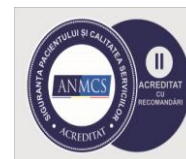



SPITALUL DE PSIHIATRIE POIANA MARE


ISO 9001 Certificat nr.

MENIU SAPTAMANAL 07.08.2026-13.08.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+parizer 100g+branza topita 35g	Ceai+paine+salam porc 100g+cascaval 100g	Ceai+paine+muschi file 100g+branza topita 35g	Ceai+paine+pate ficat 100g+branza 100g	Ceai+paine+cascaval 100g+gem 50g+unt 20g	Paine+ceai+crenvrusti 100g+branza topita 17,5g+ou fiert 50g	Ceai+paine+zacusca 100g+branza 50g+sunca presata 50g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza cas 50g	Ceai+paine+salam pasare 100g+cascaval 100g	Ceai+paine+muschi file 100g+branza cas 50g	Ceai+paine+salam pasare 100g+branza cas 100g	Ceai+paine+cascaval 100g+gem 50g+unt 20g	Paine+ceai+crenvrusti 50g+branza cas 100g+ou fiert 50g	Ceai+paine+zacusca 100g+branza cas 50g+sunca presata 50g
SUPLIMENT 10:00	Paine+cascaval 100g	Paine+crenvrusti 50g+branza topita 35g	Paine+carne pasare 80g- 100g	Paine+muschi file 100g	Paine+parizer 100g	Paine+pate ficat 100g	Paine+ carnati 70g
DIABET 10:00	Cascaval 100g	Crenvrusti 50g+branza topita 35g	Carne pasare 80g- 100g	Muschi file 100g	Parizer 100g	Pate ficat 100g	Carnati 70g
PRANZ R.15(comun)	Ciorba rosii cu orez 300g	Supa fidea 300g	Ciorba zarzavat dreasa 300g	Supa galuste 300g	Ciorba perisoare 300g+35g	Ciorba zarzavat dreasa 300g	Ciorba aripi pui dreasa 300g+60g
	Mancare cartofi carnati 300g+70g	Ardei umplut carne porc 200g	Cartofi natur carne porc 400g+90g	Pilaf orez carne pasare 200g+80g-100g	Mancare fasole verde carne pasare 250g+80g-100g	lahnie fasole carnati 360g+70g+castraveti 100g	Mancare mazare carnati 250g+70g
	Prune 160g-220g	Piersici 160g-220g	Pepene verde 700g	Chec 50g	Corn 50g	Prajitura 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 perisoare 300g+35g	Ciorba zarzavat dreasa 300g	Ciorba aripi pui dreasa 300g+60g
	Cartofi natur aripi pui 400g+60g	Ardei umplut piept pui 200g	Cartofi natur piept pui 400g+90g	Pilaf carne pasare 200g+80g-100g	Sote fasole verde carne pasare 250g+80g-100g	Sote fasole verde carne pasare 250g+80g-100g	Sote legume carne pasare 250g+80g-100g
	Prune 160g-220g	Piersici 160g-220g	Pepene verde 700g	Chec 50g	Corn 50g	Prajitura 50g	Rulada 50g
DIABET 16:00	Mar 160g-220g	Sana 330ml	Mar 160g-220g	Sana 330ml	laurt 125g	Sana 330ml	laurt 125g
CINA R. 15	Tocanita ciuperci carne pasare 250g+80g-100g	Piure cartofi carnati 150g+70g	Tocana legume carne pasare 250g+80g-100g	Salata orientala 500g	Paste in sos conserva pasare 300g	Pilaf orez carne pasare 200g+80g-100g	Piure cartofi cu ficatei 150g+60g
	Macaroane branza 250g	Compot cirese 300g	Biscuiti crema 65g	Corn 45g+banane 160g- 220g	Prune 160g- 220g+Eugenia 20g	Piersici 160g-220g	Compot ananas 280g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Sote legume carne pasare 250g+80g- 100g	Piure cartofi carne pasare 150g+80g-100g	Pilaf orez carne pasare 200g+80g-100g	Cartofi natur carne pasare 400g+80g-100g	Paste cu conserva pasare 300g	Pilaf orez carne pasare 200g+80g-100g	Piure cartofi cu ficatei 150g+60g
	Macaroane branza cas 250g	Compot cirese 300g	Biscuiti crema 65g	Corn 45g+banane 160g- 220g	Prune 160g- 220g+Eugenia 20g	Piersici 160g-220g	Compot ananas 280g

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