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MINISTERUL SĂNĂTĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 19.06.2026-25.06.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+pate ficat 100g+branza topita 35g+rosii 200g	Ceai+paine+salam porc 100g+branza 100g	Ceai+paine+muschi file 100g+cascaval 100g+castraveti 80g	Ceai+paine+gem 50g+unt 20g+branza cas 100g	Ceai+paine+crenvrusti 100g+cascaval 100g	Paine+ceai+parizer 100h+ou 50g+branza topita 17,5g+rosii 200g	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 cas 50g+rosii 200g	Ceai+paine+salam pasare 100g+branza cas 100g	Ceai+paine+muschi file 100g+cascaval 100g+castraveti 80g	Ceai+paine+gem 50g+unt 20g+branza cas 100g	Ceai+paine+crenvrusti 50g+salam pasare 50g+cascaval 100g	Paine+ceai+salam pasare 100g+ou fiert 50g+branza topita 17,5g+rosii 200g	Ceai+paine+sunca presata 100+branza cas 100g
SUPLIMENT 10:00	Paine+crenvrusti 100g	Paine+cascaval 100g	Paine+crenvrusti 50g+branza topita 35g	Paine+pate ficat 100g	Paine+sunca presata 100g	Paine+salam porc 100g	Paine+ muschi file100g
DIABET 10:00	Crenvrusti 100g	Cascaval 100g	Crenvrusti 50g+branza topita 35g	Pate ficat 100g	Sunca presata 100g	Salam porc 100g	Muschi file 100g
PRANZ R.15(comun)	Ciorba zarzavat dreasa 300g	Ciorba rosii cu orez 300g	Supa galuste 300g	Ciorba zarzavat dreasa 300g	Supa fide 300g	Ciorba perisoare 300g+35g	Ciorba porc dreasa 300g+35g
	Paste in sos conserve ton 300g	Musaca cartofi conserva pasare 300g	Piure cartofi carne porc 150g+90g	Mancare mazare cu carnati 250g+70g	Varza calita carne pasare 200g+80g-100g	Iahnie fasole carnati 360g+70g+castraveti 100g	Tocanita ciupercei carne pasare 250g+80g-100g
	Rulada 50g	Chec 50g	Prajitura 50g	Chec 50g	Napolitane 50g	Napolitane 50g	Placinta branza 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba zarzavat dreasa 300g	Ciorba rosii cu orez 300g	Supa galuste 300g	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Ciorba perisoare 300g+35g	Ciorba aripi dreasa 300g+60g
	Paste conserva ton 300g	Musaca cartofi conserva pasare 300g	Piure cartofi piept pui 150g+90g	Sote fasole verde carne pasare 250g+80g-100g	Varza morcovi carne pasare 200g+80g-100g	Sote legume carne pasare 250g+80g-100g	Sote dovlecei carne pasare 250g+80g-100g
	Rulada 50g	Chec 50g	Prajitura 50g	Chec 50g	Napolitane 50g	Napolitane 50g	Placinta branza 50g
DIABET 16:00	Mar 160g-220g	laurt 125g	Sana 330ml	laurt 125g	Sana 330ml	laurt 125g	Sana 330ml
CINA R. 15	Mancare fasole verde carne pasare 250g+80g-100g	Mancare dovlecei carne pasare 250g+80g-100g	Mamaliga 160g+branza 100g+carnati 70g+ou fiert 50g	Cartofi natur aripi pui 400g+60g	Pilaf orez cu ficatei 200g+60g	Tocana legume carne pasare 250g+80g-100g	Piure cartofi ficatei 150g+60g
	Strudel mere 70g	Biscuiti crema 65g	Rulada 50g	Mar 160g-220g+corn 45g	Compot pere 300g	Chec 50g+banane 160g- 220g	Corn 45g+mar 160g-220g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Sote fasole verde carne pasare 250g+80g-100g	Sote dovlecei carne pasare 250g+80g-100g	Mamaliga 160g+branza cas 100g+aripi pui 60g+ou fiert 50g	Cartofi natur aripi pui 400g+60g	Pilaf orez cu ficatei 200g+60g	Cartofi natur carne pasare 400g+80g-100g	Piure cartofi ficatei 150g+60g
	Strudel mere 70g	Biscuiti crema 65g	Rulada 50g	Mar 160g-220g+corn 45g	Compot pere 300g	Chec 50g+banane 160g- 220g	Corn 50g+mar 160g-220g

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