

# MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE

05.01.2026

| REGIM NR                                      | DIMINEAIA                                                                                                                                            | ORA 10.00 PRANZ                                                                                                         | ORA 16.00               | SEARA                                                                                                                             |
|-----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Dieta10,1<br>regim hiposodai<br>si gastric    | Ceai cu lamaie 250ml<br>Unt 10g(alergen4*)<br>Telemea desaraata 50g(alergen4*)<br>Salam 50g(alergeni 6*,8*)<br>Paine fara sare 250g(alergen1*)       | Mere 100g Ciorba taraneasca de legume 350g(alergen5*,6*,8*)<br>Coapte Varza a la Cluj250g(5*,6*,7*,8*)                  | DIUSA<br>(alergen1*,2*, | Orez sarbesc 300g(5*,6*,8*)<br>Ceai cu lamaie 250ml                                                                               |
| Dieta9,5<br>regim<br>diabet si<br>hepatic     | Ceai fara zahar 250ml<br>Unt 10g(alergen4*)<br>Salam 50g(alergen6*,8*)<br>Br vaci 50g(alergen4*)<br>Rosie<br>Paine fara sare 250g(alergen1*)         | Mere 100g Ciorba taraneasca de legume 350g(alergen5*,6*,8*)<br>Coapte Varza a la Cluj250g(5*,6*,7*,8*)                  | Portocala               | Snitel de pui cu orez sarbesc 100/100g(alergen5*,6*,7*,8*)<br>Ceai fara zahar 250ml<br>Supliment ora 22.00 Kefir 330ml(alergen4*) |
| TI Dieta10,1<br>regim hiposodai<br>si gastric | Ceai cu lamaie 250ml<br>Unt 10g(alergen4*)<br>Telemea desaraata 50g(alergen4*)<br>Salam 50g(alergeni 6*,8*)<br>Paine fara sare 250g(alergen1*)       | Mere 100g Ciorba taraneasca de legume 350g(alergen5*,6*,8*)<br>Coapte Varza a la Cluj250g(5*,6*,7*,8*)                  | DIUSA<br>(alergen1*,2*, | Orez sarbesc 300g(5*,6*,8*)<br>Ceai cu lamaie 250ml                                                                               |
| TI Dieta9,5<br>regim diabet<br>si hepatic     | Ceai fara zahar 250ml<br>Unt 10g(alergen4*)<br>Salam 50g<br>Br vaci 50g(alergen4*)<br>Rosie<br>Paine fara sare 250g(alergen1*)                       | Mere 100g Ciorba taraneasca de legume 350g(alergen5*,6*,8*)<br>Coapte Varza a la Cluj250g(5*,6*,7*,8*)                  | Portocala               | Snitel de pui cu orez sarbesc 100/100g(alergen5*,6*,7*,8*)<br>Ceai fara zahar 250ml<br>Supliment ora 22.00 Kefir 330ml(alergen4*) |
| Dieta16<br>regim hidric                       | Iaurt de baut 330ml(alergen4*)<br>Biscuiti 55g(alergen1*,8*,4*)                                                                                      | Supa strecurata concentrata 350g(alergen5*,6*,7*)<br>Carne pui mixata cu piure cartofi 100/200g(alergen5*,6*,7*,4*)     |                         | Gris cu lapte subtiat 500ml(alergen1*,4*)<br>Ceai cu lamaie 250ml                                                                 |
| Dieta4<br>regim<br>antidiareic                | Branza vaci 70g*alergen4*)<br>Ceai menta 500ml<br>Paine prajita 250g(alergen1*)                                                                      | Supa de zarzavat cu orez 350g(alergen5*,6*,7*)<br>Mucilagiu de orez 300g                                                |                         | Branza vaci 70g(alergen4*)<br>Mucilagiu de orez 300g<br>Ceai menta 500ml                                                          |
| Dieta15<br>regim comun                        | Ceai cu lamaie 250ml<br>Salam 50g(alergeni 6*,8*)<br>Unt 10g(alergen4*)<br>Telemea desaraata 50g(alergen4*)<br>Paine feliata cu sare 250g(alergen1*) | Mere 100g Ciorba taraneasca de legume 400g(alergen 2*,5*,6*7*,8*)<br>Coapte Varza a la Cluj 250g/80galergen5*,6*,7*,8*) | DIUSA<br>(alergen1*,2*, | Orez sarbesc 300g(5*,6*,8*)<br>Ceai cu lamaie 250ml                                                                               |

\*LEGENDA in situatia de mai sus,cifrele corespunzatoarefiecarui alergen sunt urmatoarele

- 1.cereale care contin gluten(grau,secara,orz,ovaz)
- 2.oua si produse derivate
- 3.peste si produse derivate
- 4.lapte si produse derivate
- 5.telina si produse derivate
- 6.mustar si produse derivate
- 7.produs congelat
- 8.soia si produse derivate

**MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE**  
**06.01.2026**

| REGIM NR.                                     | DIMINEATA                                                                                                                                              | ORA 10                    | PRANZ                                                                                                                                             | ORA 16                    | SEARA                                                                                     |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|-------------------------------------------------------------------------------------------|
| Dieta10,1<br>regim hiposodai<br>si gastric    | Ceai cu lamaie 250ml<br>Sunca 50g(alergen6*,7*,8*)<br>Unt 10g(alergen4*)<br>Br topita 17.5g(alergen4*)<br>Paine fara sare 250g(alergen1*)              | Banana                    | Ciorba de pui a la grec 350g(alergen2*,4*,6*5*,7*,8*)<br>Pulpa dezosata de pui cu mazare 80/250g(alergen5*,6*,7*,8*) vanilie,lamaie(alergen1*,4*) | Napolitana                | Gris cu lapte 300g(alergen1*,4*)<br>Ceai cu lamaie 250g                                   |
| Dieta9/5<br>regim diabet<br>si hepatic        | Ceai fara zahar 250ml<br>Unt 10g(alergen4*)<br>Muschi file 50g(alergen6*,8*)<br>Br topita 17.5g(alergen4*)<br>Rosie<br>Paine fara sare 250g(alergen1*) | laurt 140g<br>(alergen4*) | Ciorba de pui a la grec 350g(alergen2*,4*,6*5*,7*,8*)<br>Pulpa dezosata de pui cu mazare 80/100g(alergen5*,6*,7*,8*)                              | laurt 140g<br>(alergen4*) | Pulpa dezosata de pui cu cartofi natur 80/100g(alergen5*,6*,7*,8*)<br>Ceai cu lamaie 250g |
| TI /Dieta10,1<br>egim hiposodai<br>si gastric | Ceai cu lamaie 250ml<br>Sunca 50g(alergen6*,7*,8*)<br>Unt 10g(alergen4*)<br>Br topita 17.5g(alergen4*)<br>Paine fara sare 250g(alergen1*)              | Banana                    | Ciorba de pui a la grec 350g(alergen2*,4*,6*5*,7*,8*)<br>Pulpa dezosata de pui cu mazare 80/250g(alergen5*,6*,7*,8*) vanilie,lamaie(alergen1*,4*) | Napolitana                | Gris cu lapte 300g(alergen1*,4*)<br>Ceai cu lamaie 250g                                   |
| TI / Dieta9/5<br>regim diabet<br>si hepatic   | Ceai fara zahar 250ml<br>Unt 10g(alergen4*)<br>Muschi file 50g(alergen6*,8*)<br>Br topita 17.5g(alergen4*)<br>Rosie<br>Paine fara sare 250g(alergen1*) | laurt 140g<br>(alergen4*) | Ciorba de pui a la grec 350g(alergen2*,4*,6*5*,7*,8*)<br>Pulpa dezosata de pui cu mazare 80/100g(alergen5*,6*,7*,8*)                              | laurt 140g<br>(alergen4*) | Pulpa dezosata de pui cu cartofi natur 80/100g(alergen5*,6*,7*,8*)<br>Ceai cu lamaie 250g |
| Dieta16<br>regim hidric                       | Milkshake cu lapte miere(alergen4*)                                                                                                                    |                           | Supa concentrata strecurata 350g(alergen5*,6*,7*)<br>Piure de cartofi cu carne mixata 200/100g(alergen4*,5*,6*,7*)                                |                           | Gris cu lapte subtiat 500ml(alergen1*,4*)<br>Ceai cu lamaie 250ml                         |
| Dieta4<br>regim<br>antidiareic                | Branza de vaci 70g(alergen4*)<br>Ceai menta 500ml<br>Paine prajita 250g(alergen1*)                                                                     |                           | Supa de zarzavat cu orez 300g(alergen5*,6*,7*)<br>Mucilagiu de orez 300g                                                                          |                           | Mucilagiu de orez 300g<br>Branza de vaci 70g(alergen4*)<br>Ceai menta 500ml               |
| Dieta15<br>regim comun                        | Ceai cu lamaie 250ml<br>Sunca 50g(alergen6*,7*,8*)<br>Unt 10g(alergen4*)<br>Br topita 17.5g(alergen4*)<br>Paine feliata cu sare 250g(alergen1*)        | Banana                    | Ciorba de pui a la grec 400g(2*,4*,5*,6*,7*,8*)<br>Pulpa dezosata de pui cu mazare 80/250g(alergen5*,6*,7*,8*) vanilie,lamaie(alergen1*,4*)       | Napolitana                | Gris cu lapte 300g(alergen1*,4*)<br>Ceai cu lamaie 250g                                   |

\*LEGENDA in situatia de mai sus,cifrele corespunzatoarefiecarui alergen sunt urmatoarele

- 1.cereale care contin gluten(grau,secara,orz,ovaz)
- 2.oua si produse derivate
- 3.pesti si produse derivate
- 4.lapte si produse derivate
- 5.telina si produse derivate
- 6.mustar si produse derivate
- 7.produș congelat
- 8.soia si produse derivate

# MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE

07.01.2026

## REGIM NR. DIMINEATA

Dieta10,1 Ceai cu lamaie 250ml  
gim hiposoc Cascaval 100g(alergen4\*)  
si gastric Unt 10g(alergen4\*)  
miere 20g  
Paine fara sare 250g(alergen1\*)

## ORA 10.00

laurt cu fructe100g  
(alergen 4\*)

## PRANZ

Ciorba de cartofi 350g(alergen5\*,6\*,8\*)  
Friptura de porc cu legume asortate 80/250g(alergen5\*,6\*,

## ORA 16.00

Eugenia

## SEARA

Mamaliga cu br si smantana 200/50/50g(alergen4\*)  
Ceai cu lamaie 250 ml

Dieta9/5 Ceai fara zahar 250ml  
regim diabet Unt 10g(alergen4\*)  
si hepatic Br Fagaras (alergen 4)  
Rosie  
Paine fara sare 250g(alergen1\*)

Mere  
Coapte

Ciorba de cartofi 350g(alergen5\*,6\*,8\*)  
Friptura de porc cu legume asortate 80/100g(alergen5\*,6\*,

Mere  
Coapte

Mamaliga cu br si smantana 200/50/50g(alergen4\*)  
Ceai fara zahar 250ml  
Supliment ora 22.00 laurt 140g(alergen4\*)

II / Dieta10, Ceai cu lamaie 250ml  
gim hiposoc Cascaval 100g(alergen4\*)  
si gastric Unt 10g(alergen4\*)  
miere 20g  
Paine fara sare 250g(alergen1\*)

laurt cu fructe100g  
(alergen 4\*)

Ciorba de cartofi 350g(alergen5\*,6\*,8\*)  
Friptura de porc cu legume asortate 80/250g(alergen5\*,6\*, (alergen 1\*,4\*,8\*)

Eugenia

Mamaliga cu br si smantana 200/50/50g(alergen4\*)  
Ceai cu lamaie 250 ml

TI / Dieta9/5 Ceai fara zahar 250ml  
egim diabet Unt 10g(alergen4\*)  
si hepatic Br Fagaras (alergen 4)  
Rosie  
Paine fara sare 250g(alergen1\*)

Mere  
Coapte

Ciorba de cartofi 350g(alergen5\*,6\*,8\*)  
Friptura de porc cu legume asortate 80/100g(alergen5\*,6\*,

Mere  
Coapte

Mamaliga cu br si smantana 200/50/50g(alergen4\*)  
Ceai fara zahar 250ml  
Supliment ora 22.00 laurt 140g(alergen4\*)

Dieta 16 Sodou de ou 300ml(alergen4\*,2\*)  
regim hidric

Supa concentrata strecurata 350ml(alergen5\*,6\*,8\*)  
Carne pui mixata cu piure cartofi 100/200g(alergen5\*,6\*,8\*)

Gris cu lapte subtiat 500g(alergen1\*,4\*)  
Ceai cu lamaie 250 ml

Dieta 4 Ceai de menta 500ml  
regim Branza de vaci 70g(alergen4\*)  
antidiareic Paine prajita 250g\*alergen1\*)

Supa de zarzavat cu orez 350g(alergen5\*,6\*,8\*)  
Mucilagiu de orez 300g

Branza vaci 70g(alergen4\*)  
Mucilagiu de orez 300g  
Ceai menta 500ml

Dieta15 Ceai cu lamaie 250ml  
egim comur Cascaval 100g(alergen4\*)  
Unt 10g(alergen4\*)  
miere 20g  
Paine feliata cu sare 250g(alergen1\*)

laurt cu fructe100g  
(alergen 4\*)

Ciorba de cartofi 400g(alergen5\*,6\*,8\*)  
Iahnie de fasole cu porc 250/80g(alergen5\*,6\*,7\*,8\*)

Eugenia  
(alergen 1\*,4\*,8\*)

Mamaliga cu br si smantana 200/50/50g(alergen4\*)  
Ceai cu lamaie 250 ml

\*LEGENDA in situatia de mai sus,cifrele corespunzatoarefiecarui alergen sunt urmatoarele

- 1.cereale care contin gluten(grau,secara,orz,ovaz)
- 2.oua si produse derivate
- 3.peste si produse derivate
- 4.lapte si produse derivate
- 5.telina si produse derivate
- 6.mustar si produse derivate
- 7.produs congelat
- 8.soia si produse derivate

# MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE

08.01.2026

| REGIM NR.                                      | DIMINEATA                                                                                                                    | ORA 10.00           | PRANZ                                                                                                                 | ORA 16.00 | SEARA                                                                                                                             |
|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------|-----------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------|
| Dieta10,1<br>regim hiposodat<br>si gastric     | Ceai cu lamaie 250ml<br>Gem 20g<br>Unt 10g(alergen4*)<br>Sunca 50g*alergen4*,6*,8*)<br>Paine fara sare 250g(alergen1*)       | laurt<br>alergen 4' | Supa cu galuste 350g(alergen1*,2*,7*,8*)<br>Musaca de paste cu carne 250g(alergen1*2*,6*,7*,8*(alergen1*,2*,4*,8*     | Briosă    | Salat orientala cu parizer 250/50g(alergen2*,6*,8*)<br>Ceai cu lamaie 250g                                                        |
| Dieta9/5<br>regim diabet<br>si hepatic         | Ceai fara zahar 250ml<br>Sunca 50g*alergen4*,6*,8*)<br>Cascaval 50g<br>Unt 10g(alergen4*)<br>Paine fara sare 250g(alergen1*) | laurt<br>alergen 4' | Supa cu galuste 350g(alergen1*,2*,7*,8*)<br>Musaca de paste cu carne 250g(alergen1*2*,6*,7*,8*)                       | Portocala | Salata orientala cu piept de pui 100/100g(alergen2*,6*,7*,8*)<br>Ceai fara zahar 250ml<br>Supliment ora 22 Kefir 330ml(alergen4*) |
| TI Dieta 10,1<br>regim hiposodat<br>si gastric | Ceai cu lamaie 250ml<br>Gem 20g<br>Unt 10g(alergen4*)<br>Sunca 50g*alergen4*,6*,8*)<br>Paine fara sare 250g(alergen1*)       | laurt<br>alergen 4' | Supa cu galuste 350g(alergen1*,2*,7*,8*)<br>Musaca de paste cu carne 250g(alergen1*2*,6*,7*,8*(alergen1*,2*,4*,8*     | Briosă    | Salat orientala cu parizer 250/50g(alergen2*,6*,8*)<br>Ceai cu lamaie 250g                                                        |
| TI Dieta9/5<br>regim diabet<br>si hepatic      | Ceai fara zahar 250ml<br>Sunca 50g*alergen4*,6*,8*)<br>Cascaval 50g<br>Unt 10g(alergen4*)<br>Paine fara sare 250g(alergen1*) | laurt<br>alergen 4' | Supa cu galuste 350g(alergen1*,2*,7*,8*)<br>Musaca de paste cu carne 250g(alergen1*2*,6*,7*,8*)                       | Portocala | Salata orientala cu piept de pui 100/100g(alergen2*,6*,7*,8*)<br>Ceai fara zahar 250ml<br>Supliment ora 22 Kefir 330ml(alergen4*) |
| Dieta 16<br>regim hidric                       | Milkshake cu lapte si banana                                                                                                 |                     | Supa concentrata strecurata 350 ml(alergen5*,6*,7*)<br>Carne pui mixata cu piure cartofi 100/200g(alergen4*,5*,6*,7*) |           | Gris cu lapte subtiat 500g(alergen1*,4*)<br>Ceai cu lamaie 250ml                                                                  |
| Dieta4<br>regim<br>antidiareic                 | Branza vaci 70g(alergen4*)<br>Ceai menta 500ml<br>Paine prajita 250g(alergen1*)                                              |                     | Supa de zarzavat cu orez 350g(alergen5*,6*,7*)<br>Mucilagiu de orez cu morcovi 200/100g                               |           | Branza de vaci 70g(alergen4*)<br>Mucilagiu de orez cu telemea 200/100g<br>Ceai menta 500ml<br>Covrigei 80g(alergen1*,8*)          |
| Dieta15<br>regim comun                         | Ceai cu lamaie 250ml<br>Gem 20g<br>Unt 10g(alergen4*)<br>Sunca 50g*alergen4*,6*,8*)<br>Paine feliata cu sare 250g(alergen1*) | laurt<br>alergen 4' | Supa cu galuste 400g(alergen1*,2*,5*,7*,8*)<br>Musaca de paste cu carne 250g(alergen1*2*,6*,7*,8*(alergen1*,2*,4*,8*  | Briosă    | Salat orientala cu parizer 250/50g(alergen2*,6*,8*)<br>Ceai cu lamaie 250g                                                        |

\*LEGENDA in situatia de mai sus,cifrele corespunzatoarefiecarui alergen sunt urmatoarele

1.cereale care contin gluten(grau,secara,orz,ovaz)

2.oua si produse derivate

3.peste si produse derivate

4.lapte si produse derivate

5.telina si produse derivate

6.mustar si produse derivate

7.produc congelat

8.soia si produse derivate

# MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE

09.01.2026

| REGIM NR.                                     | DIMINEATA                                                                                                                              | ORA 10.00 PRANZ                                                                                                                  | ORA 16.00                                  | SEARA                                                                                                                           |
|-----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Dieta10,1<br>regim hiposodat<br>si gastric    | Ceai cu lamaie 250ml<br>Gem 20g<br>Branza topita 17.5g(alergen4*)<br>Unt 10g(alergen4*)<br>Paine fara sare 250g(alergen1*)             | Banana Ciorba de fasole verde 350g(alergen5*,6*,7*,8*)<br>Tocanita de cartofi cu friptura de pui 250/100g(alergen5*,6*,7*,8*)    | croissant<br>cu fructe(alergen1*,2*,4*,8*) | Orez cu lapte 300g(alergen1*,4*)<br>Ceai cu lamaie 250ml                                                                        |
| Dieta9/5<br>regimdiabet<br>si hepatic         | Ceai fara zahar 250ml<br>Unt 10g(alergen4*)<br>Ou fiert 50g(alergen2*)<br>Br topita 17.5(alergen4*)<br>Paine fara sare 250g(alergen1*) | Mandarina Ciorba de fasole verde 350g(alergen5*,6*,7*,8*)<br>Tocanita de cartofi cu friptura de pui 100/100g(alergen5*,6*,7*,8*) | Mandarina                                  | Gratar de pui cu orez cu legume 100/100g(alergen5*,6*,7*,8*)<br>Ceai fara zahar 250ml<br>Supliment ora 22 laurt 140g(alergen4*) |
| TI Dieta10.1<br>regim hiposodat<br>si gastric | Ceai cu lamaie 250ml<br>Gem 20g<br>Branza topita 17.5g(alergen4*)<br>Unt 10g(alergen4*)<br>Paine fara sare 250g(alergen1*)             | Banana Ciorba de fasole verde 350g(alergen5*,6*,7*,8*)<br>Tocanita de cartofi cu friptura de pui 250/100g(alergen5*,6*,7*,8*)    | croissant<br>cu fructe(alergen1*,2*,4*,8*) | Orez cu lapte 300g(alergen1*,4*)<br>Ceai cu lamaie 250ml                                                                        |
| TI Dieta9/5<br>regim diabet<br>si hepatic     | Ceai fara zahar 250ml<br>Unt 10g(alergen4*)<br>Ou fiert 50g(alergen2*)<br>Br topita 17.5(alergen4*)<br>Paine fara sare 250g(alergen1*) | Mandarina Ciorba de fasole verde 350g(alergen5*,6*,7*,8*)<br>Tocanita de cartofi cu friptura de pui 100/100g(alergen5*,6*,7*,8*) | Mandarina                                  | Gratar de pui cu orez cu legume 100/100g(alergen5*,6*,7*,8*)<br>Ceai fara zahar 250ml<br>Supliment ora 22 laurt 140g(alergen4*) |
| D ieta16<br>regim hidric                      | Sodou de ou 300ml(alergen2*,4*)                                                                                                        | Supa concentrata strecurata 350ml(alergen5*,6*,7*)<br>Carne pui mixata cu piure cartofi 100/200g(alergen4*,5*,6*,7*)             |                                            | Gris cu lapte subtiat 500g(alergen1*,4*)<br>Ceai cu lamaie 250ml                                                                |
| Dieta 4<br>regim<br>antidiareic               | Branza vaci 70g(alergen4*)<br>Ceai menta 500ml<br>Paine prajita 250g*alergen1*)                                                        | Supa de zarzavat cu orez 350g(alergen5*,6*,7*)<br>Mucilagiu de orez 300g                                                         |                                            | Branza de vaci 70g(alergen4*)<br>Mucilagiu de orez 300g<br>Ceai menta 500ml                                                     |
| Dieta15<br>regim comun                        | Ceai cu lamaie 250ml<br>Br topita 17.5(alergen4*)<br>Gem 20g<br>Unt 10g(alergen\$)<br>Paine feliata 400g(alergen1*)_                   | Banana Ciorba de fasole verde 400g(alergen5*,6*,7*,8*)<br>Tocanita de cartofi cu porc 250/80g(alergen5*,6*,7*,8*)                | croissant<br>cu fructe(alergen1*2*,4*,8*)  | Orez cu lapte 300g(alergen1*,4*)<br>Ceai cu lamaie 250ml                                                                        |

\*LEGENDA in situatia de mai sus,cifrele corespunzatoarefiecarui alergen sunt urmatoarele  
1.cereale care contin gluten(grau,secara,orz,ovaz)  
2.oua si produse derivate  
3.pesti si produse derivate  
4.lapte si produse derivate  
5.telina si produse derivate  
6.mustar si produse derivate  
7.produs congelat  
8.soia si produse derivate

# **MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE**

**10.01.2026**

|                                                               |                                                                                                                                          |                                                                                                                                                  |                                                                                                                                               |
|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>REGIM NR.</b><br>Dieta10,1<br>regim hiposoda<br>si gastric | <b>DIMINEATA</b><br>Ceai cu lamaie 250ml<br>Unt 10g(alergen4*)<br>Gem 20g<br>Salam 50g(alergen6*,8*)<br>Paine fara sare 250g(alergen 1*) | <b>ORA 10.00 PRANZ</b><br>Supa de zarzavat cu fidea 350g(alergen2*,5*,6*,&*)<br>File de peste cu legume asortate 80g/250g(alergen3*,7*)          | <b>ORA 16.00 SEARA</b><br>Mamaliga cu br si smantana 200/50/50(alergen4*,8*)<br>Ceai cu lamaie 250ml<br>Briose(alergen1*,2*,4*,8*)            |
| Dieta9/5<br>regim diabet<br>si hepatic                        | Ceai fara zahar 250ml<br>Salam 50g(alergen6*,8*)<br>Unt 10g(alergen4*)<br>Rosie<br>Paine fara sare 250g(alergen 1*)                      | Mere 100g<br>Coapte<br>Supa de zarzavat cu fidea 350g(alergen2*,5*,6*,&*)<br>File de peste cu legume asortate 80/100g(alergen3*,7*)<br>Mere 100g | Mere 100g<br>Coapte<br>Mamaliga cu br si smantana 200/50/50(alergen4*,8*)<br>Ceai fara zahar 250ml<br>Supliment ora 22 Kefir 330ml(alergen4*) |
| TI Dieta10,1<br>regim hiposodat<br>si gastric                 | Ceai cu lamaie 250ml<br>Unt 10g(alergen4*)<br>Gem 20g<br>Salam 50g(alergen6*,8*)<br>Paine fara sare 250g(alergen 1*)                     | Supa de zarzavat cu fidea 350g(alergen2*,5*,6*,&*)<br>File de peste cu legume asortate 80g/250g(alergen3*,7*)                                    | Mamaliga cu br si smantana 200/50/50(alergen4*,8*)<br>Ceai cu lamaie 250ml<br>Briose(alergen1*,2*,4*,8*)                                      |
| TI / Dieta9/5<br>regim diabet<br>si hepatic                   | Ceai fara zahar 250ml<br>Salam 50g(alergen6*,8*)<br>Unt 10g(alergen4*)<br>Rosie<br>Paine fara sare 250g(alergen 1*)                      | Mere 100g<br>Coapte<br>Supa de zarzavat cu fidea 350g(alergen2*,5*,6*,&*)<br>File de peste cu legume asortate 80/100g(alergen3*,7*)<br>Mere 100g | Mere 100g<br>Coapte<br>Mamaliga cu br si smantana 200/50/50(alergen4*,8*)<br>Ceai fara zahar 250ml<br>Supliment ora 22 Kefir 330ml(alergen4*) |
| Dieta16<br>regim hidric                                       | Sodou de ou 300ml(alergen2*,4*)                                                                                                          | Supa concentrata strecurata 350 ml(alergen5*,6*,7*)<br>Carne pui mixata piure cartofi 100/200g(alergen4*,5*,6*,7*)                               | Gris cu lapte subtiat 500g(alergen1*,4*)<br>Ceai cu lamaie 250 ml                                                                             |
| Dieta4<br>regim<br>antidiareic                                | Branza vaci 70g(alergen4*)<br>Ceai menta 500ml<br>Paine prajita 250g(alergen1*)                                                          | Supa de zarzavat cu orez 350g(alergen5*,6*,7*)<br>Mucilagiu de orez 300g                                                                         | Branza de vaci 70g(alergen4*)<br>Mucilagiu de orez 300g<br>Ceai menta 500ml                                                                   |
| Dieta15<br>regim comun                                        | Ceai cu lamaie 250ml<br>Unt 10g(alergen4*)<br>Gem 20g<br>Salam 50g(alergen6*,8*)<br>Paine feliata cu sare 250g                           | Supa de zarzavat cu fidea 400g(alergen2*,5*,6*,7*,***)<br>File de peste cu legume asortate 80g/250g(alergen3*,7*)                                | Mamaliga cu br si smantana 200/50/50(alergen4*,8*)<br>Ceai cu lamaie 250ml<br>Briose(alergen1*,2*,4*,8*)                                      |

\*LEGENDA in situatia de mai sus,cifrele corespunzatoarefiecarui alergen sunt urmatoarele

- 1.cereale care contin gluten(grau,secara,orz,ovaz)
- 2.oua si produse derivate
- 3.peste si produse derivate
- 4.lapte si produse derivate
- 5.telina si produse derivate
- 6.mustar si produse derivate
- 7.produs congelat
- 8.soia si produse derivate

**MENIU SPITALUL DE PSIHIATRIE SI NEUROLOGIE**  
**11.01.2026**

|                                                                                                                                                                                       |                                                                                                                                                                                   |                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>REGIM NR. DIMINEATA</b><br>Dieta10,1 Ceai cu lamaie 250ml<br>gim hiposoc Parizer50g<br>si gastric Ou fiert 50g(alergen2*)<br>Unt 10g(alergen4*)<br>Paine fara sare 250g(alergen1*) | <b>ORA 10.00 PRANZ</b><br>Mar copt Ciorba de pui 350g(alergen2*,5*,6*,7*,8*)<br>Parjoale moldovenesti cu piure de cartofi 60/250g(alergen,2*,5*,6*,7*,8*)<br>Salata de varza 100g | <b>ORA 16.00 SEARA</b><br>Pateu de ficat 100g<br>Br topita17.5g(alergen4*)<br>Ceai cu lamaie 250 ml<br>Biscuiti 55g(alergen1*,4*,8*) |
| Dieta9/5 Ceai fara zahar 250ml<br>regim diabet Unt 10g(alergen4*)<br>si hepatic Parizer50g<br>Ou fiert 50g(alergen2*)<br>Paine fara sare 250g(alergen1*)                              | Mar copt Ciorba de pui 350g(alergen2*,5*,6*,7*,8*)<br>Parjoale moldovenesti cu piure de cartofi 60/100g(alergen 2*5*6*7*8*)<br>Salata de varza 100g                               | Mar copt Br Fagaras 200g/Cascaval 50g(alergen4*)<br>Ceai fara zahar 250ml<br>Supliment ora 22.00 -kefir 330ml(alergen4*)             |
| <b>II / Dieta10,</b> Ceai cu lamaie 250ml<br><b>gim hiposoc</b> Parizer50g<br><b>si gastric</b> Ou fiert 50g(alergen2*)<br>Unt 10g(alergen4*)<br>Paine fara sare 250g(alergen1*)      | Mar copt Ciorba de pui 350g(alergen2*,5*,6*,7*,8*)<br>Parjoale moldovenesti cu piure de cartofi 60/250g(alergen,2*,5*,6*,7*,8*)<br>Salata de varza 100g                           | Pateu de ficat 100g<br>Br topita17.5g(alergen4*)<br>Ceai cu lamaie 250 ml<br>Biscuiti 55g(alergen1*,4*,8*)                           |
| <b>TI / Dieta9/5</b> Ceai fara zahar 250ml<br><b>regim diabet</b> Unt 10g(alergen4*)<br><b>si hepatic</b> Parizer50g<br>Ou fiert 50g(alergen2*)<br>Paine fara sare 250g(alergen1*)    | Mar copt Ciorba de pui 350g(alergen2*,5*,6*,7*,8*)<br>Parjoale moldovenesti cu piure de cartofi 60/100g(alergen 2*5*6*7*8*)<br>Salata de varza 100g                               | Mar copt Br Fagaras 200g/Cascaval 50g(alergen4*)<br>Ceai fara zahar 250ml<br>Supliment ora 22.00 -kefir 330ml(alergen4*)             |
| Dieta16 Cacao cu lapte 300ml(alergen4*)<br>regim hidric                                                                                                                               | Supa strecurata concentrata 350g<br>Piure de cartofi cu carne mixata 200/100g                                                                                                     | Gris cu lapte subtiat 500ml<br>Ceai 250ml                                                                                            |
| Dieta4 Branza vaci 70g<br>regim Ceai menta 500ml<br>antidiareic Paine prajita 250g                                                                                                    | Supa de zarzavat cu orez 350g<br>Mucilagiu de orez 300g                                                                                                                           | Branza de vaci 70g<br>Mucilagiu de orez 300g<br>Ceai menta 500ml                                                                     |
| Dieta15 Ceai cu lamaie 250ml<br>regim comur Unt 10g(alergen4*)<br>Ou fiert 50g<br>parizer 50g(alergen6*,8*)<br>Paine feliata cu sare 250g                                             | Mar copt Ciorba de pui 400g(alergen 2*,5*,6*,7*,8*)<br>Parjoale moldovenesti cu piure de cartofi 60/250g(alergen,2*,5*,6*,7*,8*)<br>Salata de varza 100g                          | Pateu de ficat 100g<br>Br topita17.5g(alergen4*)<br>Ceai cu lamaie 250 ml<br>Biscuiti 55g(alergen1*,4*,8*)                           |

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- 6.mustar si produse derivate
- 7.produc congelat
- 8.soia si produse derivate