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Operator date cu caracter profesional nr. 26103/2014

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Pacienti/Medici de garda

Aprobat,

| REGIM                                                        | Dimineata        |               | Ora 10       |       | Pranz                          |             | Ora 16             |      | Seara              |        |
|--------------------------------------------------------------|------------------|---------------|--------------|-------|--------------------------------|-------------|--------------------|------|--------------------|--------|
|                                                              | alimente         | cant          | aliment      | cant  | alimente                       | cant        | alimente           | cant | alimente           | cant   |
| RG1 Hidric<br>Rg<br>semilichid                               | Ceai neindulcit  | 250 ml        |              |       | Supa strecurata de leg         | 400 ml      |                    |      | ceai fara zahar    | 250ml  |
|                                                              |                  |               |              |       |                                |             |                    |      | ceai, terci        | 250 ml |
|                                                              | Ceai             | 400 ml        |              |       | Supa crema de legume           | 400 ml      |                    |      | branza             | 70g    |
|                                                              | pasta de branza  | 70 gr         |              |       |                                |             |                    |      |                    |        |
| RG 2<br>(Afectiuni<br>gastroduode<br>nale)                   | Ceai             | 250 ml        | telemea f.s. | 50gr  | Supa cu legume si fidea        | 400 ml      | Biscuiti           | 50gr | Macaroane cu lapte | 250gr  |
|                                                              | paine            | 50g           |              |       | Cartofi natur cu pulpa de pui  | 200gr\150gr |                    |      | ceai               | 250 ml |
|                                                              | Pasta de branza  | 70 gr         | Biscuiti     | 50gr  | paine                          | 150 g       |                    |      | paine              | 50g    |
|                                                              | unt\ou fiert     | 1buc          |              |       |                                |             |                    |      | Orez fiert         | 300g   |
| Rg 3<br>(Afectiuni<br>B.D.A)                                 | Ceai fara zahar  | 250 ml        |              |       | Supa de orez                   | 400 ml      | Biscuiti           | 50gr | paine coapta       | 50gr   |
|                                                              | paine            | 50g           | Biscuiti     | 50 g  | Orez fiert si branza vaci      | 200/70g     |                    |      | ceai fara zahar    | 250ml  |
|                                                              | branza de vaci   | 70g           |              |       | paine coapta                   | 150 g       |                    |      |                    |        |
| Rg 4<br>(Afectiuni<br>hepatice)                              | ceai             | 250ml         |              |       | Supa cu legume                 | 400 ml      |                    |      |                    |        |
|                                                              | paine            | 50g           | compot       | 360gr | Cartofi natur cu pulpa de pui  | 200g\150gr  | Biscuiti           | 50gr | Macaroane cu lapte | 250gr  |
|                                                              | branza de vaci   | 70 gr         |              |       | paine\                         | 150gr       |                    |      | paine              | 50gr   |
|                                                              | unt\gem          | 1buc          |              |       |                                |             |                    |      |                    |        |
| RG 5-6(Af<br>renale<br>, cardio-<br>vasculare)<br>Rg desodat | Ceai, paine      | 250ml<br>50gr |              |       | Supa cu sfecla rosie           | 400ml       |                    |      | Macaroane cu lapte | 250gr  |
|                                                              | pasta de branza  | 70ge          | halva        | 50gr  | Ciulama cu perisoara de curcan | 250/150gr   | biscuiti<br>beurre | 1buc |                    |        |
|                                                              | unt\ou fiert     | 1buc\1buc     |              |       | mamaliga                       | 200gr       |                    |      | ceai               | 250ml  |
|                                                              | Tocana de legume | 100gr         |              |       | prajitura                      | 1buc        |                    |      | Paine              | 50gr   |
|                                                              |                  |               |              |       |                                |             |                    |      |                    |        |
|                                                              | ceai             | 250 ml        |              |       | Supa cu legume                 | 400 ml      |                    |      | Macaroane cu lapte | 250gr  |

|                                     |                        |             |          |      |                               |           |                    |      |                                  |               |
|-------------------------------------|------------------------|-------------|----------|------|-------------------------------|-----------|--------------------|------|----------------------------------|---------------|
| LFV                                 | paine                  | 50g         |          |      | cartofi natur cu branza dulce | 300g      | biscuiti<br>beurre | 1buc |                                  |               |
|                                     | branza de vaci         | 70gr        | ou fiert | 1buc | paine                         | 150 g     |                    |      | paine                            | 50g           |
| Rg 8 diabet                         | Unt \Gem               | 1buc\1buc   |          |      |                               |           |                    |      |                                  |               |
|                                     | Ceai f z               | 250 ml      |          |      | Supa cu legume si cartofi     | 400 ml    |                    |      | cartofi natur cu<br>pulpa de pui | 250/<br>150gr |
|                                     | paine\Pasta de branza  | 50gr\70gr   |          |      | Fasole pastai cu pulpa de pui | 250/150gr | iaurt 0.1%         | 1buc | ceai fz.                         | 250ml         |
|                                     | rosii\ou fiert         | 50gr\1buc   | Pate     | 1buc |                               |           |                    |      |                                  |               |
|                                     | sunca presata          | 70gr        |          |      |                               |           |                    |      | paine                            | 50gr          |
|                                     |                        |             |          |      |                               |           |                    |      |                                  |               |
| Rg 9,<br>Insotitoare,<br>Rg Psihici | ceai \pasta br vaci    | 250ml\70    |          |      | Bors cu sfecla rosie          | 400ml     |                    |      | Macaroane cu lapte               | 250gr/        |
|                                     | unt\halva \rosie       | 1\1buc\50g  | pate     | 1buc | Fasole pastai cu pulpa de pui | 250\150gr | biscuiti<br>beurre | 1buc | Ceai                             | 250ml         |
|                                     | sunca presata          | 70gr        |          |      | paine                         | 150gr     |                    |      | paine                            |               |
| Rg 10\lauze                         | Ceai                   | 250ml       |          |      | Supa cu legume si cartofi     | 400 ml    |                    |      | Macaroane cu lapte               | 250gr         |
|                                     | Paine \Pasta de branza | 50/1buc     |          |      | Fasole pastai cu pulpa de pui | 250/150gr |                    |      | ceai                             | 250ml         |
| Rg 3-18<br>Rg 1-3 ani               | unt\halva\rosii        | 1\1buc\50gr |          |      |                               |           | biscuiti<br>beurre | 1buc | Paine                            | 150gr         |
|                                     | sunca presata          | 1buc        | pate     | 1buc | Paine                         | 150gr     |                    |      |                                  |               |
| Medici de<br>garda                  |                        |             |          |      |                               |           |                    |      | Pilaf cu legume                  | 250gr         |
|                                     |                        |             |          |      |                               |           |                    |      | piept de pui la<br>gratar        | 250gr         |
|                                     |                        |             |          |      |                               |           |                    |      |                                  | 150gr         |
|                                     |                        |             |          |      |                               |           |                    |      | castraveti in otet               | 100gr         |

## REGIM COMUN



## REGIM DIABET



## REGIM BDA



## REGIM AFECTIUNI GASTRODUODENALE



## REGIM AFECTIUNI HEPATICE



## REGIM DESODAT



## PRANZ



## REGIM COMUN



## REGIM DESODAT



## REGIM AFECTIUNI HEPATICE + GASTRODUODENALE



REGIM LFV

