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MINISTERUL SĂNĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 13.03.2026-19.03.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+crenvrusti 100g+branza 100g+mustar 10g	Ceai+paine+salam porc50g+cascaval 50g+zacusca 100g	Lapte 250ml+paine+gem 50g+unt 20g+branza cas 50g	Ceai+paine+pate ficat 100g+branza 100g	Ceai+paine+oua jumari branza cas 130g+salam porc 50g	Paine+ceai+parizer 100g+branza topita 35g	Ceai+paine+sunca pui 100g+cascaval 100g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+branza cas 100g+crenvrusti 35g+sunca pui 50g	Ceai+paine+sunca pui 50g+cascaval 50g+zacusca 100g	Lapte 250ml+paine+gem 50g+unt 20g+branza cas 50g	Ceai+paine+branza cas 100g+sunca pui 100g	Ceai+paine+omleta branza cas 130g+muschi file 50g	Paine+ceai+sunca pui 50g+branza cas 100g	Ceai+paine+sunca pui 100+cascaval 100g
SUPLIMENT 10:00	Paine+parizer 100g	Paine+arnati plita 40g	Paine+cascaval 100g	Paine+branza topita 35g	Paine+branza 100g	Paine+salam porc 100g	Paine+ pate ficat 100g
DIABET 10:00	Parizer 100g	Carnati plita 40g	Cascaval 100g	Branza topita 35g	Branza 100g	Salam porc 100g	Pate fucat 100g
PRANZ R.15(comun)	Ciorba rosii cu orez 300g	Supa fidea 300g	Ciorba zarzavat dreasa 300g	Supa galuste 300g	Ciorba zarzavat dreasa 300g	Ciorba cartofi 300g	Ciorba perisoare 300g+35g
	Paste in sos conserva peste 300g	Varza calita cu ciolan 200g+75g	Musaca cartofi conserva porc 300g	Mancare spanac carne pasare 250g+80g-100g	Sos rosii cu ficatei 250g+60g	Iahnie fasole carnati 360g+40g+gogosari 100g	Piure cartofi carne pasare 150g+80g-100g+castraveti 100g
	Napolitane 50g	Biscuiti crema 80g	Mar 160g--220g	Biscuiti crema 80g	Prajitura 50g	Napolitane 50g	Rulada 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba rosii cu orez 300g	Supa fidea 300g	Ciorba zarzavat dreasa 300g	Supa galuste 300g	Ciorba zarzavat dreasa 300g	Ciorba cartofi 300g	Ciorba perisoare 300g+35g
	Paste cu conserva peste 300g	Varza alba morcovi carne pasare 200g+80g-100g	Musaca cartofi conserva pasare 300g	Sote spanac carne pasare 250g+80g-100g	Sos rosii dietetic cu ficatei 250g+60g	Sote fasole verde carne pasare 250g+80g-100g	Piure cartofi carne pasare 150g+80g-100g
	Napolitane 50g	Biscuiti crema 80g	Mar 160g-220g	Biscuiti crema 80g	Prajitura 50g	Napolitane 50g	Rulada 50g
DIABET 16:00	Mar 160g-220g	laurt 125g	Sana 330ml	Mar 160g-220g	laurt 125g	Mar 160g-220g	Sana 330ml
CINA R. 15	Tocanita ciuperci carne pasare 250g+80g-100g	Pilaf orez ficatei 200g+60g	Mancare fasole verde aripi pui 250g+80g-100g	Cartofi natur cu carnati 400g+40g	Piure cartofi carne porc 150g+90g	Pilaf orez cu ficatei 200g+60g	Mamaliga 160g+branza 100g+ou fiert 50g+carnati 40g+smantana 50g
	Biscuiti 100g	Compot pere 300g	Corn 45g	Rulada 50g	Budinca gris cu gem 200g	Sana 330ml+corn 45g	Biscuiti 100g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Sote legume carne pasare 250g+80g- 100g	Pilaf orez ficatei 200g+60g	Sote fasole verde aripi pui 250g+80g-100g	Cartofi natur cu aripi pui 400g+60g	Piure cartofi piept pui 150g+90g	Pilaf orez cu ficatei 200g+60g	Mamaliga 160g+branza cas 100g+aripi pui 60g+ou 50g+smantana 50g
	Biscuiti 100g	Compot pere 300g	Corn 45g	Rulada 50g	Budinca gris cu gem 200g	Sana 330ml+corn 45g	Biscuiti 100g

Alimentele, produsele alimentare si preparatele culinare contin alergeni: gluten, lactoza, ou, telina, soia, nuci, alune, lapte

Unitatea asigura diete special adaptate convingerilor proprii sau spirituale

Presedinte comisie meniuri,
Dr. Marica Sorina

Asistent nutritie si dieteca,
Micu Florentina