



**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@spitaluhuedin.ro](mailto:secretariat@spitaluhuedin.ro)  
 Web: [www.spitaluhuedin.ro](http://www.spitaluhuedin.ro)



Verificat medic primar diabet

MENIUL ZILEI DE MIERCURI 28.01.2026

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/zi, ou fiert 1buc<br>unt 20g, ceai 250ml<br>423.2 kcal          | Supa de rosii cu galuste de faina 250 ml<br>musaca de cartofi 300g, banane 1 buc<br>1242.54 kcal                   | Gris in lapte cu cacao<br>280g<br>495.01 kcal               | 2160.75 kcal  |
| PASIRAT                  | Paine 300g/zi, ceai 250ml<br>365 kcal                                      | Supa de morcov 250 ml, orez fiert cu<br>piept de pui 450g<br>703.69 kcal   | Ceai 250 ml<br>100 kcal                                     | 1168.69 kcal  |
| DIABET                   | Paine 200g/zi, ou fiert 1buc<br>unt 20g, ceai 250ml<br>423.2 kcal          | Supa de rosii cu galuste de faina 250 ml<br>musaca de cartofi 300g, banane 1 buc<br>1242.54 kcal                   | Macaroane cu varza 300g<br>504.7 kcal                       | 2170.44 kcal  |
| DIABET DESODAT           | Paine 300g/zi, ou fiert 1buc<br>unt 20g, ceai 250ml<br>423.2 kcal          | Supa de rosii cu galuste de faina 250 ml<br>mancare de conopida cu piept de pui<br>460 g, banane 1 buc 859.28 kcal | Macaroane cu varza 300g<br>504.7 kcal                       | 1787.18 kcal  |
| ENTEROCOLITA             | Paine 300ml, branza vaca<br>100g, ceai 250ml<br>439 kcal                   | Supa de morcov 250 ml, orez fiert cu<br>piept de pui 450g<br>703.69 kcal   | Branza de vaca 100g,<br>ceai 250ml<br>174 kcal              | 1316.69 kcal  |
| DESODAT                  | Paine 300g/zi, ou fiert 1buc<br>unt 20g, ceai 250ml<br>423.2 kcal          | Supa de rosii cu galuste de faina 250 ml<br>mancare de conopida cu piept de pui<br>460 g, banane 1 buc 859.28 kcal | Gris in lapte cu cacao<br>280g<br>495.01 kcal               | 1777.49 kcal  |
| GASTRO-HEPATIC           | Paine 300g/zi, ou fiert 1buc<br>unt 20g, ceai 250ml<br>423.2 kcal          | Supa de rosii cu galuste de faina 250 ml<br>mancare de conopida cu piept de pui<br>460 g, banane 1 buc 859.28 kcal | Gris in lapte cu cacao<br>280g<br>495.01 kcal               | 1777.49 kcal  |
| COPII 3-16 ANI<br>SUGARI | Branza vaca 50g,<br>biscuiti 50g, ceai 250ml<br>307 kcal                   | Supa de morcov 250 ml, orez fiert cu<br>piept de pui 450g<br>703.69 kcal   | Branza de vaca 50g,<br>biscuiti 50g, ceai 250ml<br>307 kcal | 1317.69 kcal  |
| COPII 3-16 ANI           | Paine 300g/zi, ceai 250ml<br>telemea fara sare 100g,<br>unt 20g 589.2 kcal | Supa de rosii cu galuste de faina 250 ml<br>mancare de conopida cu piept de pui<br>460 g, banane 1 buc 859.28 kcal | Gris in lapte cu cacao<br>280g<br>495.01 kcal               | 1943.49 kcal  |
| MEDIC DE GARDA           | Paine 300g/zi, ou fiert 1buc<br>unt 20g, ceai 250ml<br>423.2 kcal          | Supa de rosii cu galuste de faina 250 ml<br>musaca de cartofi 300g, banane 1 buc<br>1242.54 kcal                   | Macaroane cu varza 300g<br>504.7 kcal                       | 2170.44 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: