



**CONSILIUL LOCAL HUEDIN**  
**SPITALUL ORASENESC HUEDIN**

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Verificat medic primar diabet  
zaharat nutritie si boli metabolice

MENIUL ZILEI DE SAMBATA 06.12.2025

Aprobat Manager,  
Ec. Simpicean Alina

REGIM	MIC DEJUN 08:10-08:50	PRANZ 13:00-14:00	CINA 17:35-18:20	TOTAL Kkal/ZI
COMUN	Paine 300g, parizer 100g, unt 20g, ceai 250ml, ardei 1 buc 564.2kcal	Supa de fidea 250ml, macaronadea 280 g, corn cu ciocolata 50g 1244.82 kcal	laurt 150g, branza topita 40g, pate 100g, portocala 1 buc, ceai 250ml 413,3 kcal	2222.32 kcal
PASIRAT	Paine 300g/zi, ceai 250ml 365 kcal	Supa de morcov250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Ceai 250 ml 100 kcal	1168.69 kcal
DIABET	Paine 200g, parizer 100g, unt 20g, ceai 250ml, ardei 1 buc 564.2kcal	Supa de fidea 250ml, macaronadea 280 g, 1020.82 kcal	laurt 150g, branza topita 40g, pate 100g, portocala 1 buc, ceai 250ml 413,3 kcal	1998.32 kcal
DIABET DESODAT	Paine 300g/zi, telemea fara sare 100g, unt 20g, ceai 250g, ardei 1buc/ 589.1 kcal	Supa de fidea 250 ml, cartofi natur cu file de peste la cuptor 360g 649.44 kcal	laurt 150g, branza topita 40g, portocala 1 buc, ceai 250ml 359.5 kcal	1598.4 kcal
ENTEROCOLITA	Paine 300g/zi, branza de vaca 100g, ceai 250ml 439 kcal	Supa de morcov250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 100g, ceai 250ml 174 kcal	1316.69 kcal
DESODAT	Paine 300g/zi, telemea fara sare 100g, unt 20g, ceai 250g, ardei 1buc/ 589.1 kcal	Supa de fidea 250 ml, cartofi natur cu file de peste la cuptor 360g, corn cu ciocolata 50g 873.44 kcal	laurt 150g, branza topita 40g, portocala 1 buc, ceai 250ml 359.5 kcal	1822.04 kcal
GASTRO-HEPATIC	Paine 300g, parizer 100g, unt 20g, ceai 250ml, ardei 1 buc 564.2kcal	Supa de fidea 250 ml, cartofi natur cu file de peste la cuptor 360g, corn cu ciocolata 50g 873.44 kcal	laurt 150g, branza topita 40g, portocala 1 buc, ceai 250ml 359.5 kcal	1797.14 kcal
COPII 0-3ANI SUGAR	Branza de vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	Supa de morcov250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Branza de vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	1317.69 kcal
COPII 3-16 ANI	Paine 300g/zi, telemea fara sare 100g, unt 20g, ceai 250g, ardei 1buc/ 589.1 kcal	Supa de fidea 250 ml, cartofi natur cu file de peste la cuptor 360g, corn cu ciocolata 50g 873.44 kcal	laurt 150g, branza topita 40g, portocala 1 buc, ceai 250ml 359.5 kcal	1822.04 kcal
MEDIC DE GARDA	Paine 300g, parizer 100g, unt 20g, ceai 250ml, ardei 1 buc 564.2kcal	Supa de fidea 250ml, macaronadea 280 g, corn cu ciocolata 50g 1244.82 kcal	laurt 150g, branza topita 40g, pate 100g, portocala 1 buc, ceai 250ml 413,3 kcal	2222.32 kcal

Atentie! Unele preparate din meniu pot contine unul sau mai mul;ti alergeni dupa cum urmeaza:cereale care contin gluten (grau), oua,lapte si produse lactate (lactoza), teina, mustar, soia

Acest meniu poate suferi modificari cauzate de factori interni/externi.

Intocmit de: