



SPITALUL MUNICIPAL ACADEMICIAN LEON DĂNILĂ DORHOI  
B-dul Victoriei nr. 75, Mun. Dorohoi, Jud. Botosani, Cod postal: 713300  
E-mail: [office@spitaldorohoi.ro](mailto:office@spitaldorohoi.ro) Web site: <http://spitaldorohoi.ro>  
Tel: 0234/610179 Fax: 0234/610179  
Operator date cu caracter personal nr. 18115, CUI 13727320

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Pacienti\Medici de garda

Aprobat,

| REGIM                                              | Dimineata                  |                   | Ora 10   |      | Pranz                            |            | Ora 16     |       | Seara                   |        |
|----------------------------------------------------|----------------------------|-------------------|----------|------|----------------------------------|------------|------------|-------|-------------------------|--------|
|                                                    | alimente                   | cant              | alimente | cant | alimente                         | cant       | alimente   | cant  | alimente                | cant   |
| RG1 Hidric<br>Rg<br>semilichid                     | Ceai neindulcit            | 250 ml            |          |      | Supa strecurata de legume        | 400 ml     |            |       | ceai fara zahar         | 250ml  |
|                                                    |                            | 50g               |          |      |                                  |            |            |       | ceai, terci             | 250 ml |
|                                                    | Ceai                       | 250 ml            |          |      | Supa crema de legume             | 400 ml     |            |       | branza                  | 70g    |
|                                                    | pasta de branza            | 70 gr             |          |      |                                  |            |            |       |                         |        |
| RG 2<br>(Afctiuni :<br>gastroduode<br>nale )       | ceai                       | 250 ml            |          |      | Supa cu legume                   | 400 ml     | Biscuiti   | 50gr  | orez cu lapte           | 250gr  |
|                                                    | paine                      | 50g               | Biscuiti | 50gr | cartofi natur si pulpa de pui    | 250/150gr  |            |       | ceai                    | 250ml  |
|                                                    | Pasta de brz               | 70 gr             |          |      | Paine                            | 50gr       |            |       |                         |        |
|                                                    | Ou fiert\Unt               | 1\1buc            |          |      |                                  |            |            |       |                         |        |
| Rg 3<br>(Afectiuni<br>B.D.A)                       | Ceai f.z                   | 250 ml            |          |      | Supa de orez                     | 400 ml     |            |       | Orez cu morcov<br>fiert | 200gr  |
|                                                    | paine                      | 50g               | Biscuiti | 50 g | Orez fiert si branza de vaci     | 200\70gr   | Biscuiti   | 50 gr | paine coapta            | 50gr   |
|                                                    | branza de vaci             | 70g               |          |      | Paine coapta                     | 150 g      |            |       | ceai fara zahar         | 250ml  |
|                                                    |                            |                   |          |      |                                  |            |            |       |                         |        |
| Rg 4<br>(Afectiuni<br>hepatice)                    | Ceai                       | 250ml             |          |      | Supa cu legume                   | 400 ml     |            |       |                         |        |
|                                                    | paine                      | 50g               | biscuiti | 50gr | cartofi natur si pulpa de pui    | 200g\150gr | iaurt 0,1% | 1buc  | orez cu lapte           | 250gr  |
|                                                    | pasta de branza<br>unt\gem | 70 gr<br>1\1buc   |          |      | Paine                            | 150 gr     |            |       |                         |        |
|                                                    |                            |                   |          |      | Compot                           | 360gr      |            |       | ceai fara zahar         | 250ml  |
| Rg 5-6<br>Afectiuni-<br>cardiovascul<br>are-renale | ceai                       | 250ml             |          |      | Supa cu legume si vacuta         | 400ml      |            |       |                         |        |
|                                                    | Branza de vaci<br>unt\gem  | 70gr<br>1buc\1buc |          |      | Fasole pastai si pulpa de<br>pui | 250/150gr  | napolitana | 1buc  | orez cu lapte           | 250gr  |
|                                                    | Paine                      | 50gr              | halva    | 50gr | Paine                            | 150gr      |            |       | Paine                   | 50gr   |
|                                                    | tocana de legume           | 100gr             |          |      | Eugenia                          | 1buc       |            |       |                         |        |
| Lfv                                                | Ceai                       | 250 ml            |          |      | Supa cu legume                   | 400 ml     |            |       | Orez cu lapte           | 250gr  |
|                                                    | paine                      | 50g               | biscuiti | 50gr | pilaf cu legume                  | 250g       | napolitana | 1buc  | ceai                    | 250 ml |

|                            |                   |            |            |      |                                  |             |            |      |                            |             |
|----------------------------|-------------------|------------|------------|------|----------------------------------|-------------|------------|------|----------------------------|-------------|
| Rg 8 diabet                | branza de vaci    | 70gr       |            |      | paine                            | 150gr       |            |      |                            |             |
|                            | Unt\gem           | 1\1buc     |            |      | Eugenia                          | 1buc        |            |      |                            |             |
|                            | Ceai f. z.        | 250 ml     |            |      | Supa cu leg. si vacuta           | 400 ml      |            |      | conopida cu<br>legume      | 250gr       |
|                            | paine             | 50g        | rosii      | 50gr | Fasole pastai si pulpa de<br>pui | 250/150gr   |            |      | si pulpa de pui            | 150gr       |
| Rg 9,                      | telemea           | 70gr       | castraveti | 50gr |                                  |             | iaurt 0,1% | 1buc | Paine                      | 50gr        |
|                            | salam             | 70gr       |            |      |                                  |             |            |      | ceai fara zahar            | 250ml       |
|                            | unt\pate          | 1buc \1buc |            |      |                                  |             |            |      |                            |             |
|                            | ceai              | 250ml      |            |      | Bors cu leg.si vacuta            | 400ml       |            |      |                            |             |
| Rg Psihici,<br>Insotitoare | Paine             | 50gr       |            |      | Fasole pastai si pulpa de<br>pui | 250/150gr   | napolitana | 1buc | orez cu lapte              | 250gr       |
|                            | telemea           | 70gr       | pate       | 1buc | Eugenia                          | 1buc        |            |      |                            |             |
|                            | salam             | 70gr       |            |      | Paine                            | 150gr       |            |      | Paine                      | 50gr        |
|                            | gem\Unt           | 1buc       |            |      | salata de varza                  | 100gr       |            |      | ceai                       | 250ml       |
| Rg 10 Lauze\               | ceai              | 250ml      |            |      | Supa cu leg. si vacuta           | 400ml       |            |      |                            |             |
| Rg 3-18 ani<br>Rg 1-3 ani  |                   |            |            |      | Fasole pastai si pulpa de<br>pui | 250/150gr   | napolitana | 1buc | Orez cu lapte              | 250gr       |
|                            | Paine             | 50gr       |            |      | Eugenia                          | 1buc        |            |      | Paine                      | 50gr        |
|                            | telemea           | 70gr       | pate       | 1buc | Paine                            | 150gr       |            |      | ceai                       | 250ml       |
|                            | salam             | 70gr       |            |      |                                  |             |            |      |                            |             |
| Medic de<br>garda          | gem\Unt           | 1buc       |            |      |                                  |             |            |      |                            |             |
|                            | ceai,paine        | 250/150gr  |            |      | Bors cu leg.si vacuta            | 400ml       |            |      | Cartofi cu piept<br>de pui | 250gr/150gr |
|                            | cascaval\ou fiert | 70gr\1buc  |            |      | Pilaf cu snitel de curcan        | 200gr/150gr |            |      | ceai                       | 250ml       |
|                            | muschi file       | 70gr       |            |      | salata de rosii si castraveti    | 100gr       |            |      | castraveti in otet         | 100gr       |
|                            | pate\masline      | 1bc/50gr   |            |      |                                  |             |            |      |                            |             |

\*\*Nota:Conform Ordinului nr.183/2016,art.3,si a Reg. CE 1169/2011 privind informarea consumatorilor,va aducem la cunostinta ca preparatele culinare din cadrul unitatii noastre ,pot fi prezenti agenti alergeni din produse:lactate si produse derivate(lactoza),cereale care contin gluten(paine si produse derivate ),oua si produse derivate(albumina),produse congelate(carne de pui,piet de curcan,porc)semipreparare(pui,porc),legume(mazare,pastai,legume pentru ciorbe)telina , fructe cu coaja (mar,portocale,banane,grape,fructe de padure).

## MIC DEJUN



PRANZ



## CINA

