

| | |
|--|--|
| | Spitalul Judetean de Urgenta Tg. Jiu Str. Progresului, nr. 18, Tg. Jiu, GORJ Contract/conventie: 4448067 CAS: 1SAMB |
|--|--|

MENIUL ZILNIC

17/02/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

| Nr. | Denumire | Alergeni | Proteine | Glucide | Lipide | Calorii |
|-----------------------------|---|---|-----------------|------------------|-----------------|------------------|
| COPIII 0-3 ANI | | | | | | |
| 1 | SUPLIMENT PEDIATRIE 0-3 AN(17-COPIII) | IAURT(LACTOZA) OU | 2,061.29 | 10,543.68 | 2,578.60 | 75,288.68 |
| Total COPIII 0-3 ANI | | | 2,061.29 | 10,543.68 | 2,578.60 | 75,288.68 |
| HIDRIC/HZL | | | | | | |
| 1 | MIC DEJUN HIDRIC CEAI250ML | | 0.00 | 5.70 | 0.00 | 22.80 |
| 2 | SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PIERSICI300ML ,ZAHAR100G, IAURT200G. OUA1BUC | IAURT(LACTOZA) OU | 15.70 | 92.80 | 12.80 | 541.20 |
| 3 | PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML | | 3.49 | 31.91 | 4.90 | 185.69 |
| 4 | SUPLIMET HIDRIC/ HZL COMPOT PIERSICI300ML | | 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 | | | 20.09 | 182.31 | 17.70 | 960.89 |
| REGIM ULCER/COLECIST | | | | | | |
| 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 PUI INF65G | TELINA | 25.11 | 25.36 | 23.93 | 417.21 |
| 3 | PRANZ F2 ULCER / COLECIST PIEPT DE PUI80GR CU CARTOFI SI BRANZA DIETETICA280GR PAINE100GR | BRANZA(LACTOZA) PAINE(GLUTEN) UNT(LACTOZA) | 58.40 | 107.80 | 25.80 | 897.00 |
| 4 | CINA F1 ULCER/COLECIST PIEPT PUI80G CU GANITURA DE OREZ CU MORCOV250G | | 35.34 | 37.76 | 13.35 | 412.54 |
| 5 | CINA F2 ULCER / COLECIST | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |

| Nr. | Denumire | | | | | |
|-----------------------------------|--|--|---------------|---------------|---------------|-----------------|
| | CEAI 250ML, PAINE 100G | | | | | |
| Total REGIM ULCER/COLECIST | | | 172.85 | 284.67 | 107.18 | 2,794.65 |
| | | | | | | |
| REGIM SPECIAL | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI200G, MORCOV200G | BRANZA(LACTOZA) PAINE(GLUTEN) | 30.70 | 113.50 | 18.80 | 746.00 |
| 2 | PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G | 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 | | | 162.09 | 338.87 | 89.18 | 2,806.44 |
| | | | | | | |
| REGIM | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN REGIM CEAI 250ML, PAINE100G,BRANZA DIETETICA,SUNCA PUI50G, COZONAC 100GOUA 1BUC. | BRANZA(LACTOZA) COZONAC(NUCA,OU,GLUTEN) OU PAINE(GLUTEN) SUNCA PUI(SOIA) | 47.30 | 103.60 | 36.64 | 933.56 |
| 2 | PRANZ F1 REGIM CIORBA DE ZARZAVAT CU PULPA DE PUI INF80G SI FULGI DE OU 420ML | FAINA(GLUTEN) OU TELINA | 26.48 | 12.35 | 25.72 | 386.76 |
| 3 | PRANZ F2 REGIM PIEPT DE PUI 80G CU GARNITURA DE OREZ CU MORCOV 250G, PAINE100G | PAINE(GLUTEN) | 43.99 | 87.63 | 14.58 | 657.69 |
| 4 | CINA F1 REGIM FRIPTURA PULPA PUI INFERIOARA70G SI MACARONE CU BRANZA LA CUPTOR 270G | BRANZA(LACTOZA) OU PASTE(GLUTEN,OU) | 45.65 | 39.55 | 46.30 | 757.50 |
| 5 | CINA F2 REGIM CEAI250ML SI PAINE100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total REGIM | | | 171.82 | 297.33 | 124.44 | 2,996.71 |
| | | | | | | |
| DIA/HEP/AR R/ ONC R/ HIV R | | Alergeni | Proteine | Glucide | Lipide | Calorii |

| | | | | | | |
|---|---|--|---------------|---------------|---------------|-----------------|
| Nr. | Denumire | | | | | |
| 1 | MIC DEJUN DIABET CEAI 250ML, PAINE100G,BRANZA DIETETICA100G,SUNCA PUI100G, UNT20G, MUSCHI FILE50GOU FIERT1BUC | BRANZA(LACTOZA) OU PAINE(GLUTEN) SUNCA PUI(SOIA) UNT(LACTOZA) | 53.35 | 55.65 | 42.30 | 816.70 |
| 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 ZARZAVAT CU PULPA DE PUI INF80G SI FULGI DE OU 420ML | FAINA(GLUTEN) OU TELINA | 26.33 | 11.57 | 25.78 | 383.58 |
| 4 | PRANZ F2 DIABET PIEPT DE PUI80G CU SOTE DE SPANAC350G, PAINE100G | PAINE(GLUTEN) | 46.15 | 57.35 | 15.05 | 549.45 |
| 5 | SUPLIMENT ORA 16 DIA/HEP/ AR/ HIV ONCO REGIM IAURT200G | IAURT(LACTOZA) | 6.40 | 8.00 | 5.60 | 100.00 |
| 6 | CINA F1 DIABET PULPA DE VITA CU MACAROANE SI SOS ROSII PAINE | PASTE(GLUTEN,OU) | 36.35 | 40.85 | 14.30 | 437.50 |
| 7 | CINA F2 DIABET CEAI250ML, PAINE100, BRANZA DIETETICA100G | BRANZA(LACTOZA) PAINE(GLUTEN) | 24.40 | 50.50 | 18.20 | 463.40 |
| Total DIA/HEP/AR R/ ONC R/ HIV R | | | 199.38 | 231.92 | 126.83 | 2,850.63 |
| COMUN | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI250ML, PAINE100G, BRANZA 100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G, CHEC 100G | BRANZA(LACTOZA) CASCAVAL(LACTOZA) CHEC(OU,GLUTEN) PAINE(GLUTEN) SUNCA PORC(SOIA) | 60.80 | 112.15 | 44.20 | 1,089.60 |
| 2 | PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE SI FIDEA 400ML DREASA CU SMANTANA SI OU | OU PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA | 5.81 | 16.97 | 10.16 | 182.52 |
| 3 | PRANZ F2 COMUN PULPA PORC80G CU IAHNIE DE FASOLE USCATA250G SI PAINE100G | PAINE(GLUTEN) | 71.15 | 97.35 | 18.25 | 845.95 |
| 4 | CINA F1 COMUN FICAT PUI 80G CU GHIVECI DE LEGUME 310G | | 47.35 | 40.90 | 22.20 | 552.80 |
| 5 | CINA F2 COMUN CEAI250ML,PAINE100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total COMUN | | | 193.51 | 321.57 | 96.01 | 2,932.07 |
| ONC C/ AR C/ HIV C | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI250ML, PAINE100G, BRANZA 100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G, CHEC 100G | BRANZA(LACTOZA) CASCAVAL(LACTOZA) CHEC(OU,GLUTEN) PAINE(GLUTEN) SUNCA PORC(SOIA) | 60.80 | 112.15 | 44.20 | 1,089.60 |

| Nr. | Denumire | | | | | |
|---------------------------------|--|--|---------------|-----------------|---------------|-----------------|
| 2 | SUPLIMENT ORA 10 ONCO/ AR/ HIV BISCUITI DIGESTIVI80G, IAURT 200G | IAURT(LACTOZA) | 85.40 | 495.00 | 126.40 | 3,570.00 |
| 3 | PRANZ F1 COMUN CIROBA DE ZARZAVAT CU OASE SI FIDEA 400ML DREASA CU SMANTANA SI OU | OU PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA | 5.81 | 16.97 | 10.16 | 182.52 |
| 4 | PRANZ F2 COMUN PULPA PORC80G CU IAHNIE DE FASOLE USCATA250G SI PAINE100G | PAINE(GLUTEN) | 71.15 | 97.35 | 18.25 | 845.95 |
| 5 | SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT VISINE300G,EUGENIA 1 BUC | | 17.80 | 195.70 | 42.20 | 1,250.80 |
| 6 | CINA F1 COMUN FICAT PUI 80G CU GHIVECI DE LEGUME 310G | | 47.35 | 40.90 | 22.20 | 552.80 |
| 7 | CINA F2 COMUN CEAI250ML,PAINE100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total ONC C/ AR C/ HIV C | | | 296.71 | 1,012.27 | 264.61 | 7,752.87 |
| | | | | | | |
| LEHUZE COMUN | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI250ML, PAINE100G, BRANZA 100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G , CHEC 100G | BRANZA(LACTOZA) CASCAVAL(LACTOZA) CHEC(OU,GLUTEN) PAINE(GLUTEN) SUNCA PORC(SOIA) | 60.80 | 112.15 | 44.20 | 1,089.60 |
| 2 | PRANZ F1 COMUN CIROBA DE ZARZAVAT CU OASE SI FIDEA 400ML DREASA CU SMANTANA SI OU | OU PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA | 5.81 | 16.97 | 10.16 | 182.52 |
| 3 | PRANZ F2 COMUN PULPA PORC80G SI GARNITURA DE OREZ CU MORCOV 250G | PAINE(GLUTEN) | 51.04 | 87.26 | 16.65 | 703.04 |
| 4 | CINA F1 COMUN FICAT PUI 80G CU GHIVECI DE LEGUME 310G | | 47.35 | 40.90 | 22.20 | 552.80 |
| 5 | CINA F2 COMUN CEAI250ML,PAINE100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total LEHUZE COMUN | | | 173.40 | 311.48 | 94.41 | 2,789.15 |

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

| |
|--|
| <p>Spitalul Judetean de Urgenta Tg. Jiu Str. Progresului, nr. 18, Tg. Jiu, GORJ Contract/conventie: 4448067 CAS: 1SAMB</p> |
|--|

MENIUL ZILNIC
18/02/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

| Nr. | Denumire | Alergeni | Proteine | Glucide | Lipide | Calorii |
|-----------------------------------|---|---|-----------------|------------------|-----------------|------------------|
| COPIII 0-3 ANI | | | | | | |
| 1 | SUPLIMENT PEDIATRIE 0-3 AN(19-COPIII) | IAURT(LACTOZA) LAPTE(LACTOZA) OU | 2,386.21 | 12,667.72 | 2,764.20 | 86,666.92 |
| Total COPIII 0-3 ANI | | | 2,386.21 | 12,667.72 | 2,764.20 | 86,666.92 |
| HIDRIC/HZL | | | | | | |
| 1 | MIC DEJUN HIDRIC CEAI250ML | | 0.00 | 5.70 | 0.00 | 22.80 |
| 2 | SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PIERSICI300ML ,ZAHAR100G, IAURT200G. OUA1BUC | IAURT(LACTOZA) OU | 15.70 | 92.80 | 12.80 | 541.20 |
| 3 | PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML | | 3.49 | 31.91 | 4.90 | 185.69 |
| 4 | SUPLIMET HIDRIC/ HZL COMPOT PIERSICI300ML | | 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 | | | 20.09 | 182.31 | 17.70 | 960.89 |
| REGIM ULCER/COLECIST | | | | | | |
| 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 PUI INF65G | TELINA | 25.11 | 25.36 | 23.93 | 417.21 |
| 3 | PRANZ F2 ULCER,COLECIST PIEPT DE PUI 80G CU MACARONE CU BRANZA DIETETICA250G SI PAINE100G | BRANZA(LACTOZA) PAINE(GLUTEN) PASTE(GLUTEN,OU) | 56.90 | 87.90 | 26.65 | 819.05 |
| 4 | CINA F1 ULCER/ COLECIST PIEPT DE PUI 80G CU CARTOFI CU MORCOV260G | | 38.14 | 57.56 | 13.70 | 506.09 |
| 5 | CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total REGIM ULCER/COLECIST | | | 174.15 | 284.57 | 108.38 | 2,810.25 |
| REGIM SPECIAL | | | | | | |
| 1 | MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI200G, MORCOV200G | BRANZA(LACTOZA) PAINE(GLUTEN) | 30.70 | 113.50 | 18.80 | 746.00 |

| Nr. | Denumire | | | | | |
|-----------------------------------|---|---|---------------|---------------|---------------|-----------------|
| 2 | PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G | 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 | | | 162.09 | 338.87 | 89.18 | 2,806.44 |
| REGIM | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN REGIM CEAI250ML,PAINE100G, BRANZA 100G, SUNCA DE PUI50G, ROSIE80G, ,ARDEI 80G,CASTRAVETE 80G | BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) | 35.20 | 67.20 | 22.40 | 597.70 |
| 2 | PRANZ F1 REGIM CIORBA DE ZARZAVAT CU PULPA PUI INF65G A LA GREC 400ML | IAURT(LACTOZA) OU TELINA | 26.76 | 16.02 | 26.07 | 405.31 |
| 3 | PRANZ F2 REGIM PIEPT DEPUI80G SI MACAROANE CU SOS ROSII PAINE250G | PAINE(GLUTEN) PASTE(GLUTEN,OU) | 46.55 | 89.35 | 14.90 | 677.70 |
| 4 | CINA F1 REGIM TOCANITA DE PULPA PUI INF 150G SI MAMALIGA200G CU BRANZA DIETETICA100G | BRANZA(LACTOZA) | 47.18 | 43.95 | 49.97 | 814.25 |
| 5 | CINA F2 REGIM CEAI250ML SI PAINE100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total REGIM | | | 164.09 | 270.72 | 114.54 | 2,756.16 |
| DIA/HEP/AR R/ ONC R/ HIV R | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN DIABET CEAI 250ML, PAINE100G,BRANZA DIETETICA100G,SUNCA PUI100G, MUSCHI FILE50G,ARDEI 80G,ROSIE 80G,CASTRAVETI 80G | BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) | 53.35 | 63.40 | 27.50 | 701.00 |
| 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 ZARZAVAT A LA GREC400ML | IAURT(LACTOZA) OU TELINA | 4.39 | 16.02 | 6.94 | 143.69 |
| 4 | PRANZ F2 DIABET PIEPT DE PUI80G CU SOTE DE FASOLE VERDE270G SI PAINE100G | PAINE(GLUTEN) | 44.95 | 52.55 | 15.05 | 525.45 |
| 5 | SUPLIMENT ORA 16 DIA/HEP/ | LAPTE(LACTOZA) | 6.40 | 9.80 | 3.60 | 97.20 |

| Nr. | Denumire | | | | | |
|---|--|---|---------------|---------------|---------------|-----------------|
| | ARSI/ HIV ONCO REGIM LAPTE200G | | | | | |
| 6 | CINA F1 DIABET PULPA DE VITA CU MACAROANE SI SOS ROSII PAINE | PASTE(GLUTEN,OU) | 36.35 | 40.85 | 14.30 | 437.50 |
| 7 | CINA F2 DIABET CEAI250ML, PAINE100, BRANZA DIETETICA100G | BRANZA(LACTOZA) PAINE(GLUTEN) | 24.40 | 50.50 | 18.20 | 463.40 |
| Total DIA/HEP/AR R/ ONC R/ HIV R | | | 176.24 | 241.12 | 91.19 | 2,468.24 |
| COMUN | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA SLAB SARATA100G, CASCAVAL50G, SUNCA PORC50G, MUSCHI FILE50G,GBANANA 200G | BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA) | 54.40 | 98.65 | 26.60 | 851.60 |
| 2 | PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE SI DOVLECEI , DREASA CU OU 400ML | OU TELINA | 4.67 | 8.12 | 10.06 | 141.69 |
| 3 | PRANZ F2 COMUN CARNATI PORC 80G SI GARNITURA DE OREZ CU MORCOV 250G | CARNATI PORC(LACTOZA, GLUTEN, TELINA, MUSTAR) PAINE(GLUTEN) | 33.19 | 89.13 | 54.18 | 895.29 |
| 4 | CINA F1 COMUN - FRIPTURA PULPA DE PUI INFERIOARA80G SI MACAROANE CU BRANZA SARATA LA CUPTOR 250G | BRANZA(LACTOZA) OU PASTE(GLUTEN,OU) UNT(LACTOZA) | 46.35 | 40.15 | 40.54 | 710.86 |
| 5 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total COMUN | | | 147.01 | 290.25 | 132.58 | 2,860.64 |
| ONC C/ AR C/ HIV C | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA SLAB SARATA100G, CASCAVAL50G, SUNCA PORC50G, MUSCHI FILE50G,GBANANA 200G | BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA) | 54.40 | 98.65 | 26.60 | 851.60 |
| 2 | SUPLIMENT ORA 10 ONCO/ AR/ HIV BISCUITI DIGESTIVI80G, IAURT 200G | IAURT(LACTOZA) | 85.40 | 495.00 | 126.40 | 3,570.00 |
| 3 | PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE SI DOVLECEI , DREASA CU OU 400ML | OU TELINA | 4.67 | 8.12 | 10.06 | 141.69 |
| 4 | PRANZ F2 COMUN CARNATI PORC 80G SI GARNITURA DE OREZ CU MORCOV 250G | CARNATI PORC(LACTOZA, GLUTEN, TELINA, MUSTAR) PAINE(GLUTEN) | 33.19 | 89.13 | 54.18 | 895.29 |
| 5 | SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT VISINE300G,BANANA 200G | | 1.20 | 86.50 | 0.00 | 350.80 |
| 6 | CINA F1 COMUN - FRIPTURA PULPA DE PUI INFERIOARA80G SI MACAROANE CU BRANZA SARATA LA CUPTOR 250G | BRANZA(LACTOZA) OU PASTE(GLUTEN,OU) UNT(LACTOZA) | 46.35 | 40.15 | 40.54 | 710.86 |
| 7 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |

| Nr. | Denumire | | | | | |
|---------------------------------|--|---|---------------|---------------|-----------------|-----------------|
| Total ONC C/ AR C/ HIV C | | 233.61 | 871.75 | 258.98 | 6,781.44 | |
| LEHUZE COMUN | | | | | | |
| | Denumire | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA SLAB SARATA100G, CASCAVAL50G, SUNCA PORC50G, MUSCHI FILE50G,GBANANA 200G | BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA) | 54.40 | 98.65 | 26.60 | 851.60 |
| 2 | PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE SI DOVLECEI , DREASA CU OU 400ML | OU TELINA | 4.67 | 8.12 | 10.06 | 141.69 |
| 3 | PRANZ F2 COMUN PIEPT 80G CU OREZ CU LEGUME300G | PAINE(GLUTEN) | 47.34 | 89.03 | 15.13 | 681.64 |
| 4 | CINA F1 COMUN - FRIPTURA PULPA DE PUI INFERIOARA80G SI MACAROANE CU BRANZA SARATA LA CUPTOR 250G | BRANZA(LACTOZA) OU PASTE(GLUTEN,OU) UNT(LACTOZA) | 46.35 | 40.15 | 40.54 | 710.86 |
| 5 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total LEHUZE COMUN | | | 161.16 | 290.15 | 93.53 | 2,646.99 |

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

| | |
|--|--|
| | Spitalul Judetean de Urgenta Tg. Jiu Str. Progresului, nr. 18, Tg. Jiu, GORJ Contract/conventie: 4448067 CAS: 1SAMB |
|--|--|

MENIUL ZILNIC
19/02/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

| Nr. | Denumire | | | | | |
|-----------------------------|---|-------------------------------------|-----------------|------------------|-----------------|------------------|
| COPIII 0-3 ANI | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | SUPLIMENT PEDIATRIE 0-3 ANI(18-COPIII) | IAURT(LACTOZA) LAPTE(LACTOZA) OU | 2,177.98 | 11,700.56 | 2,543.50 | 79,843.26 |
| Total COPIII 0-3 ANI | | | 2,177.98 | 11,700.56 | 2,543.50 | 79,843.26 |
| HIDRIC/HZL | | | | | | |
| | Denumire | 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 PIERSICI300ML | IAURT(LACTOZA) OU | 15.70 | 92.80 | 12.80 | 541.20 |

| Nr. | Denumire | | | | | |
|-----------------------------------|---|---|---------------|---------------|--------------|-----------------|
| | ,ZAHAR100G, IAURT200G. OUA1BUC | | | | | |
| 3 | PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML | | 3.49 | 31.91 | 4.90 | 185.69 |
| 4 | SUPLIMET HIDRIC/ HZL COMPOT PIERSICI300ML | | 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 | | | 20.09 | 182.31 | 17.70 | 960.89 |
| 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 PUI INF65G | TELINA | 25.11 | 25.36 | 23.93 | 417.21 |
| 3 | PRANZ F2 ULCER/COLECIST PIEPT DE PUI80G CU CARTOFI SI MORCOV280G, PAINE100G | PAINE(GLUTEN) | 46.54 | 106.06 | 14.90 | 744.49 |
| 4 | CINA F1 ULCER / COLECIST PIEPT DE PUI80G CU GARNITURA DE OREZ SI MORCOV230G | | 35.34 | 37.76 | 13.35 | 412.54 |
| 5 | CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total REGIM ULCER/COLECIST | | | 160.99 | 282.92 | 96.28 | 2,642.14 |
| REGIM SPECIAL | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI200G, MORCOV200G | BRANZA(LACTOZA) PAINE(GLUTEN) | 30.70 | 113.50 | 18.80 | 746.00 |
| 2 | PRANZ F2 COLITA / ENTEROCOLITA PIEPT DE PUI80G SI CARTOFI CU MORCOV280G, PAINE100G | PAINE(GLUTEN) | 46.54 | 106.06 | 14.90 | 744.49 |
| 3 | PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G | TELINA | 25.11 | 25.36 | 23.93 | 417.21 |
| 4 | CINA F1 COLITA,ENTEROCOLITA / REGIM SPECIAL PIEPT DE PUI80G SI GARNITURA DE OREZ CU MORCOV230G | | 35.34 | 37.76 | 13.35 | 412.54 |
| 5 | CINA F2 COLITA,ENTEROCOLITA / REGIM SPECIAL CEAI250ML, PAINE100G, BRANZA | BRANZA(LACTOZA) PAINE(GLUTEN) | 24.40 | 56.20 | 18.20 | 486.20 |

| Nr. | Denumire | | | | | |
|---|--|--|---------------|---------------|---------------|-----------------|
| | DIETETICA100G | | | | | |
| Total REGIM SPECIAL | | | 162.09 | 338.87 | 89.18 | 2,806.44 |
| | | | | | | |
| REGIM | Alergeni | Proteine | Glucide | Lipide | Calorii | |
| 1 | MIC DEJUN REGIM CEAI250ML,PAINE100G, BRANZA 100G, SUNCA DE PUI50G, ROSIE80G, ,ARDEI 80G,CASTRAVETE 80G , BANANE200G | BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) | 35.20 | 107.20 | 22.40 | 757.70 |
| 2 | PRANZ F1 REGIM CIORBA DE ZARZAVATCU FASOLE VERDE | TELINA | 2.18 | 8.25 | 4.95 | 86.26 |
| 3 | PRANZ F2 REGIM PIEPT DE PUI 80G CU GARNITURA DE OREZ CU MORCOV 250G, PAINE100G | PAINE(GLUTEN) | 43.99 | 87.63 | 14.58 | 657.69 |
| 4 | CINA F1 REGIM PULPA DE PUI80G SI CARTOFI CU BRANZA300G | BRANZA(LACTOZA) | 44.35 | 58.70 | 44.65 | 814.05 |
| 5 | CINA F2 REGIM CEAI250ML SI PAINE100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total REGIM | | | 134.12 | 315.98 | 87.78 | 2,576.90 |
| | | | | | | |
| DIA/HEP/AR R/ ONC R/ HIV R | Alergeni | Proteine | Glucide | Lipide | Calorii | |
| 1 | MIC DEJUN DIABET CEAI 250ML, PAINE100G,BRANZA DIETETICA100G,SUNCA PUI100G, MUSCHI FILE50G, ARDEI 80G,ROSIE 80G,CASTRAVETI 80G | BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) | 53.35 | 63.40 | 27.50 | 701.00 |
| 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 SUPA DE ZARZAVAT CU FASOLE VERDE SI PULPA PUI INF65G | TELINA | 24.55 | 8.25 | 24.08 | 347.88 |
| 4 | PRANZ F2 DIABET PIEPT DE PUI80G SI VARZA CU ROSII250G, PAINE100G | PAINE(GLUTEN) | 41.05 | 51.35 | 14.45 | 499.65 |
| 5 | SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM MERE200G | | 0.00 | 25.40 | 0.00 | 101.60 |
| 6 | CINA F1 DIABET PULPA DE PORC80G CU SOTE DE FASOLE VERDE350G | | 43.75 | 4.05 | 15.95 | 334.75 |
| 7 | CINA F2 DIABET CEAI250ML, PAINE100, BRANZA DIETETICA100G | BRANZA(LACTOZA) PAINE(GLUTEN) | 24.40 | 50.50 | 18.20 | 463.40 |
| Total DIA/HEP/AR R/ ONC R/ HIV R | | | 193.50 | 210.95 | 105.78 | 2,548.28 |
| | | | | | | |
| COMUN | Alergeni | Proteine | Glucide | Lipide | Calorii | |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA SLAB SARATA100G, SUNCA PORC50G, MUSCHI FILE50G, OU FIERT 1BUC., UNT20G, GEM20G | BRANZA(LACTOZA) GEM(DIOXID DE SULF) OU PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA) | 51.70 | 71.74 | 42.70 | 878.06 |

| Nr. | Denumire | | | | | |
|---------------------------------|--|--|---------------|---------------|---------------|-----------------|
| 2 | PRANZ F1 COMUN CIROBA DE ZARZAVAT CU FIDEA DREASA CU SMANTANA 400ML | PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA | 2.41 | 16.82 | 4.91 | 121.07 |
| 3 | PRANZ F2 COMUN PULPA PORC80G CU MANCARE DE FASOLE VERDE250G, PAINE100G | FAINA(GLUTEN) PAINE(GLUTEN) | 51.43 | 55.61 | 16.99 | 581.07 |
| 4 | CINA F1 COMUN PULPA PUI INF80G CU CARTOFI GRATINATI300G | BRANZA(LACTOZA) OU | 46.45 | 58.85 | 41.69 | 796.41 |
| 5 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total COMUN | | | 160.39 | 257.21 | 107.49 | 2,637.80 |
| | | | | | | |
| ONC C/ AR C/ HIV C | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA SLAB SARATA100G, SUNCA PORC50G, MUSCHI FILE50G, OU FIERT 1BUC., UNT20G, GEM20G | BRANZA(LACTOZA) GEM(DIOXID DE SULF) OU PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA) | 51.70 | 71.74 | 42.70 | 878.06 |
| 2 | SUPLIMENT ORA 10 ONCO/ AR/ HIV BISCUITI DIGESTIVI80G, IAURT 200G | IAURT(LACTOZA) | 85.40 | 495.00 | 126.40 | 3,570.00 |
| 3 | PRANZ F1 COMUN CIROBA DE ZARZAVAT CU FIDEA DREASA CU SMANTANA 400ML | PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA | 2.41 | 16.82 | 4.91 | 121.07 |
| 4 | PRANZ F2 COMUN PULPA PORC80G CU MANCARE DE FASOLE VERDE250G, PAINE100G | FAINA(GLUTEN) PAINE(GLUTEN) | 51.43 | 55.61 | 16.99 | 581.07 |
| 5 | SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT VISINE300G | | 1.20 | 46.50 | 0.00 | 190.80 |
| 6 | CINA F1 COMUN PULPA PUI INF80G CU CARTOFI GRATINATI300G | BRANZA(LACTOZA) OU | 46.45 | 58.85 | 41.69 | 796.41 |
| 7 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total ONC C/ AR C/ HIV C | | | 246.99 | 798.71 | 233.89 | 6,398.60 |
| | | | | | | |
| LEHUZE COMUN | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA SLAB SARATA100G, SUNCA PORC50G, MUSCHI FILE50G, OU FIERT 1BUC., UNT20G, GEM20G | BRANZA(LACTOZA) GEM(DIOXID DE SULF) OU PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA) | 51.70 | 71.74 | 42.70 | 878.06 |
| 2 | PRANZ F2 COMUN PULPA DE PORC 80GG CU GARNITURA DE OREZ CU MORCOV250G | PAINE(GLUTEN) | 51.09 | 86.63 | 16.68 | 700.99 |
| 3 | PRANZ F1 COMUN CIROBA DE ZARZAVAT CU FIDEA DREASA CU SMANTANA 400ML | PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA | 2.41 | 16.82 | 4.91 | 121.07 |
| 4 | CINA F1 COMUN PULPA PUI INF80G CU CARTOFI GRATINATI300G | BRANZA(LACTOZA) OU | 46.45 | 58.85 | 41.69 | 796.41 |
| 5 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |

| Nr. | Denumire | | | | | |
|---------------------------|----------|--|---------------|---------------|---------------|-----------------|
| Total LEHUZE COMUN | | | 160.05 | 288.24 | 107.18 | 2,757.72 |

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

| | |
|--|--|
| | Spitalul Judetean de Urgenta Tg. Jiu Str. Progresului, nr. 18, Tg. Jiu, GORJ Contract/conventie: 4448067 CAS: 1SAMB |
|--|--|

MENIUL ZILNIC
20/02/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

| Nr. | Denumire | | | | | |
|-----------------------------|--|-------------------|-----------------|-----------------|---------------|------------------|
| COPIII 0-3 ANI | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | SUPLIMENT PEDIATRIE 0-3 AN(19-COPIII) | IAURT(LACTOZA) OU | 1,391.81 | 5,633.52 | 985.60 | 37,040.92 |
| Total COPIII 0-3 ANI | | | 1,391.81 | 5,633.52 | 985.60 | 37,040.92 |

| 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 PIERSICI300ML ,ZAHAR100G, IAURT200G. OUA1BUC | IAURT(LACTOZA) OU | 15.70 | 92.80 | 12.80 | 541.20 |
| 3 | PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML | | 3.49 | 31.91 | 4.90 | 185.69 |
| 4 | SUPLIMET HIDRIC/ HZL COMPOT PIERSICI300ML | | 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 | | | 20.09 | 182.31 | 17.70 | 960.89 |

| 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 PUI INF65G | TELINA | 25.11 | 25.36 | 23.93 | 417.21 |

| Nr. | Denumire | | | | | |
|-----------------------------------|---|--|---------------|---------------|---------------|-----------------|
| 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 CINA F1 ULCER/ COLECIST PIEPT DE PUI80G SI CARTOFI CU BRANZA 330G | 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 |
| 1 | MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI200G, MORCOV200G | BRANZA(LACTOZA) PAINE(GLUTEN) | 30.70 | 113.50 | 18.80 | 746.00 |
| 2 | PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G | 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 | | | 162.09 | 338.87 | 89.18 | 2,806.44 |
| REGIM | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN REGIM CEAI250ML,PAINE100G, BRANZA 100G, SUNCA DE PUI50G, ARDEI 80G, COZONAC100G, IAURT200G | BRANZA(LACTOZA) COZONAC(NUCA,OU,GLUTEN) IAURT(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) | 46.40 | 115.60 | 35.24 | 957.36 |
| 2 | PRANZ F1 REGIM CIORBA DE ZARZAVAT A LA GREC 400ML | IAURT(LACTOZA) OU TELINA | 4.39 | 16.02 | 6.94 | 143.69 |
| 3 | PRANZ F2 REGIM PIEPT DE PUI80G SI MACARONE CU BRANZA DIETETICA250G SI PAINE100G | BRANZA(LACTOZA) PAINE(GLUTEN) PASTE(GLUTEN,OU) | 56.90 | 87.90 | 26.65 | 819.05 |
| 4 | CINA F1 REGIM PULPE PUI INF80G CU CARTOFI | | 34.00 | 60.15 | 32.90 | 672.70 |

| Nr. | Denumire | | | | | |
|---|---|---|---------------|---------------|---------------|-----------------|
| | TARANESTI 300G | | | | | |
| 5 | CINA F2 REGIM CEAI250ML SI PAINE100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total REGIM | | | 150.09 | 333.87 | 102.93 | 2,854.00 |
| DIA/HEP/AR R/ ONC R/ HIV R | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN DIABET CEAI 250ML, PAINE100G,BRANZA DIETETICA100G,SUNCA PUI100G, ARDEI 80G,ROSIE 80G,CASTRAVETI 80G | BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) | 42.50 | 63.40 | 23.20 | 618.90 |
| 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 ZARZAVAT A LA GREC400ML | IAURT(LACTOZA) OU TELINA | 4.39 | 16.02 | 6.94 | 143.69 |
| 4 | PRANZ F2 DIABET PIEPT DE PUI80G CU SOTE DE SPANAC300G, PAINE100G | PAINE(GLUTEN) | 45.30 | 56.35 | 14.95 | 541.15 |
| 5 | SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM MERE200G | | 0.00 | 25.40 | 0.00 | 101.60 |
| 6 | CINA F1 DIABET PULPA VITA 80G SI GHIVECI DE LEGUME250G | | 37.39 | 33.16 | 14.70 | 414.49 |
| 7 | CINA F2 DIABET CEAI250ML, PAINE100, BRANZA DIETETICA100G | BRANZA(LACTOZA) PAINE(GLUTEN) | 24.40 | 50.50 | 18.20 | 463.40 |
| Total DIA/HEP/AR R/ ONC R/ HIV R | | | 160.38 | 252.83 | 83.59 | 2,383.23 |
| COMUN | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, CASCAVAL50G, SUNCA PORC50G, MUSCHI FILE50G, ROSIE80G, UNT20G, GEM20G | CASCAVAL(LACTOZA) GEM(DIOXID DE SULF) PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA) | 40.90 | 73.69 | 33.10 | 756.26 |
| 2 | PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FULGI DE OU 400ML | FAINA(GLUTEN) OU TELINA | 5.29 | 12.82 | 10.11 | 163.42 |
| 3 | PRANZ F2 COMUN PULPA PORC80G CU IAHNIE DE FASOLE USCATA250G SI PAINE100G | PAINE(GLUTEN) | 71.25 | 98.35 | 18.25 | 850.35 |
| 4 | PRANZ F3 COMUN CHEC100G | CHEC(OU,GLUTEN) | 6.40 | 53.50 | 17.60 | 398.00 |
| 5 | CINA F1 COMUN TOCANITA DE PUI130G SI MAMALIGA200G CU BRANZA100G | BRANZA(LACTOZA) | 47.18 | 43.95 | 43.17 | 753.05 |
| 6 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total COMUN | | | 179.42 | 336.51 | 123.43 | 3,182.28 |
| ONC C/ AR C/ HIV C | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |

| Nr. | Denumire | | | | | |
|---------------------------------|--|--|---------------|---------------|---------------|-----------------|
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, CASCAVAL50G, SUNCA PORC50G, MUSCHI FILE50G, ROSIE80G , UNT20G, GEM20G | CASCAVAL(LACTOZA) GEM(DIOXID DE SULF) PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA) | 40.90 | 73.69 | 33.10 | 756.26 |
| 2 | SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT200G, BISCUITI DIGESTIVI80G | IAURT(LACTOZA) | 12.40 | 47.00 | 17.60 | 447.20 |
| 3 | PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FULGI DE OU 400ML | FAINA(GLUTEN) OU TELINA | 5.29 | 12.82 | 10.11 | 163.42 |
| 4 | PRANZ F2 COMUN PULPA PORC80G CU IAHNIE DE FASOLE USCATA250G SI PAINE100G | PAINE(GLUTEN) | 71.25 | 98.35 | 18.25 | 850.35 |
| 5 | PRANZ F3 COMUN CHEC100G | CHEC(OU, GLUTEN) | 6.40 | 53.50 | 17.60 | 398.00 |
| 6 | SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT VISINE300G, COZONAC100G | COZONAC(NUCA,OU, GLUTEN) | 8.40 | 91.40 | 10.44 | 493.36 |
| 7 | CINA F1 COMUN TOCANITA DE PUI130G SI MAMALIGA200G CU BRANZA100G | BRANZA(LACTOZA) | 47.18 | 43.95 | 43.17 | 753.05 |
| 8 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total ONC C/ AR C/ HIV C | | | 200.22 | 474.91 | 151.47 | 4,122.84 |
| | | | | | | |
| LEHUZE COMUN | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, CASCAVAL50G, SUNCA PORC50G, MUSCHI FILE50G, ROSIE80G , UNT20G, GEM20G | CASCAVAL(LACTOZA) GEM(DIOXID DE SULF) PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA) | 40.90 | 73.69 | 33.10 | 756.26 |
| 2 | PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FULGI DE OU 400ML | FAINA(GLUTEN) OU TELINA | 5.29 | 12.82 | 10.11 | 163.42 |
| 3 | PRANZ F2 COMUN LAHUZE PIEPT DE PUI CU PASTE CU BRANZA DIETETICA250G, PAINE100G | BRANZA(LACTOZA) PAINE(GLUTEN) PASTE(GLUTEN,OU) | 56.90 | 87.90 | 26.65 | 819.05 |
| 4 | CINA F1 COMUN TOCANITA DE PUI130G SI MAMALIGA200G CU BRANZA100G | BRANZA(LACTOZA) | 47.18 | 43.95 | 43.17 | 753.05 |
| 5 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total LEHUZE COMUN | | | 158.67 | 272.56 | 114.23 | 2,752.98 |

INTOCMIT, AM
PRIMIT,

ASISTENT
DIETETICA,

CONTABIL, DIRECTOR
INGRIJIRI,

MEDIC
COORDONATOR

| | |
|--|--|
| | Spitalul Judetean de Urgenta Tg. Jiu Str. Progresului, nr. 18, Tg. Jiu, GORJ Contract/conventie: 4448067 CAS: 1SAMB |
|--|--|

MENIUL ZILNIC
21/02/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

| Nr. | Denumire | | Proteine | Glucide | Lipide | Calorii |
|-----------------------------------|---|---|---------------|-----------------|---------------|------------------|
| COPIII 0-3 ANI | | Alergeni | | | | |
| 1 | SUPLIMENT PEDIATRIE 0-3 AN(13-COPIII) | IAURT(LACTOZA) OU | 866.13 | 3,463.06 | 602.10 | 22,849.86 |
| Total COPIII 0-3 ANI | | | 866.13 | 3,463.06 | 602.10 | 22,849.86 |
| HIDRIC/HZL | | Alergeni | | | | |
| 1 | MIC DEJUN HIDRIC CEAI250ML | | 0.00 | 5.70 | 0.00 | 22.80 |
| 2 | SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PIERSICI300ML ,ZAHAR100G, IAURT200G. OUA1BUC | IAURT(LACTOZA) OU | 15.70 | 92.80 | 12.80 | 541.20 |
| 3 | PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML | | 3.49 | 31.91 | 4.90 | 185.69 |
| 4 | SUPLIMET HIDRIC/ HZL COMPOT PIERSICI300ML | | 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 | | | 20.09 | 182.31 | 17.70 | 960.89 |
| REGIM ULCER/COLECIST | | Alergeni | | | | |
| 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 PUI INF65G | TELINA | 25.11 | 25.36 | 23.93 | 417.21 |
| 3 | PRANZ F2 ULCER / COLECIST PIEPT PUI80G SI CARTOFI SI MORCOV280G, PAINE100G | PAINE(GLUTEN) | 46.54 | 106.06 | 14.90 | 744.49 |
| 4 | CINA F1 ULCER PIEPT PUI 80GR SI PASTE FAINOASE CU BRANZA 280GR | BRANZA(LACTOZA) PASTE(GLUTEN,OU) | 48.50 | 39.40 | 25.45 | 580.65 |
| 5 | CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total REGIM ULCER/COLECIST | | | 174.15 | 284.57 | 108.38 | 2,810.25 |
| REGIM SPECIAL | | Alergeni | | | | |
| | | | | | | |

| Nr. | Denumire | | | | | |
|-----------------------------------|--|---|-----------------|----------------|---------------|-----------------|
| 1 | MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI200G, MORCOV200G | BRANZA(LACTOZA) PAINE(GLUTEN) | 30.70 | 113.50 | 18.80 | 746.00 |
| 2 | PRANZ F2 COLITA / ENTEROCOLITA PIEPT DE PUI80G SI CARTOFI CU MORCOV280G, PAINE100G | PAINE(GLUTEN) | 46.54 | 106.06 | 14.90 | 744.49 |
| 3 | PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G | TELINA | 25.11 | 25.36 | 23.93 | 417.21 |
| 4 | CINA F1 COLITA,ENTEROCOLITA / REGIM SPECIAL PIEPT DE PUI80G SI GARNITURA DE OREZ CU MORCOV230G | | 35.34 | 37.76 | 13.35 | 412.54 |
| 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 | | | 162.09 | 338.87 | 89.18 | 2,806.44 |
| REGIM | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN REGIM CEAI250ML,PAINE100G, BRANZA 100G, SUNCA DE PUI50G,IAURT200G, ARDEI 80G, ROSII80G, | BRANZA(LACTOZA) IAURT(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) | 40.30 | 75.00 | 25.10 | 679.10 |
| 2 | PRANZ F1 REGIM CIORBA DE ZARZAVAT CU FIDEA400ML DREASA CU OU SI IAURT | IAURT(LACTOZA) OU PASTE(GLUTEN,OU) TELINA | 4.79 | 16.12 | 6.98 | 146.05 |
| 3 | PRANZ F2 REGIM PIEPT DE PUI 80G CU MANCARE FASOLE VERDE270G | FAINA(GLUTEN) PAINE(GLUTEN) | 44.23 | 55.61 | 14.89 | 533.37 |
| 4 | 3CINA F1 REGIM PULPA DE PUI 150G CU GHIVECI LEGUME310G | | 34.24 | 33.16 | 33.15 | 567.94 |
| 5 | CINA F2 REGIM CEAI250ML SI PAINE100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total REGIM | | | 131.96 | 234.08 | 81.32 | 2,187.65 |
| DIA/HEP/AR R/ ONC R/ HIV R | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN DIABET CEAI 250ML, PAINE100G,BRANZA DIETETICA100G,SUNCA PUI100G, ARDEI 80G,ROSIE 80G,CASCAVAL50G,OU FIERT1BUC | BRANZA(LACTOZA) CASCAVAL(LACTOZA) OU PAINE(GLUTEN) SUNCA PUI(SOIA) | 62.10 | 64.05 | 35.00 | 819.60 |
| 2 | SUPLIMENT ORA 10 DIA/HEP/ ARSI/ HIV ONCO REGIM IAURT200G | IAURT(LACTOZA) | 6.40 | 8.00 | 5.60 | 100.00 |

| Nr. | Denumire | | | | | |
|---|--|---|---------------|---------------|---------------|-----------------|
| 3 | PRANZ F1 DIABET CIORBA DE ZARZAVAT CU PULPA DE PUI 65G SI FIDEA ,DREASA CU OU SI IAURT | IAURT(LACTOZA) OU PASTE(GLUTEN,OU) TELINA | 27.16 | 16.12 | 26.11 | 407.67 |
| 4 | PRANZ F2 DIABET PIEPT DE PUI80G SI VARZA CU ROSII250G, PAINE100G | PAINE(GLUTEN) | 41.05 | 51.35 | 14.45 | 499.65 |
| 5 | SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM MERE200G | | 0.00 | 25.40 | 0.00 | 101.60 |
| 6 | CINA F1 DIABET PULPA PORC80G CU SOTE DE FASOLE VERDE300G | | 43.75 | 4.05 | 15.95 | 334.75 |
| 7 | CINA F2 DIABET CEAI250ML, PAINE100, BRANZA DIETETICA100G | BRANZA(LACTOZA) PAINE(GLUTEN) | 24.40 | 50.50 | 18.20 | 463.40 |
| Total DIA/HEP/AR R/ ONC R/ HIV R | | | 204.86 | 219.47 | 115.31 | 2,726.67 |
| COMUN | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA 100G,CASCAVAL50G, SUNCA PORC50G, MUSCHI FILE50G, OU FIERT1BUC,GEM20G | BRANZA(LACTOZA) CASCAVAL(LACTOZA) GEM(DIOXID DE SULF) OU PAINE(GLUTEN) SUNCA PORC(SOIA) | 62.80 | 70.79 | 33.80 | 838.56 |
| 2 | PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI CARTOFI ,DREASA CU OU SI SMANTANA 400ML | OU SMANTANA(LACTOZA) TELINA | 6.81 | 28.47 | 10.27 | 233.51 |
| 3 | PRANZ F2 COMUN PULPA PORC105 CU MANCARE DE MAZARE 270G, PAINE100G | FAINA(GLUTEN) PAINE(GLUTEN) | 59.63 | 59.61 | 18.39 | 642.47 |
| 4 | CINA F1 COMUN PULPA DE PUI 80G CU GHIVECI DE LEGUME 310G | | 34.20 | 32.90 | 33.15 | 566.75 |
| 5 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total COMUN | | | 171.84 | 245.96 | 96.81 | 2,542.48 |
| ONC C/ AR C/ HIV C | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA 100G,CASCAVAL50G, SUNCA PORC50G, MUSCHI FILE50G, OU FIERT1BUC,GEM20G | BRANZA(LACTOZA) CASCAVAL(LACTOZA) GEM(DIOXID DE SULF) OU PAINE(GLUTEN) SUNCA PORC(SOIA) | 62.80 | 70.79 | 33.80 | 838.56 |
| 2 | SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT200G, BISCUITI DIGESTIVI80G | IAURT(LACTOZA) | 12.40 | 47.00 | 17.60 | 447.20 |
| 3 | PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI CARTOFI ,DREASA CU OU SI SMANTANA 400ML | OU SMANTANA(LACTOZA) TELINA | 6.81 | 28.47 | 10.27 | 233.51 |
| 4 | PRANZ F2 COMUN CARNATI DE PORC105G CU MANCARE DE MAZARE270G | CARNATI PORC(LACTOZA, GLUTEN, TELINA, MUSTAR) FAINA(GLUTEN) PAINE(GLUTEN) | 41.63 | 61.11 | 55.89 | 832.37 |
| 5 | SUPLIMENT ORA 16 ONCO/ | COZONAC(NUCA,OU,GLUTEN) | 8.40 | 91.40 | 10.44 | 493.36 |

| Nr. | Denumire | | | | | |
|---------------------------------|--|---|---------------|---------------|---------------|-----------------|
| | AR/ HIV COMPOT VISINE300G, COZONAC100G | | | | | |
| 6 | CINA F1 COMUN PULPA DE PUI 80G CU GHIVECI DE LEGUME 310G | | 34.20 | 32.90 | 33.15 | 566.75 |
| 7 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total ONC C/ AR C/ HIV C | | | 174.64 | 385.86 | 162.35 | 3,672.94 |
| | | | | | | |
| LEHUZE COMUN | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA 100G,CASCAVAL50G, SUNCA PORC50G, MUSCHI FILE50G, OU FIERT1BUC,GEM20G | BRANZA(LACTOZA) CASCAVAL(LACTOZA) GEM(DIOXID DE SULF) OU PAINE(GLUTEN) SUNCA PORC(SOIA) | 62.80 | 70.79 | 33.80 | 838.56 |
| 2 | PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI CARTOFI ,DREASA CU OU SI SMANTANA 400ML | OU SMANTANA(LACTOZA) TELINA | 6.81 | 28.47 | 10.27 | 233.51 |
| 3 | PRANZ F2 COMUN PULPA PORC80G CU MANCARE DE FASOLE VERDE270G, PAINE100G | FAINA(GLUTEN) PAINE(GLUTEN) | 51.43 | 55.61 | 16.99 | 581.07 |
| 4 | CINA F1 COMUN PULPA DE PUI 80G CU GHIVECI DE LEGUME 310G | | 34.20 | 32.90 | 33.15 | 566.75 |
| 5 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total LEHUZE COMUN | | | 163.64 | 241.96 | 95.41 | 2,481.08 |

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

| | |
|--|--|
| | Spitalul Judetean de Urgenta Tg. Jiu Str. Progresului, nr. 18, Tg. Jiu, GORJ Contract/conventie: 4448067 CAS: 1SAMB |
|--|--|

MENIUL ZILNIC
22/02/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

| Nr. | Denumire | | | | | |
|-----------------------------|---|-------------------|-----------------|-----------------|---------------|------------------|
| COPIII 0-3 ANI | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | SUPLIMENT PEDIATRIE 0-3 AN(15-COPIII) | IAURT(LACTOZA) OU | 1,169.82 | 3,591.34 | 797.40 | 26,343.04 |
| Total COPIII 0-3 ANI | | | 1,169.82 | 3,591.34 | 797.40 | 26,343.04 |

| Nr. | Denumire | | | | | |
|-----------------------------------|---|---|-----------------|----------------|---------------|-----------------|
| 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 PIERSICI300ML ,ZAHAR100G, IAURT200G. OUA1BUC | IAURT(LACTOZA) OU | 15.70 | 92.80 | 12.80 | 541.20 |
| 3 | PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML | | 3.49 | 31.91 | 4.90 | 185.69 |
| 4 | SUPLIMET HIDRIC/ HZL COMPOT PIERSICI300ML | | 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 | | | 20.09 | 182.31 | 17.70 | 960.89 |
| 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 PUI INF65G | 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 COLITA,ENTEROCOLITA, REGIM SPECIAL PIEPT DE PUI80G CU CARTOFI SI MORCOV240G | | 38.14 | 57.56 | 13.70 | 506.09 |
| 5 | CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total REGIM ULCER/COLECIST | | | 160.99 | 282.92 | 96.28 | 2,642.14 |
| REGIM SPECIAL | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI200G, MORCOV200G | BRANZA(LACTOZA) PAINE(GLUTEN) | 30.70 | 113.50 | 18.80 | 746.00 |
| 2 | PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G | 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 |

| Nr. | Denumire | | | | | |
|-----------------------------------|--|---|-----------------|----------------|---------------|-----------------|
| 4 | CINA F1 COLITA,ENTEROCOLITA, REGIM SPECIAL PIEPT DE PUI80G CU CARTOFI SI MORCOV260G | | 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 | | | 162.09 | 338.87 | 89.18 | 2,806.44 |
| REGIM | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN REGIM CEAI250ML,PAINE100G, BRANZA 100G, SUNCA DE PUI50G,IAURT200G, GEM20G, OU FIERT1BUC. | BRANZA(LACTOZA) GEM(DIOXID DE SULF) IAURT(LACTOZA) OU PAINE(GLUTEN) SUNCA PUI(SOIA) | 46.50 | 78.24 | 31.80 | 777.16 |
| 2 | PRANZ F1 REGIM SUPA DE ZARZAVAT CU PULPA PUI 65G A LA GREC 400ML | IAURT(LACTOZA) OU TELINA | 26.76 | 16.02 | 26.07 | 405.31 |
| 3 | PRANZ F2 REGIM PIEPT DE PUI 80G CU MACAROANE SI SOS ROSII 250G, PAINE100G | PAINE(GLUTEN) PASTE(GLUTEN,OU) | 46.55 | 89.35 | 14.90 | 677.70 |
| 4 | CINA F1 REGIM PULPA PUI INFERIOARA 80G CU OREZ CU LEGUME250G | | 33.99 | 40.53 | 32.98 | 594.89 |
| 5 | CINA F2 REGIM CEAI250ML SI PAINE100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total REGIM | | | 162.20 | 278.34 | 106.95 | 2,716.26 |
| DIA/HEP/AR R/ ONC R/ HIV R | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN DIABET CEAI 250ML, PAINE100G,BRANZA DIETETICA100G,SUNCA PUI100G, MUSCHI FILE50G, UNT20G | BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) UNT(LACTOZA) | 51.25 | 55.50 | 40.50 | 791.50 |
| 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 ZARZAVAT PULPA PUI INF65G A LA GREC400ML | IAURT(LACTOZA) OU TELINA | 26.76 | 16.02 | 26.07 | 405.31 |
| 4 | PRANZ F2 DIABET PIEPT DE PUI80G CU SOTE DE SPANAC300G, PAINE100G | PAINE(GLUTEN) | 46.15 | 57.35 | 15.05 | 549.45 |
| 5 | SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM MERE200G | | 0.00 | 25.40 | 0.00 | 101.60 |
| 6 | CINA F1 DIABET TOCANITA DE PULPA DE VITA 80G SI MAMALIGA200G | | 34.33 | 41.95 | 14.52 | 435.80 |
| 7 | CINA F2 DIABET CEAI250ML, PAINE100, BRANZA DIETETICA100G | BRANZA(LACTOZA) PAINE(GLUTEN) | 24.40 | 50.50 | 18.20 | 463.40 |
| Total DIA/HEP/AR R/ ONC R/ | | | 189.29 | 254.72 | 119.94 | 2,847.06 |

| Nr. | Denumire | | | | | |
|---------------------------------|--|---|---------------|---------------|---------------|-----------------|
| HIV R | | | | | | |
| COMUN | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA 100G,CASCAVAL50G, SUNCA PORC50G, MUSCHI FILE50G, IAURT200G | BRANZA(LACTOZA) CASCAVAL(LACTOZA) IAURT(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA) | 60.80 | 66.65 | 32.20 | 791.60 |
| 2 | PRANZ F1 COMUN CIORBA DE ZARZAVAT CU FASOLE VERDE, DREASA CU OU SI SMANTANA 400ML | OU SMANTANA(LACTOZA) TELINA | 4.32 | 9.65 | 6.76 | 116.68 |
| 3 | PRANZ F2 COMUN PULPA DE PORC 80GG CU GARNITURA DE OREZ CU MORCOV250G | PAINE(GLUTEN) | 51.09 | 86.63 | 16.68 | 700.99 |
| 4 | CINA F1 COMUN FRIPTURA DE PULPA PUI INF 70G SI SALATA ORIENTALA400G | OU | 36.77 | 60.18 | 39.61 | 744.23 |
| 5 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total COMUN | | | 161.37 | 277.31 | 96.44 | 2,614.69 |
| ONC C/ AR C/ HIV C | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA 100G,CASCAVAL50G, SUNCA PORC50G, MUSCHI FILE50G, IAURT200G | BRANZA(LACTOZA) CASCAVAL(LACTOZA) IAURT(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA) | 60.80 | 66.65 | 32.20 | 791.60 |
| 2 | SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT200G, BISCUITI DIGESTIVI80G | IAURT(LACTOZA) | 12.40 | 47.00 | 17.60 | 447.20 |
| 3 | PRANZ F1 COMUN CIORBA DE ZARZAVAT CU FASOLE VERDE, DREASA CU OU SI SMANTANA 400ML | OU SMANTANA(LACTOZA) TELINA | 4.32 | 9.65 | 6.76 | 116.68 |
| 4 | PRANZ F2 COMUN PULPA DE PORC 80GG CU GARNITURA DE OREZ CU MORCOV250G | PAINE(GLUTEN) | 51.09 | 86.63 | 16.68 | 700.99 |
| 5 | SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT VISINE300G, COZONAC100G | COZONAC(NUCA,OU,GLUTEN) | 8.40 | 91.40 | 10.44 | 493.36 |
| 6 | CINA F1 COMUN FRIPTURA DE PULPA PUI INF 70G SI SALATA ORIENTALA400G | OU | 36.77 | 60.18 | 39.61 | 744.23 |
| 7 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total ONC C/ AR C/ HIV C | | | 182.17 | 415.71 | 124.48 | 3,555.25 |
| LEHUZE COMUN | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA 100G,CASCAVAL50G, SUNCA PORC50G, MUSCHI FILE50G, IAURT200G | BRANZA(LACTOZA) CASCAVAL(LACTOZA) IAURT(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA) | 60.80 | 66.65 | 32.20 | 791.60 |
| 2 | PRANZ F1 COMUN CIORBA DE ZARZAVAT CU FASOLE | OU SMANTANA(LACTOZA) TELINA | 4.32 | 9.65 | 6.76 | 116.68 |

| Nr. | Denumire | | | | | |
|---------------------------|--|---------------|---------------|---------------|--------------|-----------------|
| | VERDE, DREASA CU OU SI SMANTANA 400ML | | | | | |
| 3 | PRANZ F2 COMUN PULPA DE PORC 80GG CU GARNITURA DE OREZ CU MORCOV250G | PAINE(GLUTEN) | 51.09 | 86.63 | 16.68 | 700.99 |
| 4 | CINA F1 COMUN FRIPTURA DE PULPA PUI INF 70G SI SALATA ORIENTALA400G | OU | 36.77 | 60.18 | 39.61 | 744.23 |
| 5 | CINA F2 COMUN CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total LEHUZE COMUN | | | 161.37 | 277.31 | 96.44 | 2,614.69 |

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

| | |
|--|--|
| | Spitalul Judetean de Urgenta Tg. Jiu Str. Progresului, nr. 18, Tg. Jiu, GORJ Contract/conventie: 4448067 CAS: 1SAMB |
|--|--|

MENIUL ZILNIC
23/02/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

| Nr. | Denumire | | Proteine | Glucide | Lipide | Calorii |
|-----------------------------|--|-------------------|-----------------|-----------------|---------------|------------------|
| COPIII 0-3 ANI | | Alergeni | | | | |
| 1 | SUPLIMENT PEDIATRIE 0-3 AN(15-COPIII) | IAURT(LACTOZA) OU | 1,249.15 | 3,879.00 | 864.40 | 28,417.80 |
| Total COPIII 0-3 ANI | | | 1,249.15 | 3,879.00 | 864.40 | 28,417.80 |
| HIDRIC/HZL | | Alergeni | | | | |
| 1 | MIC DEJUN HIDRIC CEAI250ML | | 0.00 | 5.70 | 0.00 | 22.80 |
| 2 | SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PIERSICI300ML ,ZAHAR100G, IAURT200G. OUA1BUC | IAURT(LACTOZA) OU | 15.70 | 92.80 | 12.80 | 541.20 |
| 3 | PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML | | 3.49 | 31.91 | 4.90 | 185.69 |
| 4 | SUPLIMET HIDRIC/ HZL COMPOT PIERSICI300ML | | 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 | | | 20.09 | 182.31 | 17.70 | 960.89 |

| Nr. | Denumire | | | | | |
|-----------------------------------|--|---|-----------------|----------------|---------------|-----------------|
| 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 PUI INF65G | TELINA | 25.11 | 25.36 | 23.93 | 417.21 |
| 3 | PRANZ F2 ULCER / COLECIST PIEPT PUI80G SI CARTOFI SI MORCOV280G, PAINE100G | PAINE(GLUTEN) | 46.54 | 106.06 | 14.90 | 744.49 |
| 4 | CINA F1 ULCER / COLECIST PIEPT DE PUI80G CU GARNITURA DE OREZ SI MORCOV230G | | 35.34 | 37.76 | 13.35 | 412.54 |
| 5 | CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total REGIM ULCER/COLECIST | | | 160.99 | 282.92 | 96.28 | 2,642.14 |
| REGIM SPECIAL | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI200G, MORCOV200G | BRANZA(LACTOZA) PAINE(GLUTEN) | 30.70 | 113.50 | 18.80 | 746.00 |
| 2 | PRANZ F2 COLITA / ENTEROCOLITA PIEPT DE PUI80G SI CARTOFI CU MORCOV280G, PAINE100G | PAINE(GLUTEN) | 46.54 | 106.06 | 14.90 | 744.49 |
| 3 | PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G | TELINA | 25.11 | 25.36 | 23.93 | 417.21 |
| 4 | CINA F1 COLITA,ENTEROCOLITA / REGIM SPECIAL PIEPT DE PUI80G SI GARNITURA DE OREZ CU MORCOV230G | | 35.34 | 37.76 | 13.35 | 412.54 |
| 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 | | | 162.09 | 338.87 | 89.18 | 2,806.44 |
| REGIM | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN REGIM CEAI250ML,PAINE100G, BRANZA 100G, SUNCA DE PUI50G, CHEC100G,GEM20G | BRANZA(LACTOZA) CHEC(OU,GLUTEN) GEM(DIOXID DE SULF) PAINE(GLUTEN) SUNCA PUI(SOIA) | 38.10 | 123.14 | 36.60 | 974.36 |
| 2 | PRANZ F1 REGIM CIORBA DE ZARZAVAT CU PULPA DE | FAINA(GLUTEN) OU TELINA | 26.33 | 11.57 | 25.78 | 383.58 |

| Nr. | Denumire | | | | | |
|---|---|--|---------------|---------------|---------------|-----------------|
| | PUI INF80G SI FULGI DE OU 420ML | | | | | |
| 3 | PRANZ F2 REGIM PIEPT DE PUI 80G CU GARNITURA DE OREZ CU MORCOV 250G, PAINE100G | PAINE(GLUTEN) | 43.99 | 87.63 | 14.58 | 657.69 |
| 4 | CINA F1 REGIM TOCANITA PULPA VITA 150G SI MAMALIGA200G | | 34.33 | 41.95 | 14.52 | 435.80 |
| 5 | CINA F2 REGIM CEAI250ML SI PAINE100G | PAINE(GLUTEN) | 8.40 | 54.20 | 1.20 | 261.20 |
| Total REGIM | | | 151.15 | 318.49 | 92.68 | 2,712.63 |
| DIA/HEP/AR R/ ONC R/ HIV R | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN DIABET CEAI 250ML, PAINE100G,BRANZA DIETETICA50G,SUNCA PUI 50G, CASCAVAL50G,OU FIERT1 BUC | BRANZA(LACTOZA) CASCAVAL(LACTOZA) OU PAINE(GLUTEN) SUNCA PUI(SOIA) | 44.60 | 52.25 | 25.20 | 614.20 |
| 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 ZARZAVAT CU PULPA DE PUI INF80G SI FULGI DE OU 420ML | FAINA(GLUTEN) OU TELINA | 26.33 | 11.57 | 25.78 | 383.58 |
| 4 | PRANZ F2 DIABET PIEPT DE PUI 80G SI VARZA CU ROSII 250G | PAINE(GLUTEN) | 41.05 | 51.35 | 14.45 | 499.65 |
| 5 | PRANZ F3 DIABET MERE200G | | 0.00 | 25.40 | 0.00 | 101.60 |
| 6 | SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM MERE200G | | 0.00 | 25.40 | 0.00 | 101.60 |
| 7 | CINA F1 DIABET TOCANITA PULPA VITA 150G SI OREZ CU LEGUME250G | | 38.27 | 44.98 | 24.00 | 548.99 |
| 8 | CINA F2 DIABET CEAI250ML, PAINE100, IAURT200G | IAURT(LACTOZA) PAINE(GLUTEN) | 14.80 | 56.50 | 6.80 | 338.40 |
| Total DIA/HEP/AR R/ ONC R/ HIV R | | | 171.45 | 275.45 | 101.83 | 2,688.02 |
| COMUN | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA 100G, SUNCA PORC50G, MUSCHI FILE50G, MASLINE25G,UNT20G. | BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA) | 43.68 | 59.83 | 39.70 | 771.30 |
| 2 | PRANZ F1 COMUN CIORBA ZARZAVAT CU CARTOFI DREASA CU OU SI SMANTANA400ML | OU SMANTANA(LACTOZA) TELINA | 5.47 | 27.22 | 6.81 | 192.04 |
| 3 | PRANZ F2 COMUN PULPA DE PORC80G SI MANCARE DE SPANAC270G PAINE100G | FAINA(GLUTEN) PAINE(GLUTEN) | 52.23 | 58.81 | 16.99 | 597.07 |
| 4 | CINA F1 COMUN PULPA PUI INFERIOARA 80G CU | PASTE(GLUTEN,OU) | 33.10 | 39.85 | 32.75 | 586.55 |

| Nr. | Denumire | | | | | |
|---------------------------------|---|---|-----------------|----------------|---------------|-----------------|
| | MACAROANE CU SOS ROSII250G | | | | | |
| 5 | CINA F2 COMUN COMPOT DE PRUNE 300ML SI PAINE100G | PAINE(GLUTEN) | 9.00 | 103.40 | 1.20 | 460.40 |
| Total COMUN | | | 143.48 | 289.10 | 97.45 | 2,607.35 |
| ONC C/ AR C/ HIV C | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA 100G, SUNCA PORC50G, MUSCHI FILE50G, MASLINE25G,UNT20G. | BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA) | 43.68 | 59.83 | 39.70 | 771.30 |
| 2 | SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT200G, BISCUITI DIGESTIVI80G | IAURT(LACTOZA) | 12.40 | 47.00 | 17.60 | 447.20 |
| 3 | PRANZ F1 COMUN CIORBA ZARZAVAT CU CARTOFI DREASA CU OU SI SMANTANA400ML | OU SMANTANA(LACTOZA) TELINA | 5.47 | 27.22 | 6.81 | 192.04 |
| 4 | PRANZ F2 COMUN PULPA DE PORC80G SI MANCARE DE SPANAC270G PAINE100G | FAINA(GLUTEN) PAINE(GLUTEN) | 52.23 | 58.81 | 16.99 | 597.07 |
| 5 | SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT VISINE300G, COZONAC100G | COZONAC(NUCA,OU,GLUTEN) | 8.40 | 91.40 | 10.44 | 493.36 |
| 6 | CINA F1 COMUN PULPA PUI INFERIOARA 80G CU MACAROANE CU SOS ROSII250G | PASTE(GLUTEN,OU) | 33.10 | 39.85 | 32.75 | 586.55 |
| 7 | CINA F2 COMUN COMPOT DE PRUNE 300ML SI PAINE100G | PAINE(GLUTEN) | 9.00 | 103.40 | 1.20 | 460.40 |
| Total ONC C/ AR C/ HIV C | | | 164.28 | 427.50 | 125.49 | 3,547.91 |
| LEHUZE COMUN | | | | | | |
| | | Alergeni | Proteine | Glucide | Lipide | Calorii |
| 1 | MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA 100G, SUNCA PORC50G, MUSCHI FILE50G, MASLINE25G,UNT20G. | BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA) | 43.68 | 59.83 | 39.70 | 771.30 |
| 2 | PRANZ F1 COMUN CIORBA ZARZAVAT CU CARTOFI DREASA CU OU SI SMANTANA400ML | OU SMANTANA(LACTOZA) TELINA | 5.47 | 27.22 | 6.81 | 192.04 |
| 3 | PRANZ F2 COMUN PIEPT PUIT80G CU CARTOFI SI MORCOV280G | PAINE(GLUTEN) | 53.74 | 106.06 | 17.00 | 792.19 |
| 4 | PRANZ F3 COMUN COZONAC100G | COZONAC(NUCA,OU,GLUTEN) | 7.20 | 44.90 | 10.44 | 302.56 |
| 5 | CINA F1 COMUN PULPA PUI INFERIOARA 80G CU MACAROANE CU SOS ROSII250G | PASTE(GLUTEN,OU) | 33.10 | 39.85 | 32.75 | 586.55 |
| 6 | CINA F2 COMUN COMPOT DE PRUNE 300ML SI PAINE100G | PAINE(GLUTEN) | 9.00 | 103.40 | 1.20 | 460.40 |
| Total LEHUZE COMUN | | | 152.18 | 381.25 | 107.90 | 3,105.04 |

INTOCMIT, AM
PRIMIT,

ASISTENT
DIETETICA,

CONTABIL, DIRECTOR
INGRIJIRI,

MEDIC
COORDONATOR