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## MINISTERUL SĂNĂTĂȚII

### SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 21.08.2026-27.08.2026

|                                     | Vineri                                                  | Sambata                                         | Duminica                                     | Luni                                            | Marti                                                                   | Miercuri                                                       | Joi                                               |
|-------------------------------------|---------------------------------------------------------|-------------------------------------------------|----------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------|
| MIC DEJUN<br>R.15(comun)            | Ceai+paine+parizer<br>100g+branza 100g                  | Ceai+paine+salam porc<br>100g+branza topita 35g | Ceai+paine+muschi file<br>100g+cascaval 100g | Ceai+paine+pate ficat<br>100g+branza topita 35g | Ceai+paine+sunca<br>presata 100g+branza<br>topita 17,5g+ou fiert<br>50g | Paine+ceai+crenvrusti<br>100g+cascaval 100g                    | Ceai+paine+salam pasare<br>100g+branza topita 35g |
| R.1,2,5,5c,5b,5,10<br>,10b,10c,7,7b | Ceai+paine+salam<br>pasare 100g+branza<br>cas 100g      | Ceai+paine+salam pasare<br>100g+branza cas 50g  | Ceai+paine+muschi file<br>100g+cascaval 100g | Ceai+paine+salam pasare<br>100g+branza cas 50g  | Ceai+paine+sunca<br>presata 100g+branza<br>topita 17,5g+ou fiert<br>50g | Paine+ceai+salam pasare<br>50g+crenvrusti<br>50g+cascaval 100g | Ceai+paine+salam pasare<br>100g+branza cas 50g    |
| SUPLIMENT 10:00                     | Paine+cascaval 100g                                     | Paine+crenvrusti<br>50g+branza topita 35g       | Paine+pate ficat 100g                        | Paine+salam porc 100g                           | Paine+parizer 100g                                                      | Paine+muschi file 100g                                         | Paine+ branza 100g                                |
| DIABET 10:00                        | Cascaval 100g                                           | Crenvrusti 50g+branza<br>topita 35g             | Pate ficat 100g                              | Salam porc 100g                                 | Parizer 100g                                                            | Muschi file 100g                                               | Branza 100g                                       |
| PRANZ<br>R.15(comun)                | Ciorba rosii cu orez<br>300g                            | Supa fidea 300g                                 | Ciorba zarzavat dreasa<br>300g               | Supa fidea 300g                                 | Ciorba porc dreasa<br>300g+35g                                          | Ciorba zarzavat dreasa<br>300g                                 | Ciorba dovlecei dreasa<br>300g                    |
|                                     | Mancare cartofi<br>carnati<br>300g+70g+gogosari<br>100g | Sos rosii carne porc<br>250g+80g                | Piure cartofi carne<br>pasare 150g+80g-100g  | Mancare mazare carnati<br>250g+70g              | Mancare dovlecei<br>carne pasare<br>250g+80g-100g                       | Iahnie fasole carnati<br>360g+70g+castraveti 100g              | Paste in sos conserva porc<br>300g                |
|                                     | Corn 45g                                                | Rulada 50g                                      | Struguri 160g-220g                           | Chec 50g                                        | Banane 160g-220g                                                        | Napolitane 50g                                                 | Prajitura 50g                                     |
| R.1,2,5,5b,5c,10,<br>10b,10c,7,7b   | Ciorba rosii cu orez<br>300g                            | Supa fidea 300g                                 | Ciorba zarzavat 300g                         | Supa fidea 300g                                 | Ciorba piept pui<br>dreasa 300g+35g                                     | Ciorba zarzavat dreasa<br>300g                                 | Ciorba dovlecei dreasa<br>300g                    |
|                                     | Cartofi natur carne<br>pasare 400g+80g-<br>100g         | Sos rosii dietetic piept pui<br>250g+80g        | Piure cartofi carne<br>pasare 150g+80g-100g  | Sote fasole verde carne<br>pasare 250g+80g-100g | Sote dovlecei carne<br>pasare 250g+80g-100g                             | Sote legume carne pasare<br>250g+80g-100g                      | Paste cu conserva pasare<br>300g                  |
|                                     | Corn 45g                                                | Rulada 50g                                      | Struguri 160g-220g                           | Chec 50g                                        | Banane 160g-220g                                                        | Napolitane 50g                                                 | Prajitura 50g                                     |
| DIABET 16:00                        | Sana 330ml                                              | laurt 125g                                      | Sana 330ml                                   | laurt 125g                                      | Sana 330ml                                                              | laurt 125g                                                     | Sana 330ml                                        |
| CINA<br>R. 15                       | Mancare fasole verde<br>carne pasare<br>250g+80g-100g   | Cartofi natur carnati<br>400g+70g               | Tocana legume carne<br>pasare 250g+80g-100g  | Salata orientala 500g                           | Pilaf orez cu ficatei<br>200g+60g                                       | Musaca cartofi conserva<br>pasare 300g                         | Cartofi natur carnati<br>400g+70g                 |
|                                     | Biscuiti crema 65g                                      | Eugenia 20g+prune 160g-<br>220g                 | Macaroane branza 250g                        | Sana 330ml+corn 45g                             | Compot cirese 300g                                                      | Biscuiti crema 65g                                             | Eugenia 20g+prune 160g-<br>220g                   |
| R.1,2,5,5b,5c,10,<br>10b,10c,7,7b   | Sote fasole verde<br>carne pasare<br>250g+80g-100g      | Cartofi natur aripi pui<br>400g+60g             | Sote legume carne<br>pasare 250g+80g-100g    | Cartofi natur carne<br>pasare 400g+80g-100g     | Pilaf orez cu ficatei<br>200g+60g                                       | Musaca cartofi conserva<br>pasare 300g                         | Cartofi natur carne pasare<br>400g+80g-100g       |
|                                     | Biscuiti crema 65g                                      | Eugenia 20g+prune 160g-<br>220g                 | Macaroane branza 250g                        | Sana 330ml+corn 45g                             | Compot cirese 300g                                                      | Biscuiti crema 65g                                             | Eugenia 20g+prune 160g-<br>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