



ROMÂNIA

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JUDEȚUL IAȘI
CONSILIUL JUDEȚEAN IAȘI



AVIZAT MEDIC EPIDEMIOLOG,

AVIZAT MANAGER,

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

30.03 - 05.04.2026

| | | | 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 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, iaurt 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, telega 100g |
| HIV/SIDA COPII | | ceai 250 ml, paine 200g, iaurt 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, telega 100g |
| HEPATITA ADULTI | R3H | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | bors cu sfecla rosie 400ml, pilaf cu legume 350 g | Br. Vaci mamaliguta 350g | mar, telega 100g |
| | R4H | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne de pul fiarta 80g | Br. Vaci mamaliguta 350g | mar, telega 100g |
| HEPATITA COPII 3-16 ANI | R3H | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | bors cu sfecla rosie 400ml, pilaf cu legume 350 g | Br. Vaci mamaliguta 350g | mar, telega 100g |
| | R4H | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne de pul fiarta 80g | Br. Vaci mamaliguta 350g | mar, telega 100g |
| HEPATITA COPII 0-3 ANI | R3H | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | bors cu sfecla rosie 400ml, pilaf cu legume 350 g | Br. Vaci mamaliguta 350g | mar, telega 100g |
| | R4H | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | bors cu sfecla rosie 400ml, pilaf cu legume 350 g, carne de pul fiarta 80g | Br. Vaci si mamaliguta 350g | mar, telega 100g |
| DIABET ADULTI | | ceai 250 ml, paine 200g, iaurt 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, telega 100g |
| DIABET COPII | | ceai 250 ml, paine 200g, iaurt 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, telega 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 CBRERE) | | | | | |
| SUGARI (0-3 ANI) | | lapte praf, muclagi de orez | supa morcov, br calcaie, carne fiarta - la indicatia medicului | | |

ASISTENT DIETETICIAN,

SEF SERVICIU ADMINISTRATIV,

ING. SAMOILA ANDREI



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AVIZAT MEDIC EPIDEMIOLOG,

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

Data :

MARTI

| ALOCATIE | REGIM | NR | MIC DEJUN | PRANZ | CINA | SUPLIMENT |
|---------------------------------------|-------|----|--------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------|----------------------------|
| Alti bolnavi adulti (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 vaci 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 |
| 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 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 vaci 100g ceal 250 ml, | morcov fiert 100 |
| | R3 | | ceal 250ml, paine 200g, biscuiti80, gem 50g unt 20gr | supa cu galuste 400ml, cartofi natur250gr, b.vaci100gr | 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 pul 90g | omleta 300g | laurt 150g |
| | R3D | | ceal 250ml, paine 200g, gem50g, biscuiti80g unt 20gr | supa cu galuste 400ml, cartofi natur250gr, b.vaci100gr | 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.vaci 50g | supa cu galuste 400ml, cartofi natur250gr, ficatel 120g | omleta 300g, carne pul 100gr | napolitane 80g, mar |
| HIV/SIDA COPII | | | ceal 250 ml, paine 200g, laurt 100ml, unt 20g, br.vaci 50g | supa cu galuste 400ml, cartofi natur250gr, ficatel 120gr | omleta 300g, carne pul 100gr | napolitane 80g, mar |
| 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 pul 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 FICATEI 50gr | orez cu legume 350g, carne pul 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, FICATEI 50gr | orez cu legume 350g, carne pul 100g | biscuiti 50 g, mar |
| DIABET ADULTI | | | ceal 250 ml, paine 200g, laurt 100ml, unt 20g, br.vaci 50g | supa cu galuste 400 ml, plure 250gr, ficatel 120 g | omleta 300g, carne pul 100gr | mar, telemea desarata 100g |
| DIABET COPII | | | ceal 250 ml, paine 200g, laurt 100ml, unt 20g, br.vaci 50g | supa cu galuste 400 ml, plure 300gr, ficatel 120 g | omleta 300g, carne pul 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 caldica, carne fiarta - la indicatia medicului | | |

ASISTENT DIETETICIAN,

AS. Stanila Veronica

SEF SERVICIU ADMINISTRATIV,

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Data :

MIERCURI

| 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 200g |
| | 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 100g |
| | R3 | | ceai 250ml, paine 200g, gem 50gr, biscuiti 50g, margarina 20g | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | telemea 50g |
| | R4 | | ceai 250ml, paine 200g, gem 50gr, biscuiti 50g, margarina 20g | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | telemea 50g |
| | R3D | | ceai 250ml, paine 200g, gem 50gr, biscuiti 50g, margarina 20g | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | telemea 50g |
| | R4D | | ceai 250ml, paine 200g, gem 50gr, biscuiti 50g, margarina 20g | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | telemea 50g |
| 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 200g |
| | 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 100g |
| | R3 | | ceai 250ml, paine 200g, gem 50gr, biscuiti 50g, margarina 20g | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | telemea 50g |
| | R4 | | ceai 250ml, paine 200g, gem 50gr, biscuiti 50g, margarina 20g | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | telemea 50g |
| | R3D | | ceai 250ml, paine 200g, gem 50gr, biscuiti 50g, margarina 20g | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | telemea 50g |
| | R4D | | ceai 250ml, paine 200g, gem 50gr, biscuiti 50g, margarina 20g | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | telemea 50g |
| HIV/SIDA ADULTI | | | ceai 250 ml, paine 200g, iaurt 150ml, unt 20g, sunca 50g | bors de perisoare 400ml, ghiveci de legume 350g, carne pul 100g | pastai cu mamaliguta 350 gr, carne pul 80 gr | ou fiert + mar |
| HIV/SIDA COPII | | | ceai 250 ml, paine 200g, iaurt 150ml, unt 20g, sunca 50g | bors de perisoare 400ml, ghiveci de legume 350g, carne pul 100g | pastai cu mamaliguta 350 gr, carne pul 80 gr | ou fiert + mar |
| HEPATITA ADULTI | R3H | | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | mar, br. Vacii 100g |
| | R4H | | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | mar, br. Vacii 100g |
| HEPATITA COPII 3-16 ANI | R3H | | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | mar, br. Vacii 100g |
| | R4H | | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | mar, br. Vacii 100g |
| HEPATITA COPII 0-3 ANI | R3H | | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | mar, br. Vacii 100g |
| | R4H | | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | mar, br. Vacii 100g |
| DIABET ADULTI | | | ceai 250 ml, paine 200g, iaurt 150ml, unt 20g, sunca 50g | bors de perisoare 400ml, ghiveci de legume 350g, carne pul 100g | pastai cu mamaliguta 350 gr, carne pul 80 gr | telemea 100g + |
| DIABET COPII | | | ceai 250 ml, paine 200g, iaurt 150ml, unt 20g, sunca 50g | bors de perisoare 400ml, ghiveci de legume 350g, carne pul 100g | pastai cu mamaliguta 350 gr, carne pul 80 gr | telemea 100g + |
| INȘOTITORI COPII 0-3 ANI | r7 | | ceai 250ml, paine 200g, gem 50gr, biscuiti 50g, margarina 20g | bors de perisoare 400ml, ghiveci de legume 350g | paste cu sos tomat si legume 350 gr | telemea 50g |
| ALTI INSOTITORI (LA CERERE) | | | | | | |
| SUGARI (0-3 ANI) | | | lapte praf, muclagiu de orez | supa morcov, br caldica, carne fiarta - la indicatia medicului | | |

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AS. Mihaela Lupescu

SEF SERVICIU ADMINISTRATIV,

ING. SAMOILA ANDREI



AVIZAT MANAGER,

AVIZAT MEDIC EPIDEMIOLOG,

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

| Data : | JOI | | | | | |
|---------------------------------------|-------|----|---------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------|--------------------|
| 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 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, b.vaci50gr, biscuiti 50g unt 20g | ciorba de pui 400ml, piure cartofi 250g, cu branza de vaci 50g | mamaliga cu b.vaci si smantana 350gr | laurt 150 gr |
| | R4 | | ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g | ciorba de pui 400ml, piure cartofi 250g cu chiftete 90g | mamaliga cu b.vaci si smantana 350gr | laurt 150 gr |
| | R3D | | ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g | ciorba de pui 400ml, piure cartofi 250g, cu branza de vaci 50g | mamaliga cu b.vaci si smantana 350gr | laurt 150 gr |
| | R4D | | ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g | ciorba de pui 400ml, piure cartofi 250g cu chiftete 90g | mamaliga cu b.vaci si smantana 350gr | laurt 150 gr |
| 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, b.vaci50gr, biscuiti 50g unt 20g | ciorba de pui 400ml, piure cartofi 250g, cu branza de vaci 50g | mamaliga cu b.vaci si smantana 350gr | laurt 150 gr |
| | R4 | | ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g | ciorba de pui 400ml, piure cartofi 250g cu chiftete 90g | mamaliga cu b.vaci si smantana 350gr | laurt 150 gr |
| | R3D | | ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g | ciorba de pui 400ml, piure cartofi 250g, cu branza de vaci 50g | mamaliga cu b.vaci si smantana 350gr | laurt 150 gr |
| | R4D | | ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g | ciorba de pui 400ml, piure cartofi 250g cu chiftete 90g | mamaliga cu b.vaci si smantana 350gr | laurt 150 gr |
| HIV/SIDA ADULTI | | | ceai 250ml, paine 200g, br. vaci100g, unt 20 gr, laurt 150 gr | ciorba de pui 400ml, piure cartofi 250g cu chiftete 90g | mamaliga cu b.vaci si smantana 350gr cu carne pui 100g | napolitane 80 gr, |
| HIV/SIDA COPII | | | ceai 250ml, paine 200g, br. vaci100g, unt 20 gr, laurt 150 gr | ciorba de pui 400ml, piure cartofi 250g cu chiftete 90g | mamaliga cu b.vaci si smantana 350gr cu carne pui 100g | napolitane 80 gr |
| HEPATITA ADULTI | R3H | | ceai 250ml, paine 200g, b.vaci100gr, laurt 150ml | ciorba de pui 400ml, piure cartofi 250g, cu branza de vaci 50g | mamaliga cu b.vaci 350gr | mar, biscuiti 50g |
| | R4H | | ceai 250ml, paine 200g, b.vaci100gr, laurt 150ml | ciorba de pui 400ml, piure cartofi 250g cu chiftete 90g | mamaliga cu b.vaci 350gr | mar, biscuiti 50g |
| HEPATITA COPII 3-16 ANI | R3H | | ceai 250ml, paine 200g, b.vaci100gr, laurt 150ml | ciorba de pui 400ml, piure cartofi 250g, cu branza de vaci 50g | mamaliga cu b.vaci 350gr | mar, biscuiti 50g |
| | R4H | | ceai 250ml, paine 200g, b.vaci100gr, laurt 150ml | ciorba de pui 400ml, piure cartofi 250g cu chiftete 90g | mamaliga cu b.vaci 350gr | mar, biscuiti 50g |
| HEPATITA COPII 0-3 ANI | R3H | | ceai 250ml, paine 200g, b.vaci100gr, laurt 150ml | ciorba de pui 400ml, piure cartofi 250g, cu branza de vaci 50g | mamaliga cu b.vaci 350gr | mar, biscuiti 50g |
| | R4H | | ceai 250ml, paine 200g, b.vaci100gr, laurt 150ml | ciorba de pui 400ml, piure cartofi 250g cu chiftete 90g | mamaliga cu b.vaci 350gr | mar, biscuiti 50g |
| DIABET ADULTI | | | ceai 250ml, paine 200g, br. vaci100g, unt 20 gr, laurt 150 gr | ciorba de pui 400ml, piure cartofi 250g cu chiftete 90g | mamaliga cu b.vaci si smantana 350gr cu carne pui 100g | ou fiert, mar |
| DIABET COPII | | | ceai 250ml, paine 200g, br. vaci100g, unt 20 gr, laurt 150 gr | ciorba de pui 400ml, piure cartofi 250g cu chiftete 90g | mamaliga cu b.vaci si smantana 350gr cu carne pui 100g | ou fiert mar |
| INSOTITORI COPII 0-3 ANI | | | ceai 250ml, paine 200g, b.vaci50gr, biscuiti 50g unt 20g | ciorba de pui 400ml, piure cartofi 250g cu chiftete 90g | mamaliga cu b.vaci si smantana 350gr | laurt 150 gr |
| ALTI INSOTITORI (LA CERERE) | | | | | | |
| SUGĂRI (0-3 ANI) | | | lapte praf, muclagiu de orez | supa morcov, br caldca, carne fiarta - la indicatia medicului | | |

ASISTENT DIETETICIAN,

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JUDEȚUL IAȘI
CONSILIUL JUDEȚEAN IAȘI

AVIZAT MANAGER,

AVIZAT MEDIC EPIDEMIOLOG,

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

Data :

VINERI

| ALOCATIE | REGIM NR | MIC DEJUN | PRANZ | CINA | SUPLIMENT |
|-------------------------------|---------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------|
| Alti 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 200g |
| | 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 100g |
| | R3 | ceai 250ml, paine 200g, b.topita 2 cub, unt 20g, | Bors taranesc de legume 400ml, paste cu legume 300gr | pilaf cu legume 350gr | mar, biscuiti 50g |
| | R4 | ceai 250ml, paine 200g, b.topita 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 | ceai 250ml, paine 200g, b.topita 2 cub, unt 20g, | Bors taranesc de legume 400ml, paste cu legume 300gr | pilaf cu legume 350gr | mar, biscuiti 50g |
| | R4D | ceai 250ml, paine 200g, b.topita 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 | 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 100g |
| R3 | | ceai 250ml, paine 200g, b.topita 2 cub, unt 20g, | Bors taranesc de legume 400ml, paste cu legume 300gr | pilaf cu legume 350gr | mar, biscuiti 50g |
| R4 | | ceai 250ml, paine 200g, b.topita 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 | | ceai 250ml, paine 200g, b.topita 2 cub, unt 20g, | Bors taranesc de legume 400ml, paste cu legume 300gr | pilaf cu legume 350gr | mar, biscuiti 50g |
| R4D | | ceai 250ml, paine 200g, b.topita 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 | | | ceai 250ml, paine 200g, b.topita 2 cub, unt 20 gr, iaurt 150gr | Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr | pastai cu mamaliga 350gr, carne pul 100g |
| HIV/SIDA COPII | | ceai 250ml, paine 200g, b.topita 2 cub, unt 20 gr, iaurt 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 | ceai 250ml, paine 200g, telemea 100 gr, biscuiti 100g, | Bors taranesc de legume 400ml, paste cu legume 300gr | pilaf cu legume 350gr | iaurt 150g, mar |
| | R4H | ceai 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 | iaurt 150g, mar |
| HEPATITA COPII 3-16 ANI | R3H | ceai 250ml, paine 200g, telemea 100 gr, biscuiti 100g, | Bors taranesc de legume 400ml, paste cu legume 300gr | pilaf cu legume 350gr | iaurt 150g, mar |
| | R4H | ceai 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 | iaurt 150g, mar |
| HEPATITA COPII 0-3 ANI | R3H | ceai 250ml, paine 200g, telemea 100 gr, biscuiti 100g, | Bors taranesc de legume 400ml, paste cu legume 300gr | pilaf cu legume 350gr | iaurt 150g, mar |
| | R4H | ceai 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 | iaurt 150g, mar |
| DIABET ADULTI | | ceai 250ml, paine 200g, b.topita 2 cub, unt 20 gr, iaurt 150gr | Bors taranesc de legume 400ml, paste cu sos rosu si carne pul 300gr | pastai cu mamaliga 350gr, carne pul 100g | telemea 100 g, mar |
| DIABET COPII | | ceai 250ml, paine 200g, b.topita 2 cub, unt 20 gr, iaurt 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 | ceai 250ml, paine 200g, b.topita 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, mucilagiu de orez | supa morcov, br calca, carne fiarta - la indicatia medicului | | |

ASISTENT DIETETICIAN,

SEF SERVICIU ADMINISTRATIV,

AS. Stanila Veronica

ING. SAMOILA ANDREI

AS. Mihaela Lupescu



AVIZAT MANAGER,

AVIZAT MEDIC EPIDEMIOLOG,

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

Data :

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 200g |
| | R2A | | ceai 250 ml, paine praj 200g, orez fiert 300g, br. vaci 100g, morcov fiert 100g | supa radacnoase 1L, orez fiert 300g, carne fiarta 80g | orez fiert 300g, br vaci 100g ceai 250 ml, | morcov fiert 100g |
| | R3 | | ceai 250ml, paine 200g, gem 50gr, unt 20g, | Bors rusc 400ml, mancarica de cartofi 350gr | Budinca de orez ci mere 350 gr | branza vaci 100g |
| | R4 | | ceai 250ml, paine 200g, gem 50gr, unt 20g, | Bors rusc 400ml, mancarica de cartofi 350gr + CARNE PUI | Budinca de orez ci mere 350 gr | branza vaci 100g |
| | R3D | | ceai 250ml, paine 200g, gem 50gr, unt 20g, | Bors rusc 400ml, mancarica de cartofi 350gr | Budinca de orez ci mere 350 gr | branza vaci 100g |
| | R4D | | ceai 250ml, paine 200g, gem 50gr, unt 20g, | Bors rusc 400ml, mancarica de cartofi 350gr + CARNE PUI | Budinca de orez ci mere 350 gr | branza vaci 100g |
| 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 200g |
| | R2A | | ceai 250 ml, paine praj 200g, orez fiert 300g, br. vaci 100g, morcov fiert 100g | supa radacnoase 1L, orez fiert 300g, carne fiarta 80g | orez fiert 300g, br vaci 100g ceai 250 ml, | morcov fiert 100g |
| | R3 | | ceai 250ml, paine 200g, gem 50gr, unt 20g, | Bors rusc 400ml, mancarica de cartofi 350gr | Budinca de orez ci mere 350 gr | branza vaci 100g |
| | R4 | | ceai 250ml, paine 200g, gem 50gr, unt 20g, | Bors rusc 400ml, mancarica de cartofi 350gr + CARNE PUI | Budinca de orez ci mere 350 gr | branza vaci 100g |
| | R3D | | ceai 250ml, paine 200g, gem 50gr, unt 20g, | Bors rusc 400ml, mancarica de cartofi 350gr | Budinca de orez ci mere 350 gr | branza vaci 100g |
| | R4D | | ceai 250ml, paine 200g, gem 50gr, unt 20g, | Bors rusc 400ml, mancarica de cartofi 350gr + CARNE PUI | Budinca de orez ci mere 350 gr | branza vaci 100g |
| HIV/SIDA ADULTI | | | ceai 250 ml, paine 200g, iaurt 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, iaurt 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, iaurt 150ml | Bors rusc 400ml, MANCARICA DE CARTOFI 350gr | Budinca de orez ci mere 350 gr | televina desurata mar |
| | R4H | | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | Bors rusc 400ml, MANCARICA DE CARTOFI 350gr, CARNE PUI 100G | Budinca de orez ci mere 350 gr | televina desurata mar |
| HEPATITA COPII 3-16 ANI | R3H | | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | Bors rusc 400ml, MANCARICA DE CARTOFI 350gr | Budinca de orez ci mere 350 gr | televina desurata mar |
| | R4H | | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | Bors rusc 400ml, MANCARICA DE CARTOFI 350gr, CARNE DE PUI 100G | Budinca de orez ci mere 350 gr | televina desurata mar |
| HEPATITA COPII 0-3 ANI | R3H | | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | Supa cu taletel 400ml, MANCARICA DE CARTOFI 350 G | Budinca de orez ci mere 350 gr | televina desurata mar |
| | R4H | | ceai 250ml, paine 200g, gem 50g, biscuiti 50g, iaurt 150ml | Supa cu taletel 400ml, piure 300gr, carne pui 130 gr | Budinca de orez ci mere 350 gr | televina desurata mar |
| DIABET ADULTI | | | ceai 250 ml, paine 200g, iaurt 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, iaurt 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, gem 50gr, unt 20g, | Bors rusc 400ml, mancarica de cartofi 350gr | Budinca de orez ci mere 350 gr | branza vaci 100g |
| ALȚI INSOTITORI (LA CERERE) | | | | | | |
| SUGARI (0-3 ANI) | | | lapte praf, muclagiu de orez | supa morcov, br calca, carne fiarta - la indicatia medicului | | |

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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 :

DUMINICĂ

| ALOCATIE | REGIM NR | MIC DEJUN | PRANZ | CINA | SUPLIMENT |
|----------------------------------|---------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------|------------------------------------|
| Alți bolnavi adulti (diverse) | R2 | ceai 250 ml, pâine 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, pâine 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, pâine 200g, biscuiti 50g, unt 20G | Clorba de legume 400ml, cartofi natur cu branza de vaci 350 gr | paste cu branza de vaci 300 gr | telemea 100g |
| | r4 | ceai 250ml, pâine 200g, biscuiti 50g, unt 20G | Clorba de legume 400ml, cartofi natur cu carne pui 350 gr | paste cu branza de vaci 300 gr | telemea 100g |
| | R3D | ceai 250ml, pâine 200g, biscuiti 50g, unt 20G | Clorba de legume 400ml, cartofi natur cu branza de vaci 350 gr | paste cu branza de vaci 300 gr | telemea 100g |
| | R4D | ceai 250ml, pâine 200g, biscuiti 50g, unt 20G | Clorba de legume 400ml, cartofi natur cu carne pui 350 gr | paste cu branza de vaci 300 gr | telemea 100g |
| | Alți bolnavi copii (3-16 ani) diverse | R2 | ceai 250 ml, pâine 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, pâine 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, pâine 200g, biscuiti 50g, unt 20G | Clorba de legume 400ml, cartofi natur cu branza de vaci 350 gr | paste cu branza de vaci 300 gr | telemea 100g |
| R4 | | ceai 250ml, pâine 200g, biscuiti 50g, unt 20G | Clorba de legume 400ml, cartofi natur cu carne pui 350 gr | paste cu branza de vaci 300 gr | telemea 100g |
| R3D | | ceai 250ml, pâine 200g, biscuiti 50g, unt 20G | Clorba de legume 400ml, cartofi natur cu branza de vaci 350 gr | paste cu branza de vaci 300 gr | telemea 100g |
| R4D | | ceai 250ml, pâine 200g, biscuiti 50g, unt 20G | Clorba de legume 400ml, cartofi natur cu carne pui 350 gr | paste cu branza de vaci 300 gr | telemea 100g |
| HIV/SIDA ADULTI | | | ceai 250 ml, pâine 200g, iaurt 100ml, ou fiert, unt 20g | Clorba de legume 400ml, cartofi natur cu carne pui 350 gr | omleta cu carne pui 100 g |
| HIV/SIDA COPII | | ceai 250 ml, pâine 200g, iaurt 100ml, ou fiert, unt 20g | Clorba de legume 400ml, cartofi natur cu carne pui 350 gr | omleta cu carne pui 100 g | mar, telemea 100g |
| HEPATITA ADULTI | R3H | ceai 250ml, pâine 200g, br. vaci 100g, biscuiti 50g, | Clorba de pui 400ml, cartofi natur 300gr, br vaci, 150 gr | paste cu branza de vaci 350 g | iaurt, mar |
| | R4H | ceai 250ml, pâine 200g, gem 50g, biscuiti 100g, iaurt 150ml, | Clorba de pui 400ml, cartofi natur 300 gr, carne pui 130 g | paste cu branza de vaci 350 gr | iaurt, mar |
| HEPATITA COPII 3-16 ANI | R3H | ceai 250ml, pâine 200g, gem 50g, biscuiti 100g, iaurt 150ml, | Clorba de pui 400ml, cartofi natur 300 gr, carne pui 130g | paste cu branza de vaci 350 gr | iaurt, mar |
| | R4H | ceai 250ml, pâine 200g, gem 50g, biscuiti 100g, iaurt 150ml, | Clorba de pui 400ml, cartofi natur 300 gr, carne pui 130g | paste cu branza de vaci 350 gr | iaurt, mar |
| HEPATITA COPII 0-3 ANI | R3H | ceai 250ml, pâine 200gr, iaurt 150 ml, br vaci 50gr | Clorba de pui 400ml, cartofi natur 300 gr, b. vaci 130 gr | paste cu branza de vaci 350 gr, | iaurt, mar |
| | R4H | ceai 250ml, pâine 200gr, iaurt 150 ml, br vaci 50gr | Clorba de pui 400ml, cartofi natur 300 gr, carne 130 gr | paste cu branza de vaci 350 gr, | iaurt, mar |
| DIABET ADULTI | | ceai 250 ml, pâine 200g, iaurt 100ml, ou fiert, unt 20g | Clorba de legume 400ml, cartofi natur cu carne pui 350 gr | omleta cu carne pui 100 g | mar, telemea 100g |
| DIABET COPII | | ceai 250 ml, pâine 200g, iaurt 100ml, ou fiert, unt 20g | Clorba de legume 400ml, cartofi natur cu carne pui 350 gr | omleta cu carne pui 100 g | mar, telemea 100g |
| INSOTITORI COPII 0-3 ANI | | ceai 250ml, pâine 200g, biscuiti 50g, unt 20G | Clorba de legume 400ml, cartofi natur cu carne pui 350 gr | paste cu branza de vaci 300 gr | telemea 100g |
| ALTI INSOTITORI (LA CERERE) | | | | | |
| SUGARI (0-3 ANI) | | lapte praf, muclagiu de orez | supa morcov, br calcaie, carne fiarta - la indicatia medicului | | |

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