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CONSILIUL JUDEȚEAN IAȘI



AVIZAT MEDIC EPIDEMIOLOG

AVIZAT MANAGER,

MENIUL ZILEI SPITALUL CLINIC DE BOLI INFECTIOASE "SFANTA PARASCHEVA" IASI

Data: 9.02.2026

ALOCATIE	REGIM	NR	LUNI MIC DEJUN	PRANZ	CINA	SUPLEMENT
Alti bolnavi adulti (diverse)	R2		ceai 250 ml, paine praj 200g, orez fiert 300g morcov fiert 200g	supa morcov 1L, orez fiert 300g	orez fiert 300g, ceai menta 250 ml,	morcov fiert 200gr
	R2A		ceai 250 ml, paine praj 200g, orez fiert 300g, br.vaci 100g, morcov fiert 100g	supa radacinoase 1L, orez fiert 300g, carne fiarta 80g	orez fiert 300g, br vaci 100g ceai 250 ml,	morcov fiert 100gr
	R3		ceai 250ml, paine 200g, unt 20g, gem 50gr	bors cu sfecla rosie 400ml, pilaf cu legume 350 g	salata de cartofi 350g,	biscuiti 50g, br.vaci 100g
	R4		ceai 250ml, paine 200g, unt 20g, gem 50gr	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne pul 80g	salata de cartofi 350g,	biscuiti 50g, br.vaci 100g
	R3D		ceai 250ml, paine 200g, unt 20g, gem 50gr	bors cu sfecla rosie 400ml, pilaf cu legume 350 g	salata de cartofi 350g,	biscuiti 50g, br.vaci 100g
	R4D		ceai 250ml, paine 200g, unt 20g, gem 50gr	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne pul 80g	salata de cartofi 350g,	biscuiti 50g, br.vaci 100g
Alti bolnavi copii (3-16 ani) diverse	R2		ceai 250 ml, paine praj 200g, orez fiert 300g morcov fiert 200g	supa morcov 1L, orez fiert 300g	orez fiert 300g, ceai menta 250 ml,	morcov fiert 200gr
	R2A		ceai 250 ml, paine praj 200g, orez fiert 300g, br.vaci 100g, morcov fiert 100g	supa radacinoase 1L, orez fiert 300g, carne fiarta 80g	orez fiert 300g, br vaci 100g ceai 250 ml,	morcov fiert 100gr
	R3		ceai 250ml, paine 200g, unt 20g, gem 50gr	bors cu sfecla rosie 400ml, pilaf cu legume 350 g	salata de cartofi 350g,	biscuiti 50g, br.vaci 100g
	R4		ceai 250ml, paine 200g, unt 20g, gem 50gr	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne pul 80g	salata de cartofi 350g,	biscuiti 50g, br.vaci 100g
	R3D		ceai 250ml, paine 200g, unt 20g, gem 50gr	bors cu sfecla rosie 400ml, pilaf cu legume 350 g	salata de cartofi 350g,	biscuiti 50g, br.vaci 100g
	R4D		ceai 250ml, paine 200g, unt 20g, gem 50gr	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne pul 80g	salata de cartofi 350g,	biscuiti 50g, br.vaci 100g
HIV/SIDA ADULTI			ceai 250 ml, paine 200g, laurt 100ml, unt 20g, br.topita 50g	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne pul 100g	Dr. Vaci cu smantana si mamaliguta 350g, gratar de pul 100g	mar, telema 100g
HIV/SIDA COPII			ceai 250 ml, paine 200g, laurt 100ml, unt 20g, br.topita 50g	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne pul 100g	Br. Vaci cu smantana si mamaliguta 350g, gratar de pul 100g	mar, telema 100g
HEPATITA ADULTI	R3H		ceai 250ml, paine 200g, gem 50g, biscuiti 50g, laurt 150ml	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne de pul fiarta 80g	Br. Vaci mamaliguta 350g	mar, telema 100g
	R4H		ceai 250ml, paine 200g, gem 50g, biscuiti 50g, laurt 150ml	bors cu sfecla rosie 400ml, pilaf cu legume 350 g.	Br. Vaci mamaliguta 350g	mar, telema 100g
HEPATITA COPII 3-16 ANI	R3H		ceai 250ml, paine 200g, gem 50g, biscuiti 50g, laurt 150ml	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne de pul fiarta 80g	Br. Vaci mamaliguta 350g	mar, telema 100g
	R4H		ceai 250ml, paine 200g, gem 50g, biscuiti 50g, laurt 150ml	bors cu sfecla rosie 400ml, pilaf cu legume 350 g	Br. Vaci mamaliguta 350g	mar, telema 100g
HEPATITA COPII 0-3 ANI	R3H		ceai 250ml, paine 200g, gem 50g, biscuiti 50g, laurt 150ml	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne de pul fiarta 80g	Br. Vaci si mamaliguta 350g	mar, telema 100g
	R4H		ceai 250 ml, paine 200g, laurt 100ml, unt 20g, br.topita 50g	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne pul 100g	Br. Vaci cu smantana si mamaliguta 350g, gratar de pul 100g	mar, telema 100g
DIABET ADULTI	R3H		ceai 250 ml, paine 200g, laurt 100ml, unt 20g, br.topita 50g	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne pul 100g	Br. Vaci cu smantana si mamaliguta 350g, gratar de pul 100g	mar, telema 100g
	R4H		ceai 250 ml, paine 200g, laurt 100ml, unt 20g, br.topita 50g	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne pul 100g	Br. Vaci cu smantana si mamaliguta 350g, gratar de pul 100g	mar, telema 100g
DIABET COPII			ceai 250 ml, paine 200g, laurt 100ml, unt 20g, br.topita 50g	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne pul 100g	Br. Vaci cu smantana si mamaliguta 350g, gratar de pul 100g	mar, telema 100g
INSOTITORI COPII 0-3 ANI			ceai 250ml, paine 200g, unt 20g, gem 50gr	bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne pul 80g	salata de cartofi 350g,	biscuiti 50g, br.vaci 100g
ALTI INSOTITORI (LA CERERE)						
SUGARI (0-3 ANI)			lapte praf, mucilagiu de orez	supa morcov, br caldica, carne fiarta	- la indicatia medicului	

ASISTENT DIETETICIAN,

AS. Stanila Veronica

AS. Mihaela Lupescu

SEF SERVICIU ADMINISTRATIV,

ING. SAMOLTA ANDREI



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JUDEȚUL IAȘI
CONSILIUL JUDEȚEAN IAȘI



AVIZAT MEDIC EPIDEMIOLOG,

AVIZAT MANAGER,

MENIUL ZILEI SPITALUL CLINIC DE BOLI INFECȚIOASE "SFANTA PARASCHEVA" IAȘI

Data: 10.02.2026 MARTI

ALOCATIE	REGIM	NR	MICDEJUN	PRANZ	CINA	SUPLIMENT
Alți bolnavi adulți (diverse)	R2		ceal 250 ml, paine praj 200g, orez fiert 300g morcov fiert 200g	supa morcov 1L, orez fiert 300g	orez fiert 300g, ceal menta 250 ml,	morcov fiert 200
	R2A		ceal 250 ml, paine praj 200g, orez fiert 300g, br.vaci 100g, morcov fiert 100g	supa radacinoase 1L, orez fiert 300g, carne fiarta 80g	orez fiert 300g, br vad 100g ceal 250 ml,	morcov fiert 100
	R3		ceal 250ml, paine 200g, gem50gr, biscuiti50g unt 20gr	supa cu galuste 400ml, cartofi natur250gr, b.vaci50gr	orez cu legume 350 g (fara mazare)	laurt 150g
	R4		ceal 250ml, paine 200g, gem50gr, biscuiti50g unt 20gr	supa cu galuste 400ml, cartofi natur250gr, ficatel 90 G	omleta 300g	laurt 150g
	R3D		ceal 250ml, paine 200g, gem50gr, biscuiti50g unt20gr	supa cu galuste 400ml, cartofi natur250gr, b.vaci50gr	orez cu legume 350 g (fara mazare)	laurt 150g
	R4D		ceal 250ml, paine 200g, gem50gr, biscuiti 50g, unt20g	supa cu galuste 400ml, cartofi natur250gr, ficatel 90gr.	omleta 300g	laurt 150g
Alți bolnavi copii (3-16 ani) diverse	R2		ceal 250 ml, paine praj 200g, orez fiert 300g morcov fiert 200g	supa morcov 1L, orez fiert 300g	orez fiert 300g, ceal menta 250 ml,	morcov fiert 200
	R2A		ceal 250 ml, paine praj 200g, orez fiert 300g, br.vaci 100g, morcov fiert 100g	supa radacinoase 1L, orez fiert 300g, carne fiarta 80g	orez fiert 300g, br vad 100g ceal 250 ml,	morcov fiert 100
	R3		ceal 250ml, paine 200g, biscuiti80, gem 50g unt 20gr	supa cu galuste 400ml, cartofi natur250gr, b.vaci100g	orez cu legume 350 g (fara mazare)	laurt 150g
	R4		ceal 250ml, paine 200g, gem50g, biscuiti50g unt 20gr	supa cu galuste 400ml, cartofi natur250gr, ficatel pu:90g	omleta 300g	laurt 150g
	R3D		ceal 250ml, paine 200g, gem50g, biscuiti80g unt 20gr	supa cu galuste 400ml, cartofi natur250gr, b.vaci100g	orez cu legume 350 g (fara mazare)	laurt 150g
	R4D		ceal 250ml, paine 200g, gem 50g, biscuiti80g	supa cu galuste 400ml, cartofi natur250gr, b.vaci100gr	omleta 300g	laurt 150g
HIV/SIDA ADULTI			ceal 250 ml, paine 200g, laurt 100ml, unt 20g, br.vad 50g	supa cu galuste 400ml, cartofi natur250gr, ficatel 120g	omleta 300g, carne pui 100gr	napolitane 80g, m.
HIV/SIDA COPII			ceal 250 ml, paine 200g, laurt 100ml, unt 20g, br.vad 50g	supa cu galuste 400ml, cartofi natur250gr, ficatel 120gr	omleta 300g, carne pui 100gr	napolitane 80g, m.
HEPATITA ADULTI	R3H		ceal 250ml, paine 200g, telemea desarata 100g, laurt 100ml	supa cu galuste 400ml, cartofi natur250gr, b.vaci50gr	orez cu legume 350g,	biscuiti 50 g, mar
	R4H		ceal 250ml, paine 200g, telemea desarata 100g, laurt 100ml.	supa cu galuste 400ml, cartofi natur250gr, FICATEI 50gr	orez cu legume 350g, carne pui 100g	biscuiti 50 g, mar
HEPATITA COPII 3-16 ANI	R3H		ceal 250ml, paine 200g, telemea desarata 100g, laurt 100ml	supa cu galuste 400ml, cartofi natur250gr, b.vaci50gr	orez cu legume 350g,	biscuiti 50 g, mar
	R4H		ceal 250ml, paine 200g, telemea desarata 100g, laurt 100ml	supa cu galuste 400ml, cartofi natur250gr FICATEI50gr	orez cu legume 350g, carne pui 100g	biscuiti 50 g, mar
HEPATITA COPII 0-3 ANI	R3H		ceal 250ml, paine 200g, telemea desarata 100g, laurt 100ml	supa cu galuste 400ml, cartofi natur250gr, b.vaci50gr	orez cu legume 350g,	biscuiti 50 g, mar
	R4H		ceal 250ml, paine 200g, telemea desarata 100g, laurt 100ml	supa cu galuste 400ml, cartofi natur250gr, FICATEI50gr	orez cu legume 350g, carne pui 100g	biscuiti 50 g, mar
DIABET ADULTI			ceal 250 ml, paine 200g, laurt 100ml, unt 20g, br.vad 50g	supa cu galuste 400 ml, plure 250gr, ficatel 120 g	omleta 300g, carne pui 100gr	mar, telemea desarata 100g
DIABET COPII			ceal 250 ml, paine 200g, laurt 100ml, unt 20g, br.vad 50g	supa cu galuste 400 ml, plure 300gr, ficatel 120 g	omleta 300g, carne pui 100gr	mar, telemea desarata 100g
INSOTITORI COPII 0-3 ANI			ceal 250ml, paine 200g, gem50gr, biscuiti50g unt 20gr	supa cu galuste 400ml, cartofi natur250gr, ficatel 90 G	omleta 300g	laurt 150g
ALTI INSOTITORI (LA CERERE)						
SUGARI (0-3 ANI)			lapte praf, mucilagiu de orez	supa morcov, br calica, carne fiarta - la indicatia medicului		

ASISTENT DIETETICIAN,

AS. Stanila Veronica

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SEF SERVICIU ADMINISTRATIV,

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AVIZAT MEDIC EPIDEMIOLOG,

AVIZAT MANAGER,

MENIUL ZILEI SPITALUL CLINIC DE BOLI INFECTIOASE "SFANTA PARASCHEVA" IAȘI

Data: 12.02.2026 JOI

ALOCATIE	REGIM	NR	MIC DEJUN	PRANZ	CINA	SUPLIMENT
Alți bolnavi adulti (diverse)	R2		ceai 250 ml, paine praj 200g, orez fiert 300g morcov fiert 200g	supa morcov 1L, orez fiert 300g	orez fiert 300g, ceai menta 250 ml	morcov fiert 200
	R2A		ceai 250 ml, paine praj 200g, orez fiert 300g, br. vaci 100g, morcov fiert 100g	supa radacinoase 1L, orez fiert 300g, carne fiarta 80g	orez fiert 300g, br vaci 100g ceai 250 ml,	morcov fiert 100
	R3		ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g	clorba de pul 400ml, plure cartofi 250g, cu branza de vaci 50g	mamalliga cu b.vaci si smantana 350gr	laurt 150 gr
	R4		ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g	clorba de pul 400ml, plure cartofi 250g cu chiftete 90g	mamalliga cu b.vaci si smantana 350gr	laurt 150 gr
	R3D		ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g	clorba de pul 400ml, plure cartofi 250g, cu branza de vaci 50g	mamalliga cu b.vaci si smantana 350gr	laurt 150 gr
	R4D		ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g	clorba de pul 400ml, plure cartofi 250g cu chiftete 50g	mamalliga cu b.vaci si smantana 350gr	laurt 150 gr
	Alți bolnavi copii (3-16 ani) diverse	R2		ceai 250 ml, paine praj 200g, orez fiert 300g morcov fiert 200g	supa morcov 1L, orez fiert 300g	orez fiert 300g, ceai menta 250 ml
R2A			ceai 250 ml, paine praj 200g, orez fiert 300g, br. vaci 100g, morcov fiert 100g	supa radacinoase 1L, orez fiert 300g, carne fiarta 80g	orez fiert 300g, br vaci 100g ceai 250 ml,	morcov fiert 10
R3			ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g	clorba de pul 400ml, plure cartofi 250g, cu branza de vaci 50g	mamalliga cu b.vaci si smantana 350gr	laurt 150 gr
R4			ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g	clorba de pul 400ml, plure cartofi 250g cu chiftete 90g	mamalliga cu b.vaci si smantana 350gr	laurt 150 gr
R3D			ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g	clorba de pul 400ml, plure cartofi 250g, cu branza de vaci 50g	mamalliga cu b.vaci si smantana 350gr	laurt 150 gr
R4D			ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g	clorba de pul 400ml, plure cartofi 250g cu chiftete 90g	mamalliga cu b.vaci si smantana 350gr	laurt 150 gr
HIV/SIDA ADULTI			ceai 250ml, paine 200g, br. vaci100g, unt 20 gr, laurt 150 gr	clorba de pul 400ml, plure cartofi 250g cu chiftete 90g	mamalliga cu b.vaci si smantana 350gr cu carne pul 100g	napolitane 80 g
HIV/SIDA COPII			ceai 250ml, paine 200g, br. vaci100g, unt 20 gr, laurt 150 gr	clorba de pul 400ml, plure cartofi 250g cu chiftete 90g	mamalliga cu b.vaci si smantana 350gr cu carne pul 100g	napolitane 80 g
HEPATITA ADULTI	R3H		ceai 250ml, paine 200g, b.vaci100gr, laurt 150ml	clorba de pul 400ml, plure cartofi 250g, cu branza de vaci 50g	mamalliga cu b.vaci 350gr	mar, biscuiti 50
	R4H		ceai 250ml, paine 200g, b.vaci100gr, laurt 150ml	clorba de pul 400ml, plure cartofi 250g cu chiftete 90g	mamalliga cu b.vaci 350gr	mar, biscuiti 50
HEPATITA COPII 3-16 ANI	R3H		ceai 250ml, paine 200g, b.vaci100gr, laurt 150ml	clorba de pul 400ml, plure cartofi 250g, cu branza de vaci 50g	mamalliga cu b.vaci 350gr	mar, biscuiti 50
	R4H		ceai 250ml, paine 200g, b.vaci100gr, laurt 150ml	clorba de pul 400ml, plure cartofi 250g cu chiftete 90g	mamalliga cu b.vaci 350gr	mar, biscuiti 50
HEPATITA COPII 0-3 ANI	R3H		ceai 250ml, paine 200g, b.vaci100gr, laurt 150ml	clorba de pul 400ml, plure cartofi 250g, cu branza de vaci 50g	mamalliga cu b.vaci 350gr	mar, biscuiti 50
	R4H		ceai 250ml, paine 200g, b.vaci100gr, laurt 150ml	clorba de pul 400ml, plure cartofi 250g cu chiftete 90g	mamalliga cu b.vaci si smantana 350gr cu carne pul 100g	ou fiert, mar
DIABET ADULTI			ceai 250ml, paine 200g, br. vaci100g, unt 20 gr, laurt 150 gr	clorba de pul 400ml, plure cartofi 250g cu chiftete 90g	mamalliga cu b.vaci si smantana 350gr cu carne pul 100g	ou fiert mar
DIABET COPII			ceai 250ml, paine 200g, br. vaci100g, unt 20 gr, laurt 150 gr	clorba de pul 400ml, plure cartofi 250g cu chiftete 90g	mamalliga cu b.vaci si smantana 350gr	laurt 150 gr
INSOTITORI COPII 0-3 ANI			ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g	clorba de pul 400ml, plure cartofi 250g cu chiftete 90g	mamalliga cu b.vaci si smantana 350gr	laurt 150 gr
ACTI INSOTITORI (LA CERERE)						
SUGARI (0-3 ANI)			lapte praf, muclagiu de orez	supa morcov, br caldica, carne fiarta - la indicatia medicului		

ASISTENT DIETETICIAN,

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AVIZAT MEDIC EPIDEMIOLOG,

AVIZAT MANAGER,

MENIUL ZILEI SPITALUL CLINIC DE BOLI INFECTIOASE "SFANTA PARASCHEVA" IAȘI

Data: 13.02.2026

VINERI

ALOCATIE	REGIM NR	MIC DEJUN	PRANZ	CINA	SUPLIMENT
Alti bolnavi adulți (diverse)	R2	ceal 250 ml, paine praj 200g, orez fiert 300g morcov fiert 200g	supa morcov 1L, orez fiert 300g	orez fiert 300g, ceal menta 250 ml,	morcov fiert 200g
	R2A	ceal 250 ml, paine praj 200g, orez fiert 300g, br.vacl 100g, morcov fiert 100g	supa radacinoase 1L, orez fiert 300g, carne fiarta 80g	orez fiert 300g, br vacd 100g ceal 250 ml,	morcov fiert 100g
	R3	ceal 250ml, paine 200g, b.toplta 2 cub, unt 20g,	Bors taranesc de legume 400ml, paste cu legume 300gr	pilaf cu legume 350gr	mar, biscuiti 50g
	R4	ceal 250ml, paine 200g, b.toplta 2 cub, unt 20g,	Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr	pilaf cu legume 350gr	mar, biscuiti 50g
	R3D	ceal 250ml, paine 200g, b.toplta 2 cub, unt 20g,	Bors taranesc de legume 400ml, paste cu legume 300gr	pilaf cu legume 350gr	mar, biscuiti 50g
	R4D	ceal 250ml, paine 200g, b.toplta 2 cub, unt 20g,	Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr	pilaf cu legume 350gr	mar, biscuiti 50g
Alti bolnavi copii (3-16 ani) diverse	R2	ceal 250 ml, paine praj 200g, orez fiert 300g morcov fiert 200g	supa morcov 1L, orez fiert 300g	orez fiert 300g, ceal menta 250 ml,	morcov fiert 200g
	R2A	ceal 250 ml, paine praj 200g, orez fiert 300g, br.vacl 100g, morcov fiert 100g	supa radacinoase 1L, orez fiert 300g, carne fiarta 80g	orez fiert 300g, br vacd 100g ceal 250 ml,	morcov fiert 100g
	R3	ceal 250ml, paine 200g, b.toplta 2 cub, unt 20g,	Bors taranesc de legume 400ml, paste cu legume 300gr	pilaf cu legume 350gr	mar, biscuiti 50g
	R4	ceal 250ml, paine 200g, b.toplta 2 cub, unt 20g,	Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr	pilaf cu legume 350gr	mar, biscuiti 50g
	R3D	ceal 250ml, paine 200g, b.toplta 2 cub, unt 20g,	Bors taranesc de legume 400ml, paste cu legume 300gr	pilaf cu legume 350gr	mar, biscuiti 50g
	R4D	ceal 250ml, paine 200g, b.toplta 2 cub, unt 20g,	Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr	pilaf cu legume 350gr	mar, biscuiti 50g
HIV/SIDA ADULTI		ceal 250ml, paine 200g, b.toplta 2 cub, unt 20 gr, laurt 150gr	Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr	pastai cu mamalga 350gr, carne pul 100g	telemea 100 g, mar
HIV/SIDA COPII		ceai 250ml, paine 200g, b.toplta 2 cub, unt 20 gr, laurt 150gr	Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr	pilaf cu legume 350gr, carne pul 100g	telemea 100 g, mar
HEPATITA ADULTI	R3H	ceal 250ml, paine 200g, telemea 100 gr, biscuiti 100g,	Bors taranesc de legume 400ml, paste cu legume 300gr	pilaf cu legume 350gr	laurt 150g, mar
	R4H	ceal 250ml, paine 200g, telemea 100 gr, biscuiti 100g,	Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr	pilaf cu legume 350gr	laurt 150g, mar
HEPATITA COPII 3-16 ANI	R3H	ceal 250ml, paine 200g, telemea 100 gr, biscuiti 100g,	Bors taranesc de legume 400ml, paste cu legume 300gr	pilaf cu legume 350gr	laurt 150g, mar
	R4H	ceal 250ml, paine 200g, telemea 100 gr, biscuiti 100g,	Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr	pilaf cu legume 350gr	laurt 150g, mar
HEPATITA COPII 0-3 ANI	R3H	ceal 250ml, paine 200g, telemea 100 gr, biscuiti 100g,	Bors taranesc de legume 400ml, paste cu legume 300gr	pilaf cu legume 350gr	laurt 150g, mar
	R4H	ceal 250ml, paine 200g, telemea 100 gr, biscuiti 100g,	Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr	pilaf cu legume 350gr	laurt 150g, mar
DIABET ADULTI		ceal 250ml, paine 200g, b.toplta 2 cub, unt 20 gr, laurt 150gr	Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr	pastai cu mamalga 350gr, carne pul 100g	telemea 100 g, mar
DIABET COPII		ceal 250ml, paine 200g, b.toplta 2 cub, unt 20 gr, laurt 150gr	Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr	pilaf cu legume 350gr, carne pul 100g	telemea 100 g, mar
INSOTITORI COPII 0-3 ANI	r7	ceal 250ml, paine 200g, b.toplta 2 cub, unt 20g,	Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr	pilaf cu legume 350gr	mar, biscuiti 50g
ALTI INSOTITORI (LA CERERE)					
SUGARI (0-3 ANI)		lapte praf, muclagiu de orez	supa morcov, br caldica, carne fiarta - la indicatia medicului		

ASISTENT DIETETICIAN,

AS. Stanila Veronica

AS. Mihaela Lupescu

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JUDEȚUL IAȘI
CONSILIUL JUDEȚEAN IAȘI



AVIZAT MANAGER,

AVIZAT MEDIC EPIDEMIOLOG,

MENIUL ZILEI SPITALUL CLINIC DE BOLI INFECTIOASE "SFANTA PARASCHEVA" IAȘI

Data: 14.02.2026 SÂMBĂȚĂ

ALOCATIE	REGIM	NR	MIC DEJUN	PRANZ	CINA	SUPLIMENT
Alți bolnavi adulți (diverse)	R2		ceai 250 ml, paine praj 200g, orez fiert 300g morcov fiert 200g	supa morcov 1L, orez fiert 300g	orez fiert 300g, ceai menta 250 ml,	morcov fiert 2
	R2A		ceai 250 ml, paine praj 200g, orez fiert 300g, br.vaci 100g, morcov fiert 100g	supa radacinoase 1L, orez fiert 300g, carne fiarta 80g	orez fiert 300g, br vad 100g ceai 250 ml,	morcov fiert 1
	R3		ceai 250ml, paine 200g, gem50gr, unt 20g,	Bors rusc 400ml, mancarica de cartofi 350gr	Budinca de orez ci mere 350 gr	branza vad 100
	R4		ceai 250ml, paine 200g, gem50gr, unt 20g,	Bors rusc 400ml, mancarica de cartofi 350gr +CARNE PUI	Budinca de orez ci mere 350 gr	branza vad 100
	R3D		ceai 250ml, paine 200g, gem50gr, unt 20g,	Bors rusc 400ml, mancarica de cartofi 350gr	Budinca de orez ci mere 350 gr	branza vad 100
	R4D		ceai 250ml, paine 200g, gem50gr, unt 20g,	Bors rusc 400ml, mancarica de cartofi 350gr +CARNE PUI	Budinca de orez ci mere 350 gr	branza vad 100
Alți bolnavi copii (3-16 ani) diverse	R2		ceai 250 ml, paine praj 200g, orez fiert 300g morcov fiert 200g	supa morcov 1L, orez fiert 300g	orez fiert 300g, ceai menta 250 ml,	morcov fiert 2
	R2A		ceai 250 ml, paine praj 200g, orez fiert 300g, br.vaci 100g, morcov fiert 100g	supa radacinoase 1L, orez fiert 300g, carne fiarta 80g	orez fiert 300g, br vad 100g ceai 250 ml,	morcov fiert 1
	R3		ceai 250ml, paine 200g, gem50gr, unt 20g,	Bors rusc 400ml, mancarica de cartofi 350gr	Budinca de orez ci mere 350 gr	branza vad 100
	R4		ceai 250ml, paine 200g, gem50gr, unt 20g,	Bors rusc 400ml, mancarica de cartofi 350gr +CARNE PUI	Budinca de orez ci mere 350 gr	branza vad 100
	R3D		ceai 250ml, paine 200g, gem50gr, unt 20g,	Bors rusc 400ml, mancarica de cartofi 350gr	Budinca de orez ci mere 350 gr	branza vad 100
	R4D		ceai 250ml, paine 200g, gem50gr, unt 20g,	Bors rusc 400ml, mancarica de cartofi 350gr +CARNE PUI	Budinca de orez ci mere 350 gr	branza vad 100
HIV/SIDA ADULTI			ceai 250 ml, paine 200g, laurt 150ml, unt 20g, sunca 50g	Bors rusc 400ml, mancarica de cartofi 350gr cu carne pui 100 g	mancare de varza 300 gr, mamaliga 250gr, carne pui 100 gr	branza topita 2 cub, mar
HIV/SIDA COPII			ceai 250 ml, paine 200g, laurt 150ml, unt 20g, sunca 50g	Bors rusc 400ml, mancarica de cartofi 350gr cu carne pui 100 g	mancare de varza 300 gr, mamaliga 250gr, carne pui 100 gr	branza topita 2 cub, mar
HEPATITA ADULTI	R3H		ceai 250ml, paine 200g, gem 50g, biscuiti 50g, laurt 150ml	Bors rusc 400ml, MANCARICA DE CARTOFI 350gr	Budinca de orez ci mere 350 gr	telema desarata mar
	R4H		ceai 250ml, paine 200g, gem 50g, biscuiti 50g, laurt 150ml	Bors rusc 400ml, MANCARICA DE CARTOFI 350gr, CARNE PUI 100G	Budinca de orez ci mere 350 gr	telema desarata mar
HEPATITA COPII 3-16 ANI	R3H		ceai 250ml, paine 200g, gem 50g, biscuiti 50g, laurt 150ml	Bors rusc 400ml, MANCARICA DE CARTOFI 350gr	Budinca de orez ci mere 350 gr	telema desarata mar
	R4H		ceai 250ml, paine 200g, gem 50g, biscuiti 50g, laurt 150ml	Bors rusc 400ml, MANCARICA DE CARTOFI 350gr, CARNE DE PUI 100G	Budinca de orez ci mere 350 gr	telema desarata mar
HEPATITA COPII 0-3 ANI	R3H		ceai 250ml, paine 200g, gem 50g, biscuiti 50g, laurt 150ml	Supa cu taletel 400ml, MANCARICA DE CARTOFI 350 G	Budinca de orez ci mere 350 gr	telema desarata mar
	R4H		ceai 250ml, paine 200g, gem 50g, biscuiti 50g, laurt 150ml	Supa cu taletel 400ml, piure 300gr, carne pui 130 gr	Budinca de orez ci mere 350 gr	telema desarata mar
DIABET ADULTI			ceai 250 ml, paine 200g, laurt 150ml, unt 20g, sunca 50g	Bors rusc 400ml, mancarica de cartofi 350gr cu carne pui 100 g	mancare de varza 300 gr, mamaliga 250gr, carne pui 100 gr	branza topita 2 cub, mar
DIABET COPII			ceai 250 ml, paine 200g, laurt 150ml, unt 20g, sunca 50g	Bors rusc 400ml, mancarica de cartofi 350gr cu carne pui 100 g	mancare de varza 300 gr, mamaliga 250gr, carne pui 150 gr	branza topita 2 cub, mar
INSOTITORI COPII 0-3 ANI			ceai 250ml, paine 200g, gem50gr, unt 20g,	Bors rusc 400ml, mancarica de cartofi 350gr	Budinca de orez ci mere 350 gr	branza vad 100g
ALȚI INSOTITORI (LA CERERE)						
SUGARI (0-3 ANI)			lapte praf, mucilagiu de orez	supa morcov, br calcaie, carne fiarta - la indicatia medicului		

ASISTENT DIETETICIAN,

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JUDEȚUL IAȘI
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AVIZAT MANAGER,

AVIZAT MEDIC EPIDEMIOLOG,

MENIUL ZILEI SPITALUL CLINIC DE BOLI INFECTIOASE "SFANTA PARASCHEVA" IASI

Data: 19.02.2026 DUMINICĂ

ALOCATIE	REGIM NR	MIC DEJUN	PRANZ	CINA	SUPLIMENT
Alti bolnavi adulti (diverse)	R2	ceai 250 ml, paine praj 200g, orez fiert 300g morcov fiert 200g	supa morcov 1L, orez fiert 300g	orez fiert 300g, ceai menta 25	morcov fiert 200gr
	R2A	ceai 250 ml, paine praj 200g, orez fiert 300g, br. vad 100g, morcov fiert 100g	supa radacinoase 1L, orez fiert 300g, carne fiarta 80g	orez fiert 300g, br vad 100g ceai 250 ml,	morcov fiert 100gr
	R3	ceai 250ml, paine 200g, biscuiti 50g, unt 20G	Clorba de legume 400ml, cartofi natur cu branza de vad 350 gr	paste cu branza de vad 300 gr	telemea 100g
	R4	ceai 250ml, paine 200g, biscuiti 50g, unt 20G	Clorba de legume 400ml, cartofi natur cu carne pul 350 gr	paste cu branza de vad 300 gr	telemea 100g
	R3D	ceai 250ml, paine 200g, biscuiti 50g, unt 20G	Clorba de legume 400ml, cartofi natur cu branza de vad 350 gr	paste cu branza de vad 300 gr	telemea 100g
	R4D	ceai 250ml, paine 200g, biscuiti 50g, unt 20G	Clorba de legume 400ml, cartofi natur cu carne pul 350 gr	paste cu branza de vad 300 gr	telemea 100g
Alti bolnavi copii (3-16 ani) diverse	R2	ceai 250 ml, paine praj 200g, orez fiert 300g morcov fiert 200g	supa morcov 1L, orez fiert 300g	orez fiert 300g, ceai menta 25	morcov fiert 200gr
	R2A	ceai 250 ml, paine praj 200g, orez fiert 300g, br. vad 100g, morcov fiert 100g	supa radacinoase 1L, orez fiert 300g, carne fiarta 80g	orez fiert 300g, br vad 100g ceai 250 ml,	morcov fiert 100gr
	R3	ceai 250ml, paine 200g, biscuiti 50g, unt 20G	Clorba de legume 400ml, cartofi natur cu branza de vad 350 gr	paste cu branza de vad 300 gr	telemea 100g
	R4	ceai 250ml, paine 200g, biscuiti 50g, unt 20G	Clorba de legume 400ml, cartofi natur cu carne pul 350 gr	paste cu branza de vad 300 gr	telemea 100g
	R3D	ceai 250ml, paine 200g, biscuiti 50g, unt 20G	Clorba de legume 400ml, cartofi natur cu branza de vad 350 gr	paste cu branza de vad 300 gr	telemea 100g
	R4D	ceai 250ml, paine 200g, biscuiti 50g, unt 20G	Clorba de legume 400ml, cartofi natur cu carne pul 350 gr	paste cu branza de vad 300 gr	telemea 100g
HIV/SIDA ADULTI		ceai 250 ml, paine 200g, laurt 100ml, ou fiert, unt 20g	Clorba de legume 400ml, cartofi natur cu carne pul 350 gr	omleta cu carne pul 100 g	mar, telemea 100g
HIV/SIDA COPII		ceai 250 ml, paine 200g, laurt 100ml, ou fiert, unt 20g	Clorba de legume 400ml, cartofi natur cu carne pul 350 gr	omleta cu carne pul 100 g	mar, telemea 100g
HEPATITA ADULTI	R3H	ceai 250ml, paine 200g, br. vad 100g, biscuiti 50g,	Clorba de pul 400ml, cartofi natur 300gr, br vad, 150 gr	paste cu branza de vad 350 g	laurt, mar
	R4H	ceai 250ml, paine 200g, gem 50g, biscuiti 100g, laurt 150ml,	Clorba de pul 400ml, cartofi natur 300 gr, carne pul 130 g	paste cu branza de vad 350 gr	laurt, mar
HEPATITA COPII 3-16 ANI	R3H	ceai 250ml, paine 200g, gem 50g, biscuiti 100g, laurt 150ml,	Clorba de pul 400ml, cartofi natur 300 gr, b. vad 150 gr	paste cu branza de vad 350 gr	laurt, mar
	R4H	ceai 250ml, paine 200g, gem 50g, biscuiti 100g, laurt 150ml,	Clorba de pul 400ml, cartofi natur 300 gr, carne pul 130g	paste cu branza de vad 350 gr	laurt, mar
HEPATITA COPII 0-3 ANI	R3H	ceai 250ml, paine 200gr, laurt 150 ml, br vad 50gr	Clorba de pul 400ml, cartofi natur 300 gr, b. vad 130 gr	paste cu branza de vad 350 gr,	laurt, mar
	R4H	ceai 250ml, paine 200gr, laurt 150 ml, br vad 50gr	Clorba de pul 400ml, cartofi natur 300 gr, carne pul 130 gr	paste cu branza de vad 350 gr,	laurt, mar
DIABET ADULTI		ceai 250 ml, paine 200g, laurt 100ml, ou fiert, unt 20g	Clorba de legume 400ml, cartofi natur cu carne pul 350 gr	omleta cu carne pul 100 g	mar, telemea 100g
DIABET COPII		ceai 250 ml, paine 200g, laurt 100ml, ou fiert, unt 20g	Clorba de legume 400ml, cartofi natur cu carne pul 350 gr	omleta cu carne pul 100 g	mar, telemea 100g
INSOTITORI COPII 0-3 ANI		ceai 250ml, paine 200g, biscuiti 50g, unt 20G	Clorba de legume 400ml, cartofi natur cu carne pul 350 gr	paste cu branza de vad 300 gr	telemea 100g
ALTI INSOTITORI (LA CERERE)					
SUGARI (0-3 ANI)		lapte praft, muclagiu de orez	supa morcov, br caldica, carne fiarta - la indicatia medicului		

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