CONSILIUL LOCAL HUEDIN
SPITALUL ORASENESC HUEDIN
Huedin, str. Spitalului, nr. 42, jud. Cluj, cod:405400
Telefon/fax 0264 351815, 0264 354175,
cod fiscal: 4485618
E-mail : secretariat@spitalulhuedin.ro
Web: www.spitalulhuedin.ro

Verificat medic primar diabet
zaharat nutritie si boli metabolice

MENIUL ZILEI DE DUMINICA 14.12.2025

Aprobat Manager,
Ec. Simplicean 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, 564.2kcal	Ciorba a la grec 300g, varza secuiasca 350g, napolitana 72g 1130.98 kcal	Iaurt 150g, branza topita 40g, ardei 1 buc, ceai 250ml 359.5 kcal	2054.68 kcal
PASIRAT	Paine 300g/zi, ceai 250ml 365 kcal	Supa de morcov, 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, 564.2kcal	Ciorba a la grec 300g, varza secuiasca 350g, mere 1 buc 1042.98 kcal	Iaurt 150g, branza topita 40g, ardei 1 buc, ceai 250ml 359.5 kcal	1966.68 kcal
DIABET DESODAT	Paine300g/zi, TFS 100g, unt 20g, 1 buc rosie, ceai 250ml 589,2 kcal	Ciorba a la grec 300g, cartofi natur cu file de peste la cuptor 360g 824.71 kcal	Iaurt 150g, branza topita 40g, ardei 1 buc, ceai 250ml 359.5 kcal	1773.41 kcal
ENTEROCOLITA	Paine 300g/zi, branza de vaca 100g, ceai 250ml 439 kcal	Supa de morcov, 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, unt 20g, gem 40g, ceai 250 ml 443.2 kcal	Ciorba a la grec 300g, cartofi natur cu file de peste la cuptor 360g, napolitana 75g 912.71 kcal	Iaurt 150g, branza topita 40g, ardei 1 buc, ceai 250ml 359.5 kcal	1715.41 kcal
GASTRO-HEPATIC	Paine 300g, parizer 100g, unt 20g, ceai 250ml, 564.2kcal	Ciorba a la grec 300g, cartofi natur cu file de peste la cuptor 360g, napolitana 75g 912.71 kcal	Iaurt 150g, branza topita 40g, ardei 1 buc, ceai 250ml 359.5 kcal	1715.41 kcal
COPII 0-3ANI SUGAR	Branza de vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	Supa de morcov, 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, unt 20g, gem 40g, ceai 250 ml 443.2 kcal	Ciorba a la grec 300g, cartofi natur cu file de peste la cuptor 360g, napolitana 75g 912.71 kcal	Iaurt 150g, branza topita 40g, ardei 1 buc, ceai 250ml 359.5 kcal	1715.41 kcal
MEDIC DE GARDA	Paine 300g, parizer 100g, unt 20g, ceai 250ml, 564.2kcal	Ciorba a la grec 300g, varza secuiasca 350g, napolitana 72g 1130.98 kcal	Iaurt 150g, branza topita 40g, ardei 1 buc, ceai 250ml 359.5 kcal	2054.68 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: