

**SPITALUL " O. G. ELENA DOAMNA" IASI**  
**MENIU LUNI**

| ALOCATIE | REGIM                  | MIC DEJUN                                                                                                       | PRANZ                                                                                                                                              | SUPLIMENT                                    | CINA                                                                        |
|----------|------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|-----------------------------------------------------------------------------|
| Pacienti | R2 (HIDRIC)ceai + supa | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergeni                                                                    | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina                                    |                                              | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergeni                                |
|          | R3(postoperator)       | Ceai 300 ML ml, br vaci 50 gr, ou fiert 50 gr ( 200 kcal )<br>Alergeni<br>prezenți: Lapte, Ouă                  | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina                                    |                                              | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergeni                                |
|          |                        |                                                                                                                 |                                                                                                                                                    |                                              |                                                                             |
|          | R4(postoperator 4)     | Ceai 300 ml, br vaci 50 gr, ou fiert 50 gr, carne pui gratar 100 gr (305 Kcal) Alergeni<br>prezenți :Lapte, Ouă | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina                                    |                                              | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergeni                                |
|          | R5(comun)              | Ceai 300 ml, paine 300g,Crenvurști , unt 10 gr (330 Kcal) Alergeni: Lapte (unt),gluten                          | Ciorba de legume 400 ml, cartofi natur 200 g, gratar de pui 100 g , eugenie( 565 Kcal) Alergeni :<br>Gluten (Eugenie) Ouă (Eugenie) Lapte (Eugenie | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | Mamaliga cu branza si smantana 350 g ( 620 Kcal)<br><b>ALERGENI : Lapte</b> |
|          | R5+(comun +lehuze)     | Ceai 300 ml, paine 300g,Crenvurști , unt 10 gr (330 Kcal) Alergeni: Lapte (unt),gluten                          | Ciorba de legume 400 ml, cartofi natur 200 g, gratar de pui 100 g , eugenie( 566 Kcal) Alergeni :<br>Gluten (Eugenie) Ouă (Eugenie) Lapte (Eugenie | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | Mamaliga cu branza si smantana 350 g ( 620 Kcal)<br><b>ALERGENI : Lapte</b> |
|          | R6(diabet)             | Ceai 300 ml, paine 300g,Crenvurști , unt 10 gr (330 Kcal) Alergeni: Lapte (unt),gluten                          | Ciorba de legume 400 ml, cartofi natur 200 g, gratar de pui 100 g , eugenie( 567 Kcal) Alergeni :<br>Gluten (Eugenie) Ouă (Eugenie) Lapte (Eugenie | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | Mamaliga cu branza si smantana 350 g ( 620 Kcal)<br><b>ALERGENI : Lapte</b> |

SC EUROMEDICAL PROVIDER SRL

## MENIU MARTI

| ALOCATIE | REGIM                  | MIC DEJUN                                                                                                    | PRANZ                                                                                                                                                        | SUPLIMENT                                 | CINA                                                         |
|----------|------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|--------------------------------------------------------------|
| Pacienti | R2 (HIDRIC)ceai + supa | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergeni                                                                 | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina                                              |                                           | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergeni                 |
|          | R3(postoperator)       | Ceai 300 ML ml, br vaci 50 gr, ou fiert 50 gr ( 200 kcal )<br>Alergeni prezenti: Lapte, Ouă                  |                                                                                                                                                              |                                           |                                                              |
|          |                        |                                                                                                              | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina                                              |                                           | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergeni                 |
|          | R4(postoperator 4)     | Ceai 300 ml, br vaci 50 gr, ou fiert 50 gr, carne pui gratar 100 gr (305 Kcal) Alergeni prezenti :Lapte, Ouă | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina                                              |                                           | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergeni                 |
|          | R5(comun)              | ceai 300 ml, paine 300g, gem 20gr, unt 10 gr (210 Kcal) Alergeni: Lapte (unt), gluten                        | Supa de galuste 400 ml, pilaf sarbesc cu legume 250 gr, ficatei 80 g, salata de varza 80 g, biscuiti 40 g( 890 Kcal)<br><u>Alergeni: Lapte , gluten, oua</u> | iaurt 140 ,ml ( 85 Kcal) Alergeni : lapte | Salata orientala cu masline 350 g( 520 Kcal) Alergeni : oua, |
|          | R5+(comun +lehuze)     | ceai 300 ml, paine 300g, gem 20gr, unt 10 gr (210 Kcal) Alergeni: Lapte (unt), gluten                        | Supa de galuste 400 ml, pilaf sarbesc cu legume 250 gr, ficatei 80 g, salata de varza 80 g, biscuiti 40 g( 890 Kcal)<br><u>Alergeni: Lapte , gluten, oua</u> | iaurt 140 ,ml ( 85 Kcal) Alergeni : lapte | Cartofi gratinati 350 g ( 650 Kcal) Alergeni: lapte          |
|          | R6(diabet)             | ceai 300 ml, paine 300g, gem 20gr, unt 10 gr (210 Kcal) Alergeni: Lapte (unt), gluten                        | Supa de galuste 400 ml, pilaf sarbesc cu legume 250 gr, ficatei 80 g, salata de varza 80 g, biscuiti 40 g( 890 Kcal)<br><u>Alergeni: Lapte , gluten, oua</u> | iaurt 140 ,ml ( 85 Kcal) Alergeni : lapte | Salata orientala cu masline 350 g( 520 Kcal) Alergeni : oua, |

MENIU MIERCURI

| ALOCATIE | REGIM                  | MIC DEJUN                                                                                                     | PRANZ                                                                                                           | SUPLIMENT                                 | CINA                                                          |
|----------|------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------|---------------------------------------------------------------|
| Pacienti | R2 (HIDRIC)ceai + supa | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergeni                                                                  | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina |                                           | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergeni                  |
|          | R3(postoperator)       | Ceai 300 ML ml, br vaci 50 gr, ou fiert 50 gr ( 200 kcal ) Alergeni prezenti: Lapte, Ouă                      | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina |                                           | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergeni                  |
|          | R4(postoperator 4)     | Ceai 300 ml, br vaci 50 gr, ou fiert 50 gr, carne pui gratar 100 gr (305 Kcal) Alergeni prezenti : Lapte, Ouă | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina | iaurt 140 ,ml ( 85 Kcal) Alergeni : lapte | CEAI PLANTE 300 ml, ( 21 KCAL) fara alergeni                  |
|          | R5(comun)              | Ceai 300 ml, paine 300g, br. vaci 30gr, unt 10 gr, ou fiert 50 g ( 360 Kcal ) Alergeni: Lapte (unt), gluten   | Bors de perisoare 400 ml, piure 250g chiftele 100 g, eugenie (930 Kcal) Alergeni: Lapte , gluten, oua           | iaurt 140 ,ml ( 85 Kcal) Alergeni : lapte | Omleta cu branza de vaci 300g( 520 Kcal) Alergeni: oua ,lapte |
|          | R5+(comun +lehuze)     | Ceai 300 ml, paine 300g, br. vaci 30gr, unt 10 gr, ou fiert 50 g ( 360 Kcal ) Alergeni: Lapte (unt), gluten   | Bors de perisoare 400 ml, piure 250g chiftele 100 g, eugenie (930 Kcal) Alergeni: Lapte , gluten, oua           | iaurt 140 ,ml ( 85 Kcal) Alergeni : lapte | Omleta cu branza de vaci 300g( 520 Kcal) Alergeni: oua ,lapte |
|          | R6(diabet)             | Ceai 300 ml, paine 300g, br. vaci 30gr, unt 10 gr, ou fiert 50 g ( 360 Kcal ) Alergeni: Lapte (unt), gluten   | Bors de perisoare 400 ml, piure 250g chiftele 100 g, eugenie (930 Kcal) Alergeni: Lapte , gluten, oua           | iaurt 140 ,ml ( 85 Kcal) Alergeni : lapte | Omleta cu branza de vaci 300g( 520 Kcal) Alergeni: oua ,lapte |

**SPITALUL " O. G. ELENA DOAMNA" IASI**  
**MENIU JOI**

| ALOCATIE | REGIM                  | MIC DEJUN                                                                                                        | PRANZ                                                                                                                | SUPLIMENT                                    | CINA                                                 |
|----------|------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------|------------------------------------------------------|
| Pacienti | R2 (HIDRIC)ceai + supa | ceai 300 ml, unt 20 g,ou fiert 50 g(250 Kcal)<br>Alergeni prezenți : Lapte, Ouă                                  | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina      |                                              | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergen          |
|          | R3(postoperator)       | ceai 300 ml, br vaci 50 gr, ou fiert 50 gr, unt 20 g( 360 kcal)<br>Alergeni prezenți : Lapte, Ouă                | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina      |                                              | CEAI PLANTE 300 ml, ( 21 KCAL) fara alergen          |
|          | R4(postoperator 4)     | Ceai 300 ml, br vaci 50 gr, ou fiert 50 gr, carne pui gratar 100 gr (305 Kcal)<br>Alergeni prezenți : Lapte, Ouă | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina      |                                              | CEAI PLANTE 300 ml, ( 22 KCAL) fara alergen          |
|          | R5(comun)              | Ceai 300 ml, paine 300g, gem 20gr, unt 10 gr (210 Kcal) Alergeni: Lapte (unt), gluten                            | Supa taitei 400 ml, saramura de pui 200 gr, mamaliga 150 gr, naplolitane (780 Kcal)<br>Alergeni: Lapte , gluten, oua | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | cartofi gratinati 300 g ( 560 Kcal )Alergeni : lapte |
|          | R5+(comun +lehuze)     | Ceai 300 ml, paine 300g, gem 20gr, unt 10 gr (210 Kcal) Alergeni: Lapte (unt), gluten                            | Supa taitei 400 ml, saramura de pui 200 gr, mamaliga 150 gr, naplolitane (780 Kcal)<br>Alergeni: Lapte , gluten, oua | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | cartofi gratinati 300 g ( 561 Kcal )Alergeni : lapte |
|          | R6(diabet)             | Ceai 300 ml, paine 300g, gem 20gr, unt 10 gr (210 Kcal) Alergeni: Lapte (unt), gluten                            | Supa taitei 400 ml, saramura de pui 200 gr, mamaliga 150 gr, naplolitane (780 Kcal)<br>Alergeni: Lapte , gluten, oua | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | cartofi gratinati 300 g ( 562 Kcal )Alergeni : lapte |

| ALOCATIE | REGIM                  | MIC DEJUN                                                                                                        | PRANZ                                                                                                           | SUPLIMENT                                    | CINA                                                              |
|----------|------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------------------------|
| Pacienti | R2 (HIDRIC)ceai + supa | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergenii                                                                    | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina |                                              | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergenii                     |
|          | R3(postoperator)       | Ceai 300 ML ml, br vaci 50 gr, ou fiert 50 gr ( 200 kcal )<br>Alergeni prezenti: Lapte, Ouă                      | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina |                                              | CEAI PLANTE 300 ml, ( 21 KCAL) fara alergenii                     |
|          | R4(postoperator 4)     | Ceai 300 ml, br vaci 50 gr, ou fiert 50 gr, carne pui gratar 100 gr (305 Kcal)<br>Alergeni prezenti : Lapte, Ouă | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina |                                              | CEAI PLANTE 300 ml, ( 22 KCAL) fara alergenii                     |
|          | R5(comun)              | Ceai 300 ml, paine 300g, ou 50gr, unt 20 gr( 225 Kcal) Alergeni prezenti : Lapte, Ouă , gluten                   | Bors de sfecla 300ml,parjolute de pui cu piure 350 g ,mar( 720 Kcal) Alergeni: Lapte , gluten, oua              | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | budinca de orez cu mere 350 g( 420Kcal)<br>Alergeni: Lapte , oua  |
|          | R5+(comun +lehuze)     | Ceai 300 ml, paine 300g, ou 50gr, unt 20 gr( 225 Kcal) Alergeni prezenti : Lapte, Ouă , gluten                   | Bors de sfecla 300ml,parjolute de pui cu piure 350 g ,mar( 720 Kcal) Alergeni: Lapte , gluten, oua              | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | budinca de orez cu mere 350 g( 420Kcal)<br>Alergeni: Lapte , oua  |
|          | R6(diabet)             | Ceai 300 ml, paine 300g, ou 50gr, unt 20 gr( 225 Kcal) Alergeni prezenti : Lapte, Ouă , gluten                   | Bors de sfecla 300ml,parjolute de pui cu piure 350 g ,mar( 720 Kcal) Alergeni: Lapte , gluten, oua              | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | budinca de orez cu mere 350 g( 420 Kcal)<br>Alergeni: Lapte , oua |

| ALOCATIE | REGIM                  | MIC DEJUN                                                                                                        | PRANZ                                                                                                           | SUPLIMENT                                    | CINA                                                                      |
|----------|------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------|---------------------------------------------------------------------------|
| Pacienti | R2 (HIDRIC)ceai + supa | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergeni                                                                     | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina |                                              | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergeni                              |
|          | R3(postoperator)       | Ceai 300 ML ml, br vaci 50 gr, ou fiert 50 gr ( 200 kcal )<br>Alergeni prezenti: Lapte, Ouă                      | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina |                                              | CEAI PLANTE 300 ml, ( 21 KCAL) fara alergeni                              |
|          | R4(postoperator 4)     | Ceai 300 ml, br vaci 50 gr, ou fiert 50 gr, carne pui gratar 100 gr (305 Kcal)<br>Alergeni prezenti : Lapte, Ouă | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina |                                              | CEAI PLANTE 300 ml, ( 22 KCAL) fara alergeni                              |
|          | R5(comun)              | Ceai 300 ml, paine 300g, ou 50gr, unt 20 gr( 225 Kcal) Alergeni prezenti : Lapte, Ouă , gluten                   | Ciorba de pui 400ml, cartofi la cuptor 250 g pulpe de pui 100 g, mar ( 790 Kcal) Alergeni: Lapte , gluten, oua  | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | budinca de macaroane cu branza 350 g ( 580 Kcal)<br>Alergeni: Lapte , oua |
|          | R5+(comun +lehuze)     | Ceai 300 ml, paine 300g, ou 50gr, unt 20 gr( 225 Kcal) Alergeni prezenti : Lapte, Ouă , gluten                   | Ciorba de pui 400ml, cartofi la cuptor 250 g pulpe de pui 100 g, mar ( 790 Kcal) Alergeni: Lapte , gluten, oua  | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | budinca de macaroane cu branza 350 g ( 581 Kcal)<br>Alergeni: Lapte , oua |
|          | R6(diabet)             | Ceai 300 ml, paine 300g, ou 50gr, unt 20 gr( 225 Kcal) Alergeni prezenti : Lapte, Ouă , gluten                   | Ciorba de pui 400ml, cartofi la cuptor 250 g pulpe de pui 100 g, mar ( 790 Kcal) Alergeni: Lapte , gluten, oua  | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | budinca de macaroane cu branza 350 g ( 582 Kcal)<br>Alergeni: Lapte , oua |

| ALOCATIE | REGIM                  | MIC DEJUN                                                                                                        | PRANZ                                                                                                                       | SUPLIMENT                                    | CINA                                                          |
|----------|------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|---------------------------------------------------------------|
| Pacienti | R2 (HIDRIC)ceai + supa | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergenii                                                                    | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina             |                                              | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergenii                 |
|          | R3(postoperator)       | Ceai 300 ML ml, br vaci 50 gr, ou fiert 50 gr ( 200 kcal )<br>Alergeni prezenti: Lapte, Ouă                      | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina             |                                              | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergenii                 |
|          | R4(postoperator 4)     | Ceai 300 ml, br vaci 50 gr, ou fiert 50 gr, carne pui gratar 100 gr (305 Kcal)<br>Alergeni prezenti : Lapte, Ouă | supa de pui strecurata 300 ml( ceapa 30g, morvov 30 g, telina 30 g, ardei gras 30 g ( 50 Kcal) Alergeni: telina             |                                              | CEAI PLANTE 300 ml, ( 20 KCAL) fara alergenii                 |
|          | R5(comun)              | Ceai 300 ml, paine 300g, ou 50gr, unt 20 gr( 225 Kcal) Alergeni prezenti : Lapte, Ouă , gluten                   | Bors taranesc 400ml, ghiveci de legume 200 g, copanel de pui 100 g, miniprajitura ( 780 Kcal) Alergeni: Lapte , gluten, oua | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | budinca de gris cu gem 350 g ( 450 Kcal) Alergeni: Lapte, oua |
|          | R5+(comun +lehuze)     | Ceai 300 ml, paine 300g, ou 50gr, unt 20 gr( 225 Kcal) Alergeni prezenti : Lapte, Ouă , gluten                   | Bors taranesc 400ml, ghiveci de legume 200 g, copanel de pui 100 g, miniprajitura ( 780 Kcal) Alergeni: Lapte , gluten, oua | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | budinca de gris cu gem 350 g ( 450 Kcal) Alergeni: Lapte, oua |
|          | R6(diabet)             | Ceai 300 ml, paine 300g, ou 50gr, unt 20 gr( 225 Kcal) Alergeni prezenti : Lapte, Ouă , gluten                   | Bors taranesc 400ml, ghiveci de legume 200 g, copanel de pui 100 g, miniprajitura ( 780 Kcal) Alergeni: Lapte , gluten, oua | iaurt 140 ,ml ( 85 Kcal)<br>Alergeni : lapte | budinca de gris cu gem 350 g ( 450 Kcal) Alergeni: Lapte, oua |