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## MINISTERUL SĂNĂȚII

### SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 26.06.2026-02.07.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+pate ficat 100g+branza 100g+rosii 200g	Lapte 250g+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+salam porc 100g+branza topita 35g	Ceai+paine+sunca presata 100g+branza 100g	Ceai+paine+crenvrusti 100g+cascaval 100g	Paine+ceai+parizer 100h+ou 50g+branza telemea 50g+rosii 200g	Ceai+paine+sunca presata 100g+branza topita 35g+castraveti 80g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza cas 100g+rosii 200g	Lapte 250g+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+salam pasare 100g+branza cas 50g	Ceai+paine+sunca presata 100g+branza cas 100g	Ceai+paine+crenvrusti 50g+salam pasare 50g+cascaval 100g	Paine+ceai+salam pasare 100g+ou fiert 50g+branza cas 50g+rosii 200g	Ceai+paine+sunca presata 100+branza cas 50g+castraveti 100g
SUPLIMENT 10:00	Paine+cascaval 100g	Paine+carne pasare 80g- 100g	Paine+branza 100g	Paine+pate ficat 100g	Paine+sunca presata 100g	Paine+salam porc 100g	Paine+ muschi file100g
DIABET 10:00	Cascaval 100g	Carne pasare 80g- 100g	Branza 100g	Pate ficat 100g	Sunca presata 100g	Salam porc 100g	Muschi file 100g
PRANZ R.15(comun)	Ciorba zarzavat dreasa 300g	Ciorba aripi dreasa 300g+60g	Supa galuste 300g	Supa fidea 300g	Ciorba perisoare 300g+35g	Ciorba porc dreasa 300g+35g	Ciorba rosii cu orez 300g
	Mancare fasole verde aripi pui 250g+60g	Piure cartofi carnati 150g+70g+gogosari 100g	Mancare mazare carnati 250g+70g	Ardei umplut carne porc 200g	Sos rosii cu ficatei 250g+60g	lahnie fasole carnati 360g+70g+salata varza 100g	Musaca cartofi carne porc 300g
	Strudel mere 70g	Chec 50g	Napolitane 50g	Prajitura 50g	Napolitane 50g	Rulada 50g	Prajitura 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba zarzavat dreasa 300g	Ciorba aripi dreasa 300g+60g	Supa galuste 300g	Supa fidea 300g	Ciorba perisoare 300g+35g	Ciorba aripi dreasa 300g+60g	Ciorba rosii cu orez 300g
	Sote fasole verde aripi pui 250g+60g	Piure cartofi carne pasare 150g+80g-100g	Sote fasole verde carne pasare 250g+80g-100g	Ardei umplut piept pui 200g	Sos rosii dietetic cu ficatei 250g+60g	Sote legume carne pasare 250g+80g-100g	Musaca cartofi piept pui 300g
	Studel mere 70g	Chec 50g	Napolitane 50g	Prajitura 50g	Napolitane 50g	Rulada 50g	Prajitura 50g
DIABET 16:00	Mar 160g-220g	Iaurt 125g	Sana 330ml	Iaurt 125g	Sana 330ml	Iaurt 125g	Sana 330ml
CINA R. 15	Paste in sos conserva ton 300g	Tocanita ciuperci carne pasare 250g+80g-100g	Cartofi natur carne porc 400g+90g	Mancare dovlecei carne pasare 250g+80g-100g	Pilaf orez cu carne pasare 200g+80g-100g	Tocana legume carne pasare 250g+80g-100g	Mancare spanac carne pasare 250g+80g-100g
	Eugenia 20g+iaurt 125g	Biscuiti crema 65g	Compot ananas 280g	Banane 160g-220g+corn 45g	Eugenia 20g+mar 160g-220g	Iaurt 125g+corn 45g	Macaroane branza 250g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Paste conserva ton 300g	Sote legume carne pasare 250g+80g-100g	Cartofi natur piept pui 400g+90g	Sote dovlecei carne pasare 80g-100g	Pilaf orez cu carne pasare 200g+80g-100g	Cartofi natur carne pasare 400g+80g-100g	Sote spanac carne pasare 250g+80g-100g
	Eugenia 20g+iaurt 125g	Biscuiti crema 65g	Compot ananas 280g	Banane 160g-220g+corn 45g	Eugenia 20g+mar 160g-220g	Iaurt 125g+corn 45g	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