



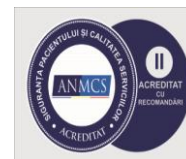
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MINISTERUL SĂNĂTĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 04.09.2026-10.09.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+pate ficat 100g+branza 100g	Ceai+paine+salam porc 50g+oua jumari branza cas 130g	Ceai+paine+gem 50g+unt 20g+branza cas 100g	Ceai+paine+branza 100g+zacusca 100g	Ceai+paine+parizer 50g+cascaval 50g+branza topita 35g	Paine+ceai+sunca presata 100g+branza topita 17,5g+cascaval 50g	Ceai+paine+branza 100g+crenvrusti 50g+zacusca 50g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza cas 100g	Ceai+paine+salam pasare 50g+omleta branza cas 130g	Ceai+paine+gem 50g+unt 20g+branza cas 100g	Ceai+paine+branza cas 100g+zacusca 100g	Ceai+paine+salam pasare 50g+cascaval 50g+branza cas 50g	Paine+ceai+sunca presata 100g+branza topita 17,5g+cascaval 50g	Ceai+paine+branza cas 100g+crenvrusti 50g+zacusca 50g
SUPLIMENT 10:00	Paine+cascaval 100g	Paine+branza topita 35g	Paine+carne pasare 80g- 100g	Paine+pate ficat100g	Paine+sunca presata 100g	Paine+parizer 100g	Paine+ salam porc 100g
DIABET 10:00	Cascaval 100g	Branza topita 35g	Carne pasare 80g- 100g	Pate ficat 100g	Sunca presata 100g	Parizer 100g	Salam porc 100g
PRANZ R.15(comun)	Ciorba rosii cu orez 300g	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Supa galuste 300g	Ciorba aripi pui dreasa 300g+60g	Ciorba zarzavat dreasa 300g	Supa fidea 300g
	Mancare cartofi carnati 300g+70g	Piure cartofi carne porc 150g+90g	Cartofi natur carne pasare cuptor 400g+80g- 100g	Mancare mazare cu carnati 250g+70g	Sos rosii cu chiftele 250g+80g	lahnie fasole carnati 360g+70g+salata varza 100g	Varza calita ciolan 200g+75g
	Struguri 160g-220g	Piersici 160g-220g	Struguri 160g-220g	Napolitane 50g	Prajitura 50g	Napolitane 50g	Placinta branza 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba rosii cu orez 300g	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Supa galeste 300g	Ciorba aripi pui dreasa 300g+60g	Ciorba zarzavat dreasa 300g	Supa fidea 300g
	Cartofi natur carne pasare 400g+80g- 100g	Piure cartofi piept pui 150g+90g	Cartofi natur carne pasare cuptor 400g+80g- 100g	Sote dovlecei carne pasare 250g+80g-100g	Sos rosii dietetic cu chiftele 250g+80g	Pilaf orez carne pasare 150g+80g-100g	Varza morcovi carne pasare 200g+80g-100g
	Struguri 160g-220g	Piersici 160g-220g	Struguri 160g-220g	Napolitane 50g	Prajitura 50g	Napolitane 50g	Placinta branza 50g
DIABET 16:00	laurt 125g	Mar 160g-220g	laurt 125g	Mar 160g-220g	laurt 125g	Mar 160g-220g	laurt 125g
CINA R. 15	Paste in sos conserva pasare 300g	Tocana legume carne pasare 250g+80g-100g	Tocanita ciuperci carne pasare 250g+80g-100g	Salata orientala 500g	Piure cartofi carnati 150g+70g	Musaca cartofi carne porc 300g	Pilaf orez cu ficatei 200g+60g
	Rulada 50g	Biscuiti crema 65g	Macaroane branza 250g	Sana 330ml+chec 50g	Struguri 160g-220g	Mar 160g-220g+eugenia 20g	Piersici 160g-220g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Paste cu conserva pasare 300g	Sote legume carne pasare 250g+80g-100g	Sote legume carne pasare 250g+80g-100g	Cartofi natur carne pasare 150g+80g-100g	Piure cartofi carne pasare 150g+80g-100g	Musaca cartofi piept pui 300g	Pilaf orez cu ficatei 200g+60g
	Rulada 50g	Biscuiti crema 65g	Macaroane branza 250g	Sana 330ml+chec 50g	Struguri 160g-220g	Mar 160g+220g+eugenia 20g	Piersici 160g-220g

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