



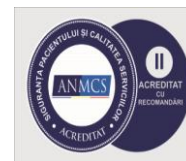
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MINISTERUL SĂNĂTĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 17.07.2026-23.07.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+parizer 100g+branza topita 35g	Ceai+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+muschi file 100g+branza topita 35g+rosii 200g	Ceai+paine+pate ficat 100g+branza topita 35g+rosii 200g	Ceai+paine+sunca presata 100g+branza topita 17,5g+ou fiert 50g	Paine+ceai+crenvrusti 100g+cascaval 100g	Ceai+paine+salam pasare 100g+branza topita 35g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza cas 50g	Ceai+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+muschi file 100g+branza cas 50g+rosii 200g	Ceai+paine+salam pasare 100g+branza topita 35g+rosii 200g	Ceai+paine+sunca presata 100g+branza topita 17,5g+ou fiert 50g	Paine+ceai+crenvrusti 50g+salam pasare 50g+cascaval 100g	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+parizer 100g	Paine+sunca presata 100g	Paine+ muschi file100g
DIABET 10:00	Sunca presata 100g	Crenvrusti 100g	Cascaval 100g	Salam porc 100g	Parizer 100g	Sunca presata 100g	Muschi file 100g
PRANZ R.15(comun)	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Ciorba perisoare 300g	Supa galuste 300g	Ciorba zarzavat dreasa 300g	Ciorba cartofi 300g	Ciorba aripi dreasa 300g+60g
	Iahnie fasole carnati 360g+70g+salata varza 100g	Varza calita carne porc 200g+80g	Pilaf orez cu ficatei 200g+60g	Mancare mazare carnati 250g+70g	Musaca cartofi conserva porc 300g	Iahnie fasole cu carnati 360g+70g+salata varza 100g	Paste in sos conserva pasare 300g
	Chec 50g	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	Supa fidea 300g	Ciorba perisoare 300g	Supa galuste 300g	Ciorba zarzavat dreasa 300g	Ciorba cartofi 300g	Ciorba aripi dreasa 300g+60g
	Sote fasole verde carne pasare 250g+80g-100g	Varza morcovi si piept pui 200+80g	Pilaf orez cu ficatei 200g+60g	Sote dovlecei aripi pui 250g+60g	Musaca cartofi conserva vita 300g	Pilaf orez piept pui 200g+80g-100g	Paste cu conserva pasare 300g
	Chec 50g	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	Tocanita ciuperci carne pasare 250g+80g-100g	Piure cartofi aripi pui 150g+60g	Mancare fasole verde carne pasare 250g+80g- 100g	Cartofi natur carne porc 400g+90g	Sos rosii cu ficatei 250g+60g	Tocana legume conserva pasare 100g	Mamaliga 160g+branza 100g+ou fiert 50g+carnati 70g
	Eugenia 20g+mar 160g-220g	Biscuiti crema 65g +piersici 160-220g	Macaroane branza 250g	Compot ananas 280g	Eugenia 20g+banana 160g+220g	Rulada 50g	Corn 45g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Cartofi natur carne pasare 400g+80g- 100g	Piure cartofi aripi pui 150g+60g	Sote fasole verde carne pasare 250g+80g-100g	Cartofi natur piept pui 400g+90g	Sos dietetic cu ficatei 250g +60g	Sote legume conserva pasare 100g	Mamaliga 160g+branza cas 100g+ou fiert 50g+aripi pui 60g
	Eugenia 20g+mar 160g-220g	Biscuiti crema 65g +piesici 160-220g	Macaroana branza cas 250g	Compot ananas 280g	Eugenia 20g+banana 160g-220g	Rulada 50g	Corn 45g

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