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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 | macaroane cu<br>lapte | 250gr      |
|                                                    | paine                   | 50g                 | biscuiti | 50gr | Piure cu pulpa pui               | 200/150gr  |          |      |                       |            |
|                                                    | Pasta de brz            | 70 gr               |          |      | Paine                            | 50gr       |          |      |                       |            |
|                                                    | Telemea\Unt\Ou<br>fiert | 70g\1buc            |          |      |                                  |            |          |      |                       |            |
| Rg 3<br>(Afectiuni<br>B.D.A)                       | Ceai f.z                | 250 ml              |          |      | Supa de orez                     | 400 ml     |          |      | Orez pe apa ,         | 200gr      |
|                                                    |                         |                     |          |      |                                  |            |          |      |                       |            |
|                                                    | paine                   | 50g                 | Biscuiti | 50 g | Orez fiert si branza de vaci     | 200\70gr   | Biscuiti | 50 g | 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     |          |      | Macaroane cu<br>lapte | 250gr      |
|                                                    | paine                   | 50g                 | Biscuiti | 50gr | Piure cu pulpa de pui            | 200g\150gr |          |      |                       |            |
|                                                    | pasta de branza         | 70 gr               |          |      | Paine                            | 150 gr     | Biscuiti | 50gr | ceai fara zahar       | 250ml      |
|                                                    | unt\gem                 | 1\1buc              |          |      | Compot                           | 360gr      |          |      |                       |            |
| Rg 5-6<br>Afectiuni-<br>cardiovascul<br>are-renale | Lapte                   | 250ml               |          |      | Supa cu galuste gris             | 400ml      |          |      |                       |            |
|                                                    | Pasta de br vaci        | 70gr                | masline  | 30gr | Fasole pastai si pulpa de<br>pui | 250/150gr  | banane   | 1buc | Ficat cu ceapa        | 250gr      |
|                                                    | Paine                   | 50gr                | rosii    | 50gr | Paine                            | 150gr      |          |      | Paine, ceai           | 50gr/250ml |
|                                                    | Unt\Gem\Tocana          | 1buc/1buc<br>\100gr |          |      | napolitana                       | 1buc       |          |      | Mamaliga              | 200gr      |
|                                                    | Ceai                    | 250 ml              |          |      | Supa cu legume                   | 400 ml     |          |      | Macaroane cu<br>lapte | 250gr      |

|                            |                                  |                |          |      |                                        |                 |            |       |                               |             |
|----------------------------|----------------------------------|----------------|----------|------|----------------------------------------|-----------------|------------|-------|-------------------------------|-------------|
| Lfv                        | paine                            | 50g            |          |      | piure cu branza de vaci                | 200g            | banane     | 1buc  | ceai                          | 250 ml      |
|                            | branza de vaci                   | 70gr           | biscuiti | 50gr | paine                                  | 150gr           |            |       |                               |             |
|                            | Unt\gem                          | 1buc/1buc      |          |      | napolitana                             | 1buc            |            |       |                               |             |
| Rg 8 diabet                | ceai fz                          | 250 ml         |          |      | Supa cu galuste gris                   | 400 ml          |            |       | Ficat cu ceapa si<br>mamaliga | 250gr       |
|                            |                                  |                |          |      | Fasole pastai si pulpa de<br>pui       | 250/150gr       | iaurt 0,1% | 200gr |                               |             |
|                            | paine                            | 50g            |          |      |                                        |                 |            |       | Paine                         | 50gr        |
|                            | cascaval                         | 70gr           | masline  | 30gr |                                        |                 |            |       |                               |             |
|                            | Sunca presata<br>brz topita\pate | 70gr<br>1\1buc | rosii    | 50gr | kiwi                                   | 1buc            |            |       | ceai f.z                      | 250ml       |
| Rg 9,                      | Lapte                            | 250ml          |          |      | Supa cu galuste gris                   | 400ml           |            |       |                               |             |
| Rg Psihici,<br>Insotitoare | Paine                            | 50gr           |          |      | Fasole pastai si pulpa de pui          | 250/150gr       |            |       | Ficat cu ceapa si<br>mamaliga | 250gr/200gr |
|                            | cascaval                         | 70gr           | masline  | 30gr | napolitana                             | 1buc            |            |       |                               |             |
|                            | Sunca presata                    | 70gr           | rosii    | 50gr | Paine                                  | 150gr           | banane     | 1buc  | Paine                         | 50gr        |
|                            | unt\gem                          | 1buc           |          |      |                                        |                 |            |       | ceai                          | 250ml       |
| Rg 10 Lauze\               | Lapte                            | 250ml          |          |      | Supa cu galuste gris                   | 400ml           |            |       | Ficat cu ceapa si<br>mamaliga | 250gr       |
| Rg 3-18 ani<br>Rg 1-3 ani  | paine                            | 50gr           |          |      | Fasole pastai si pulpa de pui          | 250/150gr       | banane     | 200gr | mamaliga                      | 200gr       |
|                            | cascaval                         | 70gr           | masline  | 30gr | de pui                                 |                 |            |       | Paine                         | 50gr        |
|                            | Sunca presata                    | 70gr           | rosii    | 50gr | Paine                                  | 150gr           |            |       | ceai                          | 250ml       |
|                            | unt\gem                          | 1buc           |          |      | napolitana                             | 1buc            |            |       |                               |             |
| Medic de<br>garda          | ceai,paine                       | 250ml\50       |          |      | Supa cu galuste gris                   | 400ml           |            |       | tochitura de porc             | 250gr       |
|                            | cascaval,pate                    | 70gr\1buc      |          |      | piure de cartofi cu piept de<br>curcan | 150gr\100g<br>r |            |       | mamaliga                      | 200gr       |
|                            | carnati                          | 70gr           |          |      | salata de varza rosie                  | 100gr           |            |       | ochiuri\telemea               | 2/70gr      |
|                            | masline,Ou fiert                 | 50g/1buc       |          |      |                                        |                 |            |       | castraveti in otet            | 100gr       |

\*\*\*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,piept de pui,curcan,porc)semipreparate(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

