



**SPITALUL MUNICIPAL ACADEMICIAN LEON DĂNILĂ DOROHOI**  
B-dul Victoriei nr. 75, Mun. Dorohoi, Jud. Botosani, Cod postal: 715300  
E-mail: oficiu@spitaldorohoi.ro Web: www.spitaldorohoi.ro  
Telefon: 0231/910179 Fax: 0231/910178  
Operator date cu caracter personal nr 14113, CUI 13727320

**Meniul zilei :06.08.2026**  
**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 cu pulpa                               | 250/150gr           |          |       | ceai                    | 250ml       |
|                                                    | Telemea                    | 70 gr              |            |       | Paine                                                | 50gr                |          |       |                         |             |
|                                                    | Ou fiert\Unt               | 1\1buc             |            |       |                                                      |                     |          |       | Orez cu morcov<br>fiert | 200gr       |
| Rg 3<br>(Afectiuni<br>B.D.A)                       | Ceai f.z                   | 250 ml             |            |       | Supa de orez                                         | 400 ml              |          |       |                         |             |
|                                                    |                            |                    |            |       |                                                      |                     |          |       |                         |             |
|                                                    | 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              |          |       |                         |             |
|                                                    |                            |                    |            |       | Cartofi natur cu pulpa de<br>r                       | 200g\150g           | biscuiti | 50gr  | orez cu lapte           | 250gr/150gr |
|                                                    | paine                      | 50g                | biscuiti   | 50gr  | Paine                                                | 150 gr              |          |       | ceai fara zahar         | 250ml       |
|                                                    | pasta de branza<br>unt\gem | 70 gr<br>1\1buc    |            |       | Compot                                               | 360gr               |          |       |                         |             |
| Rg 5-6<br>Afectiuni-<br>cardiovascul<br>are-renale | ceai                       | 250ml              |            |       | Supa cu legume si vacuta                             | 400ml               |          |       |                         |             |
|                                                    |                            |                    |            |       |                                                      |                     |          |       |                         |             |
|                                                    | pasta br vaci<br>\unt\gem  | 70gr/1buc\<br>1buc |            |       | Ciulama cu ciuperci si<br>perisoara de pui, mamaliga | 250/150gr<br>/200gr |          |       | orez cu lapte           | 250gr       |
|                                                    | Paine                      | 50gr               | tocana leg | 100gr | Paine                                                | 150gr               | banane   | 1buc  | Paine                   | 50gr        |
|                                                    | ou fiert                   | 50gr               |            |       | napolitana                                           | 1buc                |          |       |                         |             |
|                                                    | Ceai                       | 250 ml             |            |       | Supa cu legume                                       | 400 ml              |          |       | orez cu lapte           | 250g        |

|                            |                   |           |            |      |                                                      |                     |        |       |                            |             |
|----------------------------|-------------------|-----------|------------|------|------------------------------------------------------|---------------------|--------|-------|----------------------------|-------------|
| Lfv                        | paine             | 50g       | biscuiti   | 50gr | carton natur si branza de<br>vaci                    | 250g                | banane | 1buc  | ceai                       | 250 ml      |
|                            | branza de vaci    | 70gr      |            |      | paine                                                | 150gr               |        |       |                            |             |
|                            | Unt\gem           | 1\1buc    |            |      | napolitana                                           | 1buc                |        |       |                            |             |
|                            |                   |           |            |      |                                                      |                     |        |       | Orez cu legume si<br>pulpa | 250gr/150gr |
| Rg 8 diabet                | Ceai f. z.        | 250 ml    |            |      | Supa cu legume si vacuta                             | 400 ml              |        |       |                            |             |
|                            |                   |           |            |      | Ciulama cu ciuperci si<br>perisoara de pui, mamaliga | 250/150gr<br>/200gr |        |       |                            |             |
|                            | paine             | 50g       |            |      |                                                      |                     | iaurt  | 200gr | salata de varza            | 100gr       |
|                            | cascaval\ou fiert | 70gr\1buc |            |      | kiwi                                                 | 1buc                |        |       | Paine                      | 50gr        |
|                            | salam             | 70gr      | brz topita | 1buc |                                                      |                     |        |       | ceai fara zahar            | 250ml       |
|                            | pate              | 1buc      |            |      |                                                      |                     |        |       |                            |             |
| Rg 9,                      | ceai              | 250ml     |            |      | Bors cu legume si vacuta                             | 400ml               |        |       |                            |             |
|                            |                   |           |            |      | Ciulama cu ciuperci si<br>perisoare de pui           | 250/150gr           | banane | 1buc  | Orez cu lapte              | 250gr       |
|                            | Paine             | 50gr      |            |      | napolitana                                           | 1buc                |        |       |                            |             |
|                            | cascaval\ou fiert | 70gr\1buc |            |      | Paine                                                | 150gr               |        |       | Paine                      | 50gr        |
| Rg Psihici,<br>Insotitoare | salam             | 70gr      | brz topita | 1buc | mamaliga                                             | 200gr               |        |       | ceai                       | 250ml       |
|                            | pate              | 1buc      |            |      |                                                      |                     |        |       |                            |             |
|                            | ceai              | 250ml     |            |      | Bors cu legume si vacuta                             | 400ml               |        |       |                            |             |
|                            |                   |           |            |      | Ciulama cu ciuperci si<br>perisoare de pui           | 250/150gr           | banane | 1buc  | orez cu lapte              | 250gr       |
| Rg 3-18 ani<br>Rg 1-3 ani  | Paine             | 50gr      |            |      | napolitana                                           | 1buc                |        |       | Paine                      | 50gr        |
|                            | cascaval\ou fiert | 70gr\1buc |            |      | Paine                                                | 150gr               |        |       | ceai                       | 250ml       |
|                            | salam             | 70gr      | brz topita | 1buc | mamaliga                                             | 200gr               |        |       |                            |             |
|                            | pate              | 1buc      |            |      |                                                      |                     |        |       |                            |             |
| Medic de<br>garda          | ceai, paine       | 250/150gr |            |      | Bors cu legume si vacuta                             | 400ml<br>200gr/150  |        |       | Piure cu pulpa<br>de pui   | 250gr/150gr |
|                            |                   |           |            |      |                                                      |                     |        |       |                            |             |
|                            | cascaval\ou fiert | 70gr\1buc |            |      | Ciulama cu perisoara de pui                          | gr                  |        |       | ceai                       | 250ml       |
|                            | muschi file       | 70gr      |            |      | Ardei copti                                          | 2buc                |        |       | salata de varza            | 100gr       |
|                            | pate\masline      | 1bc/50gr  |            |      | mamaliga                                             | 200gr               |        |       |                            |             |

\*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 si produse lactate si produse derivate (lactoză), cereale care contin gluten (paine si produse derivate), oua si produse derivate (albumina), produse congelate (carne de pui, piept de pui, curcan, porc) semipreparare (pui, porc), legume (mazare, pastai, legume pentru ciorbe) telina, fructe cu coaja (mar, portocale, banane, grapefruit), condimente (piper, boia de ardei).

## MIC DEJUN



PRANZ





CINA

