**CONSILIUL LOCAL AL MUNICIPIULUI BAIA MARE**
**SPITALUL DE PNEUMOFTIZIOLOGIE**
***"Dr.Nicolae Ruşdea"***
**BAIA MARE**

430092 Baia Mare ● str. Dr. Victor Babeş nr. 34 ● tel. :(004) 0262-276.897 ● fax: (004) 0262 276.730
Email: secretariat@spitalpneumobaiamare.ro

MENIU ADULTI COMUN – IUNIE 2026

| | Mic dejun | | Pranz | | Cina |
|---|---|---|---|---|---|
| Luni | Ceai 500ml<br>Salam 80gr<br>Unt20gr<br>Paine 140gr<br>Pate de ficat 50gr<br>Castraveti 50gr<br>Ardei 50gr<br>Eugenia 36gr<br>Alergeni :lactoza;gluten | | Supa de gulyas cu carne si galuste-500ml<br>Pulpe de pui 150gr-orez 250gr<br>Salata 100gr<br>Paine 80gr<br>Alergeni :telina; lactoza;gluten;ou | | Mamaliga 250gr+branza 80gr<br>Iaurt zuzu 140gr<br>paine 80gr<br>Ceai 500ml<br>Alergeni: gluten;lactoza |
| Marti | Ceai 500ml<br>Paine 140gr<br>Oua ochiuri 2 buc (100gr)<br>Unt 20gr<br>rosii 50gr<br>Bulete de cascaval 40gr<br>Briose 60gr<br>Masline 20 gr<br>Alergeni: gluten;lactoza; ou | | Supa de varza 500ml<br>Ficat de pui 100gr –pireu de cartofi 250gr<br>Salata 100gr<br>Paine 80gr<br>Alergeni: lactoza;telina;gluten | | Pulpe pui 150gr –mancare de mazare verde 100gr<br>Eugenia 36gr<br>Paine 80gr<br>Ceai 500ml<br>Alergeni: Gluten; |
| Miercuri | Ceai 500ml<br>Paine 140gr<br>Salata de vinete 60gr<br>Branza topita 35gr<br>Unt 20gr<br>Rosii cherry 50gr<br>Castraveti 50gr<br>Napolitane 72 gr | | Supa de carne cu galuste 500ml<br>Varza a la cluj 350gr<br>Paine 80gr<br>Alergeni:gluten; Lactoza ;telina | | Cus cus 250gr -tocanita din piept de pui si ciuperci 150gr –salata 100gr<br>Mere 200gr<br>Paine 80gr<br>;ceai 500ml<br>Alergeni: gluten; lactoza |

| | | | | | |
|---|---|---|---|---|---|
| | Alergeni :gluten;lactoza; | | | | |
| Joi | Ceai 500ml<br>Paine 140gr;<br>Crenwusti 150gr<br>Rulada de cascaval 80gr<br>Zacusca de vinete 60gr<br>Rosii 50gr<br>Mustar 20gr<br>Alergeni: gluten;lactoza; peste | | Supa de fasole uscata 500ml<br>Tocanita de carne 100gr – mamaliga 250gr<br>Castraveti murati 100gr<br>Paine 80gr<br>Alergeni:gluten;telina; ou | | Macaroane 250 gr +branza 80gr<br>Paine 80gr<br>Iaurt zuzu 140gr<br>Ceai 500ml<br>Alergeni:<br>Gluten;<br>Lactoza; |
| Vineri | Ceai500ml<br>Paine 160gr<br>Conserva peste 70gr<br>Unt20gr<br>Cascaval 60gr<br>Ou fiert 50gr<br>Ardei 50gr;<br>Castraveti 50gr<br>Masline 15gr<br>Lamaie 15gr<br>Alergeni:gluten; lactoza;ou; | | Supa de salata verde 500ml<br>Friptura de porc 100gr- cus cus 250gr ; salata 100gr<br>Paine 80gr<br>Alergeni:gluten;<br>Lactoza;telina | | Tocanita de cartofi cu carne 350gr ;salata 100gr<br>Paine 80gr<br>Banana 200gr<br>Ceai 500ml<br>Alergeni:<br>Gluten ; ou ; |
| Sambata | Ceai 500ml<br>Paine 160gr<br>Unt 20gr<br>Mozzarella 60gr<br>Papara 100gr<br>Rosie 50gr<br>Castraveti 50gr<br>Iaurt zuzu 140gr<br>Ardei 50gr<br>Castraveti 50gr<br>Alergeni:gluten lactoza | | Ciorba taraneasca-500ml – carnat cabanos-100gr – mancare de linte 250gr salata 100gr<br>Paine 80gr<br>Alergeni:gluten<br>telina | | Musaca de macaroane 350gr( sos cu carne 100gr )<br>Ceai 500ml<br>Paine 80gr<br>Kiwi 100gr<br>Alergeni:<br>Lactoza;<br>Gluten |
| Duminica | Ceai 500ml<br>Paine 160gr<br>Ardei 50gr<br>Castraveti 50gr | | Supa de carne cu taietei 500ml<br>Cartofi copti 250gr –friptura de porc 100 gr salata asortata 100gr<br>Paine 80gr | | Branza cu smantana 140gr<br>Muschi azuga 80gr<br>Ou fiert 50gr Rosii cherry 50gr<br>croisant 80gr |

| | | | | | |
|---|---|---|---|---|---|
| | Gem 50gr<br>Bulete de cascaval 40gr<br>Unt 20gr<br>Sunca din piept de pui 80gr<br>Branza topita 35gr<br>Alergeni:gluten; lactoza | | Alergeni: gluten<br>telina | | Paine 80gr<br>Ceai 500ml<br>Alergeni:<br>lactoza ; ou;gluten |

**CONSILIUL LOCAL AL MUNICIPIULUI BAIA MARE**
**SPITALUL DE PNEUMOFTIZIOLOGIE**
***"Dr.Nicolae Ruşdea"***
**BAIA MARE**

430092 Baia Mare ● str. Dr. Victor Babeş nr. 34 ● tel. :(004) 0262-276.897 ● fax: (004) 0262 276.730
Email: secretariat@spitalpneumobaiamare.ro

MENIU COPII COMUN – IUNIE 2026

| | Mic dejun | Ora 10 | Pranz | Ora 16 | Cina |
|---|---|---|---|---|---|
| Luni | Ceai 500ml<br>Salam din piept de pui 80gr<br>Unt20gr<br>Paine 140gr<br>Cascaval 60gr<br>Miere poliflora 20gr<br>Castraveti 50gr<br>Ardei 50gr<br>Eugenia 36gr<br>Alergeni :lactoza;gluten | Iaurt cu fructe 140gr<br>Alergeni : lactoza | Supa de cartofi-500ml<br>Pulpe de pui 150gr-orez- 250gr<br>Salata 100gr<br>Paine 80gr<br>Alergeni :telina; lactoza;gluten;ou | Banane 200gr<br>Alergeni : lactoza ; gluten ; ou | Mamaliga 250gr+branza 80gr<br>Iaurt zuzu 140gr<br>paine 80gr<br>Ceai 500ml<br>Alergeni: gluten;lactoza |
| Marti | Ceai 500ml<br>Paine 140gr<br>Oua ochiuri 2 buc (100gr)<br>Unt 20gr<br>rosii 50gr<br>Bulete 40gr<br>Briose 60gr<br>Alergeni: gluten;lactoza; ou | Mere 200gr<br>Alergeni :lactoza; gluten | Supa de varza 500ml<br>Gratar din pulpe pui –pireu de cartofi 250gr<br>Salata asortata 80gr<br>Paine 80gr<br>Alergeni: lactoza;telina;gluten | Eugenia 36gr<br>Alergeni : lactoza ; gluten ; ou | Pulpe pui 150gr – orez 250gr salata de varza 100 gr<br>Paine 80gr<br>Ceai 500ml<br>Alergeni: Gluten; |
| Miercuri | Ceai 500ml<br>Paine 140gr<br>Salata de vinete 60gr<br>Branza telemea 60gr<br>Unt 20gr<br>Ardei 50gr<br>Castraveti 50gr<br>Napolitane 72 gr<br>Alergeni :gluten;lactoza; | Iaurt cu fructe 140gr<br>Alergeni : lactoza | Supa de carne cu galuste500ml<br>Cartofi copti 250gr – pulpa de pui 150gr – salata asortata 80gr<br>Paine 80gr<br>Alergeni:gluten; Lactoza ;telina | Briose 60gr<br>Alergeni : lactoza ; gluten ; ou | Cus cus 250gr - tocanita din piept de pui 100gr –salata de varza 80gr<br>Paine 80gr<br>;ceai 500ml<br>Alergeni: gluten; lactoza |

| | | | | | |
|---|---|---|---|---|---|
| Joi | Ceai 500ml<br>Paine 140gr;<br>Crenwusti 150gr<br>Rulada de cascaval 80 gr<br>Miere poliflora 20gr<br>Rosii 50gr<br>Mustar 20gr<br>Alergeni: gluten;lactoza; peste | Prajitura 100gr<br>Alergeni :lactoza ;gluten ;ou | Supa de carne cu fidea 500ml<br>Friptura de porc 100gr-mamaliga 250gr<br>Paine 80gr<br>Alergeni:gluten;telina; ou | Banana 200gr | Macaroane 250 gr +branza 80gr<br>Iaurt zuzu 140gr<br>Paine 80gr<br>Ceai 500ml<br>Alergeni:<br>Gluten;<br>Lactoza; |
| Vineri | Ceai500ml<br>Paine 160gr<br>Unt20gr<br>Gem 50 gr<br>Ou fiert 50gr<br>Branza cu smantana 140g<br>Rosii cherry 50gr<br>Alergeni:gluten;lactoza;ou; | Briose 60gr<br>Alergeni : lactoza ; gluten ; ou | Supa de fasole verde 500ml<br>Pulpe pui150gr –cus cus 250gr –salata de sfecla 100 gr<br>Paine 80gr<br>Alergeni:gluten;<br>Lactoza;telina | Iaurt cu fructe 140gr<br>Alergeni ; lactoza | Tocanita de cartofi cu carne 350gr<br>Salata 80gr<br>Paine 80g<br>Ceai 500ml<br>Alergeni:<br>Gluten ; ou ; |
| Sambata | Ceai 500ml<br>Paine 160gr<br>Unt 20gr<br>Mozzarella 80gr<br>Salam din piept de pui 80gr<br>Rosie 50gr<br>Castraveti 50gr<br>Iaurt cu fructe 140gr<br>Alergeni:gluten lactoza | Napolitane 72 gr<br>Alergeni : lactoza ; gluten ;ou | Ciorba taraneasca - 500ml –pulpe de pui 150gr –pireu de cartofi- 250gr salata de varza 100gr<br>Paine 80gr<br>Alergeni:gluten telina | Banana 200gr | Musaca de macaroane 350gr( sos cu carne 100gr )<br>Ceai 500ml<br>Paine 80gr<br>Alergeni:<br>Lactoza;<br>Gluten |
| Duminica | Ceai 500ml<br>Paine 160gr<br>Ardei 50gr<br>Castraveti 50gr<br>Gem 50gr<br>Cascaval 60gr<br>Unt 20gr<br>Sunca din piept de pui 80gr<br>Bulete de cascaval 40gr | Cereale cu lapte 200gr<br>Alergeni ;gluten ; lactoza | Supa de carne cu taietei 500ml<br>Cartofi copti 250gr – friptura de porc 100 gr salata de varza 80gr<br>Paine 80gr<br>Alergeni: gluten telina | Banana 200gr | Branza cu smantana 140gr<br>Muschi azuga 80gr<br>Ou fiert 50gr Rosii cherry 50gr<br>Croissant 80gr<br>Paine 80gr<br>Ceai 500ml<br>Alergeni:<br>lactoza ; ou;gluten |

| | | | | | |
|---|---|---|---|---|---|
| | Alergeni:gluten;lactoza | | | | |

**CONSILIUL LOCAL AL MUNICIPIULUI BAIA MARE**
**SPITALUL DE PNEUMOFTIZIOLOGIE**
***"Dr.Nicolae Ruşdea"***
**BAIA MARE**

430092 Baia Mare ● str. Dr. Victor Babeş nr. 34 ● tel. :(004) 0262-276.897 ● fax: (004) 0262 276.730
Email: secretariat@spitalpneumobaiamare.ro

MENIU REGIM FARA SARE – IUNIE 2026

| | Mic dejun | | Pranz | | Cina |
|---|---|---|---|---|---|
| Luni | Ceai 500ml<br>Salam din piept de pui 80gr<br>Unt20gr<br>Paine 140gr<br>Miere poliflora 20gr<br>Castraveti 50gr<br>Ardei 50gr<br>Eugenia 36gr<br>Alergeni :lactoza;gluten | | Supa de gulyas cu carne si galuste-500ml<br>Pulpe de pui 150gr-orez 250gr<br>Salata 100gr<br>Paine 80gr<br>Alergeni :telina; lactoza;gluten;ou | | Mamaliga 250gr+branza 80gr<br>Iaurt zuzu 140gr<br>paine 80gr<br>Ceai 500ml<br>Alergeni: gluten;lactoza |
| Marti | Ceai 500ml<br>Paine 140gr<br>Oua ochiuri 2 buc (100gr)<br>Unt 20gr<br>rosii 50gr<br>Bulete de cascaval 40gr<br>Briose 60gr<br>Masline 20 gr<br>Alergeni: gluten;lactoza; ou | | Supa de varza 500ml<br>Ficat de pui 100gr –pireu de cartofi 250gr<br>Salata 100gr<br>Paine 80gr<br>Alergeni: lactoza;telina;gluten | | Pulpe pui 150gr –mancare de mazare verde 100gr<br>Eugenia 36gr<br>Paine 80gr<br>Ceai 500ml<br>Alergeni: Gluten; |
| Miercuri | Ceai 500ml<br>Paine 140gr<br>Salata de vinete 60gr<br>Branza topita 35gr<br>Unt 20gr<br>Rosii cherry 50gr<br>Castraveti 50gr | | Supa de carne cu galuste 500ml<br>Varza a la cluj 350gr<br>Paine 80gr<br>Alergeni:gluten; Lactoza ;telina | | Cus cus 250gr -tocanita din piept de pui si ciuperci 150gr –salata 100gr<br>Mere 200gr<br>Paine 80gr<br>;ceai 500ml<br>Alergeni: gluten; lactoza |

| | | | | | |
|---|---|---|---|---|---|
| | Napolitane 72 gr<br>Alergeni :gluten;lactoza; | | | | |
| Joi | Ceai 500ml<br>Paine 140gr;<br>Crenwusti 150gr<br>Rulada de cascaval 80gr<br>Zacusca de vinete 60gr<br>Rosii 50gr<br>Mustar 20gr<br>Alergeni: gluten;lactoza; peste | | Supa de fasole uscata 500ml<br>Tocanita de carne 100gr – mamaliga 250gr<br>Castraveti murati 100gr<br>Paine 80gr<br>Alergeni:gluten;telina; ou | | Macaroane 250 gr +branza 80gr<br>Paine 80gr<br>Iaurt zuzu 140gr<br>Ceai 500ml<br>Alergeni:<br>Gluten;<br>Lactoza; |
| Vineri | Ceai500ml<br>Paine 160gr<br>Salam din piept de pui 80gr<br>Unt20gr<br>Cascaval 60gr<br>Ou fiert 50gr<br>Ardei 50gr;<br>Castraveti 50gr<br>Masline 15gr<br>Alergeni:gluten; lactoza;ou; | | Supa de salata verde 500ml<br>Friptura de porc 100gr- cus cus 250gr ; salata 100gr<br>Paine 80gr<br>Alergeni:gluten;<br>Lactoza;telina | | Tocanita de cartofi cu carne 350gr ;salata 100gr<br>Paine 80gr<br>Banana 200gr<br>Ceai 500ml<br>Alergeni:<br>Gluten ; ou ; |
| Sambata | Ceai 500ml<br>Paine 160gr<br>Unt 20gr<br>Urda 60gr<br>Papara 100gr<br>Rosie 50gr<br>Castraveti 50gr<br>Iaurt zuzu 140gr<br>Miere poliflora 20gr<br>Ardei 50gr<br>Alergeni:gluten lactoza | | Ciorba taraneasca-500ml – pulpe pui -100gr –mancare de linte 250gr salata 100gr<br>Paine 80gr<br>Alergeni:gluten<br>telina | | Musaca de macaroane 350gr( sos cu carne 100gr )<br>Ceai 500ml<br>Paine 80gr<br>Kiwi 100gr<br>Alergeni:<br>Lactoza;<br>Gluten |
| Duminica | Ceai 500ml<br>Paine 160gr<br>Ardei | | Supa de carne cu taietei 500ml | | Branza cu smantana 140gr<br>Muschi azuga 80gr |

| | | | | | |
|---|---|---|---|---|---|
| | 50gr<br>Castraveti 50gr<br>Gem 50gr<br>Bulete de cascaval 40gr<br>Unt 20gr<br>Sunca din piept de pui 80gr<br>Branza topita 35gr<br>Alergeni:gluten; lactoza | | Cartofi copti 250gr –friptura de porc 100 gr salata asortata 100gr<br>Paine 80gr<br>Alergeni: gluten<br>telina | | Ou fiert 50gr Rosii cherry 50gr<br>croisant 80gr<br>Paine 80gr<br>Ceai 500ml<br>Alergeni:<br>lactoza ; ou;gluten |

CONSILIUL LOCAL AL MUNICIPIULUI BAIA MARE
SPITALUL DE PNEUMOFTIZIOLOGIE
*"Dr.Nicolae Ruşdea"*
BAIA MARE

430092 Baia Mare ● str. Dr. Victor Babeş nr. 34 ● tel. :(004) 0262-276.897 ● fax: (004) 0262 276.730
Email: secretariat@spitalpneumobaiamare.ro

MENIU REGIM DIABET – IUNIE 2026

| | Mic dejun | | Pranz | | Cina |
|---|---|---|---|---|---|
| Luni | Ceai 500ml<br>Salam din piept de pui 80gr<br>Unt20gr<br>Paine 140gr<br>Pate de ficat 50gr<br>Castraveti 50gr<br>Ardei 50gr<br>Salata de vinete 60gr<br>Alergeni :lactoza;gluten | | Supa de cartofi-500ml<br>Pulpe de pui 150gr-orez 250gr<br>Salata 100gr<br>Paine 80gr<br>Alergeni :telina; lactoza;gluten;ou | | Mamaliga 250gr+branza 80gr<br>Iaurt zuzu 140gr<br>paine 80gr<br>Ceai 500ml<br>Alergeni: gluten;lactoza |
| Marti | Ceai 500ml<br>Paine 140gr<br>Oua ochiuri 2 buc (100gr)<br>Unt 20gr<br>rosii 50gr<br>Bulete de cascaval 40gr<br>Humus 60gr<br>Masline 20 gr<br>Alergeni: gluten;lactoza; ou | | Supa de varza 500ml<br>Ficat de pui 100gr –pireu de cartofi 250gr<br>Salata 100gr<br>Paine 80gr<br>Alergeni: lactoza;telina;gluten | | Pulpe pui 150gr –mancare de mazare verde 250gr<br>Mere 200gr<br>Paine 80gr<br>Ceai 500ml<br>Alergeni: Gluten; |
| Miercuri | Ceai 500ml<br>Paine 140gr<br>Salata de vinete 60gr<br>Branza topita 35gr<br>Unt 20gr<br>Rosii cherry 50gr<br>Castraveti 50gr | | Supa de carne cu zdrente din ou 500ml<br>Varza a la cluj 350gr<br>Paine 80gr<br>Alergeni:gluten; Lactoza ;telina | | Cartofi natur - 250gr - tocanita din piept de pui si ciuperci 150gr<br>Terci de ovaz cu scortisoara si mere 100gr<br>Paine 80gr<br>;ceai 500ml<br>Alergeni: gluten; lactoza |

| | | | | | |
|---|---|---|---|---|---|
| | Salam Victoria 80gr<br>Alergeni :gluten;lactoza; | | | | |
| Joi | Ceai 500ml<br>Paine 140gr;<br>Crenwusti 150gr<br>Rulada de cascaval 80gr<br>Zacusca de vinete 60gr<br>Rosii 50gr<br>Mustar 20gr<br>Branza topita 35gr<br>Alergeni: gluten;lactoza; peste | | Supa de fasole uscata 500ml<br>Tocanita de carne 100gr – mamaliga 250gr<br>Salata de varza 100gr<br>Paine 80gr<br>Alergeni:gluten;telina; ou | | Pulpe de pui 150gr –fasole verde 250gr<br>Paine 80gr<br>Iaurt zuzu 140gr<br>Ceai 500ml<br>Alergeni:<br>Gluten;<br>Lactoza; |
| Vineri | Ceai500ml<br>Paine 160gr<br>Salam din piept de pui 80gr<br>Unt20gr<br>Cascaval 60gr<br>Ou fiert 50gr<br>Ardei 50gr;<br>Castraveti 50gr<br>Masline 15gr<br>Conserva de peste 70gr<br>Alergeni:gluten; lactoza;ou; | | Supa de salata verde 500ml<br>Friptura de porc 100gr- orez 250gr ; salata 100gr<br>Paine 80gr<br>Alergeni:gluten;<br>Lactoza;telina | | Tocanita de cartofi cu carne 350gr ;salata 100gr<br>Paine 80gr<br>Terci de ovaz cu scortisoara si mere 100gr<br>Ceai 500ml<br>Alergeni:<br>Gluten ; ou ; |
| Sambata | Ceai 500ml<br>Paine 160gr<br>Unt 20gr<br>Urda 60gr<br>Papara 100gr<br>Rosie 50gr<br>Castraveti 50gr<br>Iaurt zuzu 140gr<br>Ardei 50gr<br>Alergeni:gluten lactoza | | Ciorba taraneasca-500ml – pulpe pui -100gr –mancare de linte 250gr salata 100gr<br>Paine 80gr<br>Alergeni:gluten<br>telina | | Aripioare de pui -150gr-spanac 250gr<br>Ceai 500ml<br>Paine 80gr<br>Kiwi 100gr<br>Alergeni:<br>Lactoza;<br>Gluten |
| Duminica | Ceai 500ml | | Supa de carne cu taietei 500ml | | Branza cu smantana 140gr |

| | | | | | |
|---|---|---|---|---|---|
| | Paine 160gr<br>Ardei<br>50gr<br>Castraveti 50gr<br>Conserva de peste 70gr<br>Bulete de cascaval 40gr<br>Unt 20gr<br>Sunca din piept de pui 80gr<br>Branza topita 35gr<br>Lamaie 15gr<br>Alergeni:gluten; lactoza | | Cartofi copti 250gr –friptura de porc 100 gr salata asortata 100gr<br>Paine 80gr<br>Alergeni: gluten<br>telina | | Muschi azuga 80gr<br>Ou fiert 50gr Rosii cherry 50gr<br>Branza telemea 80 gr<br>Paine 80gr<br>Ceai 500ml<br>Alergeni:<br>lactoza ; ou;gluten |