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SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE JOI 29-10-2026

REGIM	MIC DEJUN	PRANZ	CINA
COMUN	CASCAVAL 100GRSUNCA PUI 80GR,OU 1BUC,CEAI 300ML,PAINE300GR	CIORBA DE LEGUME 250 ML, TOCHITURA CU CARNE EDE PORC,GARNITURA CUS-CUS 250GR,SALATA VARZA 80GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,(250Ml,
COMUN PSIHIATRIE	CASCAVAL 100GR,SUNCA PUI 80GR,OU1BUC, CEAI 300ML,PAINE450GR	CIORBA DE LEGUME 250 ML, TOCHITURA CU CARNE EDE PORC,GARNITURA CUS-CUS 300GR,SALATA VARZA 80GR	PARIZER 100GR,UNT 50GR,BR.TOPITA 2BUC 300ML,
ULCER	CASCAVAL 100GR,SUNCA PUI 80GR,OU1BUC, CEAI 300ML,PAINE450GR	SUPA ZARZAVAT CU FIDEA 250ML, FRIPTURA DE PUI ,GARNITURA CUS-CUS 250GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,(250ML
HEPATIC	CASCAVAL 100GR,SUNCA PUI 80GR,UNT 50GR , CEAI 300ML,PAINE450GR	SUPA ZARZAVAT CU FIDEA 250ML, FRIPTURA DE PUI ,GARNITURA CUS-CUS 250GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,(250ML,
REGIM USOR	CASCAVAL 100GR,OU 1BUC,UNT50GR,LAPTE 200ML	SUPA ZARZAVAT CU FIDEA 250ML, FRIPTURA DE PUI ,GARNITURA CUS-CUS 250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML,
COPII	CASCAVAL 100GR,OU 1BUC,UNT50GR,LAPTE 200ML , NAPOLITANE 40GR	SUPA ZARZAVAT CU FIDEA 250ML, FRIPTURA DE PUI ,GARNITURA CUS-CUS 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 CUS-CUS 250GR	CARNE FIARTA 100GR,TELEMEA 120GR, CE 250ML,
CARDIAC	CASCAVAL 100GR,OU 1BUC,UNT50GR,CEAI 250ML	CIORBA DE LEGUME 250 ML, TOCHITURA CU CARNE EDE PORC,GARNITURA CUS-CUS 250GR,SALATA VARZA 80GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR, 250ML,
NEFRITA	CASCAVAL 100GR,OU 1BUC,UNT50GR,CEAI 250ML	SUPA ZARZAVAT CU FIDEA 250ML, FRIPTURA DE PUI ,GARNITURA CUS-CUS 250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR, 250ML,
LACTO FAINOS	CASCAVAL 100GR,SUNCA PUI 80GR,UNT 50GR , CEAI 300ML,PAINE450GR	SUPA ZARZAVAT CU FIDEA 250ML, FRIPTURA DE PUI ,GARNITURA CUS-CUS 250GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,(250ML,
DIABET	CASCAVAL 100GR,SUNCA PUI 80GR,OU 1BUC,CEAI 300ML,PAINE200GR	CIORBA DE LEGUME 250 ML, TOCHITURA CU CARNE EDE PORC,GARNITURA CUS-CUS 200GR,SALATA VARZA 80GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,(250ML IAURT 175GR 1BUC,
LAUZE	CASCAVAL 100GR,SUNCA PUI 80GR,OU 1BUC,CEAI 300ML,PAINE300GR,BISCUTI 50GR	CIORBA DE LEGUME 250 ML, TOCHITURA CU CARNE EDE PORC,GARNITURA CUS-CUS 250GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,(250ML, MOS
INTOLERANTA LA GLUTEN	CASCAVAL 100GR,SUNCA DE PUI 80GR,OU 1BUC ,IAURT 175GR 1BUC	CIORBA DE LEGUME 250 ML, TOCHITURA CU CARNE EDE PORC,GARNITURA OREZ250GR,SALATA VARZA 80GR	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC,(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 VARZA 80GR	GEM 2BUC 40GR,PARIZER 80GR,CEAI 250M
CULT RELIGIOS	CASCAVAL 100GR,OU 2BUC ,CEAI 250ML , PAINE300GR	CIORBA DE LEGUME 250 ML, PASTE CU BRANZA250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR, 250ML,
PASERAT	OU 2BUC,SUNCA PUI80GR,TELEMEA 80GR,CEAI250ML,PAINE300GR(PASERAT)	SUPA ZARZAVAT CU FIDEA 250ML, RASOL PUI CU CUS-CUS 250 GR (PASERAT)	OREZ IN LAPTE 300ML(PASERAT) ,BANANA 1BUC,C
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, laptesiproduse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana

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SPITALUL ORASENESC „DR.VALER RUSSU" LUDUS MENIUL ZILEI DE VINERI 30-10-2026

REGIM	MIC DEJUN	PRANZ	CINA
COMUN	CRENVUSTI 2BUC,MUSTAR 10GR,SUNCA DE PUI 80GR, BRANZA TOPITA 2BUC, CEAI 300ML,PAINE300GR80GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNAT 250GR	SALAM 80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
COMUN PSIHIATRIE	CRENVUSTI 2BUC,MUSTAR 10GR,SUNCA DE PUI 80GR, BRANZA TOPITA 2BUC, CEAI 300ML,PAINE450GR80GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNAT 300GR	SALAM 80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
ULCER	CRENVUSTI 2BUC,,SUNCA DE PUI 80GR, BRANZA TOPITA 2BUC, CEAI 300ML,PAINE300GR80GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNE DE PUI 250GR	PARIZER 80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
HEPATIC	CRENVUSTI 2BUC,,SUNCA DE PUI 80GR, BRANZA TOPITA 2BUC, CEAI 300ML,PAINE300GR80GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNE DE PUI 250GR	PARIZER 80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
REGIM USOR	OU IBUC,UNT50GR,BR.TOPITA 2BUC,LAPTE200MLPAINE300GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNE DE PUI 250GR	MIERE ALBINE 2 BUC 30GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
COPII	OU IBUC,UNT50GR,BR.TOPITA 2BUC,LAPTE200MLPAINE300GR,EUGENIA1BUC	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNE DE PUI 250GR	MIERE ALBINE 2 BUC 30GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
COLITA , DIZENTERIE	TELEMEA 120GRCEAI300ML,PAINE300GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNE DE PUI 250GR	CARNE FIARTA 100GR,TELEMEA 120GR,CEAI 250ML
CARDIAC	OU IBUC,UNT50GR,BR.TOPITA 2BUC,CEAI 300MLPAINE300GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNE DE PUI 250GR	MIERE ALBINE 2 BUC 30GR,UNT 50GR,TELEMEA 80GR, CEAI 250ML
NEFRITA	OU IBUC,UNT50GR,BR.TOPITA 2BUC,CEAI 300MLPAINE300GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNE DE PUI 250GR	MIERE ALBINE 2 BUC 30GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
LACTO FAINOS	CRENVUSTI 2BUC ,SUNCA DE PUI 80GR, BRANZA TOPITA 2BUC, CEAI 300ML,PAINE300GR80GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNE DE PUI 250GR	PARIZER 80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
DIABET	CRENVUSTI 2BUC, ,SUNCA DE PUI 80GR, BRANZA TOPITA 2BUC, CEAI 300ML,PAINE300GR80GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNE DE PUI 200GR	PARIZER 80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
LAUZE	OU IBUC,UNT 50GR,BRANZA TOPITA 2 BUC, CEAI 300ML,PAINE300GR80GR EUGENIA 1BUC	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNAT 250GR	SALAM 80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
INTOLERANTA LA GLUTEN	OU 2BUC,UNT 50GR,BRANZA TOPITA 2 BUC, CEAI 300ML	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNAT 250GR	SALAM 80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
INTOLERANTA LA LACTOZA	OU 2BUC,MARGARINA 50GR,MIERE ALBINE 2 BUC30GR , CEAI 300ML,PAINE300GR80GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI CU CARNAT 250GR	SALAM 80GR ,MARGARINA 50GR, GEM 2BUC 40GR,CEAI 250ML
CULT RELIGIOS	OU IBUC,UNT50GR,BR.TOPITA 2BUC,CEAI 300ML ,PAINE300GR	CIORBA ARDELENEASCA 250ML ,TOCANITA DE CARTOFI 250GR	MIERE ALBINE 2BUC 30GR,UNT 50GR,TELEMEA 80GRCEAI 250ML
PASERAT	GRIS IN LAPTE300ML	CIORBA ARDELENEASCA 250ML ,PULPE DEPUI INABUSITE CU LEGUME, CARTOFI 200GR (PASERAT)	TELEMEA 100GR,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, laptesiproduse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana

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SPITALUL ORASENESC „DR.VALER RUSSU" LUDUS MENIUL ZILEI DE SAMBATA 31-10-2026

REGIM	MIC DEJUN	PRANZ	CINA
COMUN	OU 1BUC,SALAM 80GR,BRANZA TOPITA 2BUC,ROSII 60GR,PAINE 300GR,CEAI 250ML	CIORBA DE CARTOFI 250ML,VARZA SECUIASCA CU CARNE DE PORC 250GR BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250MI
COMUN PSIHIATRIE	OU 1BUC,SALAM 80GR, BRANZA TOPITA 2BUC,ROSII 60GR,PAINE 450GR,CEAI 250ML	CIORBA DE CARTOFI 250ML,VARZA SECUIASCA CU CARNE DE PORC 300GR BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250MI
ULCER	OU 1BUC,SUNCA DE PUI 80GR,BRANZA TOPITA 2BUC ROSII 60GR,PAINE 300GR,CEAI 250ML	CIORBA DE CARTOFI 250 ML,FRIPTURA DE PUI, GARNITURA OREZ 250GR BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250MI
HEPATIC	MIERE ALBINE 2BUC 30GR,UNT 50GR, BRANZA TOPITA 2BUC CEAI 250ML,PAINE 300GR	CIORBA DE CARTOFI 250 ML,FRIPTURA DE PUI, GARNITURA OREZ 250GR BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250MI
REGIM USOR	OU 1BUC,UNT 50GR,,ROSII 60GR,BRANZA TOPITA 2BUCLAPTE 200ML,PAINE 300GR	CIORBA DE CARTOFI 250 ML,FRIPTURA DE PUI, GARNITURA OREZ 250GR BANANE 1BUC	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
COPII	OU 1BUC,UNT 50GR, BRANZA TOPITA 2 BUC,ROSII 60GR,LAPTE 200ML,PAINE 300GR,NAPOLITANE 40GR	CIORBA DE CARTOFI 250 ML,FRIPTURA DE PUI, GARNITURA OREZ 250GR BANANE 1BUC	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
COLITA , DIZENTERIE	TELEMEA 120GR,CEAI 250ML,PAINE 300GR	CIORBA DE CARTOFI 250 ML,FRIPTURA DE PUI, GARNITURA OREZ 250GR BANANE 1BUC	CARNE FIARTA 100GR,TELEMEA 120GR,CEAI 250ML
CARDIAC	OU 1BUC,UNT 50GR, BRANZA TOPITA 2BUC,ROSII 60GR,CEAI 250ML,PAINE 300GR	CIORBA DE CARTOFI 250ML,VARZA SECUIASCA CU CARNE DE PORC 250GR BANANE 1BUC	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
NEFRITA	OU 1BUC,UNT 50GR, BRANZA TOPITA 2BUC ROSII 60GR,CEAI 250ML,PAINE 300GR	CIORBA DE CARTOFI 250 ML,FRIPTURA DE PUI, GARNITURA OREZ 250GR BANANE 1BUC	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
LACTO FAINOS	MIERE ALBINE 2BUC 30GR,UNT 50GR,,CEAI 250ML,PAINE 300GR BRANZA TOPITA 2BUC	CIORBA DE CARTOFI 250 ML,FRIPTURA DE PUI, GARNITURA OREZ 250GR BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250MI
DIABET	OU 1BUC,SUNCA DE PUI 80GR, BRANZA TOPITA 2BUC,ROSII 60GR,PAINE 200GR,CEAI 250ML,IAURT 175GR 1 BUC	CIORBA DE CARTOFI 250ML,VARZA SECUIASCA CU CARNE DE PORC 200GR BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML,MAR 150GR
LAUZE	OU 2BUC,SALAM 80GR BRANZA TOPITA 2BUC,ROSII 60GR,PAINE 300GR,CEAI 250ML,NAPOLITANE 40GR	CIORBA DE CARTOFI 250 ML,FRIPTURA DE PUI, GARNITURA OREZ 250GR BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250MI
INTOLERANTA LA GLUTEN	OU 1BUC,SALAM 80GR,BRANZA TOPITA 2BUC ROSII 60GR,CEAI 250ML	CIORBA DE CARTOFI 250ML,VARZA SECUIASCA CU CARNE DE PORC 250GR BANANE 1BUC	PARIZER,80GR,UNT 50GR,TELEMEA 80GR,CEAI 250MI
INTOLERANTA LA LACTOZA	OU 1BUC,SALAM 80GR,ROSII 60GR, MARGARINA 50GR,CEAI 250ML ,PAINE 300GR	CIORBA DE CARTOFI 250ML,VARZA SECUIASCA CU CARNE DE PORC 250GR BANANE 1BUC	GEM 2BUC 40GR,UNT 50GR, PARIZER,80GR ,CEAI 250ML
CULT RELIGIOS	OU 1BUC BRANZA TOPITA 2BUC,,ROSII 60GR,PAINE 300GR,CEAI 250ML	CIORBA DE CARTOFI 250 ML,VARZA CALITA 250GR, BANANE 1BUC	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
PASERAT	OU 1BUC,SUNCA DE PUI 80GR,BRANZA TOPITA 2BUC PAINE 300GR(PASERAT)	CIORBA DE CARTOFI 300ML,PUI CU LEGUME ,OREZ 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, laptesiproduse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana

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SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE DUMINICA 01-11-2026

REGIM	MIC DEJUN	PRANZ	CINA
COMUN	CASCAVAL 100GR,OU 1BUC,PARIZER 80GR,CEAI 250ML,PAINE 300GR,ROSII 60GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250ML, FRIPTURA DE PUI, CARTOFI TARANESTI 250GR,SALATA VARZA 80GR , NAPOLITANE 70GR	SALAM 80GR,UNT50GR,BRANZA TOPITA 2B 250ML
COMUN PSIHIATRIE	CASCAVAL 100GR,OU 1BUC,PARIZER 80GR,CEAI 250ML,PAINE 450GR,ROSII 60GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250ML, FRIPTURA DE PUI, CARTOFI TARANESTI 300GR,SALATA VARZA 80GR , NAPOLITANE 70GR	SALAM 100GR,UNT50GR,BRANZA TOPITA 2 IAURT 250GR
ULCER	CASCAVAL 100GR,OU 1BUC,SUNCA DE PUI 80GR,CEAI 250ML,PAINE 300GR,ROSII 60GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250ML, FRIPTURA DE PUI, CARTOFI NATUR 250GR, NAPOLITANE 70GR	PARIZER 80GR,UNT 50GR,BRANZA TOPITA ,CEAI 250ML
HEPATIC	CASCAVAL 100GR, UNT 50GR,SUNCA DE PUI 80GR,CEAI 250ML,PAINE 300GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250ML, FRIPTURA DE PUI, CARTOFI NATUR 250GR, NAPOLITANE 70GR	PARIZER 80GR,UNT 50GR,BRANZA TOPITA ,CEAI 250ML
REGIM USOR	CASCAVAL 100GR, OU 1BUC,UNT 50GR LAPTE 200ML ROSII 60GR,PAINE 300GR ,BISCUITI 40GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250ML, FRIPTURA DE PUI, CARTOFI NATUR 250GR, NAPOLITANE 70GR	BRANZA TOPITA 2BUC,UNT 50GR,MIERE AI 2BUC 30GR,LAPTE 200ML
COPII	CASCAVAL 100GR, OU 1BUC,UNT 50GR LAPTE 200ML ROSII 60GR,PAINE 300GR, BISCUITI 40GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250ML, FRIPTURA DE PUI, CARTOFI NATUR 250GR, NAPOLITANE 70GR	BRANZA TOPITA 2BUC,UNT 50GR,MIERE AI 2BUC 30GR,LAPTE 200ML
COLITA , DIZENTERIE	TELEMEA 120GR,CEAI 250ML,PAINE 300GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250ML, FRIPTURA DE PUI, CARTOFI NATUR 250GR,	CARNE FIARTA 100GR,TELEMEA 100GR,CEA
CARDIAC	CASCAVAL 100GR,UNT 50GR,OU 1BUC,CEAI 250ML PAINE300GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250ML, FRIPTURA DE PUI, CARTOFI TARANESTI 250GR,SALATA VARZA 80GR , NAPOLITANE 70GR	TELEMEA 80GR,UNT 50GR,MIERE ALBINE 2 CEAI 250ML
NEFRITA	CASCAVAL 100GR,UNT 50GR,OU 1BUC,CEAI 250ML PAINE300GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250ML, FRIPTURA DE PUI, CARTOFI NATUR 250GR, NAPOLITANE 70GR	TELEMEA 80GR,UNT 50GR,MIERE ALBINE 2 CEAI 250ML
LACTO FAINOS	CASCAVAL 100GR,,SUNCA DE PUI 80GR,CEAI 250ML,PAINE 300GR,ROSII 60GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250ML, FRIPTURA DE PUI, CARTOFI NATUR 250GR, NAPOLITANE 70GR	PARIZER 80GR,UNT 50GR,BRANZA TOPITA CEAI250ML
DIABET	CASCAVAL 100GR,OU 1BUC,SUNCA DE PUI 80GR,CEAI 250ML,PAINE 200GR,ROSII 60GR,MAR 150GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250ML, FRIPTURA DE PUI, CARTOFI TARANESTI 200GR,SALATA VARZA 80GR , NAPOLITANE 70GR	PARIZER 80GR,UNT 50GR,BRANZA TOPITA IAURT 175GR 1 BUC
LAUZE	CASCAVAL 100GR,OU1BUC,SUNCA DE PUI 80GR,CEAI 250ML,PAINE 300GR,ROSII 60GR,BISCUITI 40GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250ML, FRIPTURA DE PUI, CARTOFI TARANESTI 250GR,SALATA VARZA 80GR	SALAM 80GR,UNT50GR,BRANZA TOPITA 2B 250ML
INTOLERANTA LA GLUTEN	CASCAVAL 100GR,OU2BUC,SUNCA DE PUI 80GR,CEAI 250ML,ROSII 60GR	SUPA ZARZAVAT 250ML, FRIPTURA DE PUI,CARTOFI TARANESTI 250GR, SALATA VARZA 80GR	SALAM 80GR,UNT50GR,BRANZA TOPITA 2B 250ML
INTOLERANTA LA LACTOZA	OU 2BUC,SUNCA DE PUI 80GR,CEAI 250ML,PAINE 300GR,ROSII 60GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT250ML,FRIPTURA DE PUI, CARTOFI NATUR 250GR ,SALATA VARZA 80GR	TELEMEA 80GR,PARIZER 80GR ,MIERE ALB 30GR, CEAI 250ML
CULT RELIGIOS	OU 2BUC,CASCAVAL 100GRCEAI 250ML,PAINE 300GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250ML, SALATA DE CARTOFI 250GR ,SALATA VARZA 80GR , NAPOLITANE 70GR	TELEMEA 80GR,UNT 50GR,MIERE ALBINE 2 CEAI 250ML
PASERAT	OU 2BUC,SUNCA DE PUI 80GR(PASERAT),CEAI 250ML,PAINE 300GR,	SUPA ZARZAVAT CU GALUSTE DE ALUAT250ML FRIPTURA DE PUI,CAROFI NATUR 250GR(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

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, laptesiproduse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana

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SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE LUNI 02-11-2026

REGIM	MIC DEJUN	PRANZ	CINA
COMUN	PARIZER80GR,PATEU60GR,TELEMEA80GR,CEAI300ML,PAINE300GR	CIORBA DE FASOLE VERDE 250 ML,TOCHITURA CU CARNE DE PORC,GARNITURA CUS-CUS 250GR,SALATA VARZA 80GR	SALAM80GR,UNT50GR,BR.TOPITA2BU 300ML
COMUN PSIHIATRIE	PARIZER100GR,PATEU60GR,TELEMEA80GR,CEAI300ML,PAINE450GR	CIORBA DE FASOLE VERDE 250 ML,TOCHITURA CU CARNE DE PORC,GARNITURA CUS-CUS 300GR,SALATA VARZA 80GR	SALAM80GR,UNT50GR,BR.TOPITA2BU 300M
ULCER	SUNCA DE PUI 80GR, UNT50GR, TELEMEA80GR,CEAI250ML,PAINE 300GR	SUPA ZARZAVAT CU FIDEA 250 ML ,FRIPTURA DE PUI GARNITURA CUS-CUS 250GR	PARIZER80GR,UNT50GR,BR.TOPITA2B I 300M
HEPATIC	SUNCA DE PUI 80GR, UNT50GR, TELEMEA80GR,CEAI250ML,PAINE 300GR	SUPA ZARZAVAT CU FIDEA 250 ML ,FRIPTURA DE PUI GARNITURA CUS-CUS 250GR	PARIZER80GR,UNT50GR,BR.TOPITA2B I 300M
REGIM USOR	GRIS IN LAPTE 250GR ,GEM 2BUC 40GR,EUGEENIA 1BUC PAINE 300GR	SUPA ZARZAVAT CU FIDEA 250 ML ,FRIPTURA DE PUI GARNITURA CUS-CUS 250GR	MIERE ALBINE2BUC30GR,UNT50GR,TELEME APTE200ML
COPII	GRIS IN LAPTE 250GR ,GEM 2BUC 40GR,EUGEENIA 1BUC PAINE 300GR	SUPA ZARZAVAT CU FIDEA 250 ML ,FRIPTURA DE PUI GARNITURA CUS-CUS 250GR	MIERE ALBINE2BUC30GR,UNT50GR,TELEME APTE200ML
COLITA , DIZENTERIE	TELEMEA120GR,CEAI300ML,PAINE300GR	SUPA ZARZAVAT CU FIDEA 250 ML ,FRIPTURA DE PUI GARNITURA CUS-CUS 250GR	CARNE FIARTA100GR,TELEMEA 120G 250ML
CARDIAC	GRIS IN LAPTE 250GR ,GEM 2BUC 40GR,EUGEENIA 1BUC PAINE 300GR	CIORBA DE FASOLE VERDE 250 ML,TOCHITURA CU CARNE DE PORC,GARNITURA CUS-CUS 250GR,SALATA VARZA 80GR	MIERE ALBINE2BUC30GR,UNT50GR,TELEME EAI250ML
NEFRITA	GRIS IN LAPTE 250GR ,GEM 2BUC 40GR,EUGEENIA 1BUC PAINE 300GR	SUPA ZARZAVAT CU FIDEA 250 ML ,FRIPTURA DE PUI GARNITURA CUS-CUS 250GR	MIERE ALBINE2BUC30GR,UNT50GR,TELEME EAI250ML
LACTO FAINOS	SUNCA DE PUI 80GR, UNT50GR, TELEMEA80GR,CEAI250ML,PAINE 300GR	SUPA ZARZAVAT CU FIDEA 250 ML ,FRIPTURA DE PUI GARNITURA CUS-CUS 250GR	PARIZER80GR,UNT50GR,BR.TOPITA2B I 300M
DIABET	SUNCA DE PUI 80GR, UNT50GR, TELEMEA80GR,CEAI 250ML,PAINE 200GR,MAR150GR	CIORBA DE FASOLE VERDE 250 ML,TOCHITURA CU CARNE DE PORC,GARNITURA CUS-CUS 200GR,SALATA VARZA 80GR	PARIZER80GR,UNT50GR,BR.TOPITA2B TE 250ML
LAUZE	SUNCA DE PUI 80GR, UNT50GR, TELEMEA80GR,CEAI250ML,PAINE 300GR,GRIS IN LAPTE200GR, 1BUC EUGENIA	SUPA ZARZAVAT CU FIDEA 250 ML,TOCHITURA CU CARNE DE PORC,GARNITURA CUS-CUS 250GR	SALAM80GR,UNT50GR,BR.TOPITA2BU 300ML
INTOLERANTA LA GLUTEN	GRIS IN LAPTE 300GR,GEM 2BUC40GR	CIORBA DE FASOLE VERDE 250 ML,TOCHITURA CU CARNE DE PORC,GARNITURA OREZ 250GR,SALATA VARZA 80GR	PARIZER80GR,UNT50GR,BR.TOPITA2B I 300M
INTOLERANTA LA LACTOZA	SUNCA DE PUI80GR,MIERE ALBINE30GR,PAINE300GR,CEAI250ML	CIORBA DE FASOLE VERDE 250 ML,TOCHITURA CU CARNE DE PORC,GARNITURA CUS-CUS 250GR,SALATA VARZA 80GR	PARIZER80GR,UNT50GR,GEM 2BUC 40 ,CEAI 300M
CULT RELIGIOS	GRIS IN LAPTE 300GR,GEM 2BUC40GR,EUGENIA 1IBUC ,PAINE300GR	CIORBA DE FASOLE VERDE 250 ML, CUS-CUS CU LEGUME250GR, SALATA VARZA 80GR	MIERE ALBINE2BUC30GR,UNT50GR,TELEME EAI250ML
PASERAT	GRIS IN LAPTE200GR,PAINE 300GR,CEAI 250ML	SUPA ZARZAVAT CU FIDEA 250 ML, PULPE DE PUI INABUSITE CU LEGUME ,CUS-CUS 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 1P 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, laptesiproduse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana

Acest document conțineinformațiisi date care suntproprietateaSpitaluluiOrășenesc “Dr.ValerRussu “ LudușReproducereașidifuzareasunt in exclusivitatedrepturilespitalului

SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE MARTI 03-11-2026

REGIM	MIC DEJUN	PRANZ	CINA
COMUN	OMLETA TARANEASCA 180GR,PARIZER 80GR,ARDEI 60GR,CEAI 250MLPAINE300GR	CIORBA A LA GREC 250ML,TOCANITA DE PUI CU MAMALIGA 250GR	SUNCA DE PUI 80GR,PATEU 60GR ,TELEMEA80GR , CEAI 250ML
COMUN PSIHIATRIE	OMLETA TARANEASCA 2000GR,PARIZER 80GR,ARDEI 60GR,CEAI 250MLPAINE4500GR	CIORBA A LA GREC 250ML,TOCANITA DE PUI CU MAMALIGA 300GR	SUNCA DE PUI 80GR,PATEU 60GR ,TELEMEA80GR , CEAI 250ML
ULCER	OMLETA TARANEASCA 180GR,PARIZER 80GR,ARDEI 60GR,CEAI 250MLPAINE300GR	CIORBA A LA GREC 250ML,TOCANITA DE PUI CU PASTE 250GR	SUNCA DE PUI 80GR,UNT 50GR ,TELEMI 80GR , CEAI 250ML
HEPATIC	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC, CEAI 250ML , PAINE300GR	CIORBA A LA GREC 250ML,TOCANITA DE PUI CU MAMALIGA 250GR	SUNCA DE PUI 80GR,UNT 50GR ,TELEMI 80GR , CEAI 250ML
REGIM USOR	OMLETA TARANEASCA 180GR,BR.TOPITA 2BUC ,ARDEI 60GR , LAPTE 200ML,PAINE300GR,BISCUITI 40GR	CIORBA A LA GREC 250ML,TOCANITA DE PUI CU MAMALIGA 250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
COPII	OMLETA TARANEASCA 180GR,BR.TOPITA 2BUC ,ARDEI 60GR, LAPTE 200MLPAINE300GR,BISCUITI 40GR	CIORBA A LA GREC 250ML,TOCANITA DE PUI CU MAMALIGA 250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
COLITA , DIZENTERIE	TELEMEA 120GR,CEAI250ML,PAINE300GR	CIORBA A LA GREC 250ML,PULPE DE PUI INABUSITE CU LEGUME, MAMALIGA 250GR	RASOL PUI 100GR,TELEMEA120GR,CEAI 250ML
CARDIAC	OMLETA TARANEASCA 180GR,BR.TOPITA 2BUC ,ARDEI 60GR, CEAI 200MLPAINE300GR	CIORBA A LA GREC 250ML,TOCANITA DE PUI CU MAMALIGA 250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
NEFRITA	OMLETA TARANEASCA 180GR,BR.TOPITA2BUC ,ARDEI 60GR CEAI 200ML,PAINE300GR	CIORBA A LA GREC 250ML,TOCANITA DE PUI CU PASTE 250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,CEAI 250ML
LACTO FAINOS	PARIZER 80GR,UNT 50GR,BR.TOPITA 2BUC ,CEAI 250ML , PAINE 00GR	CIORBA A LA GREC 250ML,TOCANITA DE PUI CU PASTE 250GR	SUNCA DE PUI 80GR,UNT 50GR ,TELEMI 80GR , CEAI 250ML
DIABET	OMLETA TARANEASCA 180GR,PARIZER 80GR,ARDEI 60GR CEAI 250ML,PAINE 200GR,MAR150GR	CIORBA A LA GREC 250ML,PULPE DE PUI INABUSITE CU LEGUME, MAMALIGA 200GR	SUNCA DE PUI 80GR,UNT 50GR ,TELEMI 80GR , LAPTE 250ML
LAUZE	OMLETA TARANEASCA 180GR,PARIZER 80GR,ARDEI 60GR, LAPTE200 ML,PAINE300GR,BR.TOPITA 2BUC,BISCUITI 40GR	CIORBA A LA GREC 250ML,TOCANITA DE PUI CU MAMALIGA 250GR	SUNCA DE PUI 80GR,UNT 50GR ,TELEMI 80GR , CEAI 250ML
INTOLERANTA LA GLUTEN	OMLETA TARANEASCA 180GR,PARIZER80 GR,ARDEI 60GR CEAI250ML	CIORBA A LA GREC 250ML,PULPE DE PUI INABUSITE CU LEGUME, MAMALIGA 250GR	SUNCA DE PUI 80GR,UNT 50GR ,TELEMI 80GR , CEAI 250ML
INTOLERANTA LA LACTOZA	OMLETA TARANEASCA 180GR, PARIZER80GR,ARDEI 60GR,CEAI 250ML,PAINE300GR	CIORBA A LA GREC 250ML,PULPE DE PUI INABUSITE CU LEGUME, MAMALIGA 250GR	SUNCA DE PUI 80GR,GEM 2BUC 40GR, CEAI 250ML
CULT RELIGIOS	OMLETA TARANEASCA 180GR, BR.TOPITA2BUC ,ARDEI 60GR ,CEAI 250ML,PAINE300GR	CIORBA A LA GREC 250ML, ,MAMALIGA CU BRANZA 250GR	GEM 2BUC 40GR,UNT 50GR,TELEMEA 80GR,LAPTE 200ML
PASERAT	OMLETA TARANEASCA 120GR ,PARIZER 80GR , PAINE 300GR (PASERAT)	CIORBA A LA GREC 250ML,PULPE DE PUI INABUSITE CU LEGUME, MAMALIGA 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, laptesiproduse lactate(lactoza)

Intocmit, Asistent dietetician

Trufasila Ana

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SPITALUL ORASENESC „DR.VALER RUSSU” LUDUS MENIUL ZILEI DE MIERCURI 04-11-2026

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 DE PUI CARTOFI NATUR 250GR, SAL.VARZA 80GR,BANANE1 BUC	SALAM 80GR,UNT50GR,BR.TOPITA 2BUC,(250ML
COMUN PSIHIATRIE	PASTA DE BRANZA 80GR,PARIZER100GR,ROSII 60GR,CEAI 300ML,PAINE 450GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML, FRIPTURA DE PUI CARTOFI NATUR 300GR, SAL.VARZA 80GR,BANANE1 BUC	SALAM 80GR,UNT50GR,BR.TOPITA 2BUC,] 250GR
ULCER	PASTA DE BRANZA 80GR,PARIZER 80GR,ROSII 60GR,CEAI 250ML,PAINE 300GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML, FRIPTURA DE PUI CARTOFI NATUR 250GR,,BANANE1 BUC	SUNCA DE PUI 80GR,UNT50GR,BR.TOPITA CEAI 250ML
HEPATIC	PASTA DE BRANZA 80GR,PARIZER 80GR,ROSII 60GR,CEAI 250ML,PAINE 300GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML, FRIPTURA DE PUI CARTOFI NATUR 250GR,,BANANE1 BUC	SUNCA DE PUI 80GR,UNT50GR,BR.TOPITA CEAI 250ML
REGIM USOR	PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GR,LAPTE 200ML,PAINE 300GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML, FRIPTURA DE PUI CARTOFI NATUR 250GR,,BANANE1 BUC	MIERE ALBINE 2BUC 30GR ,UNT 50GR ,TE 80GR ,LAPTE200ML,
COPII	PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GR,LAPTE 200ML,PAINE 300GR,	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML, FRIPTURA DE PUI CARTOFI NATUR 250GR,,BANANE1 BUC	MIERE ALBINE 2BUC 30GR ,UNT 50GR ,TE 80GR ,LAPTE200ML,
COLITA , DIZENTERIE	TELEMEA120GR,CEAI250ML,PAINE300GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML, FRIPTURA DE PUI CARTOFI NATUR 250GR,,BANANE1 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 DE PUI CARTOFI NATUR 250GR, SAL.VARZA 80GR,BANANE1 BUC	MIERE ALBINE 2BUC 30GR ,UNT5OGR,TEI 80GR ,CEAI 250ML
NEFRITA	PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GRCEAI 250ML,PAINE 300GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML, FRIPTURA DE PUI CARTOFI NATUR 250GR,,BANANE1 BUC	MIERE ALBINE 2BUC 30GR ,UNT50GR ,TE 80GR ,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 DE PUI CARTOFI NATUR 250GR,,BANANE1 BUC	SUNCA DE PUI 80GR,UNT50GR,BR.TOPITA CEAI 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 DE PUI CARTOFI NATUR 200GR, SAL.VARZA 80GR,BANANE1 BUC	SUNCA DE PUI 80GR,UNT50GR,BR.TOPITA CEAI 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 DE PUI CARTOFI NATUR 250GR BANANE1 BUC	SALAM 80GR,UNT50GR,BR.TOPITA 2BUC,(250ML,
INTOLERANTA LA GLUTEN	PASTA DE BRANZA 80GR,OU 1BUC ,ROSII 60GR,LAPTE 200ML	SUPA ZARZAVAT 250 ML, FRIPTURA DE PUI CARTOFI NATUR 250GR, SAL.VARZA 80GR,BANANE1 BUC	SUNCA DE PUI 80GR,UNT50GR,BR.TOPITA CEAI 250ML
INTOLERANTA LA LACTOZA	PARIZER80GR,OU 2BUC,CEAI250ML,PAINE300GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML, FRIPTURA DE PUI CARTOFI NATUR 250GR, SAL.VARZA 80GR,BANANE1 BUC	SALAM 80GR,MIERE ALBINE 2BUC 30GR,(250ML,
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,BANANE1 BUC	MIERE ALBINE 2BUC 30GR ,UNT50GR , BR 2BUC , LAPTE 200ML
PASERAT	PASTA DE BRANZA 80GR,OU 1BUC , 250ML,PAINE 300GR	SUPA ZARZAVAT CU GALUSTE DE ALUAT 250 ML, FRIPTURA DE PUI CARTOFI NATUR 250GR, BANANE1 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 LAPTI

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, laptesiproduse lactate(lactoza)

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