



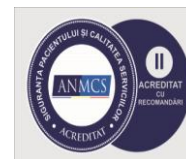
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MINISTERUL SĂNĂTĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 24.07.2026-30.07.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+salam porc 100g+branza topita 35g +rosii 200g	Ceai+paine+parizer 100g+cascaval 100g+ardei gras 20g	Ceai+paine+muschi file 100g+branza topita 35g+rosii 200g	Ceai+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+sunca presata 100g+branza topita 17,5g+ou fiert 50g	Paine+ceai+pate ficat 100g+branza topita 35g +rosii 200g	Ceai+paine+crenvrusti 100g+branza topita 35g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza topita 35g+rosii 200g	Ceai+paine+salam pasare 100g+cascaval 100g+ardei gras 20g	Ceai+paine+muschi file 100g+branza cas 50g+rosii 200g	Ceai+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+sunca presata 100g+branza topita 17,5g+ou fiert 50g	Paine+ceai+salam pasare 100g+branza topita 35g+rosii 200g	Ceai+paine+crenvrusti 50g+salam pasare 50g+branza topita35g
SUPLIMENT 10:00	Paine+sunca presata 100g	Paine+crenvrusti 50g+branza topita 35g	Paine+cascaval 100g	Paine+salam porc 100g	Paine+parizer 100g	Paine+muschi file 100g	Paine+ carnati 70g
DIABET 10:00	Sunca presata 100g	Crenvrusti 50g+branza topita 35g	Cascaval 100g	Salam porc 100g	Parizer 100g	Muschi file 100g	Carnati 70g
PRANZ R.15(comun)	Ciorba zarzavat dreasa 300g	Ciorba dovlecei dreasa 300g	Supa galuste 300g	Supa fidea 300g	Ciorba porc dreasa 300g+35g	Ciorba zarzavat dreasa 300g	Ciorba aripi pui dreasa 300g+60g
	Iahnie fasole ciolan 360g+75g+gogosari 100g	Piure cartofi carnati 150g+70g	Cartofi natur carne pasare 400g+80g-100g	Mancare mazare + carne pasare 250g+80-100g	Mancare fasole verde carne pasare 250g+80g-100g	Iahnie fasole carnati 360g+70g+salata varza 100g	Paste in sos carne porc 300g
	Corn 45g	Prajitura 50g	Piersici 160g-220g	Prajitura 50g	Rulada 50g	Napolitane 50g	Piersici 160g-220g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba zarzavat dreasa 300g	Ciorba dovlecei dreasa 300g	Supa galuste 300g	Supa fidea 300g	Ciorba aripi pui dreasa 300g+60g	Ciorba zarzavat dreasa 300g	Ciorba aripi dreasa 300g+60g
	Sote fasole verde carne pasare 250g+80g-100g	Piure cartofi piept pui 150g+90g	Cartofi natur carne pasare 400g+80g-100g	Sote fasole verde carne pasare 250g+80g-100g	Sote fasole verde carne pasare 250g+80g-100g	Sote legume carne pasare 250g+80g-100g	Paste cu piept pui 300g
	Corn 45g	Prajitura 50g	Piersici 160g-220g	Prajitura 50g	Rulada 50g	Napolitane 50g	Piersici 160g-220g
DIABET 16:00	Sana 330ml	Mar 160-220	Sana 330ml	Sana 330ml	Sana 330ml	Mar 160-220g	Mar 160-220g
CINA R. 15	Tocana legume carne pasare 250g+80g- 100g	Sos rosii cu ficatei 250g+60g	Tocanita ciuperci aripi pui 250g+60g	Salata orientala 500g	Pilaf orez cu ficatei 200g+60g	Mancare cartofi aripi pui 300g+60g	Tocana legume carne pasare 250g+80g-100g
	Biscuiti crema 65g	Rulada 50g	Napolitane 50g	Eugenia 20g+banane 160g-220g	Compot ananas 280g	Mar 160g-220g+corn 45g	Prajitura 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Cartofi natur carne pasare 400g+80g- 100g	Sos rosii dietetic cu ficatei 250g+60g	Sote legume aripi pui 250g+60g	Cartofi natur carne pasare 400g+80g-100g	Pilaf orez cu ficatei 200g+60g	Cartofi natur aripi pui 400g+60g	Sote legume carne pasare 250g+80g-100g
	Biscuiticrema 65g	Rulada 50g	Napolitane 50g	Eugenia 20g+banane 160g-220g	Compot ananas 280g	Mar 160g-220g+corn 45g	Prajitura 50g

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