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

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MENIU ADULTI COMUN – AUGUST 2026

	Mic dejun		Pranz		Cina
Luni	Ceai 500ml Salam 80gr Unt20gr Paine 140gr Pate de ficat 50gr Castraveti 50gr Ardei 50gr Eugenia 36gr Alergeni :lactoza;gluten		Ciorba a la grec-500ml Carnat cabanos 100gr-iahnie de fasole 250gr Salata 100gr Paine 80gr Alergeni :telina; lactoza;gluten;ou		Mamaliga 250gr+branza 80gr Iaurt zuzu 140gr paine 80gr Ceai 500ml Alergeni: gluten;lactoza
Marti	Ceai 500ml Paine 140gr Papara din 2 buc ou (100gr) Unt 20gr rosii 50gr Bulete de cascaval 40gr Briose 60gr Masline 20 gr Alergeni: gluten;lactoza; ou		Supa de carne cu taietei 500ml Ardei umpluti 300gr Paine 80gr Alergeni: lactoza;telina;gluten; ou		Pulpe pui 150gr –mancare de mazare verde 100gr Eugenia 36gr Paine 80gr Ceai 500ml Alergeni: Gluten;lactoza; telina
Miercuri	Ceai 500ml Paine 140gr Salata de vinete 60gr Branza topita 35gr Unt 20gr Rosii cherry 50gr Castraveti 50gr Napolitane 72 gr		Supa de varza 500ml Ficat de pui 100gr –orez 250gr Salata 100gr Paine 80gr Alergeni:gluten; Lactoza ;telina		Cus cus 250gr -tocanita din piept de pui 100gr – salata 100gr Mere 200gr Paine 80gr ;ceai 500ml Alergeni: gluten; lactoza

	Alergeni :gluten;lactoza;				
Joi	Ceai 500ml Paine 140gr; Crenwusti 150gr Rulada de cascaval 80gr Zacusca de vinete 60gr Rosii 50gr Mustar 20gr Alergeni: gluten;lactoza; peste		Supa de dovlecel 500ml Tocanita de carne porc100gr – piure de cartofi 250gr Castraveti murati 100gr Paine 80gr Alergeni:gluten;telina; ou		Macaroane 250 gr +branza 80gr Paine 80gr Iaurt zuzu 140gr Ceai 500ml Alergeni: Gluten; Lactoza;
Vineri	Ceai500ml Paine 160gr Conserva peste 70gr Unt20gr Cascaval 60gr Ou fiert 50gr Ardei 50gr; Castraveti 50gr Masline 15gr Lamaie 15gr Alergeni:gluten; lactoza;ou;		Supa de fasole verde 500ml Pulpe pui la cuptor 100gr- cus cus 250gr ; salata 100gr Paine 80gr Alergeni:gluten; Lactoza;telina;ou		Tocanita de cartofi cu carne porc 350gr ;salata 100gr Paine 80gr Banana 200gr Ceai 500ml Alergeni: Gluten ;telina
Sambata	Ceai 500ml Paine 160gr Unt 20gr Mozzarella 60gr Papara 100gr Rosie 50gr Castraveti 50gr Iaurt zuzu 140gr Ardei 50gr Castraveti 50gr Alergeni:gluten lactoza		Supa de carne cu galuste - 500ml –costita porc-100gr – mancare de linte 250gr salata 100gr Paine 80gr Alergeni:gluten Telina;ou		Musaca de macaroane 350gr(sos cu carne 100gr) Ceai 500ml Paine 80gr Nectarine 100gr Alergeni: Lactoza; Gluten
Duminica	Ceai 500ml Paine 160gr Ardei 50gr Castraveti 50gr		Supa de carne cu taietei 500ml Pireu de cartofi 250gr –cotlet de porc la tava 100 gr salata asortata 100gr Paine 80gr		Branza cu smantana 140gr Muschi azuga 80gr Ou fiert 50gr Rosii cherry 50gr croisant 80gr

	Gem 50gr Bulete de cascaval 40gr Unt 20gr Sunca din piept de pui 80gr Branza topita 35gr Alergeni:gluten; lactoza		Alergeni: gluten Telina ;ou;lactoza		Paine 80gr Ceai 500ml Alergeni: lactoza ; ou;gluten

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MENIU COPII COMUN – AUGUST 2026

	Mic dejun	Ora 10	Pranz	Ora 16	Cina
Luni	Ceai 500ml Salam din piept de pui 80gr Unt20gr Paine 140gr Cascaval 60gr Miere poliflora 20gr Castraveti 50gr Ardei 50gr Eugenia 36gr Alergeni :lactoza;gluten	Iaurt cu fructe 140gr Alergeni : lactoza	Ciorba a la grec-500ml Pulpe de pui 150gr-orez- 250gr Salata 100gr Paine 80gr Alergeni :telina; lactoza;gluten;ou	Banane 200gr Alergeni : lactoza ; gluten ; ou	Tocanita din piept de pui 100gr–cus cus 250gr Salata 100gr Iaurt zuzu 140gr paine 80gr Ceai 500ml Alergeni: gluten;lactoza
Marti	Ceai 500ml Paine 140gr Papara 100gr Unt 20gr rosii 50gr gem 30gr Briose 60gr Alergeni: gluten;lactoza; ou	Mere 200gr Alergeni :lactoza; gluten	Supa de carne cu taietei 500ml Gratar din pulpe pui –pireu de cartofi 250gr Salata asortata 80gr Paine 80gr Alergeni: lactoza;telina;gluten	Eugenia 36gr Alergeni : lactoza ; gluten ; ou	Pulpe pui 150gr – orez 250gr salata de varza 100 gr Paine 80gr Ceai 500ml Alergeni: Gluten;
Miercuri	Ceai 500ml Paine 140gr Sunca de pui 60gr Cascaval 60gr Unt 20gr Ardei 50gr Castraveti 50gr Napolitane 72 gr Alergeni :gluten;lactoza;	Iaurt cu fructe 140gr Alergeni : lactoza	Supa de carne cu galuste 500ml Cartofi copti 250gr – gratar pulpa de pui 150gr –salata asortata 80gr Paine 80gr Alergeni:gluten; Lactoza ;telina;ou	Briose 60gr Alergeni : lactoza ; gluten ; ou	Cus cus 250gr - tocanita din piept de pui 100gr –salata de varza 80gr Paine 80gr ;ceai 500ml Alergeni: gluten; lactoza
Joi	Ceai 500ml Paine 140gr;	Prajitura 100gr	Supa de cartofi 500ml	Banana 200gr	Macaroane 250 gr +branza 80gr

	Crenwusti 150gr Rulada de cascaval 80 gr Miere poliflora 20gr Rosii 50gr Mustar 20gr Alergeni: gluten;lactoza; peste	Alergeni :lactoza ;gluten ;ou	Friptura de porc 100gr-orez 250gr Salata Paine 80gr Alergeni:gluten;telina;		Iaurt zuzu 140gr Paine 80gr Ceai 500ml Alergeni: Gluten; Lactoza;
Vineri	Ceai500ml Paine 160gr Unt20gr Gem 50 gr Ou fiert 30gr Branza cu smantana 140g Rosii cherry 50gr Alergeni:gluten;lactoza;ou;	Briose 60gr Alergeni : lactoza ; gluten ; ou	Supa de zarzavat cu smantana 500ml Pulpe pui150gr –cus cus 250gr –salata de sfecla 100 gr Paine 80gr Alergeni:gluten; Lactoza;telina	Iaurt cu fructe 140gr Alergeni ; lactoza	Tocanita de cartofi cu carne 350gr Salata 80gr Paine 80g Ceai 500ml Alergeni: Gluten ;
Sambata	Ceai 500ml Paine 160gr Unt 20gr Cascaval 80gr Salam din piept de pui 80gr Rosie 50gr Castraveti 50gr Iaurt cu fructe 140gr Alergeni:gluten lactoza	Napolitane 72 gr Alergeni : lactoza ; gluten ;ou	Supa de carne cu galuste -500ml – friptura din piept de pui 150gr –orez-250gr salata de varza 100gr Paine 80gr Alergeni:gluten Telina;ou	Briose 60gr	Musaca de macaroane 350gr(sos cu carne 100gr) Ceai 500ml Paine 80gr Alergeni: Lactoza; Gluten
Duminica	Ceai 500ml Paine 160gr Ardei 50gr Castraveti 50gr Gem 50gr Cascaval 60gr Unt 20gr Sunca din piept de pui 80gr Bulete de cascaval 40gr Alergeni:gluten;lactoza	Cereale cu lapte 200gr Alergeni ;gluten ; lactoza	Supa de carne cu taietei 500ml Pireu de cartofi 250gr –friptura de porc 100 gr salata de varza 80gr Paine 80gr Alergeni: gluten Telina;ou; lactoza	Banana 200gr	Branza cu smantana 140gr Muschi azuga 80gr Ou fiert 50gr Rosii cherry 50gr Croissant 80gr Paine 80gr Ceai 500ml Alergeni: lactoza ; ou;gluten

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MENIU REGIM FARA SARE – AUGUST 2026

	Mic dejun		Pranz		Cina
Luni	Ceai 500ml Salam din piept de pui 80gr Unt20gr Paine 140gr Miere poliflora 20gr Castraveti 50gr Ardei 50gr Eugenia 36gr Alergeni :lactoza;gluten		Ciorba a la grec-500ml Pulpe de pui 150gr-iahnie de fasole 250gr Salata 100gr Paine 80gr Alergeni :telina; lactoza;gluten;ou		Mamaliga 250gr+branza 80gr Iaurt zuzu 140gr paine 80gr Ceai 500ml Alergeni: gluten;lactoza
Marti	Ceai 500ml Paine 140gr Papara 2 buc ou (100gr) Unt 20gr rosii 50gr Bulete de cascaval 40gr Briose 60gr Masline 20 gr Alergeni: gluten;lactoza; ou		Supa de carne cu taietei 500ml Ardei umpluti 300gr Paine 80gr Alergeni: lactoza;telina;gluten;ou		Pulpe pui 150gr –mancare de mazare verde 100gr Eugenia 36gr Paine 80gr Ceai 500ml Alergeni: Gluten;lactoza
Miercuri	Ceai 500ml Paine 140gr Salata de vinete 60gr Branza topita 35gr Unt 20gr Rosii cherry 50gr Castraveti 50gr		Supa de varza 500ml Ficat de pui 100gr –orez-250gr Salata 100gr Paine 80gr Alergeni:gluten; Lactoza ;telina		Cus cus 250gr -tocanita din piept de pui 100gr – salata 100gr Mere 200gr Paine 80gr ;ceai 500ml Alergeni: gluten; lactoza

	Napolitane 72 gr Alergeni :gluten;lactoza;				
Joi	Ceai 500ml Paine 140gr; Crenwusti 150gr Rulada de cascaval 80gr Zacusca de vinete 60gr Rosii 50gr Mustar 20gr Alergeni: gluten;lactoza; peste		Supa de dovlecel 500ml Tocanita de carne de porc100gr –piure de cartofi 250gr salata 100gr Paine 80gr Alergeni:gluten;telina; lactoza		Macaroane 250 gr +branza 80gr Paine 80gr Iaurt zuzu 140gr Ceai 500ml Alergeni: Gluten; Lactoza;
Vineri	Ceai500ml Paine 160gr Salam din piept de pui 80gr Unt20gr Cascaval 60gr Ou fiert 50gr Ardei 50gr; Castraveti 50gr Masline 15gr Alergeni:gluten; lactoza;ou;		Supa de fasole verde 500ml Pulpe de pui 100gr- cus cus 250gr ; salata 100gr Paine 80gr Alergeni:gluten; Lactoza;telina		Tocanita de cartofi cu carne 350gr ;salata 100gr Paine 80gr Banana 200gr Ceai 500ml Alergeni: Gluten ;
Sambata	Ceai 500ml Paine 160gr Unt 20gr Urda 60gr Papara 100gr Rosie 50gr Castraveti 50gr Iaurt zuzu 140gr Miere poliflora 20gr Ardei 50gr Alergeni:gluten lactoza		Supa de carne cu galuste-500ml –gratar din pulpe pui -100gr –mancare de linte 250gr salata 100gr Paine 80gr Alergeni:gluten Telina;ou		Musaca de macaroane 350gr(sos cu carne 100gr) Ceai 500ml Paine 80gr nectarine 100gr Alergeni: Lactoza; Gluten
Duminica	Ceai 500ml Paine 160gr Ardei		Supa de carne cu taietei 500ml		Branza cu smantana 140gr Muschi azuga 80gr

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

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MENIU REGIM DIABET – AUGUST 2026

	Mic dejun		Pranz		Cina
Luni	Ceai 500ml Salam din piept de pui 80gr Unt20gr Paine 140gr Pate de ficat 50gr Castraveti 50gr Ardei 50gr Salata de vinete 60gr Alergeni :lactoza;gluten		Ciorba a la grec-500ml Pulpe de pui 150gr-mancare de mazare verde 250gr Paine 80gr Alergeni :telina; lactoza;gluten;ou		Mamaliga 250gr+branza 80gr Iaurt zuzu 140gr paine 80gr Ceai 500ml Alergeni: gluten;lactoza
Marti	Ceai 500ml Paine 140gr Papara 2 buc ou (100gr) Unt 20gr rosii 50gr Bulete de cascaval 40gr Humus 60gr Masline 20 gr Alergeni: gluten;lactoza; ou		Supa de legume 500ml Ardei umpluti 300gr Paine 80gr Alergeni: lactoza;telina;gluten;ou		Pulpe pui 150gr –mancare de mazare verde 250gr Mere 200gr Paine 80gr Ceai 500ml Alergeni: Gluten;lactoza
Miercuri	Ceai 500ml Paine 140gr Salata de vinete 60gr Branza topita 35gr Unt 20gr Rosii cherry 50gr Castraveti 50gr		Supa de varza 500ml Ficat de pui 100gr –orez - 250gr Salata 100gr Paine 80gr Alergeni:gluten; Lactoza ;telina		Cartofi natur - 250gr - tocanita din piept 100gr Terci de ovaz cu scortisoara si mere 100gr Paine 80gr ;ceai 500ml Alergeni: gluten; lactoza

	Salam Victoria 80gr Alergeni :gluten;lactoza;				
Joi	Ceai 500ml Paine 140gr; Crenwusti 150gr Rulada de cascaval 80gr Zacusca de vinete 60gr Rosii 50gr Mustar 20gr Branza topita 35gr Alergeni: gluten;lactoza; peste		Supa de dovlecel 500ml Tocanita de carne porc100gr – piure de cartofi 250gr Salata de varza 100gr Paine 80gr Alergeni:gluten;telina;lactoza		Pulpe de pui 150gr –fasole verde 250gr Paine 80gr Iaurt zuzu 140gr Ceai 500ml Alergeni: Gluten; Lactoza;
Vineri	Ceai500ml Paine 160gr Salam din piept de pui 80gr Unt20gr Cascaval 60gr Ou fiert 50gr Ardei 50gr; Castraveti 50gr Masline 15gr Conserva de peste 70gr Alergeni:gluten; lactoza;ou;		Supa de fasole verde 500ml Friptura de porc 100gr- orez 250gr ; salata 100gr Paine 80gr Alergeni:gluten; Lactoza;telina		Tocanita de cartofi cu carne 350gr ;salata 100gr Paine 80gr Terci de ovaz cu scortisoara si mere 100gr Ceai 500ml Alergeni: Gluten ; lactoza
Sambata	Ceai 500ml Paine 160gr Unt 20gr Urda 60gr Papara 100gr Rosie 50gr Castraveti 50gr Iaurt zuzu 140gr Ardei 50gr Alergeni:gluten lactoza		Ciorba taraneasca-500ml – gratar pulpe pui -100gr – mancare de linte 250gr salata 100gr Paine 80gr Alergeni:gluten telina		Aripioare de pui -150gr- spanac 250gr Ceai 500ml Paine 80gr Mere 100gr Alergeni: Lactoza; Gluten

Duminica	Ceai 500ml Paine 160gr Ardei 50gr Castraveti 50gr Conserva de peste 70gr Bulete de cascaval 40gr Unt 20gr Sunca din piept de pui 80gr Branza topita 35gr Lamaie 15gr Alergeni:gluten; lactoza		Supa de carne cu zdrente din ou 500ml Piure de cartofi 250gr – friptura de porc 100 gr salata asortata 100gr Paine 80gr Alergeni: gluten telina		Branza cu smantana 140gr Muschi azuga 80gr Ou fiert 50gr Rosii cherry 50gr Branza telemea 80 gr Paine 80gr Ceai 500ml Alergeni: lactoza ; ou;gluten