARNE DE PORC,PIURE 250 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, FRIPTURA DE PUI ,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, FRIPTURA DE PUI ,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, FRIPTURA DE PUI ,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, FRIPTURA DE PUI ,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, FRIPTURA DE PUI ,PIURE 250 GR, ,NAPOLITANE 60GR | 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,ESCALOP CIUPERCI CU CARNE DE PORC,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, FRIPTURA DE PUI ,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, FRIPTURA DE PUI ,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,ESCALOP CIUPERCI CU CARNE DE PORC,PIURE 250 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,ESCALOP CIUPERCI CU CARNE DE PORC,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, FRIPTURA DE PUI ,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, FRIPTURA DE PUI ,CARTOFI NATUR 250 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 ALUAT 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 ALUAT250ML ,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 100 |

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



Acest document conține informații și date care sunt proprietatea Spitalului Orășenesc "Dr.Valer Russu" Luduș. Reproducerea și difuzarea sunt în exclusivitate drepturile spitalului

SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE LUNI 30-03 -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,CEI 300ML |
| COMUN PSIHIATRIE | PARIZER100GR,PATEU 60GR,TELEMEA80GR,CEAI300ML,PAINE450GR | CIORBA DE OUA 250 ML,TOCANITA DE PUI CU MAMALIGA 300GR | SALAM80GR,UNT50GR,BR.TOPITA2BUC,CEI 300M |
| ULCER | SUNCA DE PUI 80GR, UNT 50GR, TELEMEA80GR,CEAI250ML,PAINE 300GR | SUPA ZARZAVAT CU OREZ 250 ML,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 250 ML,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 250 ML,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 250 ML,TOCANITA DE PUI CU MAMALIGA 250GR | MIERE ALBINE 2BUC30GR ,UNT50GR ,TELEMEA80GR LAPTE200ML |
| COLITA , DIZENTERIE | TELEMEA120GR,CEAI 300ML,PAINE300GR | CIORBA DE OUA 250 ML,PULPE DE PUI CU 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 PIUI CU MAMALIGA 250GR | MIERE ALBINE 2BUC30GR ,UNT50GR ,TELEMEA80GR, CEAI 250ML |
| NEFRITA | GRIS IN LAPTE200GR,EUGENIA 1BUC,GEM 2BUC40GR,PAINE300GR | SUPA ZARZAVAT CU OREZ 250 ML,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 250 ML,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 CU INABUSITE CU LEGUME MAMALIGA 200GR | PARIZER80GR,UNT50GR,BR.TOPITA2BUC,L TE 250ML |
| LAUZE | SUNCA DE PUI 80GR, UNT50GR, TELEMEA80GR,CEAI250ML,PAINE 300GR,GRIS IN LAPTE 200GR, 1BUC EUGENIA | SUPA ZARZAVAT CU OREZ 250 ML,TOCANITA DE PUI CU MAMALIGA 250GR | SALAM80GR,UNT50GR,BR.TOPITA2BUC,CEI 300ML |
| INTOLERANTA LA GLUTEN | GRIS IN LAPTE 300GR,GEM 2BUC40GR | CIORBA DE OUA 250 ML,PULPE DE PUI CU 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 CU INABUSITE CU LEGUME MAMALIGA 250GR | PARIZER80GR,UNT50GR,GEM 2BUC 40GR ,CEAI 300M |
| CULT RELIGIOS | GRIS IN LAPTE 300GR,GEM 2BUC40GR,EUGENIA 1BUC ,PAINE300GR | CIORBA DE OUA 250 ML, MAMALIGA CU BRANZA 250GR | MIERE ALBINE 2BUC30GR ,UNT50GR ,TELEMEA80GR, CEAI 250ML |
| PASERAT | GRIS IN LAPTE200GR,PAINE 300GR,CEAI 250ML | SUPA ZARZAVAT CU OREZ 250ML PULPE DE PUI INABUSITE, MAMALIGA 250GR, (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



Acest document conține informații și date care sunt proprietatea Spitalului Orășenesc "Dr.Valer Russu" Luduș Reproducerea și difuzarea sunt în exclusivitate drepturile spitalului

SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE MARTI 31-03-2026

| REGIM | MIC DEJUN | PRANZ | CINA |
|-------------------------------|---|--|---|
| COMUN | OMLETA TARANEASCA 180GR,PARIZER 80GR,ARDEI 60GR,CEAI 250MLPAINE300GR | CIORBA DE LEGUME 250ML,PARJOALE MOLDOVENESTI ,GARNITURA OREZ 250GR,SALATA VARZA 80GR | SUNCA DE PUI 80GR,PATEU 60GR , TELEMEA80GR , CEAI 250ML |
| COMUN PSIHIATRIE | OMLETA TARANEASCA 2000GR,PARIZER 80GR,ARDEI 60GR,CEAI 250MLPAINE4500GR | CIORBA DE LEGUME 250ML,PARJOALE MOLDOVENESTI ,GARNITURA OREZ 300GR,SALATA VARZA 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 DE 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 DE 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 DE 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 DE 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 DE PUI,GARNITURA OREZ 250GR | RASOL PUI 100GR,TELEMEA120GR,CEAI 250ML |
| CARDIAC | OMLETA TARANEASCA 180GR,BR.TOPITA 2BUC ,ARDEI 60GR , CEAI 200MLPAINE300GR | CIORBA DE LEGUME 250ML,PARJOALE MOLDOVENESTI ,GARNITURA OREZ 250GR,SALATA VARZA 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 DE 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 DE 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 | CIORBA DE LEGUME 250ML,PARJOALE MOLDOVENESTI ,GARNITURA OREZ 200GR,SALATA VARZA 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 | CIORBA DE LEGUME 250ML,PARJOALE MOLDOVENESTI ,GARNITURA OREZ 250GR, | SUNCA DE PUI 80GR,UNT 50GR ,TELEMEA 80GR , CEAI 250ML |
| INTOLERANTA LA GLUTEN | OMLETA TARANEASCA 180GR,PARIZER80 GR,ARDEI 60GR CEAI250ML | CIORBA DE LEGUME 250ML,PARJOALE MOLDOVENESTI ,GARNITURA OREZ 250GR,SALATA VARZA 80GR | SUNCA DE PUI 80GR,UNT 50GR ,TELEMEA 80GR , CEAI 250ML |
| INTOLERANTA LA LACTOZA | OMLETA TARANEASCA 180GR, PARIZER80GR,ARDEI 60GR,CEAI 250ML,PAINE300GR | CIORBA DE LEGUME 250ML,PARJOALE MOLDOVENESTI ,GARNITURA OREZ 250GR,SALATA VARZA 80GR | SUNCA DE PUI 80GR,GEM 2BUC 40GR, CEAI 250ML |
| CULT RELIGIOS | OMLETA TARANEASCA 180GR, BR.TOPITA2BUC ,ARDEI 60GR ,CEAI 250ML,PAINE300GR | CIORBA DE LEGUME 250ML, OREZ CU LEGUME250GR,SALATA VARZA 80GR | GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML |
| PASERAT | OMLETA TARANEASCA 120GR ,PARIZER 80GR , PAINE 300GR (PASERAT) | SUPA ZARZAVAT CU FIDEA 250ML,PULPE DE PUI CU 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



Acest document conține informații și date care sunt proprietatea Spitalului Orășenesc "Dr.Valer Russu" Luduș. Reproducerea și difuzarea sunt în exclusivitate drepturile spitalului

SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE MIERCURI 01-04-2026

| REGIM | MIC DEJUN | PRANZ | CINA |
|-------------------------------|--|---|---|
| COMUN | PASTA DE BRANZA 80GR,PARIZER 80GR,ROSII 60GR,CEAI 250ML,PAINE 300GR | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , FRIPTURA PUI, CARTOFI NATUR 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 | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , FRIPTURA PUI, CARTOFI NATUR 300GR , 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 | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , 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 | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , 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 | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , BANANE 1 BUC | MIERE ALBINE 2BUC 30GR ,UNT 50GR ,TELEME LAPTE200ML , |
| COPII | PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GR,LAPTE 200ML,PAINE 300GR, | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , BANANE 1 BUC | MIERE ALBINE 2BUC 30GR ,UNT 50GR ,TELEME , LAPTE200ML , |
| COLITA , DIZENTERIE | TELEMEA120GR,CEAI250ML,PAINE300GR | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , BANANE 1 BUC | RASOL PUI 100GR,TELEMEA120GR,CEAI |
| CARDIAC | PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GRCEAI 250ML,PAINE 300GR | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , SAL. VARZA 80GR BANANE 1 BUC | MIERE ALBINE 2BUC 30GR ,UNT50GR,TELEME/CEAI 250ML |
| NEFRITA | PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GRCEAI 250ML,PAINE 300GR | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , 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 | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , 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 | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , FRIPTURA PUI, CARTOFI NATUR 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 | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , BANANE 1 BUC | SALAM 80GR,UNT50GR,BR.TOPITA 2BUC,CEAI |
| INTOLERANTA LA GLUTEN | PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GR,LAPTE 200ML | SUPA ZARZAVAT CU 250 ML , FRIPTURA PUI, CARTOFI NATUR 250GR , SAL. VARZA 80GR BANANE 1 BUC | SUNCA DE PUI 80GR,UNT50GR,BR.TOPITA 2BUC 250ML |
| INTOLERANTA LA LACTOZA | PARIZER80GR,OU 2BUC,CEAI250ML,PAINE300GR | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , FRIPTURA PUI, CARTOFI NATUR 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 | SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML , CARTOFI NATUR 250GR , SAL. VARZA 80GR BANANE 1 BUC | MIERE ALBINE 2BUC 30GR ,UNT50GR , BR.TOPIT , LAPTE 200ML |
| PASERAT | PASTA DE BRANZA 80GR,OU 1BUC , 250ML,PAINE 300GR | SUPA ZARZAVAT CU GALUSTE DE ALUAT 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

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

Intocmit, Asistent dietetician

Trufasila Ana