

	Spitalul Judetean de Urgenta Tg. Jiu Str. Progresului, nr. 18, Tg. Jiu, GORJ Contract/conventie: 4448067 CAS: 1SAMB
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MENIUL ZILNIC
30/12/2025

APROBAT MANAGER,

COMPARTIMENT DIETETICA,

AVIZAT DIRECTOR FINANCIAR,

Nr.	Denumire					
COPIII 0-3 ANI		Alergeni	Proteine	Glucide	Lipide	Calorii
1	SUPLIMENT PEDIATRIE 0-3 AN(13COPIII)	IAURT(LACTOZA) OU	972.54	3,696.58	542.10	23,395.38
Total COPIII 0-3 ANI			972.54	3,696.58	542.10	23,395.38
HIDRIC/HZL		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN HIDRIC CEAI250ML		0.00	5.70	0.00	22.80
2	SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PIERCICI300G,ZAHAR100G, IAURT200G. OUA1BUC	IAURT(LACTOZA) OU	15.70	92.80	12.80	541.20
3	PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML	TELINA	3.79	34.91	4.90	198.89
4	SUPLIMET HIDRIC/ HZL COMPOT PIERCICI300ML		0.90	46.20	0.00	188.40
5	CINA F1 HIDRIC /HZL CEAI 250ML		0.00	5.70	0.00	22.80
Total HIDRIC/HZL			20.39	185.31	17.70	974.09
REGIM ULCER/COLECIST		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN ULCER / COLECIST CEAI 250ML, PAINE100G,BRANZA DIETETICA100G, CASCAVAL50G, UNT20G, SUNCA PUI50G,	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) UNT(LACTOZA)	45.60	59.55	42.90	806.70
2	PRANZ F1 ULCER / COLECIST SUPA DE ZARZAVAT320MLSI PULPA DE PUI INFERIOARA65G	TELINA	25.11	25.36	23.93	417.21
3	PRANZ F2 ULCER / COLECIST PIEPT DE PUI80G CU GARNITURA DE OREZ SI MORCOV230G SI PAINE100G	PAINE(GLUTEN)	43.74	86.26	14.55	650.94
4	CINA F1 ULCER/ COLECIST PIEPT DE PUI150G SI CARTOFI CU BRANZA250G	BRANZA(LACTOZA) UNT(LACTOZA)	50.00	59.30	24.60	658.60
5	CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	54.20	1.20	261.20
Total REGIM ULCER/COLECIST			172.85	284.67	107.18	2,794.65
REGIM SPECIAL		Alergeni	Proteine	Glucide	Lipide	Calorii

Nr.	Denumire					
1	MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI200G, MORCOV 200G	BRANZA(LACTOZA) PAINE(GLUTEN)	31.09	116.08	18.80	757.88
2	PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA DE PUI 65G	TELINA	25.11	25.36	23.93	417.21
3	PRANZ F2 COLITA / ENTEROCOLITA PIEPT PUI80G CU GARNITURA DE OREZ SI MORCOV230G PAINE100G	PAINE(GLUTEN)	43.74	86.26	14.55	650.94
4	CINA F1 COLITA,ENTEROCOLITA, REGIM SPECIAL PIEPT DE PUI80G CU CARTOFI SI MORCOV240G		38.14	57.56	13.70	506.09
5	CINA F2 COLITA,ENTEROCOLITA / REGIM SPECIAL CEAI250ML, PAINE100G, BRANZA DIETETICA100G	BRANZA(LACTOZA) PAINE(GLUTEN)	24.40	56.20	18.20	486.20
Total REGIM SPECIAL			162.48	341.45	89.18	2,818.32
REGIM		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN REGIM CEAI 250ML, PAINE100G,BRANZA DIETETICA100G ,SUNCA PUI50G, ROSIE80G,CASTRAVETI 80G, BANANA200G, OU FIERT 1BUC	BRANZA(LACTOZA) OU PAINE(GLUTEN) SUNCA PUI(SOIA)	42.50	103.20	29.40	833.90
2	PRANZ F1 REGIM CIORBA DE ZARZAVAT CU FIDEA,DREASA CU OU SI IAURT 400ML	IAURT(LACTOZA) OU PASTE(GLUTEN,OU) TELINA	4.82	17.08	6.92	149.47
3	PRANZ F3 REGIM MERE200G		0.00	25.40	0.00	101.60
4	PRANZ F2 REGIM PIEPT DE PUI80G SI MACAROANE CU SOS ROSII PAINE250G	PAINE(GLUTEN) PASTE(GLUTEN,OU)	46.55	89.35	14.90	677.70
5	CINA F1 REGIM PULPA PUI INF80G CU MANCARE DE DOVLECEI250G	FAINA(GLUTEN)	28.08	6.61	32.34	429.82
6	CINA F2 REGIM CEAI250ML SI PAINE100G	PAINE(GLUTEN)	8.40	54.20	1.20	261.20
Total REGIM			130.35	295.83	84.76	2,453.68
DIA/HEP/AR R/ ONC R/ HIV R		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN DIABET CEAI 250ML, PAINE100G,BRANZA DIETETICA100,SUNCA PUI 100G, ARDEI80G, CASTRAVETE80G, ROSIE80G, UNT20G	BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) UNT(LACTOZA)	43.90	64.60	39.60	776.90
2	SUPLIMENT ORA 10 DIA/HEP/ ARSI/ HIV ONCO REGIM IAURT200G	IAURT(LACTOZA)	6.40	8.00	5.60	100.00
3	PRANZ F1 DIABET CIORBA DE ZARZAVATCU FIDEA,DREASA CU OU SI IAURT 320ML	IAURT(LACTOZA) OU PASTE(GLUTEN,OU) TELINA	4.82	17.08	6.92	149.47
4	PRANZ F3 DIABET PORTOCAL200G		0.00	0.00	0.00	0.00
5	PRANZ F2 DIABET PIEPT DE PUI80G CU SOTE DE DOVLECEI250G, PAINE100G	PAINE(GLUTEN)	41.05	51.35	14.45	499.65
6	SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM MERE200 G		0.00	25.40	0.00	101.60
7	CINA F1 DIABET MUSACA DE CARTOFI CU CARNE TOCATA PORC LA CUPTOR		25.15	60.15	28.95	601.75
8	CINA F2 DIABET CEAI250ML, PAINE100G, IAURT200G	IAURT(LACTOZA) PAINE(GLUTEN)	14.80	56.50	6.80	338.40

Nr.	Denumire					
Total DIA/HEP/AR R/ ONC R/ HIV R			136.12	283.08	102.32	2,567.77
COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI250ML, PAINE100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G,ROSII 80G, CASTRAVETE80G, BANANA200G	CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	40.80	101.15	19.60	730.70
2	PRANZ F1 COMUN CIROBA DE ZARZAVAT SI OASE PORC A LA GREC400ML	OU SMANTANA(LACTOZA) TELINA	5.52	16.40	10.05	178.12
3	PRANZ F3 COMUN PORTOCAL200G		0.00	0.00	0.00	0.00
4	PRANZ F2 COMUN PULPA PORC105G CU VARZA CALITA 250G, PAINE100G	PAINE(GLUTEN)	48.05	51.65	16.55	547.75
5	CINA F1 COMUN MUSACA DE CARTOFI CU CARNE PORC LA CUPTOR 300G		25.35	62.15	28.95	610.55
6	CINA F2 COMUN CEAI250ML,PAINE100G	PAINE(GLUTEN)	8.40	54.20	1.20	261.20
Total COMUN			128.12	285.55	76.35	2,328.32
ONC C/ AR C/ HIV C		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI250ML, PAINE100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G,ROSII 80G, CASTRAVETE80G, BANANA200G	CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	40.80	101.15	19.60	730.70
2	SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT200G,COZONAC100G	COZONAC(NUCA,OU,GLUTEN) IAURT(LACTOZA)	13.60	52.90	16.04	402.56
3	PRANZ F1 COMUN CIROBA DE ZARZAVAT SI OASE PORC A LA GREC400ML	OU SMANTANA(LACTOZA) TELINA	5.52	16.40	10.05	178.12
4	PRANZ F3 COMUN PORTOCAL200G		0.00	0.00	0.00	0.00
5	PRANZ F2 COMUN PULPA PORC105G CU VARZA CALITA 250G, PAINE100G	PAINE(GLUTEN)	48.05	51.65	16.55	547.75
6	SUPLIMENT ORA 16 ONCO/ AR/ HIV COZONAC100G,COMPOT VISINE300G	COZONAC(NUCA,OU,GLUTEN)	8.40	91.40	10.44	493.36
7	CINA F1 COMUN MUSACA DE CARTOFI CU CARNE PORC LA CUPTOR 300G		25.35	62.15	28.95	610.55
8	CINA F2 COMUN CEAI250ML,PAINE100G	PAINE(GLUTEN)	8.40	54.20	1.20	261.20
Total ONC C/ AR C/ HIV C			150.12	429.85	102.83	3,224.24
LEHUZE COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI250ML, PAINE100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G,ROSII 80G, CASTRAVETE80G, BANANA200G	CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	40.80	101.15	19.60	730.70
2	PRANZ F1 COMUN CIROBA DE ZARZAVAT SI OASE PORC A LA GREC400ML	OU SMANTANA(LACTOZA) TELINA	5.52	16.40	10.05	178.12
3	PRANZ F3 COMUN PORTOCAL200G		0.00	0.00	0.00	0.00
4	PRANZ F2 COMUN PIEPT DE PUI80G SI MACAROANE CU SOS ROSII	PAINE(GLUTEN) PASTE(GLUTEN,OU)	46.55	89.35	14.90	677.70

Nr.	Denumire					
	250G, PAINE100G					
5	CINA F1 COMUN MUSACA DE CARTOFI CU CARNE TOCATA PORC300G		25.15	60.15	28.95	601.75
6	CINA F2 COMUN CEAI250ML,PAINE100G	PAINE(GLUTEN)	8.40	54.20	1.20	261.20
Total LEHUZE COMUN			126.42	321.25	74.70	2,449.47

INTOCMIT, AM PRIMIT, ASISTENT DIETETICA, CONTABIL, DIRECTOR INGRIJIRI, MEDIC COORDONATOR

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MENIUL ZILNIC
31/12/2025

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

Nr.	Denumire					
COPIII 0-3 ANI		Alergeni	Proteine	Glucide	Lipide	Calorii
1	SUPLIMENT PEDIATRIE 0-3 AN(07COPIII)	IAURT(LACTOZA) OU	451.31	1,741.32	277.20	11,185.32
Total COPIII 0-3 ANI			451.31	1,741.32	277.20	11,185.32
HIDRIC/HZL		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN HIDRIC CEAI250ML		0.00	5.70	0.00	22.80
2	SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PERSICI300G,ZAHAR100G, IAURT200G. OUA1BUC	IAURT(LACTOZA) OU	15.70	92.80	12.80	541.20
3	PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML	TELINA	3.79	34.91	4.90	198.89
4	SUPLIMET HIDRIC/ HZL COMPOT PERSICI300ML		0.90	46.20	0.00	188.40
5	CINA F1 HIDRIC /HZL CEAI 250ML		0.00	5.70	0.00	22.80
Total HIDRIC/HZL			20.39	185.31	17.70	974.09
REGIM ULCER/COLECIST		Alergeni	Proteine	Glucide	Lipide	Calorii

Nr.	Denumire					
1	MIC DEJUN ULCER / COLECIST CEAI 250ML, PAINE100G,BRANZA DIETETICA100G, CASCAVAL50G, UNT20G, SUNCA PUI50G,	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) UNT(LACTOZA)	45.60	59.55	42.90	806.70
2	PRANZ F1 ULCER / COLECIST SUPA DE ZARZAVAT320MLSI PULPA DE PUI INFERIOARA65G	TELINA	25.11	25.36	23.93	417.21
3	PRANZ F2 ULCER / COLECIST PIEPT DE PUI80G CU GARNITURA DE OREZ SI MORCOV230G SI PAINE100G	PAINE(GLUTEN)	43.74	86.26	14.55	650.94
4	CINA F1 ULCER/ COLECIST PIEPT DE PUI80G CU CARTOFI LA CUPTOR200G		38.10	57.30	13.70	504.90
5	CINA F3 ULCER/ COLECIST COZONAC100G	COZONAC(NUCA,OU,GLUTEN)	7.20	44.90	10.44	302.56
6	CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	54.20	1.20	261.20
Total REGIM ULCER/COLECIST			168.15	327.57	106.72	2,943.51
REGIM SPECIAL		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI200G, MORCOV 200G	BRANZA(LACTOZA) PAINE(GLUTEN)	31.09	116.08	18.80	757.88
2	PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA DE PUI 65G	TELINA	25.11	25.36	23.93	417.21
3	PRANZ F2 COLITA / ENTEROCOLITA PIEPT PUI80G CU GARNITURA DE OREZ SI MORCOV230G PAINE100G	PAINE(GLUTEN)	43.74	86.26	14.55	650.94
4	CINA F1 COLITA,ENTEROCOLITA, REGIM SPECIAL PIEPT PUI80G CU CARTOFI LA CUPTOR200G		38.10	57.30	13.70	504.90
5	CINA F2 COLITA,ENTEROCOLITA / REGIM SPECIAL CEAI250ML, PAINE100G, BRANZA DIETETICA100G	BRANZA(LACTOZA) PAINE(GLUTEN)	24.40	56.20	18.20	486.20
6	CINA F3 COLITA / ENTEROCOLITA / REGIM SPECIAL COZONAC100G	COZONAC(NUCA,OU,GLUTEN)	7.20	44.90	10.44	302.56
Total REGIM SPECIAL			169.64	386.10	99.62	3,119.69
REGIM		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN REGIM CEAI 250ML, PAINE100G,BRANZA DIETETICA100G ,SUNCA PUI50G, ROSIE80G,CASTRAVETI 80G, CASCAVAL50G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA)	46.60	62.85	29.70	691.60
2	PRANZ F1 REGIM CIORBA DE ZARZAVAT CU CARNE VITA26G SI OREZ , DREASA CU OU SI IAURT 370ML	IAURT(LACTOZA) OU TELINA	14.42	16.98	8.38	200.61
3	PRANZ F3 REGIM MERE200G		0.00	25.40	0.00	101.60
4	PRANZ F2 REGIM PIEPT DE PUI 80G CU GARNITURA DE OREZ CU MORCOV 200G, PAINE100G	PAINE(GLUTEN)	43.99	87.63	14.58	657.69
5	CINA F1 REGIM PULPA DE PUI80G SI CARTOFI GRATINATI300G	BRANZA(LACTOZA) IAURT(LACTOZA) OU	43.57	58.85	43.33	799.25
6	CINA F3 REGIM COZONAC100G	COZONAC(NUCA,OU,GLUTEN)	7.20	44.90	10.44	302.56
7	CINA F2 REGIM CEAI250ML SI PAINE100G	PAINE(GLUTEN)	8.40	54.20	1.20	261.20
Total REGIM			164.18	350.81	107.63	3,014.51

Nr.	Denumire					
DIA/HEP/AR R/ ONC R/ HIV R		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN DIABET CEAI 250ML, PAINE100G,BRANZA DIETETICA100G,SUNCA PUI 100G, CASCAVAL50G, CASTRAVETE80G, ROSIE80G, MASLINE20G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA)	54.20	59.23	33.86	744.96
2	SUPLIMENT ORA 10 DIA/HEP/ ARSI/ HIV ONCO REGIM IAURT200G	IAURT(LACTOZA)	6.40	8.00	5.60	100.00
3	PRANZ F1 REGIM CIORBA DE ZARZAVAT CU CARNE VITA26G SI OREZ , DREASA CU OU SI IAURT 370ML	IAURT(LACTOZA) OU TELINA	14.42	16.98	8.38	200.61
4	PRANZ F2 DIABET PULPA PORC80G SI VARZA CU ROSII 250G	PAINE(GLUTEN)	48.25	51.35	16.55	547.35
5	PRANZ F3 DIABET MERE200G		0.00	25.40	0.00	101.60
6	SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM BRANZA DIETETICA100G	BRANZA(LACTOZA)	16.00	2.00	17.00	225.00
7	CINA F1 DIABET SARMANLE CU CARNE TOCATA PORC		16.19	13.60	24.61	340.62
8	CINA F2 DIABET CEAI250ML, PAINE100G, PORTOCALE200G	PAINE(GLUTEN)	8.40	48.50	1.20	238.40
Total DIA/HEP/AR R/ ONC R/ HIV R			163.86	225.06	107.20	2,498.54
COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI250ML, PAINE100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G, CASTRAVETE80G, MASLINE20G	CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	40.00	57.03	22.66	578.56
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FULGI DE OU 400ML	FAINA(GLUTEN) OU TELINA	5.44	13.60	10.05	166.60
3	PRANZ F2 COMUN PULPA PORC80G SI CARTOFI NATUR, PAINE100G	PAINE(GLUTEN) UNT(LACTOZA)	54.40	106.40	16.00	787.20
4	CINA F1 COMUN SARMALE CU CARNE TOCATA PORC450G		17.24	11.75	26.36	353.17
5	CINA F2 COMUN CEAI250ML,PAINE100G , PORTOCALE200G, COZONAC100G	COZONAC(NUCA,OU,GLUTEN) PAINE(GLUTEN)	15.60	99.10	11.64	563.76
Total COMUN			132.68	287.88	86.70	2,449.29
ONC C/ AR C/ HIV C		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI250ML, PAINE100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G, CASTRAVETE80G, MASLINE20G	CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	40.00	57.03	22.66	578.56
2	SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT200G,COZONAC100G	COZONAC(NUCA,OU,GLUTEN) IAURT(LACTOZA)	13.60	52.90	16.04	402.56
3	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FULGI DE OU 400ML	FAINA(GLUTEN) OU TELINA	5.44	13.60	10.05	166.60
4	PRANZ F2 COMUN PULPA PORC80G SI CARTOFI NATUR, PAINE100G	PAINE(GLUTEN) UNT(LACTOZA)	54.40	106.40	16.00	787.20
5	SUPLIMENT ORA 16 ONCO/ AR/ HIV COZONAC100G,COMPOT VISINE300G	COZONAC(NUCA,OU,GLUTEN)	8.40	91.40	10.44	493.36
6	CINA F1 COMUN SARMALE CU CARNE TOCATA PORC450G		17.24	11.75	26.36	353.17
7	CINA F2 COMUN CEAI 250ML, PAINE100G, COZONAC100G, MERE200G	COZONAC(NUCA,OU,GLUTEN) PAINE(GLUTEN)	15.60	124.50	11.64	665.36
Total ONC C/ AR C/ HIV C			154.68	457.58	113.18	3,446.81

Nr.	Denumire					
LEHUZE COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI250ML, PAINE100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G, CASTRAVETE80G, MASLINE20G	CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	40.00	57.03	22.66	578.56
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FULGI DE OU 400ML	FAINA(GLUTEN) OU TELINA	5.44	13.60	10.05	166.60
3	PRANZ F2 COMUN PULPA PORC80G SI CARTOFI NATUR, PAINE100G	PAINE(GLUTEN) UNT(LACTOZA)	54.40	106.40	16.00	787.20
4	CINA F1 COMUN SARMALE CU CARNE TOCATA PORC450G		17.24	11.75	26.36	353.17
5	CINA F2 COMUN CEAI 250ML, PAINE100G, COZONAC100G, MERE200G	COZONAC(NUCA,OU,GLUTEN) PAINE(GLUTEN)	15.60	124.50	11.64	665.36
Total LEHUZE COMUN			132.68	313.28	86.70	2,550.89

INTOCMIT, AM PRIMIT, ASISTENT DIETETICA, CONTABIL, DIRECTOR INGRIJIRI, MEDIC COORDONATOR