

SPITALUL JUDETEAN DE URGENTA TARGU JIU

Targu jiu, Str. Progresului, Nr. 18, Judetul Gorj

MENIUL ZILNIC DIN 27.08.2026

APROBAT MANAGER,

COMPARTIMENT DIETETICA,

AVIZAT DIRECTOR FINANCIAR,

Nr.	Denumire					
COPIII 0-3 ANI		Alergeni	Proteine	Glucide	Lipide	Calorii
1	SUPLIMENT PEDIATRIE 0-3 AN(05-COPIII)	IAURT(LACTOZA) OU	475.30	1337.30	342.00	10224.00
Total COPIII 0-3 ANI			475.30	1337.30	342.00	10224.00

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 PRUNE300ML ,ZAHAR100G, IAURT200G. OUA1BUC	IAURT(LACTOZA) OU	15.40	95.50	12.80	550.80
3	PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML	TELINA	4.02	37.53	5.36	210.00
4	SUPLIMENT HIDRIC / HZL ORA 16 COMPOT PRUNE300G		0.60	54.90	0.00	222.00
5	CINA F1 HIDRIC /HZL CEAI 250ML		0.00	4.80	0.00	19.20
Total HIDRIC/HZL			20.02	197.53	18.16	1021.20

REGIM ULCER/COLECIST		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN ULCER / COLECIST CEAI 250ML, PAINE100G,BRANZA DIETETICA100GG, SUNCA PUI50G, CASCAVAL50G, UNT20G, BANANE200G	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 ZARZAVAT CU PULPA PUI INF80G 320ML	TELINA	27.72	8.88	28.01	394.05
3	PRANZ F2 ULCER,COLECIST PIEPT DE PUI 80G CU MACARONE CU BRANZA DIETETICA250G SI PAINE100G	BRANZA(LACTOZA) PAINE(GLUTEN) PASTE(GLUTEN,OU) UNT(LACTOZA)	58.30	88.50	14.45	717.25
4	CINA F1 ULCER / COLECIST PIEPT DE PUI80G CU GARNITURA DE		35.57	40.38	14.21	423.65

Nr.	Denumire					
	OREZ SI MORCOV230G					
5	CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM ULCER/COLECIST			178.79	295.31	85.37	2633.65

REGIM SPECIAL		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI FIERTI200G, MORCOVI FIERTI200G	BRANZA(LACTOZA) PAINE(GLUTEN)	34.40	141.40	3.40	725.40
2	PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT CU PULPA PUI INF80G 320ML	TELINA	27.72	8.88	28.01	394.05
3	PRANZ F2 COLITA / ENTEROCOLITA PIEPT DE PUI80G SI CARTOFI CU MORCOV280, PAINE100G	PAINE(GLUTEN)	46.77	108.68	15.76	755.60
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			169.86	354.64	63.58	2641.30

REGIM		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN REGIM CEAI250ML, PAINE100G ,BRANZA DIETETICA100G, SUNCA PUI50G, ARDEI80G, ROSIE80G, CASTRAVETE80G, BANANE200G	BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA)	37.70	113.90	4.30	625.50
2	PRANZ F1 REGIM CIORBA DE ZARZAVAT CU FULGI DE OU 400ML	FAINA(GLUTEN) OU TELINA	4.18	14.20	7.11	133.07
3	PRANZ F2 REGIM PIEPT DE PUI80G SI PASTE CU SOS ROSII PAINE250G	PAINE(GLUTEN) PASTE(GLUTEN,OU)	47.30	91.20	15.85	689.45
4	CINA F1 REGIM PULPA PUI INF80G CU MANCARE DE VINETE270G	FAINA(GLUTEN)	28.28	6.31	33.14	429.42
5	CINA F2 REGIM CEAI 250ML, PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM			125.86	278.90	61.60	2135.03

Nr.	Denumire	
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DIA/HEP/AR R/ ONC R/ HIV R		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN DIABET CEAI250ML,PAINE100G,SUNCA PUI 50G, BRANZA DIETETICA100G, MUSCHI FILE50G , ARDEI80G, ROSIE80G, CASTRAVETI80G	BRANZA(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA)	46.35	63.50	8.00	510.40
2	SUPLIMENT ORA 10 DIABET IAURT 200G	IAURT(LACTOZA)	6.40	8.00	5.60	100.00
3	PRANZ F1 DIABET CIORBA DE ZARZAVAT CU FULGI DE OU 400ML	FAINA(GLUTEN) OU TELINA	4.18	14.20	7.11	133.07
4	PRANZ F2 DIABET PIEPT PUI80G CU SOTE DE DOVLECEI250G, PAINE100G	PAINE(GLUTEN)	44.05	57.35	15.25	535.65
5	SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM MERE200G		0.80	27.60	0.40	104.00
6	CINA F1 DIABET PULPA PUI INF80G CU SOTE DE VINETE300G		27.70	2.85	33.10	412.90
7	CINA F2 DIABET CEAI250ML, PAINE100G ,BRANZA DIETETICA100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	50.50	2.20	323.40
Total DIA/HEP/AR R/ ONC R/ HIV R			154.88	224.00	71.66	2119.42

COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI 250ML, PAINE100G, BRANZA 100G, SUNCA PORC50G. CASCAVAL50G, MUSCHI FILE50G, IAURT200G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) IAURT(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	60.80	65.75	39.00	849.20
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC A LA GREC 400ML	OU SMANTANA(LACTOZA) TELINA	5.64	19.49	10.58	191.27
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	CINA F1 COMUN FRIPTURA DE PUI INFERIOARA80G - MACAROANE CU BRANZA SARATA 250G	BRANZA(LACTOZA) PASTE(GLUTEN,OU) UNT(LACTOZA)	44.25	40.00	43.50	728.50
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total COMUN			163.16	268.42	109.69	2693.02

ONC C/ AR C/ HIV C	Alergeni	Proteine	Glucide	Lipide	Calorii
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Nr.	Denumire					
1	MIC DEJUN COMUN CEAI 250ML, PAINE100G, BRANZA 100G, SUNCA PORC50G. CASCAVAL50G, MUSCHI FILE50G, IAURT200G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) IAURT(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	60.80	65.75	39.00	849.20
2	SUPLIMENT ORA 10 ONCO/ AR/ HIV BISCUITI DIGESTIVI80G 1BUC. BANANE200G		8.20	84.60	12.60	525.20
3	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC A LA GREC 400ML	OU SMANTANA(LACTOZA) TELINA	5.64	19.49	10.58	191.27
4	PRANZ F2 COMUN PIPET DE PUI 80G SI GARNITURA DE OREZ CU MORCOV 250G	PAINE(GLUTEN)	44.07	89.88	15.41	666.45
5	SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT PIERSICI300G,CHEC100G	CHEC(OU,GLUTEN)	7.30	99.70	17.60	586.40
6	CINA F1 COMUN FRIPTURA DE PUI INFERIOARA80G - MACAROANE CU BRANZA SARATA 250G	BRANZA(LACTOZA) PASTE(GLUTEN,OU) UNT(LACTOZA)	44.25	40.00	43.50	728.50
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			178.66	452.72	139.89	3804.62

LEHUZE COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI 250ML, PAINE100G, BRANZA 100G, SUNCA PORC50G. CASCAVAL50G, MUSCHI FILE50G, IAURT200G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) IAURT(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	60.80	65.75	39.00	849.20
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU OASE PORC A LA GREC 400ML	OU SMANTANA(LACTOZA) TELINA	5.64	19.49	10.58	191.27
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	CINA F1 COMUN FRIPTURA DE PUI INFERIOARA80G - MACAROANE CU BRANZA SARATA 250G	BRANZA(LACTOZA) PASTE(GLUTEN,OU) UNT(LACTOZA)	44.25	40.00	43.50	728.50
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total LEHUZE COMUN			163.16	268.42	109.69	2693.02

REGIM RELIGIOS - DESODAT		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN REGIM RELIGIOS SI	GEM(DIOXID DE SULF)	42.80	248.74	28.50	1433.06

Nr.	Denumire					
	VEGAN CEAI LAMAIE,GEM20G,CARTOFI FIERT,MORCOV, ARDEI80G, ROSIE80G, CASTRAVETE80G,BISCUITI DIGESTIVI 1 BUC, EUGENIE1 BUC.	PAINE(GLUTEN)				
2	PRANZ F1 REGIM RELIGIOS SI VEGAN CIORBA DE ZARZAVAT CU CARTOFI400ML	TELINA	2.97	27.98	5.26	166.70
3	PRANZ F2 REGIM RELIGIOS SI VEGAN OREZ CU MORCOV 250G	PAINE(GLUTEN)	12.32	89.25	11.54	502.10
4	CINA F1 REGIM RELIGIOS SI VEGAN MANCARE DE VINETE250G		0.85	2.85	10.15	98.95
5	CINA F2 REGIM CEAI 250ML, PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
6	PRANZ F3 REGIM RELIGIOS SI VEGAN BANANE200G, MERE200G		3.00	73.20	1.00	282.00
Total REGIM RELIGIOS - DESODAT			70.34	495.32	57.65	2740.41

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

SPITALUL JUDETEAN DE URGENTA TARGU JIU

Targu jiu, Str. Progresului, Nr. 18, Judetul Gorj

MENIUL ZILNIC DIN 30.08.2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

Nr.	Denumire					
COPIII 0-3 ANI		Alergeni	Proteine	Glucide	Lipide	Calorii
1	SUPLIMENT PEDIATRIE 0-3 AN(09-_COPIII)	IAURT(LACTOZA) OU	557.60	2575.20	392.60	15609.40
Total COPIII 0-3 ANI			557.60	2575.20	392.60	15609.40

HIDRIC/HZL	Alergeni	Proteine	Glucide	Lipide	Calorii
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Nr.	Denumire					
1	MIC DEJUN HIDRIC CEAI250ML		0.00	4.80	0.00	19.20
2	SUPLIMENT ORA 10 HIDRIC/HZL CEAI250ML, COMPOT PRUNE300ML ,ZAHAR100G, IAURT200G. OUA1BUC	IAURT(LACTOZA) OU	15.40	95.50	12.80	550.80
3	PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML	TELINA	4.02	37.53	5.36	210.00
4	SUPLIMENT HIDRIC / HZL ORA 16 COMPOT PRUNE300G		0.60	54.90	0.00	222.00
5	CINA F1 HIDRIC /HZL CEAI 250ML		0.00	4.80	0.00	19.20
Total HIDRIC/HZL			20.02	197.53	18.16	1021.20

REGIM ULCER/COLECIST		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN ULCER / COLECIST CEAI 250ML, PAINE100G,BRANZA DIETETICA100GG, SUNCA PUI50G, CASCAVAL50G, UNT20G,	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 ZARZAVAT CU PULPA PUI INF80G 400ML	TELINA	27.72	8.88	28.01	394.05
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 80G SI PASTE FAINOASE CU BRANZA 280G	BRANZA(LACTOZA) PASTE(GLUTEN,OU) UNT(LACTOZA)	49.90	40.00	13.25	478.85
5	CINA F2 ULCER / COLECIST CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM ULCER/COLECIST			176.59	249.71	84.77	2455.65

REGIM SPECIAL		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI FIERTI200G, MORCOVI FIERTI200G	BRANZA(LACTOZA) PAINE(GLUTEN)	34.40	141.40	3.40	725.40
2	PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT CU PULPA PUI INF80G 320ML	TELINA	27.72	8.88	28.01	394.05
3	PRANZ F2 COLITA /	PAINE(GLUTEN)	43.97	88.88	15.41	662.05

Nr.	Denumire					
	ENTEROCOLITA PIEPT PUI80G CU GARNITURA DE OREZ SI MORCOV230G PAINE100G					
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			169.86	354.64	63.58	2641.30

REGIM		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN REGIM CEAI250ML, PAINE100G ,BRANZA DIETETICA100G, SUNCA PUI50G, ARDEI80G, ROSIE80G,IAURT200G,	BRANZA(LACTOZA) IAURT(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA)	41.30	74.10	9.10	535.50
2	PRANZ F1 REGIM CIORBA DE ZARZAVAT CU FULGI DE OU 400ML	FAINA(GLUTEN) OU TELINA	4.21	15.16	7.05	136.49
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 FRIPTURA PULPA PUI INFERIOARA80G SI MACARONE CU BRANZA LA CUPTOR 270G	BRANZA(LACTOZA) OU PASTE(GLUTEN,OU)	46.35	39.55	35.90	659.50
5	CINA F2 REGIM CEAI 250ML, PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM			144.48	272.36	68.69	2257.89

DIA/HEP/AR R/ ONC R/ HIV R		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN DIABET CEAI250ML, PAINE100G, SUNCA PUI 50G, BRANZA DIETETICA100G, , ARDEI80G, ROSIE80G,OU FIERT 1BUC	BRANZA(LACTOZA) OU PAINE(GLUTEN) SUNCA PUI(SOIA)	43.30	61.90	10.70	517.10
2	SUPLIMENT ORA 10 DIABET IAURT 200G	IAURT(LACTOZA)	6.40	8.00	5.60	100.00
3	PRANZ F1 DIABET CIORBA DE ZARZAVAT CU FULGI DE OU 400ML	FAINA(GLUTEN) OU TELINA	4.21	15.16	7.05	136.49
4	PRANZ F2 DIABET PIEPT PUI80G	PAINE(GLUTEN)	44.05	57.35	15.25	535.65

Nr.	Denumire					
	CU SOTE DE DOVLECEI250G, PAINE100G					
5	SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM MERE200G		0.80	27.60	0.40	104.00
6	CINA F1 DIABET PULPA DE VITA 80G SI GHIVECI DE LEGUME350G		47.82	39.43	33.56	445.90
7	CINA F2 DIABET CEAI250ML, PAINE100G ,BRANZA DIETETICA 100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	50.50	2.20	323.40
Total DIA/HEP/AR R/ ONC R/ HIV R			171.98	259.94	74.76	2162.54

COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI 250ML, PAINE100G, BRANZA 100G,SUNCA PORC50G. CASCAVAL50G, MUSCHI FILE50G,	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	54.40	57.75	33.40	749.20
2	PRANZ F1 COMUN CIROBA DE ZARZAVAT CU OASE PORC FIDEA DREASA CU OU SI SMANTANA 400ML	OU PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA	6.04	19.59	10.62	193.63
3	PRANZ F2 COMUN PULPA DE PUI INFERIOARA80GG CU MANCARE DE SPANAC250G, PAINE100G	FAINA(GLUTEN) PAINE(GLUTEN)	40.08	58.81	34.74	701.02
4	3CINA F1 COMUN PULPA DE PUI INFERIOARA80G CU GHIVECI DE LEGUME 250G		35.35	38.29	34.01	593.15
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total COMUN			144.27	227.74	113.97	2494.59

ONC C/ AR C/ HIV C		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI 250ML, PAINE100G, BRANZA 100G,SUNCA PORC50G. CASCAVAL50G, MUSCHI FILE50G,	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	54.40	57.75	33.40	749.20
2	SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT 200G, COZONAC100G,	COZONAC(NUCA,OU,GLUTEN) IAURT(LACTOZA)	13.60	52.90	16.04	402.56
3	PRANZ F1 COMUN CIROBA DE ZARZAVAT CU OASE PORC FIDEA DREASA CU OU SI SMANTANA 400ML	OU PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA	6.04	19.59	10.62	193.63

Nr.	Denumire					
4	PRANZ F2 COMUN CARNATI PORC 105G SI MANCARE DE SPANAC270G, PAINE100G	CARNATI PORC(LACTOZA, GLUTEN, TELINA, MUSTAR) FAINA(GLUTEN) PAINE(GLUTEN)	34.23	60.31	55.29	786.97
5	SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT PIERSCI 300G,CHEC100G	CHEC(OU,GLUTEN)	7.30	99.70	17.60	586.40
6	3CINA F1 COMUN PULPA DE PUI INFERIOARA80G CU GHIVECI DE LEGUME 250G		35.35	38.29	34.01	593.15
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			159.32	381.84	168.16	3569.50

LEHUZE COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI 250ML, PAINE100G, BRANZA 100G,SUNCA PORC50G. CASCAVAL50G, MUSCHI FILE50G,	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PORC(SOIA)	54.40	57.75	33.40	749.20
2	PRANZ F1 COMUN CIROBA DE ZARZAVAT CU OASE PORC FIDEA DREASA CU OU SI SMANTANA 400ML	OU PASTE(GLUTEN,OU) SMANTANA(LACTOZA) TELINA	6.04	19.59	10.62	193.63
3	PRANZ F2 COMUN PULPA DE PUI INFERIOARA80GG CU MANCARE DE SPANAC250G, PAINE100G	FAINA(GLUTEN) PAINE(GLUTEN)	40.08	58.81	34.74	701.02
4	3CINA F1 COMUN PULPA DE PUI INFERIOARA80G CU GHIVECI DE LEGUME 250G		35.35	38.29	34.01	593.15
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total LEHUZE COMUN			144.27	227.74	113.97	2494.59

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

SPITALUL JUDETEAN DE URGENTA TARGU JIU
Targu jiu, Str. Progresului, Nr. 18, Judetul Gorj

MENIUL ZILNIC DIN 31.08.2026

APROBAT MANAGER,

COMPARTIMENT DIETETICA,

AVIZAT DIRECTOR FINANCIAR,

Nr.	Denumire					
COPIII 0-3 ANI		Alergeni	Proteine	Glucide	Lipide	Calorii
1	SUPLIMENT PEDIATRIE 0-3 AN(07-_COPIII)	IAURT(LACTOZA) OU	521.00	1784.40	381.80	12537.40
Total COPIII 0-3 ANI			521.00	1784.40	381.80	12537.40

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 PRUNE300ML ,ZAHAR100G, IAURT200G. OUA1BUC	IAURT(LACTOZA) OU	15.40	95.50	12.80	550.80
3	PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML	TELINA	4.02	37.53	5.36	210.00
4	SUPLIMENT HIDRIC / HZL ORA 16 COMPOT PRUNE300G		0.60	54.90	0.00	222.00
5	CINA F1 HIDRIC /HZL CEAI 250ML		0.00	4.80	0.00	19.20
Total HIDRIC/HZL			20.02	197.53	18.16	1021.20

REGIM ULCER/COLECIST		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN ULCER / COLECIST CEAI 250ML, PAINE100G,BRANZA DIETETICA100GG, SUNCA PUI50G, CASCAVAL50G, UNT20G,	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 ZARZAVAT CU PULPA PUI INF80G 400ML	TELINA	27.72	8.88	28.01	394.05
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			165.06	269.89	86.08	2494.00

Nr.	Denumire	
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REGIM SPECIAL		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI FIERTI200G, MORCOVI FIERTI200G	BRANZA(LACTOZA) PAINE(GLUTEN)	34.40	141.40	3.40	725.40
2	PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT CU PULPA PUI INF80G 320ML	TELINA	27.72	8.88	28.01	394.05
3	PRANZ F2 COLITA / ENTEROCOLITA PIEPT DE PUI80G SI CARTOFI CU MORCOV280, PAINE100G	PAINE(GLUTEN)	46.77	108.68	15.76	755.60
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			169.86	354.64	63.58	2641.30

REGIM		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN REGIM CEAI250ML, PAINE100G ,BRANZA DIETETICA100G, SUNCA PUI 50G, ARDEI 80G,CHEC 100G	BRANZA(LACTOZA) CHEC(OU,GLUTEN) PAINE(GLUTEN) SUNCA PUI(SOIA)	40.20	115.30	20.80	809.20
2	PRANZ F1 REGIM CIORBA DE ZARZAVAT A LA GREC400ML	IAURT(LACTOZA) OU TELINA	4.50	18.82	7.40	155.04
3	PRANZ F2 REGIM PIEPT DEPUI80G SI PASTE CU SOS ROSII PAINE250G	PAINE(GLUTEN) PASTE(GLUTEN,OU)	47.30	91.20	15.85	689.45
4	CINA F1 REGIM PULPA DE PUI INF 80G SI GHIVECI DE LEGUME330G		35.27	38.63	34.01	594.55
5	CINA F2 REGIM CEAI 250ML, PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM			135.67	317.25	79.26	2505.84

DIA/HEP/AR R/ ONC R/ HIV R	Alergeni	Proteine	Glucide	Lipide	Calorii
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Nr.	Denumire					
1	MIC DEJUN DIABET CEAI250ML, PAINE100G, SUNCA PUI 100G, BRANZA DIETETICA100G, , ARDEI80G, CASCAVAL 50G,UNT 20G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) PAINE(GLUTEN) SUNCA PUI(SOIA) UNT(LACTOZA)	54.89	59.89	27.88	710.04
2	SUPLIMENT ORA 10 DIABET IAURT 200G	IAURT(LACTOZA)	6.40	8.00	5.60	100.00
3	PRANZ F1 DIABET CIORBA DE ZARZAVAT A LA GREC400ML	IAURT(LACTOZA) OU TELINA	4.50	18.82	7.40	155.04
4	PRANZ F2 DIABET PIEPT PUI SI OREZ CU LEGUME	PAINE(GLUTEN)	47.30	88.77	15.93	680.45
5	PRANZ F3 DIABET MERE200G		0.80	27.60	0.40	104.00
6	SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM IAURT 00G	IAURT(LACTOZA)	6.40	8.00	5.60	100.00
7	CINA F1 DIABET FICAT DE PUI 150G CU SOTE DE SPANAC350G		39.95	8.85	20.75	374.75
8	CINA F2 DIABET CEAI250ML, PAINE100G ,BRANZA DIETETICA 100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	50.50	2.20	323.40
Total DIA/HEP/AR R/ ONC R/ HIV R			185.64	270.43	85.76	2547.68

COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI 250ML, PAINE100G, BRANZA 100G,SUNCA PORC50G. CASCAVAL50G, MUSCHI FILE50G,OU FIERT 1BUC	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 CARTOFI ,DREASA CU OU SI SMANTANA 400ML	OU SMANTANA(LACTOZA) TELINA	5.70	29.84	7.27	203.15
3	PRANZ F2 COMUN PULPA PUI INF.80G CU GARNITURA DE OREZ CU MORCOV250	PAINE(GLUTEN)	39.27	90.25	34.49	820.45
4	CINA F1 COMUN PIEPT DE PUI 80G SI MACAROANE CU BRANZA SARATA 250G	BRANZA(LACTOZA) PASTE(GLUTEN,OU) UNT(LACTOZA)	49.20	40.00	24.45	576.85
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total COMUN			165.37	271.74	108.01	2708.05

ONC C/ AR C/ HIV C		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI 250ML,	BRANZA(LACTOZA)	62.80	58.35	40.60	850.00

Nr.	Denumire					
	PAINE100G, BRANZA 100G,SUNCA PORC50G. CASCaval50G, MUSCHI FILE50G,OU FIERT 1BUC	CASCAVAL(LACTOZA) OU PAINE(GLUTEN) SUNCA PORC(SOIA)				
2	SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT 200G, COZONAC100G,	COZONAC(NUCA,OU,GLUTEN) IAURT(LACTOZA)	13.60	52.90	16.04	402.56
3	PRANZ F1 COMUN CIORBA DE ZARZAVAT CU CARTOFI ,DREASA CU OU SI SMANTANA 400ML	OU SMANTANA(LACTOZA) TELINA	5.70	29.84	7.27	203.15
4	PRANZ F2 COMUN PULPA PUI INF.80G CU GARNITURA DE OREZ CU MORCOV250	PAINE(GLUTEN)	39.27	90.25	34.49	820.45
5	SUPLIMENT ORA 16 ONCO/ AR/ HIV COMPOT PIERSICI 300G,CHEC100G	CHEC(OU,GLUTEN)	7.30	99.70	17.60	586.40
6	CINA F1 COMUN PIEPT DE PUI 80G SI MACAROANE CU BRANZA SARATA 250G	BRANZA(LACTOZA) PASTE(GLUTEN,OU) UNT(LACTOZA)	49.20	40.00	24.45	576.85
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			186.27	424.34	141.65	3697.01

LEHUZE COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI 250ML, PAINE100G, BRANZA 100G,SUNCA PORC50G. CASCaval50G, MUSCHI FILE50G,OU FIERT 1BUC	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 CARTOFI ,DREASA CU OU SI SMANTANA 400ML	OU SMANTANA(LACTOZA) TELINA	5.70	29.84	7.27	203.15
3	PRANZ F2 COMUN PULPA PUI INF.80G CU GARNITURA DE OREZ CU MORCOV250	PAINE(GLUTEN)	39.27	90.25	34.49	820.45
4	CINA F1 COMUN PIEPT DE PUI 80G SI MACAROANE CU BRANZA SARATA 250G	BRANZA(LACTOZA) PASTE(GLUTEN,OU) UNT(LACTOZA)	49.20	40.00	24.45	576.85
5	CINA F2 COMUN CEAI 250ML, PAINE 100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total LEHUZE COMUN			165.37	271.74	108.01	2708.05

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

SPITALUL JUDETEAN DE URGENTA TARGU JIU

Targu jiu, Str. Progresului, Nr. 18, Judetul Gorj

MENIUL ZILNIC DIN 06.09.2026

APROBAT MANAGER, COMPARTIMENT DIETETICA, AVIZAT DIRECTOR FINANCIAR,

Nr.	Denumire					
COPIII 0-3 ANI		Alergeni	Proteine	Glucide	Lipide	Calorii
1	SUPLIMENT PEDIATRIE 0-3 AN(08_COPIII)	IAURT(LACTOZA) OU	801.80	2713.80	554.40	18854.40
Total COPIII 0-3 ANI			801.80	2713.80	554.40	18854.40

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 PRUNE300ML ,ZAHAR100G, IAURT200G. OUA1BUC	IAURT(LACTOZA) OU	15.40	95.50	12.80	550.80
3	PRANZ F1 HIDRIC SUPA CREMA DE LEGUME 400ML	TELINA	4.02	37.53	5.36	210.00
4	SUPLIMENT HIDRIC / HZL ORA 16 COMPOT PRUNE300G		0.60	54.90	0.00	222.00
5	CINA F1 HIDRIC /HZL CEAI 250ML		0.00	4.80	0.00	19.20
Total HIDRIC/HZL			20.02	197.53	18.16	1021.20

REGIM ULCER/COLECIST		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN ULCER / COLECIST CEAI 250ML, PAINE100G,BRANZA DIETETICA100GG, SUNCA PUI50G, CASCAVAL50G, UNT20G,	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 ZARZAVAT CU PULPA PUI INF80G 400ML	TELINA	27.72	8.88	28.01	394.05
3	PRANZ F2 ULCER / COLECIST	BRANZA(LACTOZA)	59.10	107.80	14.60	799.00

Nr.	Denumire					
	PIEPT DE PUI80G CU CARTOFI SI BRANZA DIETETICA280G, PAINE100G	PAINE(GLUTEN) UNT(LACTOZA)				
4	CINA F1 ULCER/COLECIST PIEPT DE PUI80G CU GANITURA DE OREZ CU MORCOV250G		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			177.39	269.01	84.92	2537.40

REGIM SPECIAL		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COLITA / ENTEROCOLITA / REGIM SPECIAL CEAI 250ML, PAINE100G,BRANZA DIETETICA100G , CARTOFI FIERTI200G, MORCOVI FIERTI200G	BRANZA(LACTOZA) PAINE(GLUTEN)	34.40	141.40	3.40	725.40
2	PRANZ F1 COLITA / ENTEROCOLITA / REGIM SPECIAL SUPA DE ZARZAVAT CU PULPA PUI INF80G 320ML	TELINA	27.72	8.88	28.01	394.05
3	PRANZ F2 COLITA / ENTEROCOLITA PIEPT DE PUI80G SI CARTOFI CU MORCOV280, PAINE100G	PAINE(GLUTEN)	46.77	108.68	15.76	755.60
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			169.86	354.64	63.58	2641.30

REGIM		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN REGIM CEAI250ML, PAINE100G ,BRANZA DIETETICA100G, SUNCA PUI 50G, ARDEI 60G,ROSII 60G, OU FIERT1BUC.	BRANZA(LACTOZA) OU PAINE(GLUTEN) SUNCA PUI(SOIA)	42.86	64.92	10.60	526.52
2	PRANZ F1 REGIM CIORBA DE ZARZAVAT A LA GREC400ML	IAURT(LACTOZA) OU TELINA	4.62	18.64	7.40	154.80
3	PRANZ F2 REGIM PIEPT DE PUI 80G CU GARNITURA DE OREZ	PAINE(GLUTEN)	44.22	90.25	15.44	668.80

Nr.	Denumire					
	CU MORCOV 250G, PAINE100G					
4	PRANZ F3 REGIM COZONAC100G	COZONAC(NUCA,OU,GLUTEN)	7.20	44.90	10.44	302.56
5	CINA F1 REGIM TOCANITA DE FICATEI PUI180G SI MAMALIGA200G CU BRANZA DIETETICA100G	BRANZA(LACTOZA)	55.33	43.95	21.82	586.30
6	CINA F2 REGIM CEAI 250ML, PAINE100G	PAINE(GLUTEN)	8.40	53.30	1.20	257.60
Total REGIM			162.63	315.96	66.90	2496.58

DIA/HEP/AR R/ ONC R/ HIV R		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN DIABET CEAI250ML, PAINE100G, BRANZA DIETETICA100G,SUNCA PUI 50 ,MUSCHI FILE 50G,CASTRAVETI 80G.OU FIERT 1BUC	BRANZA(LACTOZA) OU PAINE(GLUTEN) SUNCA PUI(SOIA)	52.55	55.20	14.70	562.30
2	SUPLIMENT ORA 10 DIABET IAURT 200G	IAURT(LACTOZA)	6.40	8.00	5.60	100.00
3	PRANZ F1 DIABET CIORBA DE ZARZAVAT A LA GREC400ML	IAURT(LACTOZA) OU TELINA	4.62	18.64	7.40	154.80
4	PRANZ F2 DIABET PULPA VITA80G SI SOTE DE SPANAC350G , PAINE100G	PAINE(GLUTEN)	53.25	56.35	34.45	543.25
5	SUPLIMENT ORA 16 DIA/HEP/ ARSI/ HIV ONCO REGIM MERE250G		1.00	34.50	0.50	130.00
6	CINA F1 DIABET PIEPT DE PUI80G CU GARNITURA DE OREZ SI MORCOV250G		35.82	41.75	14.24	430.40
7	CINA F2 DIABET CEAI250ML, PAINE100G ,BRANZA DIETETICA 100G	BRANZA(LACTOZA) PAINE(GLUTEN)	25.40	50.50	2.20	323.40
Total DIA/HEP/AR R/ ONC R/ HIV R			179.04	264.94	79.09	2244.15

COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI 250ML, PAINE100G, BRANZA 100G, CASCAVAL 50G,SUNCA PORC50G, MUSCHI FILE50G, OU FIERT1BUC, UNT20G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) OU PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA)	64.20	59.55	57.00	1008.00
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT FIDEA DREASA CU OU 400ML	OU PASTE(GLUTEN,OU) TELINA	4.74	19.59	7.17	157.38
3	PRANZ F2 COMUN PIEPT DE	FAINA(GLUTEN)	52.43	59.61	17.09	594.77

Nr.	Denumire					
	PUI80G CU MANCARE DE MAZARE 270G, PAINE100G	PAINE(GLUTEN)				
4	CINA F1 COMUN PULPA 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			160.64	233.80	115.75	2599.79

ONC C/ AR C/ HIV C		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI 250ML, PAINE100G, BRANZA 100G, CASCAVAL 50G,SUNCA PORC50G, MUSCHI FILE50G, OU FIERT1BUC, UNT20G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) OU PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA)	64.20	59.55	57.00	1008.00
2	SUPLIMENT ORA 10 ONCO/ AR/ HIV IAURT 200G, COZONAC100G	COZONAC(NUCA,OU,GLUTEN) IAURT(LACTOZA)	13.60	52.90	16.04	402.56
3	PRANZ F1 COMUN CIORBA DE ZARZAVAT FIDEA DREASA CU OU 400ML	OU PASTE(GLUTEN,OU) TELINA	4.74	19.59	7.17	157.38
4	PRANZ F2 COMUN PIEPT DE PUI80G CU MANCARE DE MAZARE 270G, PAINE100G	FAINA(GLUTEN) PAINE(GLUTEN)	52.43	59.61	17.09	594.77
5	SUPLIMENT ORA 16 ONCO/AR/HIV CHEC100G, COMPOT PRUNE300ML	CHEC(OU,GLUTEN)	7.00	108.40	17.60	620.00
6	CINA F1 COMUN PULPA PUI INF80G SI GARNITURA DE OREZ CU MORCOV 250G		30.87	41.75	33.29	582.05
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			181.24	395.10	149.39	3622.35

LEHUZE COMUN		Alergeni	Proteine	Glucide	Lipide	Calorii
1	MIC DEJUN COMUN CEAI 250ML, PAINE100G, BRANZA 100G, CASCAVAL 50G,SUNCA PORC50G, MUSCHI FILE50G, OU FIERT1BUC, UNT20G	BRANZA(LACTOZA) CASCAVAL(LACTOZA) OU PAINE(GLUTEN) SUNCA PORC(SOIA) UNT(LACTOZA)	64.20	59.55	57.00	1008.00
2	PRANZ F1 COMUN CIORBA DE ZARZAVAT FIDEA DREASA CU OU 400ML	OU PASTE(GLUTEN,OU) TELINA	4.74	19.59	7.17	157.38
3	PRANZ F2 COMUN PIEPT DE PUI 80G CU CARTOFI SI	PAINE(GLUTEN)	46.77	108.68	15.76	755.60

Nr.	Denumire					
	MORCOV280G					
4	CINA F1 COMUN PULPA 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			154.98	282.87	114.42	2760.63

INTOCMIT,

AM PRIMIT,

ASISTENT
DIETETICA,

CONTABIL,

DIRECTOR
INGRIJIRI,

MEDIC
COORDONATOR,