

SPITALUL JUDETEAN DE URGENTA BUZAU

REGIM SPECIAL ARSI 15 – 21 decembrie 2025

| ZIUA     | DIMINEATA                                                                        | PRANZ                                                                                                               | ORA 16 | SEARA                                                                                       |
|----------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------|---------------------------------------------------------------------------------------------|
| LUNI     | Ceai, paine(1)** , unt(4)-1buc,<br>cascaval(4)-100g, iaurt(4)<br>Ou fiert-1buc   | Supa cu fidea(1,2,5)<br>Friptura(7)-150g* cu piure<br>Oral 6- friptura(7) la gratar+banana                          |        | Paste cu branza vaci(1,2,4)<br>Friptura pui(7) la cuptor-150g*<br>Ceai+biscuiti(1)-100g     |
| MARTI    | Ceai, paine**(1), unt(4)-1buc,<br>br topita(4)- 2 buc<br>1 ou(2) fiert, iaurt(4) | Supa cu galusti(1,2,5)<br>Friptura pui(7)-150g* cu paste<br>Oral 6-friptura(7) la gratar+banana                     |        | Fidea cu lapte(1,2,4)<br>Friptura pui(7) la cuptor-150g*<br>Ceai+biscuiti(1)-100g           |
| MIERCURI | ceai, paine**(1),<br>Unt(4)-1buc, omleta,<br>Cascaval(4)-100g iaurt(4)           | Supa cu fidea(1,2,5)<br>Friptura pui(7)-150g* cu cartofi<br>Oral 6-friptura(7) la gratar+banana                     |        | Orez cu lapte(4)<br>Friptura pui(7) la cuptor-150g*<br>Ceai+biscuiti(1) -100g               |
| JOI      | ceai, paine**(1),<br>Unt(4)-1buc, 1 ou(2) fiert,<br>Br topita(4)-2buc iaurt(4)   | Supa cu galusti(1,2,5)<br>Friptura pui(7)-150g* cu piure<br>Oral 6-friptura(7) la gratar+banana                     |        | Friptura(7) la cuptor-150g*<br>Branza vaci cu smantana(4)<br>Ceai+biscuiti(1)i- 100g        |
| VINERI   | Ceai, paine**(1), unt(4)-1buc,<br>1 ou(2) fiert,<br>Br. Topita(4)-2buc, iaurt(4) | Supa cu fidea(1,2,5)<br>Friptura pui(7)-150g* cu pilaf<br>Oral 6-friptura(7) la gratar+banana                       |        | Friptura pui(7) la cuptor-150g*<br>Spaghete cu branza vaci(1,2,4)<br>Ceai+biscuiti(1) -100g |
| SAMBATA  | Ceai, paine**(1), unt(4)-1buc,<br>Br topita-(4) 2b<br>Cascaval(4)-100g, iaurt(4) | Supa cu fidea(1,2,5)<br>Friptura pui(7)-150g*cu paste(1,2)<br>Oral 6-friptura(7) la gratar+banana                   |        | Orez cu lapte(4)<br>Friptura pui(7) la cuptor-150g*<br>Ceai+biscuiti(1)- 100g               |
| DUMINICA | Ceai, paine**(1), unt(4)-1buc,<br>Br topita(4)-2buc,<br>1 ou(2) fiert iaurt(4)   | Supa cu galusti(1,2,5)<br>Friptura pui(7)-150g* cu cartofi si<br>morcov sote<br>Oral 6-friptura(7) la gratar+banana |        | Gris cu lapte(1,4)<br>Friptura pui(7) la cuptor-150g*<br>Ceai+biscuiti(1)- 100g             |

\*- gramaj inainte de prepararea termica

\*\*-paine-300g

Intocmit, As. Diet.: