

	Spitalul Judetean de Urgenta Tg. Jiu Str. Progresului, nr. 18, Tg. Jiu, GORJ Contract/conventie: 4448067 CAS: 1SAMB
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MENIUL ZILNIC
11/03/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

Nr.	Denumire	Alergeni	Proteine	Glucide	Lipide	Calorii
COPIII 0-3 ANI						
1	SUPLIMENT PEDIATRIE 0-3 AN(07-COPIII)	IAURT(LACTOZA) LAPTE(LACTOZA) OU	606.50	2,240.00	432.40	15,126.00
Total COPIII 0-3 ANI			606.50	2,240.00	432.40	15,126.00
HIDRIC/HZL						
1	MIC DEJUN HIDRIC CEAI250ML		0.00	4.80	0.00	19.20
2	SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PIERSICI300ML ,ZAHAR100G, IAURT200G. OUA1BUC	IAURT(LACTOZA) OU	15.70	86.80	12.80	517.20
3	PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML		3.72	34.53	5.36	196.80
4	SUPLIMET HIDRIC/ HZL COMPOT PIERSICI300ML		0.90	46.20	0.00	188.40
5	CINA F1 HIDRIC /HZL CEAI 250ML		0.00	4.80	0.00	19.20
Total HIDRIC/HZL			20.32	177.13	18.16	940.80
REGIM ULCER/COLECIST						
1	MIC DEJUN ULCER / COLECIST CEAI 250ML, PAINE100G,BRANZA DIETETICA100G, CASCAVAL50G, UNT20G, SUNCA PUI50G, BANANA200G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) UNT(LACTOZA)	48.80	104.25	27.50	841.10
2	PRANZ F1 ULCER / COLECIST SUPA DE ZARZAVAT320MLSI PULPA PUI INF65G	TELINA	25.35	27.98	24.39	428.33
3	PRANZ F2 ULCER / COLECIST PIEPT DE PUI80G CU GARNITURA DE OREZ SI MORCOV230G SI PAINE100G	PAINE(GLUTEN)	43.97	88.88	15.41	662.05
4	CINA F1 ULCER/ COLECIST PIEPT DE PUI 80G CU CARTOFI CU MORCOV260G		38.37	60.18	14.56	517.20
5	CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM ULCER/COLECIST			164.89	334.59	83.06	2,706.28

Nr.	Denumire					
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)	31.70	112.60	2.80	602.40
2	PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G	TELINA	25.35	27.98	24.39	428.33
3	PRANZ F2 COLITA / ENTEROCOLITA PIEPT PUI80G CU GARNITURA DE OREZ SI MORCOV230G PAINE100G	PAINE(GLUTEN)	43.97	88.88	15.41	662.05
4	CINA F1 COLITA,ENTEROCOLITA, REGIM SPECIAL PIEPT DE PUI80G CU CARTOFI SI MORCOV240G		38.37	60.18	14.56	517.20
5	CINA F2 COLITA,ENTEROCOLITA / REGIM SPECIAL CEAI250ML, PAINE100G, BRANZA DIETETICA100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	55.30	2.20	342.60
Total REGIM SPECIAL			164.79	344.94	59.36	2,552.58
REGIM		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN REGIM CEAI250ML, PAINE100G, BRANZA DIETETICA100G, SUNCA PUI 50G , ROSIE80G, ARDEI80, CASTRAVETE80G, BANANE200G	BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA)	37.82	114.34	4.34	627.90
2	PRANZ F1 REGIM SUPA DE ZARZAVAT A LA GREC 400ML	IAURT(LACTOZA) OU TELINA	4.62	18.64	7.40	154.80
3	PRANZ F2 REGIM PIEPT DE PUI 80G CU GARNITURA DE OREZ CU MORCOV 250G, PAINE100G	PAINE(GLUTEN)	44.22	90.25	15.44	668.80
4	PRANZ F3 REGIM CHEC100G	CHEC(OU,GLUTEN)	6.40	53.50	17.60	398.00
5	CINA F1 REGIM FICAT PUI150G CU CARTOFI UNGURESTI 250G		41.15	60.15	20.75	584.75
6	CINA F2 REGIM CEAI 250ML, PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM			142.61	390.18	66.73	2,691.85
DIA/HEP/AR R/ ONC R/ HIV R		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN DIABET CEAI PAINE BRANZA DIETETICA100G, SUNCA PUI100G,MUSCHI FILE50G, ARDEI80G, ROSIE80G,	BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA)	53.77	65.84	8.84	556.80

Nr.	Denumire					
	CASTRAVETE80G					
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	27.00	18.64	26.53	416.43
4	PRANZ F2 DIABET PIEPT DE PUI 80G SI VARZA CU ROSII 250G	PAINE(GLUTEN)	45.85	68.45	15.25	592.65
5	SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM COMPOT MERE FARA ZAHAR300G		0.80	27.60	0.40	104.00
6	CINA F1 DIABET PULPA VITA 80G CU SOTE DE DOVLECEI 250G		42.85	8.85	32.65	295.45
7	CINA F2 DIABET CEAI 250ML, PAINE100G, SUNCA PORC50G	PAINE(GLUTEN) SUNCA PORC(SOIA)	15.05	50.70	4.60	304.40
Total DIA/HEP/AR R/ ONC R/ HIV R			191.72	248.08	93.87	2,369.73
COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA100G, SUNCA PORC50G, MUSCHI FILE50G, CASCAVAL50,CASTRAVETI 80G BANANA200G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	57.32	105.99	34.24	941.60
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FIDEA, DREASA CU OU SI SMANTANA400ML	OU PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA	6.00	18.34	10.61	188.41
3	PRANZ F2 COMUN CARNATI DE PORC105G CU IAHNIE DE FASOLE USCATA250G SI PAINE100G	CARNATI PORC(LACTOZA, GLUTEN, TELINA, MUSTAR) PAINE(GLUTEN)	53.25	99.85	56.55	1,040.25
4	PRANZ F3 COMUN CHEC100G	CHEC(OU,GLUTEN)	6.40	53.50	17.60	398.00
5	CINA F1 COMUN FRIPTURA PULPA PUI INF80G CU GARNITURA DE OREZ SI MORCOV250G		30.87	41.75	33.29	582.05
6	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total COMUN			162.24	372.73	153.49	3,407.91
ONC C/ AR C/ HIV C		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA100G, SUNCA PORC50G, MUSCHI FILE50G, CASCAVAL50,CASTRAVETI 80G BANANA200G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	57.32	105.99	34.24	941.60
2	SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT200G, CHEC100G	CHEC(OU,GLUTEN) IAURT(LACTOZA)	12.80	61.50	23.20	498.00

Nr.	Denumire					
3	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FIDEA, DREASA CU OU SI SMANTANA400ML	OU PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA	6.00	18.34	10.61	188.41
4	PRANZ F2 COMUN CARNATI DE PORC105G CU IAHNIE DE FASOLE USCATA250G SI PAINE100G	CARNATI PORC(LACTOZA, GLUTEN, TELINA, MUSTAR) PAINE(GLUTEN)	53.25	99.85	56.55	1,040.25
5	PRANZ F3 COMUN CHEC100G	CHEC(OU,GLUTEN)	6.40	53.50	17.60	398.00
6	SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT CIRESE300G, COZONAC100G	COZONAC(NUCA,OU,GLUTEN)	8.40	91.40	10.44	493.36
7	CINA F1 COMUN FRIPTURA PULPA PUI INF80G CU GARNITURA DE OREZ SI MORCOV250G		30.87	41.75	33.29	582.05
8	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total ONC C/ AR C/ HIV C			183.44	525.63	187.13	4,399.27
LEHUZE COMUN						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA100G, SUNCA PORC50G, MUSCHI FILE50G, CASCAVAL50,CASTRAVETI 80G BANANA200G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	57.32	105.99	34.24	941.60
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FIDEA, DREASA CU OU SI SMANTANA400ML	OU PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA	6.00	18.34	10.61	188.41
3	PRANZ F2 COMUN PIPET DE PUI 80G SI GARNITURA DE OREZ CU MORCOV 250G	PAINE(GLUTEN)	44.07	89.88	15.41	666.45
4	PRANZ F3 COMUN CHEC100G	CHEC(OU,GLUTEN)	6.40	53.50	17.60	398.00
5	CINA F1 COMUN FRIPTURA PULPA PUI INF80G CU GARNITURA DE OREZ SI MORCOV250G		30.87	41.75	33.29	582.05
6	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total LEHUZE COMUN			153.06	362.76	112.35	3,034.11
REGIM RELIGIOS - DESODAT						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN RELIGIOS CEAI CU PAINE CARTOF FIERT MORCOV FIERT GEM ARDEI CASTRAVETE ROSIE BANANE	GEM(DIOXID DE SULF) PAINE(GLUTEN)	15.25	1,256.65	2.40	5,105.40
2	PRANZ F1 RELIGIOS CIORBA DE ZARZAVAT CU CORTOFI400ML	TELINA	3.54	29.94	5.48	178.77
3	PRANZ F2 RELIGIOS GARNITURA DE OREZ CU MORCOV 250G PAINE100G	PAINE(GLUTEN)	12.42	90.25	11.54	506.50
4	CINA F1 REGIM RELIGIOS SI VEGAN CARTOFI		7.15	60.15	10.75	358.75

Nr.	Denumire					
	UNGURESTI250G, PAINE100G					
5	CINA F2 REGIM CEAI250ML SI PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM RELIGIOS - DESODAT			46.76	1,490.29	31.37	6,407.02

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
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MENIUL ZILNIC
13/03/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

Nr.	Denumire					
COPIII 0-3 ANI		Alergeni	Proteine	Glucide	Lipide	Calorii
1	SUPLIMENT PEDIATRIE 0-3 AN(06-COPIII)	IAURT(LACTOZA) OU	455.70	1,633.40	323.00	11,109.60
Total COPIII 0-3 ANI			455.70	1,633.40	323.00	11,109.60
HIDRIC/HZL		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN HIDRIC CEAI250ML		0.00	4.80	0.00	19.20
2	SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PIERCICI300ML ,ZAHAR100G, IAURT200G. OUA1BUC	IAURT(LACTOZA) OU	15.70	86.80	12.80	517.20
3	PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML		3.72	34.53	5.36	196.80
4	SUPLIMET HIDRIC/ HZL COMPOT PIERCICI300ML		0.90	46.20	0.00	188.40
5	CINA F1 HIDRIC /HZL CEAI 250ML		0.00	4.80	0.00	19.20
Total HIDRIC/HZL			20.32	177.13	18.16	940.80
REGIM ULCER/COLECIST		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN ULCER / COLECIST CEAI 250ML, PAINE100G,BRANZA DIETETICA100G, CASCAVAL50G, UNT20G, SUNCA PUI50G, BANANA200G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA)	48.80	104.25	27.50	841.10

Nr	Denumire					
		UNT(LACTOZA)				
2	PRANZ F1 ULCER / COLECIST SUPA DE ZARZAVAT320MLSI PULPA PUI INF65G	TELINA	25.35	27.98	24.39	428.33
3	PRANZ F2 ULCER / COLECIST PIEPT DE PUI80G CU GARNITURA DE OREZ SI MORCOV230G SI PAINE100G	PAINE(GLUTEN)	43.97	88.88	15.41	662.05
4	CINA F1 ULCER/ COLECIST PIEPT DE PUI150G SI CARTOFI CU BRANZA250G	BRANZA(LACTOZA) UNT(LACTOZA)	50.70	59.30	13.40	560.60
5	CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM ULCER/COLECIST			177.22	333.71	81.90	2,749.68
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)	31.70	112.60	2.80	602.40
2	PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G	TELINA	25.35	27.98	24.39	428.33
3	PRANZ F2 COLITA / ENTEROCOLITA PIEPT PUI80G CU GARNITURA DE OREZ SI MORCOV230G PAINE100G	PAINE(GLUTEN)	43.97	88.88	15.41	662.05
4	CINA F1 COLITA,ENTEROCOLITA, REGIM SPECIAL PIEPT DE PUI80G CU CARTOFI SI MORCOV240G		38.37	60.18	14.56	517.20
5	CINA F2 COLITA,ENTEROCOLITA / REGIM SPECIAL CEAI250ML, PAINE100G, BRANZA DIETETICA100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	55.30	2.20	342.60
Total REGIM SPECIAL			164.79	344.94	59.36	2,552.58
REGIM						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN REGIM CEAI250ML, PAINE100G, BRANZA DIETETICA100G, SUNCA PUI 50G , ROSIE80G ,CHEC100G	BRANZA(LACTOZA) CHEC(OU, GLUTEN) PAINE(GLUTEN) SUNCA PUI(SOIA)	40.20	115.00	20.90	808.90
2	PRANZ F1 REGIM CIORBA DE ZARZAVAT A LA GREC 400ML SI PULPA DE PUI INFERIOARA65G	IAURT(LACTOZA) OU TELINA	27.15	19.42	26.47	419.61
3	PRANZ F2 REGIM PIEPT DE PUI80G OREZ CU LEGUME 330G PAINE100G	PAINE(GLUTEN)	47.47	90.65	15.99	688.35
4	CINA F1 REGIM PULPA PUI INF80G SI GHIVECI DE LEGUME280G		34.97	36.78	34.01	585.05
5	CINA F2 REGIM CEAI250ML SI PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM			158.19	315.15	98.57	2,759.51
DIA/HEP/AR R/ ONC R/ HIV R						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN DIABET CEAI250ML,	BRANZA(LACTOZA)	42.20	63.20	4.30	460.30

Nr	Denumire					
	PAINE100G, BRANZA DIETETICA100G.SUNCA PUI100G, , ARDEI80, ROSIE80,	PAINE(GLUTEN) SUNCA PUI(SOIA)				
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	27.00	18.64	26.53	416.43
4	PRANZ F2 DIABET PIEPT DE PUI80G CU GARNITURA DE OREZ CU MORCOV250G, PAINE100G	PAINE(GLUTEN)	44.42	92.25	15.44	677.60
5	SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM COMPOT MERE FARA ZAHAR300G		0.80	27.60	0.40	104.00
6	CINA F1 DIABET PULPA DE VITA80G CU SOTE DE FASOLE VERDE350G		43.75	4.05	33.25	285.25
7	CINA F2 DIABET CEAI 250ML, PAINE100G, BRANZA DIETETICA100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	50.50	2.20	323.40
Total DIA/HEP/AR R/ ONC R/ HIV R			189.97	264.24	87.72	2,366.98
COMUN						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI250ML, PAINE100G, BRANZA 100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G , OU FIERT1BUC,GEM20G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) GEM(DIOXID DE SULF) OU PAINE(GLUTEN) SUNCA PORC(SOIA)	62.80	69.89	40.60	896.16
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE DE PORC SI FULGI DE OU 400ML	FAINA(GLUTEN) OU TELINA	5.52	15.45	10.57	174.53
3	PRANZ F2 COMUN CARNATI DE PORC 90G CU VARZA CALITA 250G, PAINE100G	CARNATI PORC(LACTOZA, GLUTEN, TELINA, MUSTAR) PAINE(GLUTEN)	35.05	69.95	54.85	830.25
4	CINA F1 COMUN FRIPTURA DE PUI INFERIOARA80G - MACAROANE CU BRANZA SARATA LA CUPTOR 250G	BRANZA(LACTOZA) OU PASTE(GLUTEN,OU) UNT(LACTOZA)	46.35	40.15	45.30	753.70
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total COMUN			158.12	248.74	152.52	2,912.24
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 , OU FIERT1BUC,GEM20G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) GEM(DIOXID DE SULF) OU PAINE(GLUTEN) SUNCA PORC(SOIA)	62.80	69.89	40.60	896.16
2	SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT200G, CHEC100GBANANA200G	CHEC(OU,GLUTEN) IAURT(LACTOZA)	15.00	107.10	23.80	676.00
3	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE DE PORC SI FULGI DE OU 400ML	FAINA(GLUTEN) OU TELINA	5.52	15.45	10.57	174.53
4	PRANZ F2 COMUN CARNATI DE PORC 90G CU VARZA CALITA 250G, PAINE100G	CARNATI PORC(LACTOZA, GLUTEN, TELINA,	35.05	69.95	54.85	830.25

Nr.	Denumire					
		MUSTAR) PAINE(GLUTEN)				
5	SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT CIRESE300G, COZONAC100G	COZONAC(NUCA,OU,GLUTEN)	8.40	91.40	10.44	493.36
6	CINA F1 COMUN FRIPTURA DE PUI INFERIOARA80G - MACAROANE CU BRANZA SARATA LA CUPTOR 250G	BRANZA(LACTOZA) OU PASTE(GLUTEN,OU) UNT(LACTOZA)	46.35	40.15	45.30	753.70
7	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total ONC C/ AR C/ HIV C			181.52	447.24	186.76	4,081.60
LEHUZE COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI250ML, PAINE100G, BRANZA 100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G , OU FIERT1BUC,GEM20G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) GEM(DIOXID DE SULF) OU PAINE(GLUTEN) SUNCA PORC(SOIA)	62.80	69.89	40.60	896.16
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE DE PORC SI FULGI DE OU 400ML	FAINA(GLUTEN) OU TELINA	5.52	15.45	10.57	174.53
3	PRANZ F2 COMUN PIEPT DE PUI 80GR SI OREZ CU LEGUME230G, PAINE100G	PAINE(GLUTEN)	44.87	90.45	15.54	673.10
4	CINA F1 COMUN FRIPTURA DE PUI INFERIOARA80G - MACAROANE CU BRANZA SARATA LA CUPTOR 250G	BRANZA(LACTOZA) OU PASTE(GLUTEN,OU) UNT(LACTOZA)	46.35	40.15	45.30	753.70
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total LEHUZE COMUN			167.94	269.24	113.21	2,755.09
REGIM RELIGIOS - DESODAT		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN RELIGIOS REGIM SI VEGAN CEAI 250ML CARTOF FIERT200G ,MORCOV FIERT200G GEM20G, BANANA200G,ROSII80G,CASTRAVETI80G,A RDEI80G, MAR200G	GEM(DIOXID DE SULF) PAINE(GLUTEN)	21.70	220.89	3.90	965.66
2	PRANZ F1 RELIGIOS CIORBA DE ZARZAVAT CU CORTOFI400ML	TELINA	3.64	30.94	5.48	183.17
3	PRANZ F2 REGIM RELIGIOS SI VEGAN I OREZ CU LEGUME270G, PAINE 100G	PAINE(GLUTEN)	15.77	91.65	12.09	530.45
4	3CINA F1 REGIM RELIGIOS SI VEGAN GHIVECI LEGUME310G		8.12	36.78	11.06	271.10
5	CINA F2 RELIGIOS SI VEGAN CEAI250ML,PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM RELIGIOS - DESODAT			57.63	433.56	33.73	2,207.98

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
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MENIUL ZILNIC
14/03/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

Nr.	Denumire		Proteine	Glucide	Lipide	Calorii
COPIII 0-3 ANI		Alergeni				
1	SUPLIMENT PEDIATRIE 0-3 AN(12-COPIII)	IAURT(LACTOZA) OU	1,197.00	4,618.20	807.20	29,703.20
Total COPIII 0-3 ANI			1,197.00	4,618.20	807.20	29,703.20
HIDRIC/HZL		Alergeni				
1	MIC DEJUN HIDRIC CEAI250ML		0.00	4.80	0.00	19.20
2	SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PIERSICI300ML ,ZAHAR100G, IAURT200G. OUA1BUC	IAURT(LACTOZA) OU	15.70	86.80	12.80	517.20
3	PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML		3.72	34.53	5.36	196.80
4	SUPLIMET HIDRIC/ HZL COMPOT PIERSICI300ML		0.90	46.20	0.00	188.40
5	CINA F1 HIDRIC /HZL CEAI 250ML		0.00	4.80	0.00	19.20
Total HIDRIC/HZL			20.32	177.13	18.16	940.80
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)	46.60	58.65	26.90	663.10
2	PRANZ F1 ULCER / COLECIST SUPA DE ZARZAVAT320MLS I PULPA PUI INF65G	TELINA	25.35	27.98	24.39	428.33
3	PRANZ F2 ULCER / COLECIST PIEPT PUI80G SI CARTOFI SI MORCOV280G, PAINE100G	PAINE(GLUTEN)	46.77	108.68	15.76	755.60
4	CINA F1 ULCER / COLECIST PIEPT DE PUI80G CU GARNITURA DE OREZ SI MORCOV230G		35.57	40.38	14.21	423.65
5	CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM ULCER/COLECIST			162.69	288.99	82.46	2,528.28

Nr.	Denumire	Alergeni	Proteine	Glucide	Lipide	Calorii
REGIM SPECIAL						
1	MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI200G, MORCOV200G	BRANZA(LACTOZA) PAINE(GLUTEN)	31.70	112.60	2.80	602.40
2	PRANZ F2 COLITA / ENTEROCOLITA PIEPT DE PUI80G SI CARTOFI CU MORCOV280, PAINE100G	PAINE(GLUTEN)	46.77	108.68	15.76	755.60
3	PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G	TELINA	25.35	27.98	24.39	428.33
4	CINA F1 COLITA,ENTEROCOLITA / REGIM SPECIAL PIEPT DE PUI80G SI GARNITURA DE OREZ CU MORCOV230G		35.57	40.38	14.21	423.65
5	CINA F2 COLITA,ENTEROCOLITA / REGIM SPECIAL CEAI250ML, PAINE100G, BRANZA DIETETICA100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	55.30	2.20	342.60
Total REGIM SPECIAL			164.79	344.94	59.36	2,552.58
REGIM						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN REGIM CEAI250ML, PAINE100G, BRANZA DIETETICA100G, SUNCA PUI 50G , ROSIE80G ,COZONAC 100G	BRANZA(LACTOZA) COZONAC(NUCA,OU,GLUTEN) PAINE(GLUTEN) SUNCA PUI(SOIA)	41.00	106.40	13.74	713.46
2	PRANZ F1 REGIM CIORBA DE ZARZAVAT CU PULPA PUI INFERIOARA SI DOVLECEI , DREASA CU OU SI IAURT 400ML	IAURT(LACTOZA) OU TELINA	27.00	12.54	26.48	391.58
3	PRANZ F2 REGIM PIEPT DE PUI 80G CU MANCARE FASOLE VERDE270G	FAINA(GLUTEN) PAINE(GLUTEN)	44.23	55.61	15.69	533.37
4	CINA F1 REGIM TOCANITA DE FICAT PUI 150G SI MAMALIGA200G CU BRANZA DIETETICA100G	BRANZA(LACTOZA)	55.33	43.95	21.82	586.30
5	CINA F2 REGIM CEAI250ML SI PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM			175.96	271.80	78.93	2,482.30
DIA/HEP/AR R/ ONC R/ HIV R						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN DIABET CEAI250ML, PAINE100G, BRANZA DIETETICA100G.SUNCA PUI50G, ROSIE80, UNT20G,OU	BRANZA(LACTOZA) OU PAINE(GLUTEN) SUNCA PUI(SOIA) UNT(LACTOZA)	43.60	58.50	26.90	650.50

Nr.	Denumire					
	FIERT1BUC					
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 INFERIOARA SI DOVLECEI,DREASA CU OU SI IAURT 400ML	IAURT(LACTOZA) OU TELINA	26.88	12.72	26.48	391.82
4	PRANZ F2 DIABET PIEPT PUI 80G CU PASTE CU SOS ROSII 250G	PAINE(GLUTEN) PASTE(GLUTEN,OU)	46.75	91.35	15.70	686.50
5	SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM COMPOT MERE FARA ZAHAR300G		0.80	27.60	0.40	104.00
6	CINA F1 DIABET FRIPTURA PULPA VITA 80G LA CUPTOR 80G CU SOTE DE SPANAC350G		44.95	8.85	33.25	309.25
7	CINA F2 DIABET CEAI 250ML, PAINE100G, MUSCHI FILE50G	PAINE(GLUTEN)	19.25	48.50	5.50	320.50
Total DIA/HEP/AR R/ ONC R/ HIV R			188.63	255.52	113.83	2,562.57
COMUN						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI250ML, PAINE100G, BRANZA 100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G , .UNT20G.	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA)	55.80	58.95	49.80	907.20
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FIDEA, DREASA CU OU SI SMANTANA400ML	OU PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA	6.00	18.34	10.61	188.41
3	PRANZ F2 COMUN PULPA DE PORC 80G SI OREZ CU LEGUME250G, PAINE100G	PAINE(GLUTEN)	42.77	91.65	44.04	740.45
4	CINA F1 COMUN FRIPTURA DE PULPA PUI INF 70G SI SALATA ORIENTALA400G	OU	36.77	60.18	40.41	744.23
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total COMUN			149.74	282.42	146.06	2,837.89
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 , .UNT20G.	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA)	55.80	58.95	49.80	907.20
2	SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT200G, CHEC100G	CHEC(OU, GLUTEN) IAURT(LACTOZA)	12.80	61.50	23.20	498.00

Nr.	Denumire					
3	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FIDEA, DREASA CU OU SI SMANTANA400ML	OU PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA	6.00	18.34	10.61	188.41
4	PRANZ F2 COMUN PULPA DE PORC 80G SI OREZ CU LEGUME250G, PAINE100G	PAINE(GLUTEN)	42.77	91.65	44.04	740.45
5	SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT CIRESE300G, 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	40.41	744.23
7	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total ONC C/ AR C/ HIV C			170.94	435.32	179.70	3,829.25
LEHUZE COMUN						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI250ML, PAINE100G, BRANZA 100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G , .UNT20G.	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA)	55.80	58.95	49.80	907.20
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FIDEA, DREASA CU OU SI SMANTANA400ML	OU PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA	6.00	18.34	10.61	188.41
3	PRANZ F2 COMUN PULPA DE PORC 80G SI OREZ CU LEGUME250G, PAINE100G	PAINE(GLUTEN)	42.77	91.65	44.04	740.45
4	CINA F1 COMUN FRIPTURA DE PULPA PUI INF 70G SI SALATA ORIENTALA400G	OU	36.77	60.18	40.41	744.23
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total LEHUZE COMUN			149.74	282.42	146.06	2,837.89
REGIM RELIGIOS - DESODAT						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN RELIGIOS REGIM SI VEGAN CEAI 250ML CARTOF FIERT200G ,MORCOV FIERT200G GEM20G, CASTRAVETI100G	GEM(DIOXID DE SULF) PAINE(GLUTEN)	17.30	166.39	2.80	738.76
2	PRANZ F1 RELIGIOS CIORBA DE ZARZAVAT CU CORTOFI400ML	TELINA	3.64	30.94	5.48	183.17
3	PRANZ F2 REGIM RELIGIOS SI VEGAN I OREZ CU LEGUME270G, PAINE 100G	PAINE(GLUTEN)	15.77	91.65	12.09	530.45
4	CINA F1 REGIM RELIGIOS SI VEGAN SOTE DE SPANAC250G		5.95	8.85	10.75	148.75
5	CINA F2 RELIGIOS SI VEGAN CEAI250ML,PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM RELIGIOS -			51.06	351.13	32.32	1,858.73

Nr.	Denumire				
DESODAT					

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
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MENIUL ZILNIC
15/03/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

Nr.	Denumire		Proteine	Glucide	Lipide	Calorii
COPIII 0-3 ANI		Alergeni				
1	SUPLIMENT PEDIATRIE 0-3 AN(14-COPIII)	IAURT(LACTOZA) OU	1,095.50	3,531.60	800.80	25,462.60
Total COPIII 0-3 ANI			1,095.50	3,531.60	800.80	25,462.60
HIDRIC/HZL		Alergeni				
1	MIC DEJUN HIDRIC CEAI250ML		0.00	4.80	0.00	19.20
2	SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PIERSICI300ML ,ZAHAR100G, IAURT200G. OUA1BUC	IAURT(LACTOZA) OU	15.70	86.80	12.80	517.20
3	PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML		3.72	34.53	5.36	196.80
4	SUPLIMET HIDRIC/ HZL COMPOT PIERSICI300ML		0.90	46.20	0.00	188.40
5	CINA F1 HIDRIC /HZL CEAI 250ML		0.00	4.80	0.00	19.20
Total HIDRIC/HZL			20.32	177.13	18.16	940.80
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)	46.60	58.65	26.90	663.10
2	PRANZ F1 ULCER / COLECIST SUPA DE ZARZAVAT320MLSI	TELINA	25.35	27.98	24.39	428.33

Nr.	Denumire					
	PULPA PUI INF65G					
3	PRANZ F2 ULCER / COLECIST PIEPT DE PUI80G CU GARNITURA DE OREZ SI MORCOV230G SI PAINE100G	PAINE(GLUTEN)	43.97	88.88	15.41	662.05
4	CINA F1 ULCER/ COLECIST PIEPT DE PUI 80G CU CARTOFI CU MORCOV260G		38.37	60.18	14.56	517.20
5	CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM ULCER/COLECIST			162.69	288.99	82.46	2,528.28
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)	31.70	112.60	2.80	602.40
2	PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G	TELINA	25.35	27.98	24.39	428.33
3	PRANZ F2 COLITA / ENTEROCOLITA PIEPT PUI80G CU GARNITURA DE OREZ SI MORCOV230G PAINE100G	PAINE(GLUTEN)	43.97	88.88	15.41	662.05
4	CINA F1 COLITA,ENTEROCOLITA, REGIM SPECIAL PIEPT DE PUI80G CU CARTOFI SI MORCOV240G		38.37	60.18	14.56	517.20
5	CINA F2 COLITA,ENTEROCOLITA / REGIM SPECIAL CEAI250ML, PAINE100G, BRANZA DIETETICA100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	55.30	2.20	342.60
Total REGIM SPECIAL			164.79	344.94	59.36	2,552.58
REGIM						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN REGIM CEAI250ML, PAINE100G, BRANZA DIETETICA100G, SUNCA PUI 50G ,GEM20G.OU FIERT1BUC,IAURT200G	BRANZA(LACTOZA) GEM(DIOXID DE SULF) IAURT(LACTOZA) OU PAINE(GLUTEN) SUNCA PUI(SOIA)	47.50	77.34	15.80	633.56
2	PRANZ F1 REGIM CIORBA DE ZARZAVAT CU PULPA PUI INF65G SI FIDEA ,DREASA CU OU SI IAURT400ML	IAURT(LACTOZA) OU PASTE(GLUTEN,OU) TELINA	27.40	18.74	26.57	418.79
3	PRANZ F2 REGIM PIEPT DE PUI 80G CU GARNITURA DE OREZ CU MORCOV 250G, PAINE100G	PAINE(GLUTEN)	44.22	90.25	15.44	668.80
4	CINA F1 REGIM PULPA PUI	BRANZA(LACTOZA) OU	43.75	58.45	35.85	724.25

Nr.	Denumire					
	INF80G CU CARTOFI GRATINATI300G					
5	CINA F2 REGIM CEAI250ML SI PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM			171.27	298.08	94.86	2,703.00
DIA/HEP/AR R/ ONC R/ HIV R		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN DIABET CEAI250ML, PAINE100G, BRANZA DIETETICA100G.SUNCA PUI50G, UNT20G,CASCAVAL50G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) UNT(LACTOZA)	46.60	53.85	26.90	643.90
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 CU PULPA DE PUI 65G SI FIDEA ,DREASA CU OU SI IAURT	IAURT(LACTOZA) OU PASTE(GLUTEN,OU) TELINA	27.40	18.74	26.57	418.79
4	PRANZ F2 DIABET PIEPT PUI80G CU SOTE DE FASOLE VERDE350G	PAINE(GLUTEN)	44.95	52.55	15.85	525.45
5	SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM COMPOT MERE FARA ZAHAR300G		0.80	27.60	0.40	104.00
6	CINA F1 DIABET PULPA VITA 80G SI GHIVECI DE LEGUME250G		47.77	39.71	33.57	446.75
7	CINA F2 DIABET CEAI 250ML, PAINE100G,IAURT200G	IAURT(LACTOZA) PAINE(GLUTEN)	14.80	56.50	6.80	338.40
Total DIA/HEP/AR R/ ONC R/ HIV R			188.71	256.95	115.69	2,577.29
COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI250ML, PAINE100G, BRANZA 100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G .OU FIERT1BUC	BRANZA(LACTOZA) CASCAVAL(LACTOZA) OU PAINE(GLUTEN) SUNCA PORC(SOIA)	62.80	58.35	40.60	850.00
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI CARTOFI ,DREASA CU OU SI SMANTANA 400ML	OU SMANTANA(LACTOZA) TELINA	7.00	29.84	10.72	239.40
3	PRANZ F2 COMUN PULPA PORC105 CU MANCARE DE MAZARE 270G, PAINE100G	FAINA(GLUTEN) PAINE(GLUTEN)	47.63	59.61	45.14	642.47
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	33.55	586.55
6	CINA F2 COMUN CEAI 250ML,	PAINE(GLUTEN)	8.40	53.30	1.20	257.60

Nr.	Denumire					
	PAINE 100G					
Total COMUN			166.13	285.85	141.65	2,878.58
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 .OU FIERT1BUC	BRANZA(LACTOZA) CASCAVAL(LACTOZA) OU PAINE(GLUTEN) SUNCA PORC(SOIA)	62.80	58.35	40.60	850.00
2	SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT200G, CHEC100G	CHEC(OU, GLUTEN) IAURT(LACTOZA)	12.80	61.50	23.20	498.00
3	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI CARTOFI ,DREASA CU OU SI SMANTANA 400ML	OU SMANTANA(LACTOZA) TELINA	7.00	29.84	10.72	239.40
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	56.69	832.37
5	PRANZ F3 COMUN COZONAC100G	COZONAC(NUCA,OU, GLUTEN)	7.20	44.90	10.44	302.56
6	SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT CIRESE300G, COZONAC100G	COZONAC(NUCA,OU, GLUTEN)	8.40	91.40	10.44	493.36
7	CINA F1 COMUN PULPA PUI INFERIOARA 80G CU MACAROANE CU SOS ROSII250G	PASTE(GLUTEN,OU)	33.10	39.85	33.55	586.55
8	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total ONC C/ AR C/ HIV C			181.33	440.25	186.84	4,059.84
LEHUZE COMUN	Alergeni	Proteine	Glucide	Lipide	Calorii	
1	MIC DEJUN COMUN CEAI250ML, PAINE100G, BRANZA 100G, CASCAVAL50G, SUNCA DE PORC 50G, MUSCHI FILE50G .OU FIERT1BUC	BRANZA(LACTOZA) CASCAVAL(LACTOZA) OU PAINE(GLUTEN) SUNCA PORC(SOIA)	62.80	58.35	40.60	850.00
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI CARTOFI ,DREASA CU OU SI SMANTANA 400ML	OU SMANTANA(LACTOZA) TELINA	7.00	29.84	10.72	239.40
3	PRANZ F2 COMUN PULPA DE PORC 80G CU GARNITURA DE OREZ CU MORCOV250G	PAINE(GLUTEN)	39.32	89.25	43.49	712.10
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	33.55	586.55
6	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60

Nr.	Denumire					
Total LEHUZE COMUN			157.82	315.49	140.00	2,948.21
REGIM RELIGIOS - DESODAT						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN RELIGIOS REGIM SI VEGAN CEAI 250ML CARTOF FIERT200G ,MORCOV FIERT200G GEM20G, CASTRAVETI100G	GEM(DIOXID DE SULF) PAINE(GLUTEN)	17.30	166.39	2.80	738.76
2	PRANZ F1 REGIM RELIGIOS SI VEGAN CIORBA DE ZARZAVAT CU FIDEA 400ML	PASTE(GLUTEN,OU) TELINA	2.60	18.19	5.36	126.96
3	PRANZ F3 REGIM MERE 200GR		0.80	27.60	0.40	104.00
4	PRANZ F2 REGIM RELIGIOS SI VEGAN MANCARE DE FASOLE VERDE 250G, PAINE 100G	FAINA(GLUTEN) PAINE(GLUTEN)	11.68	53.76	11.64	359.32
5	3CINA F1 REGIM RELIGIOS SI VEGAN GHIVECI LEGUME310G		8.12	36.78	11.06	271.10
6	CINA F2 RELIGIOS SI VEGAN CEAI250ML,PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM RELIGIOS - DESODAT			48.90	356.02	32.46	1,857.74

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
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MENIUL ZILNIC
17/03/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

Nr.	Denumire					
COPIII 0-3 ANI		Alergeni	Proteine	Glucide	Lipide	Calorii
1	SUPLIMENT PEDIATRIE 0-3 AN(18-COPIII)	IAURT(LACTOZA) OU	1,363.30	3,810.30	1,025.00	29,925.00
Total COPIII 0-3 ANI			1,363.30	3,810.30	1,025.00	29,925.00
HIDRIC/HZL						
		Alergeni	Proteine	Glucide	Lipide	Calorii

Nr.	Denumire					
1	MIC DEJUN HIDRIC CEAI250ML		0.00	4.80	0.00	19.20
2	SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PIERVICI300ML ,ZAHAR100G, IAURT200G. OUA1BUC	IAURT(LACTOZA) OU	15.70	86.80	12.80	517.20
3	PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML		3.72	34.53	5.36	196.80
4	SUPLIMET HIDRIC/ HZL COMPOT PIERVICI300ML		0.90	46.20	0.00	188.40
5	CINA F1 HIDRIC /HZL CEAI 250ML		0.00	4.80	0.00	19.20
Total HIDRIC/HZL			20.32	177.13	18.16	940.80
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)	46.60	58.65	26.90	663.10
2	PRANZ F1 ULCER / COLECIST SUPA DE ZARZAVAT320MLSI PULPA PUI INF65G		25.25	27.48	24.39	425.93
3	PRANZ F2 ULCER / COLECIST PIEPT PUI80G SI CARTOFI SI MORCOV280G, PAINE100G	PAINE(GLUTEN)	46.77	108.68	15.76	755.60
4	CINA F1 ULCER / COLECIST PIEPT DE PUI80G CU GARNITURA DE OREZ SI MORCOV230G		35.57	40.38	14.21	423.65
5	CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM ULCER/COLECIST			162.59	288.49	82.46	2,525.88
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)	31.70	112.60	2.80	602.40
2	PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G		25.25	27.48	24.39	425.93
3	PRANZ F2 COLITA / ENTEROCOLITA PIEPT DE PUI80G SI CARTOFI CU MORCOV280, PAINE100G	PAINE(GLUTEN)	46.77	108.68	15.76	755.60

Nr.	Denumire					
4	CINA F1 COLITA,ENTEROCOLITA / REGIM SPECIAL PIEPT DE PUI80G SI GARNITURA DE OREZ CU MORCOV230G		35.57	40.38	14.21	423.65
5	CINA F2 COLITA,ENTEROCOLITA / REGIM SPECIAL CEAI250ML, PAINE100G, BRANZA DIETETICA100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	55.30	2.20	342.60
Total REGIM SPECIAL			164.69	344.44	59.36	2,550.18
REGIM						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN REGIM CEAI 250ML, PAINE100G,BRANZA DIETETICA,SUNCA PUI50G, OU FIERT60G, IAURT 200G	BRANZA(LACTOZA) IAURT(LACTOZA) OU PAINE(GLUTEN) SUNCA PUI(SOIA)	47.50	65.80	15.80	587.40
2	PRANZ F1 REGIM CIORBA DE ZARZAVAT CU PULPA PUI INF65G SI FIDEA400ML	PASTE(GLUTEN,OU)	24.88	17.69	24.49	386.19
3	PRANZ F2 REGIM PIEPT DE PUI80G SI MACARONE CU BRANZA DIETETICA250G SI PAINE100G	BRANZA(LACTOZA) PAINE(GLUTEN) PASTE(GLUTEN,OU)	57.60	87.90	16.25	721.05
4	CINA F1 REGIM PULPA PUI INF 80G CU MANCARE DE FASOLE VERDE270G	FAINA(GLUTEN)	30.88	7.11	33.54	446.62
5	CINA F2 REGIM CEAI250ML SI PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM			169.26	231.80	91.28	2,398.85
DIA/HEP/AR R/ ONC R/ HIV R						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN DIABET CEAI250ML BRANZA DIETETICA100G, SUNCA PUI50G, MUSCHI FILE50G, OU FIERT1BUC.	BRANZA(LACTOZA) OU PAINE(GLUTEN) SUNCA PUI(SOIA)	51.95	53.00	14.50	550.30
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 INFERIOARA65G SI FIDEA 400ML	PASTE(GLUTEN,OU)	24.88	17.69	24.49	386.19
4	PRANZ F2 DIABET PIEPT DE PUI80G CU SOTE DE FASOLE VERDE270G SI PAINE100G	PAINE(GLUTEN)	44.95	52.55	15.85	525.45
5	SUPLIMENT ORA 16 DIA/HEP/ AR/ HIV ONCO REGIM IAURT200G 4BUC	IAURT(LACTOZA)	6.40	8.00	5.60	100.00
6	SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM LAPTE200G 120BUC	LAPTE(LACTOZA)	6.40	9.80	3.60	97.20
7	CINA F1 DIABET TOCANITA DE PULPA PORC80G SI	BRANZA(LACTOZA)	48.33	43.95	43.77	570.30

Nr.	Denumire					
	MAMALIGA200G CU BRANZA DIETETICA100G					
8	CINA F2 DIABET CEAI250ML, PAINE100,SUNCA PORC 50G	PAINE(GLUTEN) SUNCA PORC(SOIA)	15.05	50.70	4.60	304.40
Total DIA/HEP/AR R/ ONC R/ HIV R			204.36	243.69	118.01	2,633.84
COMUN						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA100G, SUNCA PORC50G, MUSCHI FILE50G, CASCAVAL50, UNT20G, GEM20G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) GEM(DIOXID DE SULF) PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA)	55.80	70.49	49.80	953.36
2	PRANZ F1 COMUN CIORBA CU CARNE DE VITA25G DREASA CU OU,SMANTANA SI OTET400ML	OU SMANTANA(LACTOZA)	17.04	16.99	14.63	197.32
3	PRANZ F2 COMUN PULPA PORC80G CU MANCARE DE FASOLE VERDE250G, PAINE100G	FAINA(GLUTEN) PAINE(GLUTEN)	39.43	55.61	43.74	581.07
4	CINA F1 COMUN PULPA DE PUI INF80G SI GARNITURA DE OREZ CU MORCOV 250G		30.87	41.75	33.29	582.05
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total COMUN			151.54	238.14	142.66	2,571.39
ONC C/ AR C/ HIV C						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA100G, SUNCA PORC50G, MUSCHI FILE50G, CASCAVAL50, UNT20G, GEM20G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) GEM(DIOXID DE SULF) PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA)	55.80	70.49	49.80	953.36
2	SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT200G, CHEC100G	CHEC(OU,GLUTEN) IAURT(LACTOZA)	12.80	61.50	23.20	498.00
3	PRANZ F1 COMUN CIORBA CU CARNE DE VITA25G DREASA CU OU,SMANTANA SI OTET400ML	OU SMANTANA(LACTOZA)	17.04	16.99	14.63	197.32
4	PRANZ F2 COMUN PULPA PORC80G CU MANCARE DE FASOLE VERDE250G, PAINE100G	FAINA(GLUTEN) PAINE(GLUTEN)	39.43	55.61	43.74	581.07
5	SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT CIRESE300G, COZONAC100G	COZONAC(NUCA,OU,GLUTEN)	8.40	91.40	10.44	493.36
6	CINA F1 COMUN PULPA DE PUI INF80G SI GARNITURA		30.87	41.75	33.29	582.05

Nr.	Denumire					
	DE OREZ CU MORCOV 250G					
7	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total ONC C/ AR C/ HIV C			172.74	391.04	176.30	3,562.75
LEHUZE COMUN						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA100G, SUNCA PORC50G, MUSCHI FILE50G, CASCAVAL50, UNT20G, GEM20G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) GEM(DIOXID DE SULF) PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA)	55.80	70.49	49.80	953.36
2	PRANZ F1 COMUN CIORBA CU CARNE DE VITA25G DREASA CU OU,SMANTANA SI OTET400ML	OU SMANTANA(LACTOZA)	17.04	16.99	14.63	197.32
3	PRANZ F2 COMUN PIEPT PUIT80G CU CARTOFI SI MORCOV280G	PAINE(GLUTEN)	41.97	108.68	43.81	803.30
4	CINA F1 COMUN PULPA DE PUI INF80G SI GARNITURA DE OREZ CU MORCOV 250G		30.87	41.75	33.29	582.05
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total LEHUZE COMUN			154.08	291.21	142.73	2,793.63
REGIM RELIGIOS - DESODAT						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN RELIGIOS REGIM SI VEGAN CEAI 250ML CARTOF FIERT200G ,MORCOV FIERT200G GEM20G, CASTRAVETII100G	GEM(DIOXID DE SULF) PAINE(GLUTEN)	17.30	166.39	2.80	738.76
2	PRANZ F1 REGIM RELIGIOS SI VEGAN CIORBA DE ZARZAVAT CU FIDEA 400ML	PASTE(GLUTEN,OU)	2.50	17.69	5.36	124.56
3	PRANZ F3 REGIM MERE 200GR		0.80	27.60	0.40	104.00
4	PRANZ F2 REGIM RELIGIOS SI VEGAN MANCARE DE FASOLE VERDE 250G, PAINE 100G	FAINA(GLUTEN) PAINE(GLUTEN)	11.68	53.76	11.64	359.32
5	3CINA F1 REGIM RELIGIOS SI VEGAN GHIVECI LEGUME310G		8.12	36.78	11.06	271.10
6	CINA F2 RELIGIOS SI VEGAN CEAI250ML,PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM RELIGIOS - DESODAT			48.80	355.52	32.46	1,855.34

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
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MENIUL ZILNIC
18/03/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

Nr.	Denumire		Proteine	Glucide	Lipide	Calorii
COPIII 0-3 ANI		Alergeni				
1	SUPLIMENT PEDIATRIE 0-3 AN(16-COPIII)	IAURT(LACTOZA)	1,156.10	4,412.30	771.60	28,775.20
Total COPIII 0-3 ANI			1,156.10	4,412.30	771.60	28,775.20
HIDRIC/HZL		Alergeni				
1	MIC DEJUN HIDRIC CEAI250ML		0.00	4.80	0.00	19.20
2	SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PIERSICI300ML ,ZAHAR100G, IAURT200G. OUA1BUC	IAURT(LACTOZA) OU	15.70	86.80	12.80	517.20
3	PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML		3.72	34.53	5.36	196.80
4	SUPLIMET HIDRIC/ HZL COMPOT PIERSICI300ML		0.90	46.20	0.00	188.40
5	CINA F1 HIDRIC /HZL CEAI 250ML		0.00	4.80	0.00	19.20
Total HIDRIC/HZL			20.32	177.13	18.16	940.80
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)	46.60	58.65	26.90	663.10
2	PRANZ F1 ULCER / COLECIST SUPA DE ZARZAVAT320MLSI PULPA PUI INF65G	TELINA	25.35	27.98	24.39	428.33
3	PRANZ F2 ULCER / COLECIST PIEPT DE PUI80G CU GARNITURA DE OREZ SI MORCOV230G SI PAINE100G	PAINE(GLUTEN)	43.97	88.88	15.41	662.05
4	CINA F1 ULCER/ COLECIST PIEPT DE PUI 80G CU CARTOFI CU MORCOV260G		38.37	60.18	14.56	517.20
5	CINA F2 ULCER / COLECIST CEAI	PAINE(GLUTEN)	8.40	53.30	1.20	257.60

Nr	Denumire					
	250ML, PAINE 100G					
Total REGIM ULCER/COLECIST			162.69	288.99	82.46	2,528.28
REGIM SPECIAL		Alergeni	Protein e	Glucide	Lipid e	Calorii
1	MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI200G, MORCOV200G	BRANZA(LACTOZA) PAINE(GLUTEN)	31.70	112.60	2.80	602.40
2	PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G	TELINA	25.35	27.98	24.39	428.33
3	PRANZ F2 COLITA / ENTEROCOLITA PIEPT PUI80G CU GARNITURA DE OREZ SI MORCOV230G PAINE100G	PAINE(GLUTEN)	43.97	88.88	15.41	662.05
4	CINA F1 COLITA,ENTEROCOLITA, REGIM SPECIAL PIEPT DE PUI80G CU CARTOFI SI MORCOV240G		38.37	60.18	14.56	517.20
5	CINA F2 COLITA,ENTEROCOLITA / REGIM SPECIAL CEAI250ML, PAINE100G, BRANZA DIETETICA100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	55.30	2.20	342.60
Total REGIM SPECIAL			164.79	344.94	59.36	2,552.58
REGIM		Alergeni	Protein e	Glucide	Lipid e	Calorii
1	MIC DEJUN REGIM CEAI 250ML, PAINE100G,BRANZA DIETETICA,SUNCA PUI50G, ROSII 80G.CASTRAVETI80G,BANANE200G	BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA)	36.60	109.30	4.10	600.90
2	PRANZ F1 REGIM CIORBA ZARZAVAT CU PULPA DE PUI INFERIOARA65G SI FASOLE VERDE DREASA CU IAURT 400ML	IAURT(LACTOZA) TELINA	25.11	11.27	24.82	364.00
3	PRANZ F2 REGIM PIEPT DE PUI 80G CU GARNITURA DE OREZ CU MORCOV 250G, PAINE100G	PAINE(GLUTEN)	44.22	90.25	15.44	668.80
4	PRANZ F3 REGIM CHEC100G	CHEC(OU, GLUTEN)	6.40	53.50	17.60	398.00
5	CINA F1 REGIM PULPA PUI SI MACAROANE CU SOS DE ROSII	PASTE(GLUTEN,OU)	33.20	40.85	33.55	590.95
6	CINA F2 REGIM CEAI250ML SI PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM			153.93	358.47	96.71	2,880.25
DIA/HEP/AR R/ ONC R/ HIV R		Alergeni	Protein e	Glucide	Lipid e	Calorii
1	MIC DEJUN DIABET CEAI250ML BRANZA DIETETICA100G, SUNCA PUI100G, ROSII80G,CASTRAVETI80G	BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA)	41.70	60.80	4.30	447.70
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 SUPA DE ZARZAVAT CU FASOLE VERDE SI	IAURT(LACTOZA) TELINA	25.11	11.27	24.82	364.00

Nr	Denumire					
	PULPA PUI INF65G ,DREASA CU IAURT					
4	PRANZ F2 DIABET PIEPT DE PUI 80G SI OREZ CU LEGUME300G, PAINE100G	PAINE(GLUTEN)	47.57	91.65	15.99	692.75
5	SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM IAURT200G	IAURT(LACTOZA)	6.40	8.00	5.60	100.00
6	CINA F1 DIABET PULPA VITA 80G CU SOTE DE DOVLECEI 250G		42.85	8.85	32.65	295.45
7	CINA F2 DIABET CEAI250ML, PAINE100, BRANZA DIETETICA 100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	50.50	2.20	323.40
Total DIA/HEP/AR R/ ONC R/ HIV R			195.43	239.07	91.16	2,323.30
COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA100G, SUNCA PORC50G, MUSCHI FILE50G, CASCAVAL50, MASLINE25 G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	54.78	57.98	37.60	789.40
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FIDEA, DREASA CU SMANTANA400ML	PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA	3.90	18.19	8.81	163.21
3	PRANZ F2 COMUN CARNATI DE PORC 90G CU VARZA CALITA 250G, PAINE100G	CARNATI PORC(LACTOZA, GLUTEN, TELINA, MUSTAR) PAINE(GLUTEN)	35.05	69.95	54.85	830.25
4	PRANZ F3 COMUN COZONAC100G	COZONAC(NUCA,OU, GLUTEN)	7.20	44.90	10.44	302.56
5	CINA F1 COMUN PULPA DE PUI INF80G CU CARTOFI UNGURESTI280G		34.00	60.15	33.70	672.70
6	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total COMUN			143.33	304.47	146.60	3,015.72
ONC C/ AR C/ HIV C		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA100G, SUNCA PORC50G, MUSCHI FILE50G, CASCAVAL50, MASLINE25 G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	54.78	57.98	37.60	789.40
2	SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT200G, CHEC100G	CHEC(OU, GLUTEN) IAURT(LACTOZA)	12.80	61.50	23.20	498.00
3	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FIDEA, DREASA CU SMANTANA400ML	PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA	3.90	18.19	8.81	163.21
4	PRANZ F2 COMUN CARNATI DE PORC 90G CU VARZA CALITA 250G, PAINE100G	CARNATI PORC(LACTOZA, GLUTEN, TELINA, MUSTAR) PAINE(GLUTEN)	35.05	69.95	54.85	830.25
5	PRANZ F3 COMUN COZONAC100G	COZONAC(NUCA,OU, GLUTEN)	7.20	44.90	10.44	302.56
6	SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT CIRESE300G, COZONAC100G	COZONAC(NUCA,OU, GLUTEN)	8.40	91.40	10.44	493.36
7	CINA F1 COMUN PULPA DE PUI		34.00	60.15	33.70	672.70

Nr	Denumire					
	INF80G CU CARTOFI UNGURESTI280G					
8	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total ONC C/ AR C/ HIV C			164.53	457.37	180.24	4,007.08
LEHUZE COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA100G, SUNCA PORC50G, MUSCHI FILE50G, CASCAVAL50, MASLINE25 G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	54.78	57.98	37.60	789.40
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC SI FIDEA, DREASA CU SMANTANA400ML	PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA	3.90	18.19	8.81	163.21
3	PRANZ F2 COMUN PIEPT DE PUI 80GR SI OREZ CU LEGUME230G, PAINE100G	PAINE(GLUTEN)	47.57	91.65	15.99	692.75
4	PRANZ F3 COMUN COZONAC100G	COZONAC(NUCA,OU, GLUTEN)	7.20	44.90	10.44	302.56
5	CINA F1 COMUN PULPA DE PUI INF80G CU CARTOFI UNGURESTI280G		34.00	60.15	33.70	672.70
6	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total LEHUZE COMUN			155.85	326.17	107.74	2,878.22
REGIM RELIGIOS - DESODAT		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN RELIGIOS REGIM SI VEGAN CEAI 250ML CARTOFI FIERT200G ,MORCOV FIERT200G GEM20G, CASTRAVETI80G,ROSII80G,BANANE200G	GEM(DIOXID DE SULF) PAINE(GLUTEN)	19.80	188.69	3.30	837.06
2	PRANZ F1 REGIM RELIGIOS SI VEGAN CIORBA DE ZARZAVAT CU FIDEA 400ML	PASTE(GLUTEN,OU) TELINA	2.60	18.19	5.36	126.96
3	PRANZ F2 REGIM RELIGIOS SI VEGAN OREZ CU LEGUME270G, PAINE 100G	PAINE(GLUTEN)	15.77	91.65	12.09	530.45
4	CINA F1 REGIM RELIGIOS SI VEGAN MANCARE DE DOVLECEI250G	FAINA(GLUTEN)	3.93	11.31	10.19	145.47
5	CINA F2 RELIGIOS SI VEGAN CEAI250ML,PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM RELIGIOS - DESODAT			50.50	363.14	32.14	1,897.54

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
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MENIUL ZILNIC
19/03/2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

Nr .	Denumire					
COPIII 0-3 ANI		Alergeni	Proteine	Glucide	Lipide	Calorii
1	SUPLIMENT PEDIATRIE 0-3 AN(20-COPIII)	IAURT(LACTOZA) OU	1,635.70	5,920.90	1,178.80	40,287.60
Total COPIII 0-3 ANI			1,635.70	5,920.90	1,178.80	40,287.60
HIDRIC/HZL		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN HIDRIC CEAI250ML		0.00	4.80	0.00	19.20
2	SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PIERSICI300ML ,ZAHAR100G, IAURT200G. OUA1BUC	IAURT(LACTOZA) OU	15.70	86.80	12.80	517.20
3	PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML		3.72	34.53	5.36	196.80
4	SUPLIMET HIDRIC/ HZL COMPOT PIERSICI300ML		0.90	46.20	0.00	188.40
5	CINA F1 HIDRIC /HZL CEAI 250ML		0.00	4.80	0.00	19.20
Total HIDRIC/HZL			20.32	177.13	18.16	940.80
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)	46.60	58.65	26.90	663.10
2	PRANZ F1 ULCER / COLECIST SUPA DE ZARZAVAT320MLSI PULPA PUI INF65G	TELINA	25.35	27.98	24.39	428.33
3	PRANZ F2 ULCER / COLECIST PIEPT DE PUI80G CU GARNITURA DE OREZ SI MORCOV230G SI PAINE100G	PAINE(GLUTEN)	43.97	88.88	15.41	662.05
4	CINA F1 ULCER PIEPT PUI 80GR SI PASTE FAINOASE CU BRANZA 280GR	BRANZA(LACTOZA) PASTE(GLUTEN,OU)	49.20	39.40	15.05	482.65
5	CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM ULCER/COLECIST			173.52	268.21	82.95	2,493.73
REGIM SPECIAL		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML,	BRANZA(LACTOZA) PAINE(GLUTEN)	31.70	112.60	2.80	602.40

Nr	Denumire					
	PAINE100G,BRANZA DIETETICA100G , CARTOFI200G, MORCOV200G					
2	PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT320ML SI PULPA PUI INF65G	TELINA	25.35	27.98	24.39	428.33
3	PRANZ F2 COLITA / ENTEROCOLITA PIEPT PUI80G CU GARNITURA DE OREZ SI MORCOV230G PAINE100G	PAINE(GLUTEN)	43.97	88.88	15.41	662.05
4	CINA F1 COLITA,ENTEROCOLITA, REGIM SPECIAL PIEPT DE PUI80G CU CARTOFI SI MORCOV240G		38.37	60.18	14.56	517.20
5	CINA F2 COLITA,ENTEROCOLITA / REGIM SPECIAL CEAI250ML, PAINE100G, BRANZA DIETETICA100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	55.30	2.20	342.60
Total REGIM SPECIAL			164.79	344.94	59.36	2,552.58
REGIM						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN REGIM CEAI 250ML, PAINE100G,BRANZA DIETETICA,SUNCA PUI50G, ROSII 80G.CASTRAVETI80G,BANANE200G	BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA)	36.60	109.30	4.10	600.90
2	PRANZ F1 REGIM SUPA DE ZARZAVAT CU PULPA DE PUI INF80G SI FULGI DE OU 420ML	FAINA(GLUTEN) OU TELINA	26.11	13.09	26.15	387.64
3	PRANZ F2 REGIM MANCARE DE DOVLECEI CU PIEPT DE PUI ,PAINE	FAINA(GLUTEN) PAINE(GLUTEN)	44.13	59.81	10.29	504.77
4	CINA F1 REGIM PULPA PUI INF80G SI GHIVECI DE LEGUME280G		34.97	36.78	34.01	585.05
5	CINA F2 REGIM CEAI250ML SI PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM			150.21	272.27	75.75	2,335.96
DIA/HEP/AR R/ ONC R/ HIV R						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN DIABET CEAI PAINE BRANZA DIETETICA100G, SUNCA PUI100G,MUSCHI FILE50G, , ROSIE80G, CASTRAVETE80G	BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA)	52.55	60.80	8.60	529.80
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 PULPA DE PUI INF65G SI FULGI DE OU 420ML	FAINA(GLUTEN) OU TELINA	26.11	13.09	26.15	387.64
4	PRANZ F2 DIABET PIEPT DE PUI80G SI VARZA CU ROSII250G, PAINE100G	PAINE(GLUTEN)	44.89	65.03	15.25	574.05
5	SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM IAURT200G	IAURT(LACTOZA)	6.40	8.00	5.60	100.00
6	CINA F1 DIABET PULPA VITA 80G SI GHIVECI DE LEGUME250G		46.97	36.86	33.57	431.25
7	CINA F2 DIABET CEAI250ML, PAINE100, BRANZA DIETETICA 100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	50.50	2.20	323.40
Total DIA/HEP/AR R/ ONC R/ HIV R			208.71	242.28	96.97	2,446.14
COMUN						
		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI CU	BRANZA(LACTOZA)	52.28	57.93	36.10	765.70

Nr	Denumire					
	PAINE100G, BRANZA100G, SUNCA PORC50G, MUSCHI FILE50G, CASCAVAL50, MASLINE25 G	CASCAVAL(LACTOZA)) PAINE(GLUTEN) SUNCA PORC(SOIA)				
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE A LA GREC 400G	OU SMANTANA(LACTOZA) A) TELINA	5.64	19.49	10.58	191.27
3	PRANZ F2 COMUN PULPA DE PORC 80G CU MANCARE FASOLE VERDE270G, PAINE100G	FAINA(GLUTEN) PAINE(GLUTEN)	39.43	55.61	43.74	581.07
4	CINA F1 COMUN FRIPTURA DE PUI INFERIOARA80G - MACAROANE CU BRANZA SARATA LA CUPTOR 250G	BRANZA(LACTOZA) OU PASTE(GLUTEN,OU) UNT(LACTOZA)	46.35	40.15	45.30	753.70
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total COMUN			152.10	226.47	136.92	2,549.33
ONC C/ AR C/ HIV C		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA100G, SUNCA PORC50G, MUSCHI FILE50G, CASCAVAL50, MASLINE25 G	BRANZA(LACTOZA) CASCAVAL(LACTOZA)) PAINE(GLUTEN) SUNCA PORC(SOIA)	52.28	57.93	36.10	765.70
2	SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT200G, CHEC100G	CHEC(OU, GLUTEN) IAURT(LACTOZA)	12.80	61.50	23.20	498.00
3	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE A LA GREC 400G	OU SMANTANA(LACTOZA) A) TELINA	5.64	19.49	10.58	191.27
4	PRANZ F2 COMUN PULPA DE PORC 80G CU MANCARE FASOLE VERDE270G, PAINE100G	FAINA(GLUTEN) PAINE(GLUTEN)	39.43	55.61	43.74	581.07
5	SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT CIRESE300G, CHEC100G	CHEC(OU, GLUTEN)	14.00	153.50	35.20	986.80
6	CINA F1 COMUN FRIPTURA DE PUI INFERIOARA80G - MACAROANE CU BRANZA SARATA LA CUPTOR 250G	BRANZA(LACTOZA) OU PASTE(GLUTEN,OU) UNT(LACTOZA)	46.35	40.15	45.30	753.70
7	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total ONC C/ AR C/ HIV C			178.90	441.47	195.32	4,034.13
LEHUZE COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI CU PAINE100G, BRANZA100G, SUNCA PORC50G, MUSCHI FILE50G, CASCAVAL50, MASLINE25 G	BRANZA(LACTOZA) CASCAVAL(LACTOZA)) PAINE(GLUTEN) SUNCA PORC(SOIA)	52.28	57.93	36.10	765.70
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE A LA GREC 400G	OU SMANTANA(LACTOZA) A) TELINA	5.64	19.49	10.58	191.27
3	PRANZ F2 COMUN PULPA DE PORC 80G CU MANCARE FASOLE VERDE270G, PAINE100G	FAINA(GLUTEN) PAINE(GLUTEN)	39.43	55.61	43.74	581.07
4	CINA F1 COMUN FRIPTURA DE PUI INFERIOARA80G - MACAROANE CU BRANZA SARATA LA CUPTOR 250G	BRANZA(LACTOZA) OU PASTE(GLUTEN,OU) UNT(LACTOZA)	46.35	40.15	45.30	753.70

Nr .	Denumire					
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total LEHUZE COMUN			152.10	226.47	136.92	2,549.33
REGIM RELIGIOS - DESODAT		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN RELIGIOS REGIM SI VEGAN CEAI 250ML CARTOF FIERT200G ,MORCOV FIERT200G GEM20G, CASTRAVETI80G,ROSHI80G,BANANE200G	GEM(DIOXID DE SULF) PAINE(GLUTEN)	19.80	188.69	3.30	837.06
2	PRANZ F1 REGIM RELIGIOS SI VEGAN CIORBA DE ZARZAVAT CU FIDEA 400ML	PASTE(GLUTEN,OU) TELINA	2.60	18.19	5.36	126.96
3	PRANZ F2 REGIM RELIGIOS SI VEGAN OREZ CU LEGUME270G, PAINE 100G	PAINE(GLUTEN)	15.77	91.65	12.09	530.45
4	CINA F1 REGIM RELIGIOS SI VEGAN MANCARE DE DOVLECEI250G	FAINA(GLUTEN)	3.93	11.31	10.19	145.47
5	CINA F2 RELIGIOS SI VEGAN CEAI250ML,PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM RELIGIOS - DESODAT			50.50	363.14	32.14	1,897.54

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