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## MINISTERUL SĂNĂȚII

### SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

#### MENIU SAPTAMANAL 10.04.2026-16.04.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+salam porc 100g+branza topita 35g	Ceai+paine+muschi file 100g+cascaval 100g	Ceai+paine+oua rosii 100g+drob miel 100g+ceapa verde 50g	Ceai+paine+ou rosu 50g+drob porc 100g+cascaval 50g+ceapa verde 50g	Ceai+paine+parizer 100g+branza 100g	Paine+ceai+pate ficat 100g+branza topita 35g	Ceai+paine+sunca presata 100g+branza 100g
R.1,2,5,5c,5b,5,10,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza topita 35g	Ceai+paine+muschi file 100g+cascaval 100g	Ceai+paine+oua rosii 100g+drob miel 100g+ceapa verde 50g	Ceai+paine+ou rosu 50g+drob porc 100g+cascaval 50g+ceapa verde 50g	Ceai+paine+salam pasare 100g+branza cas 100g	Paine+ceai+salam pasare 100g+branza cas 50g	Ceai+paine+sunca presata 100g+branza cas 100g
SUPLIMENT 10:00	Paine+crenvrusti 140g	Paine+sunca presata 100g	Paine+crenvrusti 70g+branza topita 17,5g	Paine+muschi file100g	Paine+salam porc 100g	Paine+cascaval 100g	Paine+ parizer 100g
DIABET 10:00	Crenvrusti 140g	Sunca presata 100g	Crenvrusti 70g+branza topita 17,5g	Muschi file100g	Salam porc 100g	Cascaval 100g	Parizer 100g
PRANZ R.15(comun)	Ciorba zarzavat dreasa 300g	Ciorba cartofi 300g	Ciorba miel 300g+50g	Ciorba perisoare 300g+35g	Ciorba aripi dreasa 300g+60g	Supa galuste 300g	Supa fidea 300g
	Iahnie fasole carnati 360g+70g+gogosari 100g	Paste in sos conserva ton 300g	Carne pasare cuptor 150g+80g+100g+carnati cuptor 70g+salata varza 100g	Cartofi natur aripi pui 400g+60g	Sos rosii cu ficatei 250g+60g	Mancare mazare cu carnati 250g+70g	Varza calita cu carnati 300g+70g
	Placinta branza 50g	Mar 160g-220g	Cozonac 100g	Napolitane 50g	Prajitura 50g	Chec 50g	Banane 160g-220g
R.1,2,5,5b,5c,10,10b,10c,7,7b	Ciorba zarzavat dreasa 300g	Ciorba cartofi 300g	Ciorba miel 300g+50g	Ciorba perisoare 300g+35g	Ciorba aripi dreasa 300g+60g	Supa galuste 300g	Supa fidea 300g
	Sote fasole verde aripi pui 250g+60g	Paste cu conserva ton 300g	Carne pasare cuptor+80g+100g+aripi pui cuptor 60g+salata varza 100g	Cartofi natur aripi pui 400g+60g	Sos rosii dietetic cu ficatei 250g+60g	Sote fasole verde carne pasare+80g-100g	Varza alba morcovi carne pasare pasare 300g+80g-100g
	Strudel mere 70g	Mar 160g-220g	Cozonac 100g	Napolitane 50g	Prajitura 50g	Chec 50g	Banane 160g-220g
DIABET 16:00	Sana 330ml	Iaurt 125g	Sana 330ml	Iaurt 125g	Sana 330ml	Iaurt 125g	Sana 330ml
CINA R. 15	Tocana legume carne pasare 250g+80g-100g	Tocanita ciuperci carne pasare 250g+80g-100g	Piure cartofi piept pui 150g+80g+gogosari 100g	Pilaf orez carne porc 150g+90g	Salata orientala 500g	Cartofi natur carne pasare 400g+80g-100g	Pilaf orez carne pasare cuptor 200g+80g-100g
	Corn 45g+Iaurt 125g	Rulada 50g	Compot ananas 280g	Sana 330ml+biscuiti crema 65g	Corn 45g+Iaurt 125g	Sana 330ml+eugenia 20g	Corn 45g+Iaurt 125g
R.1,2,5,5b,5c,10,10b,10c,7,7b	Cartofi natur carne pasare 400g+80g-100g	Sote legume carne pasare 250g+80g-100g	Piure cartofi piept pui 150g+80g	Pilaf orez piept pui 150g+90g	Cartofi natur carne pasare 400g+80g-100g	Cartofi natur carne pasare 400g+80g-100g	Pilaf orez carne pasare cuptor 200g+80g-100g
	Corn 45g+Iaurt 125g	Rulada 50g	Compot ananas 280g	Sana 330ml+biscuiti crema 65g	Iaurt 125g+corn 45g	Sana 330ml+eugenia 20g	Corn 45g+Iaurt 125g

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