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MINISTERUL SĂNĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr. 394C

MENIU SAPTAMANAL 10.07.2026-16.07.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+parizer 100g+branza topita 35g+rosii 200g	Ceai+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+muschi file 100g+branza topita 35g	Ceai+paine+pate ficat 100g+branza topita 35g+castraveti 80g	Ceai+paine+crenvrusti 100g+cascaval 100g	Paine+ceai+sunca presata 100g+branza topita 35g	Ceai+paine+salam porc 100g+branza topita 35g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza cas 50g+rosii 200g	Ceai+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+muschi file 100g+branza topita 35g	Ceai+paine+salam pasare 100g+branza topita 35g+castraveti 80g	Ceai+paine+crenvrusti 50g+salam pasare 50g+cascaval 100g	Paine+ceai+sunca presata 100g+branza topita 35g	Ceai+paine+salam pasare 100g+branza cas 50g
SUPLIMENT 10:00	Paine+sunca presata 100g	Paine+crenvrusti 100g	Paine+cascaval 100g	Paine+salam porc 100g	Paine+sunca presata 100g	Paine+parizer 100g	Paine+ muschi file100g
DIABET 10:00	Sunca presata 100g	Crenvrusti 100g	Cascaval 100g	Salam porc 100g	Sunca presata 100g	Parizer 100g	Muschi file 100g
PRANZ R.15(comun)	Ciorba zarzavat dreasa 300g	Ciorba rosii cu orez 300g	Supa fidea 300g	Supa galuste 300g	Ciorba perisoare 300g+35g	Ciorba aripi dreasa 300g+60g	Ciorba porc dreasa 300g+35g
	Iahnie fasole ciolan 360g+75g+gogosari 100g	Piure cartofi carne porc 150g+90g	Sos rosii cu chiftel 250g+80g	Mancare mazare carnati 250g+70g	Tocanita ciuperci aripi pui 250g+60g	Piure cartofi carnati 150g+70g	Mancare cartofi carneti 300g+70g
	Strudel mere 70g	Prajitura 50g	Napolitane 50g	Rulada 50g	Corn 50g	Napolitane 50g	Chec 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba zarzavat dreasa 300g	Ciorba rosii cu orez 300g	Supa fidea 300g	Supa galuste 300g	Ciorba perisoare 300g+35g	Ciorba aripi dreasa 300g+60g	Ciorba aripi dreasa 300g+60g
	Sote fasole verde carne pasare 250g+80g-100g	Piure cartofi piept pui 150g+90g	Sos rosii dietetic cu chiftel 250g+80g	Sote dovlecei aripi pui 250g+60g	Sote legume aripi pui 250g+60g	Piure cartofi carne pasare 150g+80g-100g	Cartofi natur carne pasare 400g+80g-100g
	Strudel mere 70g	Prajitura 50g	Napolitane 50g	Rulada 50g	Corn 50g	Napolitane 50g	Chec 50g
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	Mancare fasole verde carne pasare 250g+80g- 100g	Pilaf orez carne pasare 250g+80g-100g	Cartofi natur carne pasare 400g+80g-100g	Salata orientala 500g	Mamaliga 160g+branza 100g+ou fiert 50g+carne pasare cuptor 80g-100g	Mancare dovlecei carne pasare 250g+80g-100g
	Eugenia 20g+mar 160g-220g	Rulada 50g	Compot piersici 300g	Compot ananas 280g	Eugenia 20g+banana 160g+220g	Biscuiti crema 65g	Macaroane branza 250g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Cartofi natur carne pasare 400g+80g- 100g	Sote fasole verde carne pasare 250g+80g-100g	Pilaf orez carne pasare 250g+80g-100g	Cartofi natur carne pasare 400g+80g-100g	Cartofi natur carne pasare 400g+80g-100g	Mamaliga 160g+branza cas 100g+ou fiert 50g+carne pasare cuptor 80g-100g	Sote dovlecei carne pasare 250g+80g-100g
	Eugenia 20g+mar 160g-220g	Rulada 50g	Compot piersici 300g	Compot ananas 280g	Eugenia 20g+banana 160g-220g	Biscuiti crema 65g	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 dietea,
Micu Florentina