**SPITALUL ORASENESC TANDAREI**
JUDETUL IALOMITA

**APROBAT**
MANAGER

Av. STROE ADRIANA

# MENIU SAPTAMANAL

- ACEST MENIU POATE SUFERI MODIFICARI IN FUNCTIE DE RECOMANDARILE MEDICALE ,DE NECESITATILE NUTRITIONALE ALE PACIENTILOR SAU DE DISPONIBILITATEA ALIMENTELOR

## 22.06.2026 - 28.06.2026

NR. 1748 / 22.06.2026

DIRECTOR MEDICAL ,
DR. MOISESCU VLAD ANDREI

DIRECTOR FIN. CONTABIL ,
EC. CEAPA SOFICA

CPIAAM ,
AS . PR. IG . CIOBANU ANDREEA

SPITALUL ORASENESC TANDAREI
JUDETUL IALOMITA

Se Aproba,
MANAGER,
AV . STROE ADRIANA

# MENIUL ZILEI DE LUNI - 22.06.2026

| REGIM | DIMINEATA | GUSTARE 10 | FRANZ | GUSTARE 16 | SEARA |
|---|---|---|---|---|---|
| COMUN | BR PROASPATA 50 G<br>CRENVURSTI 50 G<br>PAINE 100 GR ,CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI CU TAITEI 300 ML *<br>MANCARE DE SPANAC + CARNE PUI 200 G / 90 G<br>,PAINE 200 gr * | TURTA DULCE 100 G | BUDINCA 150 G , SUNCA PRAGA 50 G<br>PAINE 100G , CEAI 250 ML |
| CARDIACI | BR PROASPATA 50 G<br>CRENVURSTI 50 G<br>PAINE 100 GR ,CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI CU TAITEI 300 ML *<br>MANCARE DE SPANAC + CARNE PUI 200 G / 90 G<br>,PAINE 200 gr * | TURTA DULCE 100 G | BUDINCA 150 G , SUNCA PRAGA 50 G<br>PAINE 100G , CEAI 250 ML |
| COPII 3-16 ANI | BR PROASPATA 50 G<br>CRENVURSTI 50 G<br>PAINE 100 GR ,CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI CU TAITEI 300 ML *<br>MANCARE DE SPANAC + CARNE PUI 200 G / 90 G<br>,PAINE 200 gr * | TURTA DULCE 100 G | BUDINCA 150 G , SUNCA PRAGA 50 G<br>PAINE 100G , CEAI 250 ML |
| HIDRIC | CEAI NEINDULCIT 250 ML | | SUPA STRECURATA 250 ML | | CEAI NEINDULCIT 250ML |
| INSOTITORI | BR PROASPATA 50 G<br>CRENVURSTI 50 G<br>PAINE 100 GR ,CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI CU TAITEI 300 ML *<br>MANCARE DE SPANAC + CARNE PUI 200 G / 90 G<br>,PAINE 200 gr * | TURTA DULCE 100 G | BUDINCA 150 G , SUNCA PRAGA 50 G<br>PAINE 100G , CEAI 250 ML |
| DIABET | BR PROASPATA 50 G<br>CRENVURSTI 50 G<br>PAINE 100 GR ,CEAI 250 ml | BISCUITI DIGESTIVI 60 G<br>BR SMANTANA 100 G | CIORBA DE PUI CU TAITEI 300 ML *<br>MANCARE DE SPANAC + CARNE PUI 200 G / 90 G<br>,PAINE 200 gr * | MAR COPT 100G | BUDINCA 150 G , SUNCA PRAGA 50 G<br>PAINE 100G , CEAI 250 ML |
| BILIAR /GASTRIC | BR PROASPATA 50 G<br>CRENVURSTI 50 G<br>PAINE 100 GR ,CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI CU TAITEI 300 ML *<br>MANCARE DE SPANAC + CARNE PUI 200 G / 90 G<br>,PAINE 200 gr * | TURTA DULCE 100 G | BUDINCA 150 G , SUNCA PRAGA 50 G<br>PAINE 100G , CEAI 250 ML |
| HEPATIC | BR PROASPATA 50 G<br>CRENVURSTI 50 G<br>PAINE 100 GR ,CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI CU TAITEI 300 ML *<br>MANCARE DE SPANAC + CARNE PUI 200 G / 90 G<br>,PAINE 200 gr * | TURTA DULCE 100 G | BUDINCA 150 G , SUNCA PRAGA 50 G<br>PAINE 100G , CEAI 250 ML |
| DESODAT | BR PROASPATA 50 G<br>CRENVURSTI 50 G<br>PAINE 100 GR ,CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI CU TAITEI 300 ML *<br>MANCARE DE SPANAC + CARNE PUI 200 G / 90 G<br>,PAINE 200 gr * | TURTA DULCE 100 G | BUDINCA 150 G , SUNCA PRAGA 50 G<br>PAINE 100G , CEAI 250 ML |

***Substante care cauzeaza alergii sau intolerante alimentare :**
***CEREALE CARE CONTIN GLUTEN SI PRODUSE DERIVATE**
***OUA SI PRODUSE DERIVATE**
***PESTE SI PRODUSE DERIVATE**
***LAPTE SI PRODUSE DERIVATE**
*** PRODUS CONGELAT**
**1 PAINE = 400 GR**

**DIRECTOR MEDICAL**
**DR. MOISESCU VLAD ANDREI**

**DIR. FIN CONTABIL ,**
**EC. CEAPA SOFICA**

**CPIAAM**
**AS. CIOBANU ANDREEA**

SPITALUL ORASENESC TANDAREI
JUDETUL IALOMITA

Se Aproba,
MANAGER,
AV . STROE ADRIANA

# MENIUL ZILEI DE MARTI - 23.06.2026

| REGIM | DIMINEATA | GUSTARE 10 | PRANZ | GUSTARE 16 | SEARA |
|---|---|---|---|---|---|
| COMUN | SALAM 50 G<br>OU FIERT 60 G , MASLINE 50 G<br>PAINE 100 GR ,CEAI 250 ml | CORN 50 G | CIORBA DE PERISOARE 300 ML *<br>TOCANA DE LEGUME CU CARNE PUI 200 G / 90 G<br>PAINE 200 gr * | TURTA DULCE 100G | PATE FICAT 100G , GEM 20G ,<br>UNT 20G<br>PAINE 100G , CEAI 250 ML |
| CARDIACI | SALAM 50 G<br>OU FIERT 60 G , MASLINE 50 G<br>PAINE 100 GR ,CEAI 250 ml | CORN 50 G | CIORBA DE PERISOARE 300 ML *<br>TOCANA DE LEGUME CU CARNE PUI 200 G / 90 G<br>PAINE 200 gr * | TURTA DULCE 100G | PATE FICAT 100G , GEM 20G ,<br>UNT 20G<br>PAINE 100G , CEAI 250 ML |
| COPII 3-16 ANI | SALAM 50 G<br>OU FIERT 60 G , MASLINE 50 G<br>PAINE 100 GR ,CEAI 250 ml | CORN 50 G | CIORBA DE PERISOARE 300 ML *<br>TOCANA DE LEGUME CU CARNE PUI 200 G / 90 G<br>PAINE 200 gr * | TURTA DULCE 100G | PATE FICAT 100G , GEM 20G ,<br>UNT 20G<br>PAINE 100G , CEAI 250 ML |
| HIDRIC | CEAI NEINDULCIT 250 ML | | SUPA STRECURATA 250 ML | | CEAI NEINDULCIT 250ML |
| INSOTITORI | SALAM 50 G<br>OU FIERT 60 G , MASLINE 50 G<br>PAINE 100 GR ,CEAI 250 ml | CORN 50 G | CIORBA DE PERISOARE 300 ML *<br>TOCANA DE LEGUME CU CARNE PUI 200 G / 90 G<br>PAINE 200 gr * | TURTA DULCE 100G | PATE FICAT 100G , GEM 20G ,<br>UNT 20G<br>PAINE 100G , CEAI 250 ML |
| DIABET | SALAM 50 G<br>OU FIERT 60 G , MASLINE 50 G<br>PAINE 100 GR ,CEAI 250 ml | BISCUITI 50 G<br>LAURT 125 G | CIORBA DE PERISOARE 300 ML *<br>TOCANA DE LEGUME CU CARNE PUI 200 G / 90 G<br>PAINE 200 gr * | MAR COPT 100G | PATE FICAT 100G , GEM 20G ,<br>UNT 20G<br>PAINE 100G , CEAI 250 ML |
| BILIAR /GASTRIC | SALAM 50 G<br>OU FIERT 60 G , MASLINE 50 G<br>PAINE 100 GR ,CEAI 250 ml | CORN 50 G | CIORBA DE PERISOARE 300 ML *<br>TOCANA DE LEGUME CU CARNE PUI 200 G / 90 G<br>PAINE 200 gr * | TURTA DULCE 100G | PATE FICAT 100G , GEM 20G ,<br>UNT 20G<br>PAINE 100G , CEAI 250 ML |
| HEPATIC | SALAM 50 G<br>OU FIERT 60 G , MASLINE 50 G<br>PAINE 100 GR ,CEAI 250 ml | CORN 50 G | CIORBA DE PERISOARE 300 ML *<br>TOCANA DE LEGUME CU CARNE PUI 200 G / 90 G<br>PAINE 200 gr * | TURTA DULCE 100G | PATE FICAT 100G , GEM 20G ,<br>UNT 20G<br>PAINE 100G , CEAI 250 ML |
| DESODAT | SALAM 50 G<br>OU FIERT 60 G , MASLINE 50 G<br>PAINE 100 GR ,CEAI 250 ml | CORN 50 G | CIORBA DE PERISOARE 300 ML *<br>TOCANA DE LEGUME CU CARNE PUI 200 G / 90 G<br>PAINE 200 gr * | TURTA DULCE 100G | PATE FICAT 100G , GEM 20G ,<br>UNT 20G<br>PAINE 100G , CEAI 250 ML |

***Substante care cauzeaza alergii sau intolerante alimentare :**
***CEREALE CARE CONTIN GLUTEN SI PRODUSE DERIVATE**
***OUA SI PRODUSE DERIVATE**
***PESTE SI PRODUSE DERIVATE**
***LAPTE SI PRODUSE DERIVATE**
*** PRODUS CONGELAT**
**1 PAINE + 400 GR**

**DIRECTOR MEDICAL**
**DR. MOISESCU VLAD ANDREI**

**DIR. FIN CONTABIL ,**
**EC. CEAPA SOFICA**

**CPIAAM**
**AS. CIOBANU ANDREEA**

SPITALUL ORASENESC TANDAREI
JUDETUL IALOMITA

Se Aproba,
MANAGER,
AV . STROE ADRIANA

# MENIUL ZILEI DE MIERCURI - 24.06.2026

| REGIM | DIMINEATA | GUSTARE 10 | PRANZ | GUSTARE 16 | SEARA |
|---|---|---|---|---|---|
| COMUN | CASCAVAL 50 G<br>SALAM 50 G<br>PAINE 100 GR ,CEAI 250 ml | EUGENIA 35 G | CIORBA DE PUI CU TAITETI 300 ML *<br>MANCARE DE MAZARE CU CARNATI PUI 200 G / 50 G<br>,PAINE 200 gr * | SALAM DE BISCUITI 70 G | SUNCA 50 G<br>TELEMEA DE VACA 50 G ,<br>ZACUSCA 50 G<br>PAINE 100G , CEAI 250 ML |
| CARDIACI | CASCAVAL 50 G<br>SALAM 50 G<br>PAINE 100 GR ,CEAI 250 ml | EUGENIA 35 G | CIORBA DE PUI CU TAITETI 300 ML *<br>MANCARE DE MAZARE CU CARNATI PUI 200 G / 50 G<br>,PAINE 200 gr * | SALAM DE BISCUITI 70 G | SUNCA 50 G<br>TELEMEA DE VACA 50 G ,<br>ZACUSCA 50 G<br>PAINE 100G , CEAI 250 ML |
| COPII 3-16 ANI | CASCAVAL 50 G<br>SALAM 50 G<br>PAINE 100 GR ,CEAI 250 ml | EUGENIA 35 G | CIORBA DE PUI CU TAITETI 300 ML *<br>PILAF DE OREZ CU CARNE PUI 200 G / 90 G<br>,PAINE 200 gr * | SALAM DE BISCUITI 70 G | SUNCA 50 G<br>TELEMEA DE VACA 50 G ,<br>ZACUSCA 50 G<br>PAINE 100G , CEAI 250 ML |
| HIDRIC | CEAI NEINDULCIT 250 MI | | SUPA STRECURATA 250 ML | | CEAI NEINDULCIT 250ML |
| INSOTITORI | CASCAVAL 50 G<br>SALAM 50 G<br>PAINE 100 GR ,CEAI 250 ml | EUGENIA 35 G | CIORBA DE PUI CU TAITETI 300 ML *<br>MANCARE DE MAZARE CU CARNATI PUI 200 G / 50 G<br>,PAINE 200 gr * | SALAM DE BISCUITI 70 G | SUNCA 50 G<br>TELEMEA DE VACA 50 G ,<br>ZACUSCA 50 G<br>PAINE 100G , CEAI 250 ML |
| DIABET | CASCAVAL 50 G<br>SALAM 50 G<br>PAINE 100 GR ,CEAI 250 ml | BISCUITI DIGESTIVI 50 G<br>IAURT 125G | CIORBA DE PUI CU TAITETI 300 ML *<br>MANCARE DE MAZARE CU CARNATI PUI 200 G / 50 G<br>,PAINE 200 gr * | MAR COPT 100G | SUNCA 50 G<br>TELEMEA DE VACA 50 G ,<br>ZACUSCA 50 G<br>PAINE 100G , CEAI 250 ML |
| BILIAR /GASTRIC | CASCAVAL 50 G<br>SALAM 50 G<br>PAINE 100 GR ,CEAI 250 ml | EUGENIA 35 G | CIORBA DE PUI CU TAITETI 300 ML *<br>PILAF DE OREZ CU CARNE PUI 200 G / 90 G<br>,PAINE 200 gr * | SALAM DE BISCUITI 70 G | SUNCA 50 G<br>TELEMEA DE VACA 50 G ,<br>ZACUSCA 50 G<br>PAINE 100G , CEAI 250 ML |
| HEPATIC | CASCAVAL 50 G<br>SALAM 50 G<br>PAINE 100 GR ,CEAI 250 ml | EUGENIA 35 G | CIORBA DE PUI CU TAITETI 300 ML *<br>PILAF DE OREZ CU CARNE PUI 200 G / 90 G<br>,PAINE 200 gr * | SALAM DE BISCUITI 70 G | SUNCA 50 G<br>TELEMEA DE VACA 50 G ,<br>ZACUSCA 50 G<br>PAINE 100G , CEAI 250 ML |
| DESODAT | CASCAVAL 50 G<br>SALAM 50 G<br>PAINE 100 GR ,CEAI 250 ml | EUGENIA 35 G | CIORBA DE PUI CU TAITETI 300 ML *<br>MANCARE DE MAZARE CU CARNATI PUI 200 G / 50 G<br>,PAINE 200 gr * | SALAM DE BISCUITI 70 G | SUNCA 50 G<br>TELEMEA DE VACA 50 G ,<br>ZACUSCA 50 G<br>PAINE 100G , CEAI 250 ML |

***Substante care cauzeaza alergii sau intolerante alimentare :**
***CEREALE CARE CONTIN GLUTEN SI PRODUSE DERIVATE**
***OUA SI PRODUSE DERIVATE**
***PESTE SI PRODUSE DERIVATE**
***LAPTE SI PRODUSE DERIVATE**
*** PRODUS CONGELAT**
**1 PAINE = 400 GR**

**DIRECTOR MEDICAL**
**DR. MOISESCU VLAD ANDREI**

**DIR. FIN CONTABIL ,**
**EC. CEAPA SOFICA**

**CPIAAM**
**AS. CIOBANU ANDREEA**

SPITALUL ORASENESC TANDAREI
JUDETUL IALOMITA

Se Aproba,
MANAGER,
AV . STROE ADRIANA

# MENIUL ZILEI DE JOI - 25.06.2026

| REGIM | DIMINEATA | GUSTARE 10 | FRANZ | GUSTARE 16 | SEARA |
|---|---|---|---|---|---|
| COMUN | SALAM 50 G,PATE FICAT 100G PAINE 100 G , CEAI 250 ML | NAPOLITANA 45 G | SUPA DE GALUSTE CU CARNE PUI 300 ML * MANCARE DE PASTAI CU CARNE PUI 200G / 90 G PAINE 200 gr * | BISCUITI PETIT 100G | UNT 20 G , CEM 20 G , PAINE 100G , SUNCA PRAGA 50 G CEAI 250 ML |
| CARDIACI | SALAM 50 G,PATE FICAT 100G PAINE 100 G , CEAI 250 ML | NAPOLITANA 45 G | SUPA DE GALUSTE CU CARNE PUI 300 ML * MANCARE DE PASTAI CU CARNE PUI 200G / 90 G PAINE 200 gr * | BISCUITI PETIT 100G | UNT 20 G , CEM 20 G , PAINE 100G , SUNCA PRAGA 50 G CEAI 250 ML |
| COPII 3-16 ANI | SALAM 50 G,PATE FICAT 100G PAINE 100 G , CEAI 250 ML | NAPOLITANA 45 G | SUPA DE GALUSTE CU CARNE PUI 300 ML * MANCARE DE PASTAI CU CARNE PUI 200G / 90 G PAINE 200 gr * | BISCUITI PETIT 100G | UNT 20 G , CEM 20 G , PAINE 100G , SUNCA PRAGA 50 G CEAI 250 ML |
| HIDRIC | CEAI NEINDULCIT 250 ML | | SUPA STRECURATA 250 ML | | CEAI NEINDULCIT 250ML |
| INSOTITORI | SALAM 50 G,PATE FICAT 100G PAINE 100 G , CEAI 250 ML | NAPOLITANA 45 G | SUPA DE GALUSTE CU CARNE PUI 300 ML * MANCARE DE PASTAI CU CARNE PUI 200G / 90 G PAINE 200 gr * | BISCUITI PETIT 100G | UNT 20 G , CEM 20 G , PAINE 100G , SUNCA PRAGA 50 G CEAI 250 ML |
| DIABET | SALAM 50 G,PATE FICAT 100G PAINE 100 G , CEAI 250 ML | BISC DIGESTIVI 50 G BRANSAMANT 100G 125 GR | SUPA DE GALUSTE CU CARNE PUI 300 ML * MANCARE DE PASTAI CU CARNE PUI 200G / 90 G PAINE 200 gr * | MAR COPT 100 G | UNT 20 G , CEM 20 G , PAINE 100G , SUNCA PRAGA 50 G CEAI 250 ML |
| BILIAR /GASTRIC | SALAM 50 G,PATE FICAT 100G PAINE 100 G , CEAI 250 ML | NAPOLITANA 45 G | SUPA DE GALUSTE CU CARNE PUI 300 ML * MANCARE DE PASTAI CU CARNE PUI 200G / 90 G PAINE 200 gr * | BISCUITI PETIT 100G | UNT 20 G , CEM 20 G , PAINE 100G , SUNCA PRAGA 50 G CEAI 250 ML |
| HEPATIC | SALAM 50 G,PATE FICAT 100G PAINE 100 G , CEAI 250 ML | NAPOLITANA 45 G | SUPA DE GALUSTE CU CARNE PUI 300 ML * MANCARE DE PASTAI CU CARNE PUI 200G / 90 G PAINE 200 gr * | BISCUITI PETIT 100G | UNT 20 G , CEM 20 G , PAINE 100G , SUNCA PRAGA 50 G CEAI 250 ML |
| DESODAT | SALAM 50 G,PATE FICAT 100G PAINE 100 G , CEAI 250 ML | NAPOLITANA 45 G | SUPA DE GALUSTE CU CARNE PUI 300 ML * MANCARE DE PASTAI CU CARNE PUI 200G / 90 G PAINE 200 gr * | BISCUITI PETIT 100G | UNT 20 G , CEM 20 G , PAINE 100G , SUNCA PRAGA 50 G CEAI 250 ML |

***Substante care cauzeaza alergii sau intolerante alimentare :**
***CEREALE CARE CONTIN GLUTEN SI PRODUSE DERIVATE**
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**1 PAINE + 400 GR**

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**CPIAAM**
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SPITALUL ORASENESC TANDAREI
JUDETUL IALOMITA

Se Aproba,
MANAGER,
AV . STROE ADRIANA

# MENIUL ZILEI DE VINERI -26.06.2026

| REGIM | DIMINEATA | GUSTARE 10 | PRANZ | GUSTARE 16 | SEARA |
|---|---|---|---|---|---|
| COMUN | BR PROASPATA * 50 G, CRENVURSTI 50 GR, PAINE 100 GR,CEAI 250 ml | PRAJITURA 45G | SUPA DE FASOLE CU CARNATI PUI 300 ML * PIURE DIN FULGI CARTOFI/SOS / FICATEI 200 G / 90 G ARDEI COPTI IN OTET,PAINE 200G * | TURTA DULCE 100G, | CASCAVAL 50 G, MASLINE 50 G, SUNCA 50 G, GEM 20 G, UNT 20 G, PAINE 100G, CEAI 250 ML |
| CARDIACI | TELEMEA DE VACA * 50 G, SALAM CU SUNCA 50 GR, PAINE 100 GR,CEAI 250 ml | PRAJITURA 45G | SUPA DE FASOLE CU CARNATI PUI 300 ML * PIURE DIN FULGI CARTOFI/SOS / FICATEI 200 G / 90 G ARDEI COPTI IN OTET,PAINE 200G * | TURTA DULCE 100G, | CASCAVAL 50 G, MASLINE 50 G, SUNCA 50 G, GEM 20 G, UNT 20 G, PAINE 100G, CEAI 250 ML |
| COPII 3-16 ANI | BR PROASPATA * 50 G, CRENVURSTI 50 GR, PAINE 100 GR,CEAI 250 ml | PRAJITURA 45G | SUPA DE FASOLE CU CARNATI PUI 300 ML * PIURE DIN FULGI CARTOFI/SOS / FICATEI 200 G / 90 G ARDEI COPTI IN OTET,PAINE 200G * | TURTA DULCE 100G, | CASCAVAL 50 G, MASLINE 50 G, SUNCA 50 G, GEM 20 G, UNT 20 G, PAINE 100G, CEAI 250 ML |
| HIDRIC | CEAI NEINDULCIT 250 ML | | SUPA STRECURATA 250 ML | | CEAI NEINDULCIT 250ML |
| INSOTITORI | BR PROASPATA * 50 G, CRENVURSTI 50 GR, PAINE 100 GR,CEAI 250 ml | PRAJITURA 45G | SUPA DE FASOLE CU CARNATI PUI 300 ML * PIURE DIN FULGI CARTOFI/SOS / FICATEI 200 G / 90 G ARDEI COPTI IN OTET,PAINE 200G * | TURTA DULCE 100G, | CASCAVAL 50 G, MASLINE 50 G, SUNCA 50 G, GEM 20 G, UNT 20 G, PAINE 100G, CEAI 250 ML |
| DIABET | BR PROASPATA * 50 G, CRENVURSTI 50 GR, PAINE 100 GR,CEAI 250 ml | BISC DIGESTIVI 50 G BR SMANTANA 100 G | SUPA DE FASOLE CU CARNATI PUI 300 ML * PIURE DIN FULGI CARTOFI/SOS / FICATEI 200 G / 90 G ARDEI COPTI IN OTET,PAINE 200G * | MAR COPT 200 G COMFOT DIETETIC 150 ML | CASCAVAL 50 G, MASLINE 50 G, SUNCA 50 G, GEM 20 G, UNT 20 G, PAINE 100G, CEAI 250 ML |
| BILIAR /GASTRIC | BR PROASPATA * 50 G, CRENVURSTI 50 GR, PAINE 100 GR,CEAI 250 ml | PRAJITURA 45G | SUPA DE PUI CU LEGUME 300 ML * PIURE DIN FULGI CARTOFI/SOS / FICATEI 200 G / 90 G ARDEI COPTI IN OTET,PAINE 200G * | TURTA DULCE 100G, | CASCAVAL 50 G, MASLINE 50 G, SUNCA 50 G, GEM 20 G, UNT 20 G, PAINE 100G, CEAI 250 ML |
| HEPATIC | BR PROASPATA * 50 G, CRENVURSTI 50 GR, PAINE 100 GR,CEAI 250 ml | PRAJITURA 45G | SUPA DE PUI CU LEGUME 300 ML * PIURE DIN FULGI CARTOFI/SOS / FICATEI 200 G / 90 G ARDEI COPTI IN OTET,PAINE 200G * | TURTA DULCE 100G, | CASCAVAL 50 G, MASLINE 50 G, SUNCA 50 G, GEM 20 G, UNT 20 G, PAINE 100G, CEAI 250 ML |
| DESODAT | BR PROASPATA * 50 G, CRENVURSTI 50 GR, PAINE 100 GR,CEAI 250 ml | PRAJITURA 45G | SUPA DE FASOLE CU CARNATI PUI 300 ML * PIURE DIN FULGI CARTOFI/SOS / FICATEI 200 G / 90 G ARDEI COPTI IN OTET,PAINE 200G * | TURTA DULCE 100G, | CASCAVAL 50 G, MASLINE 50 G, SUNCA 50 G, GEM 20 G, UNT 20 G, PAINE 100G, CEAI 250 ML |

***Substante care cauzeaza alergii sau intolerante alimentare :**
***CEREALE CARE CONTIN GLUTEN SI PRODUSE DERIVATE**
***OUA SI PRODUSE DERIVATE**
***PESTE SI PRODUSE DERIVATE**
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**1 PAINE + 400 GR**

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SPITALUL ORASENESC TANDAREI
JUDETUL IALOMITA

Se Aproba,
MANAGER,
AV . STROE ADRIANA

# MENIUL ZILEI DE SAMBATA -27.06.2026

| REGIM | DIMINEATA | GUSTARE 10 | PRANZ | GUSTARE 16 | SEARA |
|---|---|---|---|---|---|
| COMUN | TELEMEA DE VACA 50G * SALATA DE VINETE 50 G, MASLINE 50 G PAINE 100 GR * , CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI 300 ML * GHIVECI ASORTAT CU LEGUME CU CARNE PUI 200G / 90 G, ,PAINE 200 gr * | FUGENIA 35 G | CRENVURSTI 50 G, UNT 20 G, GEM 20 G , CASCAVAL 50 G, PAINE 100 G, CEAI 250 ML |
| CARDIACI | TELEMEA DE VACA 50G * SALATA DE VINETE 50 G, MASLINE 50 G PAINE 100 GR * , CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI 300 ML * GHIVECI ASORTAT CU LEGUME CU CARNE PUI 200G / 90 G, ,PAINE 200 gr * | FUGENIA 35 G | CRENVURSTI 50 G, UNT 20 G, GEM 20 G , CASCAVAL 50 G, PAINE 100 G, CEAI 250 ML |
| COPII 3-16 ANI | TELEMEA DE VACA 50G * SALATA DE VINETE 50 G, MASLINE 50 G PAINE 100 GR * , CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI 300 ML * GHIVECI ASORTAT CU LEGUME CU CARNE PUI 200G / 90 G, ,PAINE 200 gr * | FUGENIA 35 G | CRENVURSTI 50 G, UNT 20 G, GEM 20 G , CASCAVAL 50 G, PAINE 100 G, CEAI 250 ML |
| HIDRIC | CEAI NEINDULCIT 250 ML | | SUPA STRECURATA 250 ML | | CEAI NEINDULCIT 250ML |
| INSOTITORI | TELEMEA DE VACA 50G * SALATA DE VINETE 50 G, MASLINE 50 G PAINE 100 GR * , CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI 300 ML * GHIVECI ASORTAT CU LEGUME CU CARNE PUI 200G / 90 G, ,PAINE 200 gr * | FUGENIA 35 G | CRENVURSTI 50 G, UNT 20 G, GEM 20 G , CASCAVAL 50 G, PAINE 100 G, CEAI 250 ML |
| DIABET | TELEMEA DE VACA 50G * SALATA DE VINETE 50 G, MASLINE 50 G PAINE 100 GR * , CEAI 250 ml | BR SMANTANA 100G BISC DIGESTIVI 50 G | CIORBA DE PUI 300 ML * GHIVECI ASORTAT CU LEGUME CU CARNE PUI 200G / 90 G, ,PAINE 200 gr * | MAR COPT 100G | CRENVURSTI 50 G, UNT 20 G, GEM 20 G , CASCAVAL 50 G, PAINE 100 G, CEAI 250 ML |
| BILIAR /GASTRIC | TELEMEA DE VACA 50G * SALATA DE VINETE 50 G, MASLINE 50 G PAINE 100 GR * , CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI 300 ML * GHIVECI ASORTAT CU LEGUME CU CARNE PUI 200G / 90 G, ,PAINE 200 gr * | FUGENIA 35 G | CRENVURSTI 50 G, UNT 20 G, GEM 20 G , CASCAVAL 50 G, PAINE 100 G, CEAI 250 ML |
| HEPATIC | TELEMEA DE VACA 50G * SALATA DE VINETE 50 G, MASLINE 50 G PAINE 100 GR * , CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI 300 ML * GHIVECI ASORTAT CU LEGUME CU CARNE PUI 200G / 90 G, ,PAINE 200 gr * | FUGENIA 35 G | CRENVURSTI 50 G, UNT 20 G, GEM 20 G , CASCAVAL 50 G, PAINE 100 G, CEAI 250 ML |
| DESODAT | TELEMEA DE VACA 50G * SALATA DE VINETE 50 G, MASLINE 50 G PAINE 100 GR * , CEAI 250 ml | SALAM DE BISCUITI 70 G | CIORBA DE PUI 300 ML * GHIVECI ASORTAT CU LEGUME CU CARNE PUI 200G / 90 G, ,PAINE 200 gr * | FUGENIA 35 G | CRENVURSTI 50 G, UNT 20 G, GEM 20 G , CASCAVAL 50 G, PAINE 100 G, CEAI 250 ML |

***Substante care cauzeaza alergii sau intolerante alimentare :**
***CEREALE CARE CONTIN GLUTEN SI PRODUSE DERIVATE**
***OUA SI PRODUSE DERIVATE**
***PESTE SI PRODUSE DERIVATE**
***LAPTE SI PRODUSE DERIVATE**
*** PRODUS CONGELAT**
**1 PAINE = 400 GR**

**DIRECTOR MEDICAL**
**DR. MOISESCU VLAD ANDREI**

**DIR. FIN CONTABIL ,**
**EC. CEAPA SOFICA**

**CPIAAM**
**AS. CIOBANU ANDREEA**

SPITALUL ORASENESC TANDAREI
JUDETUL IALOMITA

Se Aproba,
MANAGER,
AV . STROE ADRIANA

# MENIUL ZILEI DE DUMINICA - 28.06.2026

| REGIM | DIMINEATA | GUSTARE 10 | PRANZ | GUSTARE 16 | SEARA |
|---|---|---|---|---|---|
| COMUN | SALAM 50G ,<br>TELEMEA DE VACA 50 G*<br>OU FIERT 60 G *<br>PAINE 100 GR ,CEAI 250 ml | BISC PETIT 50 G | CIORBA DE PERISOARE 300 ML *<br>PILAF DE OREZ CU AMESTEC MEXICAN SI CARNE PUI 200/90 G<br>GOGOSARI IN OTET 100 G ,PAINE 200 gr *, | NAPOLITANA 45 G<br>COMPOT GUTUI 150 ML | BRANZA PROASPATA 50 g CU PASTE FAINOASE 150G , MASLINE 50 G<br>SUNCA PRAGA 50 G ,<br>PAINE 100G , CEAI 250 ML |
| CARDIACI | SALAM 50G ,<br>TELEMEA DE VACA 50 G*<br>OU FIERT 60 G *<br>PAINE 100 GR ,CEAI 250 ml | BISC PETIT 50 G | CIORBA DE PERISOARE 300 ML *<br>PILAF DE OREZ CU AMESTEC MEXICAN SI CARNE PUI 200/90 G<br>GOGOSARI IN OTET 100 G ,PAINE 200 gr *, | NAPOLITANA 45 G<br>COMPOT GUTUI 150 ML | BRANZA PROASPATA 50 g CU PASTE FAINOASE 150G , MASLINE 50 G<br>SUNCA PRAGA 50 G ,<br>PAINE 100G , CEAI 250 ML |
| COPII 3-16 ANI | SALAM 50G ,<br>TELEMEA DE VACA 50 G*<br>OU FIERT 60 G *<br>PAINE 100 GR ,CEAI 250 ml | BISC PETIT 50 G | CIORBA DE PERISOARE 300 ML *<br>PILAF DE OREZ CU AMESTEC MEXICAN SI CARNE PUI 200/90 G<br>GOGOSARI IN OTET 100 G ,PAINE 200 gr *, | NAPOLITANA 45 G<br>COMPOT GUTUI 150 ML | BRANZA PROASPATA 50 g CU PASTE FAINOASE 150G , MASLINE 50 G<br>SUNCA PRAGA 50 G ,<br>PAINE 100G , CEAI 250 ML |
| COPII 0-3 ANI | SALAM 50G ,<br>TELEMEA DE VACA 50 G*<br>OU FIERT 60 G *<br>PAINE 100 GR ,CEAI 250 ml | BISC PETIT 50 G | CIORBA DE PERISOARE 300 ML *<br>PILAF DE OREZ CU AMESTEC MEXICAN SI CARNE PUI 200/90 G<br>GOGOSARI IN OTET 100 G ,PAINE 200 gr *, | NAPOLITANA 45 G<br>COMPOT GUTUI 150 ML | BRANZA PROASPATA 50 g CU PASTE FAINOASE 150G , MASLINE 50 G<br>SUNCA PRAGA 50 G ,<br>PAINE 100G , CEAI 250 ML |
| HIDRIC | CEAI NEINDULCIT 250 ML | | SUPA STRECURATA 250 ML | | CEAI NEINDULCIT 250ML |
| INSOTITORI | SALAM 50G ,<br>TELEMEA DE VACA 50 G*<br>OU FIERT 60 G *<br>PAINE 100 GR ,CEAI 250 ml | BISC PETIT 50 G | CIORBA DE PERISOARE 300 ML *<br>PILAF DE OREZ CU AMESTEC MEXICAN SI CARNE PUI 200/90 G<br>GOGOSARI IN OTET 100 G ,PAINE 200 gr *, | NAPOLITANA 45 G<br>COMPOT GUTUI 150 ML | BRANZA PROASPATA 50 g CU PASTE FAINOASE 150G , MASLINE 50 G<br>SUNCA PRAGA 50 G ,<br>PAINE 100G , CEAI 250 ML |
| DIABET | SALAM 50G ,<br>TELEMEA DE VACA 50 G*<br>OU FIERT 60 G *<br>PAINE 100 GR ,CEAI 250 ml | BISCUITI DIGESTIVI 60 G<br>BR SMANTANA 100 G | CIORBA DE PERISOARE 300 ML *<br>PILAF DE OREZ CU AMESTEC MEXICAN SI CARNE PUI 200/90 G<br>GOGOSARI IN OTET 100 G ,PAINE 200 gr *, | COMPOT DIETETIC 150 ML | BRANZA PROASPATA 50 g CU PASTE FAINOASE 150G , MASLINE 50 G<br>SUNCA PRAGA 50 G ,<br>PAINE 100G , CEAI 250 ML |
| BILIAR /GASTRIC | SALAM 50G ,<br>TELEMEA DE VACA 50 G*<br>OU FIERT 60 G *<br>PAINE 100 GR ,CEAI 250 ml | BISC PETIT 50 G | CIORBA DE PERISOARE 300 ML *<br>PILAF DE OREZ CU AMESTEC MEXICAN SI CARNE PUI 200/90 G<br>GOGOSARI IN OTET 100 G ,PAINE 200 gr *, | NAPOLITANA 45 G<br>COMPOT GUTUI 150 ML | BRANZA PROASPATA 50 g CU PASTE FAINOASE 150G , MASLINE 50 G<br>SUNCA PRAGA 50 G ,<br>PAINE 100G , CEAI 250 ML |
| HEPATIC | SALAM 50G ,<br>TELEMEA DE VACA 50 G*<br>OU FIERT 60 G *<br>PAINE 100 GR ,CEAI 250 ml | BISC PETIT 50 G | CIORBA DE PERISOARE 300 ML *<br>PILAF DE OREZ CU AMESTEC MEXICAN SI CARNE PUI 200/90 G<br>GOGOSARI IN OTET 100 G ,PAINE 200 gr *, | NAPOLITANA 45 G<br>COMPOT GUTUI 150 ML | BRANZA PROASPATA 50 g CU PASTE FAINOASE 150G , MASLINE 50 G<br>SUNCA PRAGA 50 G ,<br>PAINE 100G , CEAI 250 ML |
| DESODAT | SALAM 50G ,<br>TELEMEA DE VACA 50 G*<br>OU FIERT 60 G *<br>PAINE 100 GR ,CEAI 250 ml | BISC PETIT 50 G | CIORBA DE PERISOARE 300 ML *<br>PILAF DE OREZ CU AMESTEC MEXICAN SI CARNE PUI 200/90 G<br>GOGOSARI IN OTET 100 G ,PAINE 200 gr *, | NAPOLITANA 45 G<br>COMPOT GUTUI 150 ML | BRANZA PROASPATA 50 g CU PASTE FAINOASE 150G , MASLINE 50 G<br>SUNCA PRAGA 50 G ,<br>PAINE 100G , CEAI 250 ML |

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