



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

MENIUL ZILEI DE SAMBATA 31.01.2026

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, sunca 100g, unt 20g, ceai 250ml, lamaie 5 g 424.5 kcal	Supa de fidea 250ml, varza secuiasca 350g, portocale 1 buc 918.73 kcal	Cascaval 100g, br topita 40g, ardei 1 buc, ceai 250ml 500 kcal	1843.23 kcal
PASIRAT	Paine 300g/zi, ceai 250ml	Supa de morcov 250 ml, orez fiert cu piept de pui 450g	Ceai 250 ml	1168.69 kcal
DIABET	Paine 200g/zi, sunca 100g, unt 20g, ceai 250ml, lamaie 5 g 424.5 kcal	Supa de fidea 250ml, varza secuiasca 350g, portocale 1 buc 918.73 kcal	Cascaval 100g, br topita 40g, ardei 1 buc, ceai 250ml 500 kcal	1843.23 kcal
DIABET DESODAT	Paine 300g/zi, branza pufoasa 140g, ceai 250ml 517.3 kcal	Supa de fidea 250ml, piure de cartofi cu pulpa dezosata la cuptor 370g, portocale 1 buc 862.97 kcal	Cascaval 100g, br topita 40g, ardei 1 buc, ceai 250ml 500 kcal	1880.27 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, branza pufoasa 140g, ceai 250ml 517.3 kcal	Supa de fidea 250ml, piure de cartofi cu pulpa dezosata la cuptor 370g, portocale 1 buc 862.97 kcal	Cascaval 100g, br topita 40g, ardei 1 buc, ceai 250ml 500 kcal	1880.27 kcal
GASTRO-HEPATIC	Paine 300g/zi, sunca 100g, unt 20g, ceai 250ml, lamaie 5 g 424.5 kcal	Supa de fidea 250ml, piure de cartofi cu pulpa dezosata la cuptor 370g, portocale 1 buc 862.97 kcal	Cascaval 100g, br topita 40g, ardei 1 buc, ceai 250ml 500 kcal	1778.56 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, branza pufoasa 140g, ceai 250ml 517.3 kcal	Supa de fidea 250ml, piure de cartofi cu pulpa dezosata la cuptor 370g, portocale 1 buc 862.97 kcal	Cascaval 100g, br topita 40g, ardei 1 buc, ceai 250ml 500 kcal	1880.27 kcal
MEDIC DE GARDA	Paine 300g/zi, sunca 100g, unt 20g, ceai 250ml, lamaie 5 g 424.5 kcal	Supa de fidea 250ml, piure de cartofi cu pulpa dezosata la cuptor 370g, portocale 1 buc 862.97 kcal	Cascaval 100g, br topita 40g, ardei 1 buc, ceai 250ml 500 kcal	1787.47 kcal

Atentie! Unele preparate din meniu pot contine unul sau mai mulți 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: