



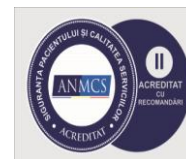
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MINISTERUL SĂNĂTĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 14.08.2026-20.08.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+parizer 100g+branza topita 35g	Ceai+paine+muschi file 100g+cascaval 100g	Ceai+paine+salam porc 100g+branza 100g	Ceai+paine+cascaval 100g+gem 50g+unt 20g	Ceai+paine+pate ficat 100g+branza 100g	Paine+ceai+crenvrusti 100g+branza topita 35g+ou fiert 50g	Ceai+paine+zacusca 50g+branza topita 17,5g+sunca presata 100g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza cas 50g	Ceai+paine+muschi file 100g+cascaval 100g	Ceai+paine+salam pasare 100g+branza cas 100g	Ceai+paine+cascaval 100g+unt 20g+gem 50g	Ceai+paine+salam pasare 100g+branza cas 100g	Paine+ceai+crenvrusti 50g+branza cas 100g+ou fiert 50g	Ceai+paine+zacusca 50g+branza topita 17,5g+sunca presata 100g
SUPLIMENT 10:00	Paine+cascaval 100g	Paine+crenvrusti 100g	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 100g	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	Supa galuste 300g	Ciorba perisoare 300g+35g	Supa fidea 300g	Ciorba aripi dreasa 300g+65g	Ciorba porc dreasa 300g+35g
	Mancare cartofi aripi pui 300g+60g	Piure cartofi cu chiftele 150g+80g	Piure cartofi carne porc 150g+90g	Mancare mazare carne pasare 200g+80g-100g	Varza a la cluj 300g	lahnie fasole carnati 360g+70g+salata varza 100g	Paste in sos conserva pasare 300g
	Prajitura 50g	Pepene verde 700g	Pepene galben 500g	Corn 50g	Chec 50g	Biscuiti crema 65g	Corn 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba rosii cu orez 300g	Supa fidea 300g	Supa galuste 300g	Ciorba perisoare 300g+35g	Supa fidea 300g	Ciorba aripi dreasa 300g+60g	Ciorba aripi pui dreasa 300g+60g
	Cartofi natur aripi pui 400g+60g	Piure cartofi cu chiftele 150g+80g	Piure cartofi piept pui 150g+90g	Sote fasole verde carne pasare 200g+80g-100g	Varza morcovi conserva vita 300g	Cartofi natur carne pasare 400g+80g-100g	Paste cu conserva pasare 300g
	Prajitura 50g	Pepene verde 700g	Pepene galben 500g	Corn 50g	Chec 50g	Biscuiti crema 65g	Corn 50g
DIABET 16:00	laurt 125g	Sana 330ml	laurt 125g	Sana 330ml	laurt 125g	Sana 330ml	laurt 125g
CINA R. 15	Mancare dovlecei carne pasare 250g+80g-100g	Pilaf orez carne pasare 200g+80g-100g	Tocanita ciuperci carne pasare 250g+80g-100g	Cartofi natur carnati 400g+70g	Pilaf orez aripi pui 200g+60g	Tocana legume carne pasare 250g+80g-100g	Sos rosii cu ficatei 250g+60g
	Macaroane branza 250g	Biscuiti crema 65g	Rulada 50g	Eugenia 20g+banane 160g-220g	Prune 160g- 220g+Eugenia 20g	Prajitura 50g	Rulada 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Sote dovlecei carne pasare 250g+80g- 100g	Pilaf orez carne pasare 200g+80g-100g	Sote legume carne pasare 200g+80g-100g	Cartofi natur carne pasare 400g+80g-100g	Pilaf orez aripi pui 200g+60g	Sote legume carne pasare 250g+80g-100g	Sos rosii dietetic cu ficatei 250g+60g
	Macaroane branza cas 250g	Biscuiti crema 65g	Rulada 50g	Eugenia 20g+banane 160g-220g	Prune 160g- 220g+Eugenia 20g	Prajitura 50g	Rulada 50g

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