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## MINISTERUL SĂNĂȚII

### SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

#### MENIU SAPTAMANAL 20.03.2026-26.03.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+parizer 50g+branza 100g+zacusca 50g	Ceai+paine+muschi file 100g+branza topita 35g	Ceai+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+oua jumari branza 130g+carnati 50g	Ceai+paine+crenvrusti 100g+cascaval 100g+mustar 10g	Paine+ceai+pate ficat 100g+branza topita 35g	Ceai+paine+sunca presata 100g+branza 35g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+branza cas 100g+salam pasare 50g+zacusca 50g	Ceai+paine+muschi file 100g+branza cas 50g	Ceai+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+omleta branza 130g+salam pasare 50g	Ceai+paine+crenvrusti 50g+salam pasare 50g+cascaval 100g	Paine+ceai+salam pasare 100g+branza topita 35g	Ceai+paine+sunca presata 100+branza cas 50g
SUPLIMENT 10:00	Paine+carnati plita 50g	Paine+parizer 100g	Paine+branza 100g	Paine+cascaval 100g	Paine+branza topita 35g	Paine+carne pasare cuptor 80g- 100g	Paine+ pate ficat 100g
DIABET 10:00	Carnati plita 50g	Parizer 100g	Branza 100g	Cascaval 100g	Branza topita 35g	Carne pasare cuptor 80g- 100g	Pate fucat 100g
PRANZ R.15(comun)	Supa galuste 300g	Ciorba zarzavat dreasa 300g	Ciorba rosii cu orez 300g	Supa galuste 300g	Supa fidea 300g	Ciorba aripi dreasa 300g+60g	Ciorba perisoare 300g+35g
	Iahnie fasole ciolan 360g+75g+gogosari 100g	Paste in sos conserva ton 300g	Piure cartofi chiftele 150g+80g+castraveti 100g	Mancare mazare aripi pui 250g+60g	Varza a la Cluj 300g	Mancare cartofi carnati 300g+50g	Piure cartofi ficatei 150g+60g+castraveti 100g
	Prajitura 50g	Corn 45g	Placinta branza 50g	Napolitane 50g	Rulada 50g	Napolitane 50g	Chec 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Supa galuste 300g	Ciorba zarzavat dreasa 300g	Ciorba rosii cu orez 300g	Supa galuste 300g	Supa fidea 300g	Ciorba aripi dreasa 300g+60g	Ciorba perisoare 300g+35g
	Pilaf orez carne pasare 200g+80g- 100g	Paste cu conserva ton 300g	Piure cartofi chiftele 150g+80g	Sote legume aripi pui 250g+60g	Varza alba morcovi conserva pasare 300g	Cartofi natur carne pasare 400g+80g-100g	Piure cartofi ficatei 150g+60g
	Prajitura 50g	Corn 45g	Placinta branza 50g	Napolitane 50g	Rulada 50g	Napolitane 50g	Chec 50g
DIABET 16:00	laurt 125g	Sana 330ml	laurt 125g	Sana 330ml	Banane 160g-220g	laurt 125g	Sana 330ml
CINA R. 15	Tocana legume carne pasare 250g+80g- 100g	Tocanita ciuperci carne pasare 250g+80g-100g	Mancare fasole verde carne pasare 250g+80g- 100g	Salata orientala 500g	Pilaf orez ficatei 200g+60g	Sos rosii carne pasare 250g+80g-100g	Mancare spanac carne pasare 250g+80g-100g
	Eugenia 40g	Strudel mere 70g	Biscuiti crema 65g	laurt 125g+corn 45g	Sana 330ml+corn 45g	Banane 160g- 220g+Eugenia 20g	Macaroane branza 250g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Sote legume carne pasare 250g+80g- 100g	Cartofi natur carne pasare 400g+80g-100g	Sote fasole verde carne pasare 250g+80g-100g	Cartofi natur cu carne pasare 400g+80g-100g	Pilaf orez ficatei 200g+60g	Sos rosii dietetic carne pasare 250g+80g-100g	Sote spanac carne pasare 250g+80g-100g
	Eugenia 40g	Strudel mere 70g	Biscuiti crema 65g	laurt 125g+corn 45g	Sana 330ml+corn 45g	Banane 160g- 220g+eugenia 20g	Macaroane branza cas 250g

Alimentele, produsele alimentare și 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