



POIANA MARE, Dolj
Str. GĂRII, Nr.40
CF : 4711561

Tel :0748.186.112

e-mail : spitpoiana@yahoo.com <http://www.spitalpoianamare.ro>

MINISTERUL SĂNĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 27.02.2026-05.03.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+crenvrusti 100g+ou fiert 50g+mustar 10g	Ceai+paine+salam porc 100g+branza 100g	Ceai+paine+unt 20g+gem 50g+cascaval 100g	Ceai+paine+pate ficat 100g+branza topita 35g	Ceai+paine+oua jumari branza cas 130g+parizer 50g	Paine+ceai+muschi file 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+crenvrusti 70g+ou fiert 50g+sunca presata 50g	Ceai+paine+sunca pui 100g+branza cas 100g	Ceai+paine+unt 20g+gem 50g+cascaval 100g	Ceai+paine+sunca pui 100g+branza cas 50g	Ceai+paine+omleta branza cas 130g+sunca pui 50g	Paine+ceai+muschi file 100g+branza cas 50g	Ceai+paine+sunca pui 100+cascaval 100g
SUPLIMENT 10:00	Paine+branza 100g	Paine+arnati plita 40g	Paine+branza topita 35g	Paine+c arne pasare cuptor 80g- 100g	Paine+cascaval 100g	Paine+salam porc 100g	Paine+ pate ficat 100g
DIEBET 10:00	Branza 100g	Carnati plita 40g	Branza topita 35g	Carne pasare cuptor 80g- 100g	Cascaval 100g	Salam porc 100g	Pate fucat 100g
PRANZ R.15(comun)	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Ciorba rosii cu orez 300g	Supa galuste 300g	Ciorba perisoare 300g+35g	Ciorba aripi pui 300g+60g	Ciorba radauteana 300g+35g
	Paste in sos conserva vita 300g	Varza a la Cluj 300g	Piure cartofi cu chiftele 150g+80g+gogosari 100g	Mancare spanac carne pasare 250g+80g-100g	Mancare fasole verde carne pasare 250g+80g-100g	Iahnie fasole carnati 360g+40g+castraveti 100g	Tocanita ciuperi carne pasare 250g+80g-100g
	Biscuiti crema 80g	Banane 160g-220g	Biscuiti crema 80g	Eugenia 20g	Strudel mere 70g	Prajitura 50g	Napolitane 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Ciorba rosii cu orez 300g	Supa galuste 300g	Ciorba perisoare 300g+35g	Ciorba aripi pui 300g+60g	Ciorba radauteana 300g+35g
	Paste cu conserva vita 300g	Varza alba morcovi conserva pasare 300g	Piure cartofi cu chiftele 150g+80g	Sote spanac carne pasare 250g+80g-100g	Sote fasole verde carne pasare 250g+80g-100g	Pilaf orez carne pasare 200g+80g-100g	Piure cartofi carne pasare 150g+80g-100g
	Biscuiti crema 80g	Banane 160g-220g	Biscuiti crema 80g	Eugenia 20g	Strudel mere 70g	Prajitura 50g	Napolitane 50g
DIABET 16:00	Mar 160g-220g	laurt 125g	Sana 330ml	Mar 160g-220g	laurt 125g	Mar 160g-220g	Sana 330ml
CINA R. 15	Sos rosii cu ficatei 250g+60g	Pilaf orez carne pasare 200g+80g-100g	Mamaliga 160g+branza 100g+ou 50g+carnati 40g+smantana 50g	Cartofi natur carne porc 400g+90g	Salata orientala 500g	Piure cartofi cu ficatei 150g+60g	Tocana legume carne pasare 250g+80g-100g
	Biscuiti 100g	Compot struguri 300g	Biscuiti 100g	Placinta branza 70g	Sana 330ml+eugenia 20g	Compot ananas 285g	Banane 160g- 220g+eugenia 20g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Sos rosii dietetic cu ficatei 250g+60g	Pilaf orez carne pasare 200g+80g-100g	Mamaliga 160g+branza cas 100g+ou 50g+aripi pui 60g+smantana 50g	Cartofi natur piept pui 400g+90g	Cartofi natur carne pasare 400g+80g+100g	Piure cartofi cu ficatei 150g+60g	Sote legume carne pasare 250g+80g-100g
	Biscuiti 100g	Compot struguri 300g	Biscuiti 100g	Placinta branza 70g	Sana 330ml+eugenia 20g	Compot ananas 285g	Banane 160g- 220g+eugenia 20g

Alimentele, produsele alimentare și 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