



SPTALUL DE PNEUMFTIZIOLOGIE FLOREȘTI  
STR. Gh. Gr. Cantacuzino nr. 44, Jud. Prahova  
C.U.I.: 166165042



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## LUNI

## MENIUL ZILEI – 03.11.2025 - TBC-MDR

| Mic dejun: ora 08,15-09,00                                                                                                                                           | Pranz: ora 13,00-13,45                                                                                                                                                                                                                                                                                                          | Cina: ora 17,45-18,30                                                                                                                                                                                                                                                                                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| C,R,D:Ceai,paine,salam,cascaval<br>300/100/100<br>Rh,Dds:Ceai,paine,omleta dietetica cu branza vaci<br>300/2buc/100<br>Rd: Ceai,paine prajita,branza vaci<br>300/100 | <u>Felul I:</u><br>C,R,D:Ciorba de pui radauteana 400/80<br>Rd,Rh,Dds: Supa de pui cu legume 400/ 80<br><br><u>Felul II:</u><br>C,R,Rh,D,Dds:Mancare de fasole verde cu pui la tava 300/120<br>Rd: Orez cu pui la tava 300/120<br><br><u>Desert:</u> C,R,Rh: Prajitura Casei(60g) 1buc.<br>D,Dds:Kiwi 1buc<br>Rd: Mar copt 1buc | <u>Felul I:</u><br>C: Cartofi taranesti cu kaizer si carnati 300/50/50<br>R: Cartofi taranesti cu piept de pui 300/100<br>Rh,Rd: Cartofi gratinati cu branza si piept de pui 300/100/100<br><br>D,Dds: Conopida gratinata cu piept de pui 300/100<br><br><u>Felul II:</u><br>C,R,Rh: Iaurt(130g) + Eugenie(35g) 1buc +1buc<br>D,Dds: Iaurt(130g) 1buc<br>Rd:Iaurt(130g) 1buc + Biscuiti Digestiv(400g) 1buc + |

SUPLIMENT DIABET,Dds,Rh: ora 10,00: Branza Fagaras 185g  
SUPLIMENT DIABET,Dds: ora 16,00: Pate ficat(100gr) 1buc.  
SUPLIMENT DIABET,Dds: ora 20,00: Conserva peste(185g) 1buc.

### Legenda:

C -- comun  
R -- regim desodat  
Rh- regim hepatic  
Rsp- regim special  
Rd -- regim diareic  
D -- diabet  
Dds -- diabet desodat  
Rg – regim gastric

Intocmit:  
As. Radu Cristina



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Marti

MENIUL ZILEI – 04.11.2025 – TBC-MDR

| Mic dejun: ora 08,15-09,00                                                                                                                                                                               | Pranz: ora 13,00-13,45                                                                                                                                                                                                                                                                                                                                                           | Cina: ora 17,45-18,30                                                                                                                                                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| C,R,Rh: Cei,paine,unt,gem,,branza topita<br>300/1 buc/2 buc./2 buc./2 buc.<br>D:Cei,paine,pate ficat(100g) branza topita<br>300/100g/ 1buc/2buc<br>Rd: Cei,paine prajita,,branza vaci<br>300/100g/ 100g. | <u>Felul I:</u><br>C,R,Rh: Supa de pui cu taietei de casa 400/80<br>Rd: Supa de morcovi 400<br>D: Supa de pui cu legume 400/80<br><br><u>Felul II:</u><br>C,R:Piure cartofi cu chifelte marinate 300/120<br>Rd,Rh:Cartofi copti cu pui la tava 300/120<br>D: Piure spanac cu chifelte dietetice 300/120<br><br>Desert: C,R,Rh,D: Mar 1buc.<br>Rd: Biscuiti Digestiv(400g) 1/2buc | <u>Felul I:</u><br>C,R,Rh: Tocanita dobrogeana cu pipote pui 300/80<br>Rd: Orez cu pipote pui 300/80<br>D:Tocana de legume cu pipote pui 300/80<br><br><u>Felul II:</u><br>C,R,Rh,D: Mamaliguta cu branza si smantana 200/185<br>Rd: Cei de menta +Biscuiti Digestiv(400gr)<br>300 + 1/2buc |

SUPLIMENT DIABET:ora 10,00: Iaurt(130gr)

1buc.

SUPLIMENT DIABET:ora 16,00: Cascaval

100g

SUPLIMENT DIABET: ora 20,00: Mar copt

1buc.

Legenda:

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Rg -- regim gastric

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Miercuri

MENIUL ZILEI – 05.11.2025 - TBC-MDR

| Mic dejun: ora 08,15-09,00                                                                                                                                                           | Prauz: ora 13,00-13,45                                                                                                                                                                                                                                                                                                         | Cina: ora 17,45-18,30                                                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| C,R,D: Ceai,paine,polonezi,mustar,branza topita 300/1 buc./30g/2 buc.<br>Rh,Dds: Ceai,paine,branza vaci,ou fiert 300/1buc./100g<br>Rd: Ceai,paine prajita,branza vaci 300/1buc./100g | <u>Felul I:</u><br>C,R,D,Dds: Ciorba de pui a la grec 400/80<br>Rh,Rd: Supa de pui cu legume 400/80<br><br><u>Felul II:</u><br>C,R,Rd,Rh: Praf cu pui la cuptor 300/120<br>D,Dds: Conopida gratinata cu pui la cuptor 300/120<br><br><u>Desert:</u> C,R,Rh: Prajitura Casei(60g) 1buc.<br>Rd: Banana 1buc.<br>D,Dds: Kiwi 1buc | <u>Felul I:</u><br>C: Mancare de mazare cu kaizer 300/80<br>R,Rh,D,Dds: Sote de legume cu pui 300/100<br>Rd: Sote de morcovi cu pui 300/100<br><br><u>Felul II:</u><br>C,R,Rh: Gris cu lapte 300<br>D,Dds: Lapte(neindulcit) 300<br>Rd:Ceai de menta +Paine prajita,branza vaci 300/100g |

SUPLIMENT DIABET,Dds ora 10,00: Iaurt(130gr) 1buc.  
SUPLIMENT DIABET,Dds:ora 16,00: Conserva peste(185g) 1buc.  
SUPLIMENT DIABET,Dds: ora 20,00: Branza Fagaras 185g

Legenda:

C -- comun  
R – regim desodat  
Rh- regim hepatic  
Rsp- regim special

Rd -- regim diareic  
D – diabet  
Dds – diabet desodat  
Rg- regim gastric

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## JOI

## MENIUL ZILEI – 06.11.2025 - TBC-MDR

| Mic dejun: ora 08,15-09,00                                                                                          | Pranz: ora 13,00-13,45                                                                                                                                                                                                                                                                                                                                                                                              | Cina: ora 17,45-18,30                                                                                                                                                                                                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| C,R,Rh,D: Ceai,paine,pate ficat(100g),cascaval<br>300/1buc/100<br>Rd,Dds: Ceai,paine prajita,branza vaci<br>300/100 | <b>Felul I:</b><br>C,R,Rh: Supa de pui cu galusti 400/80<br>Rd: Supa de morcovi 400/80<br>D,Dds Supa de pui cu legume 400/80<br><br><b>Felul II:</b><br>C,R: Ciulama cu pui si ciuperci + mamaliguta 300/120/200<br>Rh,Rd: Budinca de legume cu piept de pui 300/120<br>D,Dds: Tocanita de ciuperci cu pui si mamaliguta 300/120/200<br><br><b>Desert:</b> C,R,Rh,Rd: Biscuiti(100g) 1buc.<br>D,Dds: Portocala 1buc | <b>Felul I:</b><br>C:Cartofi taranesti cu kaizer si carnati 300/50/50<br>R,Rh: Cartofi natur cu piept de pui 300/80<br>Rd: Cartofi copți cu piept de pui 300/80<br>D,Dds: Dovlecei la cuptor cu piept de pui 300/80<br><br><b>Felul II:</b><br>C,R,Rh: Compot de piersici 300<br>D,Dds: Compot dietetic asortat 300<br>Rd: Ceai de menta 300 + Biscuiti (100g) 1buc |

SUPLIMENT DIABET,Dds: ora 10,00: Iaurt(130gr) 1buc.  
SUPLIMENT DIABET,Dds:ora 16,00: Cascaval pane 100g  
SUPLIMENT DIABET,Dds: ora 20,00: Iaurt(130gr) 1buc.

### Legenda:

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Rd -- regim diareic  
D -- diabet  
Dds -- diabet desodat  
Rg -- regim gastric

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Vineri

MENIUL ZILEI – 07.11.2025 - TBC-MDR

| Mic dejun: ora 08,15-09,00                                              | Pranz: ora 13,00-13,45                                                                                                                                                                                                                                                                                                                                                       | Cina: ora 17,45-18,30                                                                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| C,R,Rh,Rd,D,Dds: Cei,paine,omleta dietetica cu branza vaci 300/2buc/100 | <b>Felul I:</b><br>C,R,Rh,D,Dds: Ciorba de vita 400/80<br>Rd: Supa de pui cu legume 400/80<br><br><b>Felul II:</b><br>C,R,D,Dds: Mancare de spanac cu carne de porc la tava 300/120<br>Rh: Piure spanac cu piept de pui pe pita 300/120<br>Rd: Orez cu piept de pui la tava 300/120<br><br><b>Desert:</b> C,R,Rh:Croissant(80g) 1buc.<br>D,Dds: Kiwi 1buc<br>Rd: Banana 1buc | <b>Felul I:</b><br>C,R: Paste bologneze 300/100<br>Rh,Rd: Paste cu piept de pui 300/80<br>D,Dds: Sote de fasole verde cu piept de pui 300/80<br><br><b>Felul II:</b><br>C,R,Rh: Cacao cu lapte 300<br>D,Dds: Cacao cu lapte neindulcit 300<br>Rd: Iaurt(130gr) 1buc. + Biscuiti (100g) 1buc. |

SUPLIMENT DIABET,Dds: ora 10,00: Iaurt(130gr) 1buc.  
SUPLIMENT DIABET,Dds: ora 16,00: Branza vaci 100g  
SUPLIMENT DIABET,Dds: ora 20,00: Pate ficat(100gr) 1buc.

Legenda:

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Rd -- regim diareic  
D -- diabet  
Dds -- diabet desodat  
Rg -- regim gastric

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### Sambata

### MENUL ZILEI - 08.11.2025 - TBC-MDR

| Mic dejun: ora 08,15-09,00                                                                                                                                                                                                              | Pranz: ora 13,00-13,45                                                                                                                                                                                                                                                                                                                                | Cina: ora 17,45-18,30                                                                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>C:</b> Ceai,paine,parizer,branza telemea,rosie<br>300/100gr/100gr /1buc<br><b>R,Rh,D,Dds:</b> Ceai,paine,pate ficat,branza vaci,rosie<br>300/100gr/100gr /1buc<br><b>Rd:</b> Ceai,paine prajita,branza vaci,banana<br>300/100gr/1buc | <b>Felul I:</b><br><b>C,D:</b> Ciorba taraneasca cu afumatura 400 /50<br><b>R,Rh,Rd,Dds:</b> Supa de pui cu legume 400 /50<br><br><b>Felul II:</b><br><b>C,R,D,Dds:</b> Varza a la Cluj cu mamaliguta 300/120/200<br><b>Rh,Rd:</b> Sote de morcovi cu carne de pui la tava 300/120<br><br><b>Desert:</b> C,R,Rh,Rd: Banana 1buc.<br>D,Dds: Kiwi 1buc. | <b>Felul I:</b><br><b>C,R,Rh,Rd:</b> Orez sarbesc cu pipote de pui 300/80<br><b>D,Dds:</b> Mancare de rosii cu pui 300/100<br><br><b>Felul II:</b><br><b>C,R,Rh:</b> Compot de visine 300<br><b>D,Dds:</b> Compot dietetic asortat 300<br><b>Rd:</b> Ceaide menta,paine prajita,branza vaci 300/100gr |

SUPLIMENT DIABET,Dds ora 10,00: Iaurt(130 gr.) 1buc  
SUPLIMENT DIABET,Dds ora 16,00: Piept de pui pe plita 120gr  
SUPLIMENT DIABET,Dds ora 20,00: Branza Fagaras(185gr) 1buc.

### Legenda:

C -- comun  
R -- regim/desodat  
Rh- regim hepatic  
Rsp- regim special

Rd -- regim diareic  
D -- diabet  
Dds -- diabet desodat  
Rg -- regim gastric

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### Duminica

### MENUL ZILEI – 09.11.2025 - TBC-MDR

| Mic dejun: ora 08,15-09,00                                                                                                                                                                | Pranz: ora 13,00-13,45                                                                                                                                                                                                                                                                                                                                                                        | Cina: ora 17,45-18,30                                                                                                                                                                                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| C,R,D:Ceai,paine,salam,cascaval<br>300/100/100<br>Rh,Dds:Ceai,paine,omleta dietetica cu branza vaci<br>300/2buc/100<br>Rd: Ceai,paine prajita, omleta dietetica cu branza vaci<br>300/100 | <b>Felul I:</b><br>C,R,Rd,Rh:Supa de pui cu fidea<br>D,Dds: Supa de pui cu legume<br>400/80<br>400/80<br><br><b>Felul II:</b><br>C:Iahnie de fasole cu ciolan afumat<br>R,Rh,D,Dds: Mancare de fasole verde cu carne<br>de pui<br>Rd: Sote de morcovi cu pui la cuptor<br>300/120<br>300/120<br><br><b>Desert:</b> C,R,Rh:Minicheg(50g)<br>D,Dds:Mar<br>Rd: Mar copt<br>1buc.<br>1buc<br>1buc | <b>Felul I:</b><br>C:Ghiveci calugaresc cu carnati<br>R,Rh,D:Ghiveci calugaresc cu pui<br>Rd: Cartofi natur cu pui la cuptor<br>300/50<br>300/80<br>300/80<br><br><b>Felul II:</b><br>C,R,Rh: Orez cu lapte<br>Rd: Paste cu branza de vaci<br>D: Lapte<br>300<br>300/100<br>300 |

SUPLIMENT DIABET,Dds: ora 10,00: Iaurt(130gr)  
SUPLIMENT DIABET,Dds: ora 16,00: Pate ficat(100gr)  
SUPLIMENT DIABET,Dds: ora 20,00: Cascaval pane  
1buc.  
1buc.  
100g

### Legenda:

C -- comun  
R -- regim desodat  
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Rg -- regim gastric

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