

**SPITALUL JUDETEAN DE URGENTA BUZAU**

**REGIM 8 desodat 15 – 21 decembrie 2025**  
**(diabet desodat)**

| ZIUA     | DIMINEATA                                                                | ORA 10 | PRANZ                                                                          | ORA 16 | SEARA                                                                               |
|----------|--------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------|
| LUNI     | Ceai, paine**(1),<br>Branza vaci(4)-100g<br>Unt(4)-1buc                  | mar    | Ciorba de perisoare(2,5,7)<br>Friptura pui(7)-200g* cu pilaf<br>Iaurt(4)       |        | Varza cu carne pui(7)-200g*<br>Spaghete cu branza(1,2,4)<br>ceai                    |
| MARTI    | Ceai, paine**(1),<br>Branza vaci(4)-100g<br>Unt(4)-1buc                  | mar    | Ciorba de zarzavat(2,5)<br>Friptura pui(7)-200g* cu paste<br>Iaurt(4)          |        | Friptura pui(7) – 200g* cu cartofi<br>ceai                                          |
| MIERCURI | ceai, paine**(1),<br>Branza vaci(4)-100g<br>Omleta fara sare, castravete | mar    | Ciorba de zarzavat(2,5)<br>Friptura pui(7)-200g* cu piure<br>Iaurt(4)          |        | Fasole verde(7)cu carne(7)-200g*<br>Spaghete cu branza(1,2,4)<br>ceai               |
| JOI      | ceai, paine**(1),<br>1 ou(1) fiert, unt-1buc,<br>Branza vaci-100g        | mar    | Ciorba de pui fara fidea(2,5,7)<br>Friptura pui(7)-200g* cu pilaf<br>Iaurt(4)  |        | Friptura pui(7)-200g* cu cartofi<br>Ceai                                            |
| VINERI   | Ceai, paine**(1)<br>Branza vaci(4)-100g<br>Unt(4)-1buc                   | mar    | Ciorba de perisoare(2,5,7)<br>Friptura pui(7)-200g* cu cartofi<br>Iaurt(4)     |        | Friptura pui(7)-200g+orez cu<br>ciuperci<br>ceai                                    |
| SAMBATA  | Ceai, paine**(1),<br>Branza vaci(4)-100g<br>Unt(7)-1buc                  | mar    | Ciorba de zarzavat(2,5)<br>Friptura pui(7)-200g* cu<br>paste(1,2) Iaurt(4)     |        | Friptura pui(7)-200g* cu cartofi<br>ceai                                            |
| DUMINICA | Ceai, paine**(1),<br>Branza vaci(4)-100g<br>Unt(4)-1buc, 1 ou(2)         | mar    | Ciorba de pui fara fidea(2,5, 7)<br>Friptura pui(7)-200g* cu piure<br>Iaurt(4) |        | Fasole verde cu carne pui(7)-200g<br>Budinca de orez cu branza<br>vaci(2,4)<br>ceai |

\* - gramaj carne inaintea prepararii termice  
CIFRE- LISTA ALERGENI

Intocmit, As. Diet.  
Olteanu Lorena