

SPITALUL JUDETEAN DE URGENTA BUZAU

REGIM SP SIDA 24 – 30 noiembrie 2025

| ZIUA     | DIMINEATA ORA 10                                                                      | PRANZ ORA 16                                                                                                | SEARA                                                                     |
|----------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| LUNI     | Ceai,paine**(1) , IAURT(4)<br>Cascaval-50g, unt(4)-1buc,<br>Branza topita-2buc        | Supa de legume(1,2,5) banana<br>Friptura pui(7) la cuptor-200g*<br>cu fasole verde(7)<br>pandispan          | Friptura pui(7) la cuptor-200g*<br>Spaghete cu branza vaci(1,2,4)<br>ceai |
| MARTI    | Ceai , paine**(1), IAURT(4)<br>Cascaval(4)-100g, unt(4)-buc,<br>Branza topita(4)-2buc | Supa de cartofi(1,2,5) banana<br>Friptura pui(7) la cuptor-200g*<br>cu pilaf                                | Friptura pui(7) la cuptor-200g*<br>Fidea cu lapte(1,2,4)<br>ceai          |
| MIERCURI | ceai,paine** ,IAURT(4)<br>Cascaval(4)-100g,unt(4)-1buc,<br>Branza topita(4)-2buc      | Supa cu legume(1,2,5) banana<br>Friptura pui(7) la cuptor-200g*<br>cu piure de cartofi                      | Friptura pui(7) la cuptor-200g* cu<br>pilaf<br>ceai                       |
| JOI      | ceai, paine** , IAURT(4)<br>Cascaval(4)-100g,unt(4)-1buc,<br>Branza topita(4)-2buc    | Supa de zarzavat(1,2,5) banana<br>Friptura pui(7) la cuptor-200g*<br>cu cartofi sote<br>Prajitura cu branza | Friptura pui(7) la cuptor-200g* cu<br>spaghete(1,2,5)<br>ceai             |
| VINERI   | Ceai paine**(1), IAURT(4)<br>Cascaval(4)-100g,unt(4)-1buc,<br>Branza topita(4)-2buc   | Supa de zarzavat(1,2,5) banana<br>Friptura pui(7) la cuptor-200g*<br>cu fasole verde(7)                     | Friptura pui(7) la cuptor-200g*<br>Spaghete cu branza vaci(1,2,4)<br>ceai |
| SAMBATA  | Ceai, paine**(1), IAURT(4)<br>Cascaval(4)-100g, unt(4)-buc,<br>Branza topita(4)-2buc  | Supa de legume(1,2,5) banana<br>Friptura pui(7) la cuptor-200g*<br>cu spaghete(1,2)                         | Mancare de cartofi cu carne<br>pui(7)-200g*<br>Orez cu lapte(4)           |
| DUMINICA | Ceai, paine**(1), IAURT(4)<br>Cascaval(4)-100g,unt(4)-1buc,<br>Branza topita(4)-2buc  | Supa de pui cu taietei(1,2,5)<br>banana<br>Friptura pui(7)-200g* cu cartofi                                 | Friptura pui pui(7)-200g* cu pilaf<br>ceai+biscuit(1)-100g                |

\*-gramaj inainte de prepararea termica

\*\*-paine-400g

CIFRE- LISTA ALERGENI

Intocmit, As. Diet.

Olteanu Lorena