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MINISTERUL SĂNĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 17.04.2026-23.04.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+parizer 100g+branza 100g	Ceai+paine+salam porc 100g+branza topita 35g	Ceai+paine+muschi file 100g+cascaval 100g	Lapte 250ml+paine+unt 20g+gem 50g+cascaval 50g	Ceai+paine+oua jumari branza cas 130g+parizer 50g	Paine+ceai+pate ficat 100g+branza 100g	Ceai+paine+sunca presata 100g+cascaval 100g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza cas 100g	Ceai+paine+salam pasare 100g+branza topita 35g	Ceai+paine+muschi file 100g+cascaval 100g	Lapte 250ml+paine+unt 20g+gem 50g+cascaval 50g	Ceai+paine+omleta branza cas +salam pasare 50g	Paine+ceai+salam pasare 100g+branza cas 100g	Ceai+paine+sunca presata 100+cascaval 100g
SUPLIMENT 10:00	Paine+cascaval 100g	Paine+sunca presata 100g	Paine+branza 100g	Paine+muschi file100g	Paine+salam porc 100g	Paine+branza topita 35g	Paine+ parizer 100g
DIABET 10:00	Cascaval 100g	Sunca presata 100g	Branza 100g	Muschi file100g	Salam porc 100g	Branza topita 35g	Parizer 100g
PRANZ R.15(comun)	Ciorba zarzavat dreasa 300g	Ciorba dovlecei dreasa 300g	Supa fidea 300g	Supa galuste 300g	Ciorba aripi dreasa 300g+60g	Ciorba zarzavat dreasa 300g	Ciorba porc dreasa 300g+35g
	lahnie fasole ciolan 360g+75g+castraveti 100g	Piure cartofi cu pulpa porc 150g+90g+gogosari 100g	Sos rosii cu chiftele 250g+80g	Cartofi natur carnati 400g+70g	Mancare fasole verde carne pasare 250g+80g-100g	lahnie fasole cu carnati 360g+70g+gogosari 100g	Mancare dovlecei carne pasare 250g+80g-100g
	Placinta branza 50g	Strudel mere 70g	Napolitane 50g	Prajitura 50g	Banane 160g-220g	Rulada 50g	Biscuiti crema 65g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba zarzavat dreasa 300g	Ciorba dovlecei dreasa 300g	Supa fidea 300g	Supa galuste 300g	Ciorba aripi dreasa 300g+60g	Ciorba zarzavat dreasa 300g	Ciorba radauteana 300g+35g
	Sote fasole verde carne pasare 250g+80g-100g	Piure cartofi cu piept pui 150g+90g	Sos rosii dietetic cu chiftele 250g+80g	Cartofi natur aripi pui 400g+60g	Sote fasole verde carne pasare 250g+80g-100g	Sote legume carne pasare+80g-100g	Sote dovlecei carne pasare 250g+80g-100g
	Placinta branza 50g	Strudel mere 70g	Napolitane 50g	Prajitura 50g	Banane 160g-220g	Rulada 50g	Biscuiti crema 65g
DIABET 16:00	Mar 160g-220g	Banane 160g-220g	laurt 125g	Sana 330ml	laurt 125g	Sana 330ml	Banane 160g-220g
CINA R. 15	Musaca cartofi conserva pasare 300g	Mamaliga 160g+branza 100g+carnati 70g+ou fiert 50g	Pilaf orez cu ficatei 200g+60g	Tocana legume carne pasare 250g+80g-100g	Piure cartofi cu carnati 150g+70g	Paste in sos conserva ton 300g	Mancare cartofi aripi pui 300g+60g
	Eugenia 20g+iaurt 125g	Biscuiti crema 65g	Compot piersici 300g	laurt 125g+corn 45g	Eugenia 20g+sana 330ml	Corn 45g+mar 160g-220g	Eugenia 20g+sana 330ml
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Musaca cartofi conserva pasare 300g	Mamaliga 160g+branza cas 100g+aripi pui 60g+ou fiert 50g	Pilaf orez cu ficatei 200g+60g	Sote legume carne pasare 250g+80g-100g	Piure cartofi carne pasare 150g+80g-100g	Paste cu conserva ton 300g	Cartofi natur aripi pui 400g+60g
	Eugenia 20g+iaurt 125g	Biscuiti crema 65g	Compot piersici 300g	laurt 125g+corn 45g	Eugenia 20g+sana 330ml	Corn 45g+mar 160g-220g	Eugenia 20g+sana 330ml

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 meniuuri,
Dr. Marica Sorina

Asistent nutritie si dieteca,
Micu Florentina