



CONSILIUL LOCAL HUEDIN
SPITALUL ORASENESC HUEDIN
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Verificat medic primar diabet
 zaharat nutritie si boli metabolice

MENIUL ZILEI DE SAMBATA 24.01.2026

Aprobat Manager,
 Ec. Simplicean Alina

REGIM	MIC DEJUN 08:10-08:50	PRANZ 13:00-14:00		
COMUN	Paine 300g/ zi, crenvursti 100g, unt 20g, ceai 250ml 563.3 kcal	Ciorba taraneasca 300ml, macaronada 280g, mere 1 buc 1140.19 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	2132.49 kcal
PASIRAT	Paine 300g/zi, ceai 250ml 365 kcal	Supa de morcov 250 ml, orez fiert cu piept de pui 450g 703.69 kcal	Ceai 250 ml 100 kcal	1168.69 kcal
DIABET	Paine 200g/ zi, crenvursti 100g, unt 20g, ceai 250ml 563.3 kcal	Ciorba taraneasca 300ml, macaronada 280g, mere 1 buc 1140.19 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	2132.49 kcal
DIABET DESODAT	Paine 300g/zi, unt 20g, cascaval 100g, ceai 250ml 658.5 kcal	Ciorba taraneasca 300ml, orez cu legume mexicane si file de peste la cuptor 340g, mere 1 buc 878.48 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	1965.98 kcal
ENTEROCOLITA	Paine 300ml, branza vaca 100g, ceai 250ml 439 kcal	Supa de morcov 250 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, unt 20g, cascaval 100g, ceai 250ml 658.5 kcal	Ciorba taraneasca 300ml, orez cu legume mexicane si file de peste la cuptor 340g, mere 1 buc 878.48 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	1965.98 kcal
GASTRO-HEPATIC	Paine 300g/zi, unt 20g, cascaval 100g, ceai 250ml 658.5 kcal	Ciorba taraneasca 300ml, orez cu legume mexicane si file de peste la cuptor 340g, mere 1 buc 878.48 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	1965.98 kcal
COPII 0-3ANI SUGARI	Branza vaca 50g, biscuiti 50g, ceai 250ml 307 kcal	Supa de morcov 250 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, unt 20g, cascaval 100g, ceai 250ml 658.5 kcal	Ciorba taraneasca 300ml, orez cu legume mexicane si file de peste la cuptor 340g, mere 1 buc 878.48 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	1965.98 kcal
MEDIC DE GARDA	Paine 300g/ zi, crenvursti 100g, unt 20g, ceai 250ml 563.3 kcal	Ciorba taraneasca 300ml, orez cu legume mexicane si file de peste la cuptor 340g, mere 1 buc 878.48 kcal	Branza pufoasa 140g, ardei 1 buc, ceai 250 ml 429 kcal	1870.78 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: