



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

Tel :0748.186.112

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

MINISTERUL SĂNĂȚĂII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 03.07.2026-09.07.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+parizer 100g+branza 100g+rosii 200g	Ceai+paine+muschi file 100g+branza topita 35g	Lapte 250ml+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+pate ficat 100g+branza 100g+castraveti 80g	Ceai+paine+crenvrusti 100g+cascaval 100g	Paine+ceai+salam porc 100g+ou fiert 50g+branza topita 17,5g	Ceai+paine+sunca presata 100g+branza topita 35g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza cas 100g+rosii 200g	Ceai+paine+muschi file 100g+branza cas 50g	Lapte 250ml+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+salam pasare 100g+branza cas 100g+castraveti 80g	Ceai+paine+crenvrusti 50g+salam pasare 50g+cascaval 100g	Paine+ceai+salam pasare 100g+ou fiert 50g+branza topita 17,5g	Ceai+paine+sunca presata 100g+branza cas 50g
SUPLIMENT 10:00	Paine+cascaval 100g	Paine+branza 100g	Paine+carne pasare 80g- 100g	Paine+salam porc 100g	Paine+sunca presata 100g	Paine+parizer 100g	Paine+ muschi file100g
DIABET 10:00	Cascaval 100g	Branza 100g	Carne pasare 80g- 100g	Salam porc 100g	Sunca presata 100g	Parizer 100g	Muschi file 100g
PRANZ R.15(comun)	Ciorba fasole carnati 300g+70g	Supa galuste 300g	Ciorba rosii cu orez 300g	Supa fidea 300g	Ciorba perisoare 300g+35g	Ciorba zarzavat dresa 300g	Ciorba aripi dresa 300g+60g
	Mancare cartofi aripi pui 250g+60g	Mancare mazare carnati 250g+70g	Piure cartofi chiftele 150g+80g	Mancare dovlecei aripi 250g+60g	Sos rosii cu ficatei 250g+60g	lahnie fasole carnati 360g+70g+salata varza 100g	Piure cartofi cu carnati 150g+70g
	Rulada 50g	Chec 50g	Napolitane 50g	Prajitura 50g	Chec 50g	Rulada 50g	Placinta branza 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba pasare dresa 300g+80g-100g	Supa galuste 300g	Ciorba rosii cu orez 300g	Supa fidea 300g	Ciorba perisoare 300g+35g	Ciorba zarzavat dresa 300g	Ciorba aripi dresa 300g+60g
	Cartofi natur aripi pui 400g+60g	Sote fasole verde carne pasare 250g+80g-100g	Piure cartofi chiftele 150g+80g	Sote dovlecei aripi pui 250g+60g	Sos rosii dietetic cu ficatei 250g+60g	Sote legume carne pasare 250g+80g-100g	Piure cartofi carne pasare 150g+80g-100g
	Rulada 50g	Chec 50g	Napolitane 50g	Prajitura 50g	Chec 50g	Rulada 50g	Placinta branza 50g
DIABET 16:00	Mar 160g-220g	laurt 125g	Sana 330ml	laurt 125g	Sana 330ml	laurt 125g	Sana 330ml
CINA R. 15	Tocana legume carne pasare 250g+80g- 100g	Pilaf orez cu ficatei 200g+60g	Tocanita ciuperci carne pasare 250g+80g-100g	Musaca cartofi carne porc 300g	Piure cartofi aripi pui 150g+60g	Paste in sos carne porc 300g	Mancare spanac carne pasare 250g+80g-100g
	Biscuiti crema 65g	laurt 125g+corn 45g	Rulada 50g	Banane 160g- 220g+Eugenia 20g	Biscuiti crema 65g+mar 160g-220g	Mar 160g-220g+corn 45g	Macaroane branza 250g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Sote legume carne pasare 250g+80g- 100g	Pilaf orez cu ficatei 200g+60g	Sote legume carne pasare 250g+80g-100g	Musaca cartofi piept pui 300g	Piure cartofi aripi pui 150g+60g	Paste cu piept pui 300g	Sote spanac carne pasare 250g+80g-100g
	Biscuiti crema 65g	laurt 125g+corn 45g	Rulada 50g	Banane 160g- 220g+Eugenia 20g	Biscuiti crema 65g+mar 160g-220g	Mar 160g-220g+corn 45g	Macaroane branza cas 250g

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