



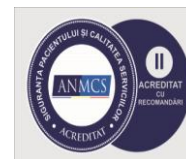
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MINISTERUL SĂNĂTĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 28.08.2026-03.09.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+pate ficat 100g+branza 100g	Ceai+paine+cascaval 100g+unt 20g+gem 50g	Ceai+paine+salam porc 50g+branza topita 35g+zacusca 50g	Ceai+paine+salam porc 50g+branza 100g+unt 20g	Ceai+paine+crenvrusti 100g+cascaval 100g	Paine+ceai+parizer 100g+zacusca 50g+ou fiert 50g	Ceai+paine+sunca presata 100g+ou fiert 50g+branza topita 17.5g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza cas 100g	Ceai+paine+cascaval 100g+unt 20g+gem 50g	Ceai+paine+salam pasare 50g+branza cas 50g+zacusca 50g	Ceai+paine+salam pasare 50g+branza cas 100g+unt 20g	Ceai+paine+salam pasare 50g+crenvrusti 50g+cascaval 100g	Paine+ceai+salam pasare 100g+zacusca 50g+ou fiert 50g	Ceai+paine+sunca presata 100g+ou fiert 50g+unt 20g
SUPLIMENT 10:00	Paine+cascaval 100g	Paine+crenvrusti 50g+branza topita 35g	Paine+carne pasare 80g- 100g	Paine+pate ficat100g	Paine+parizer 100g	Paine+salam porc 100g	Paine+ branza 100g
DIABET 10:00	Cascaval 100g	Crenvrusti 50g+branza topita 35g	Carne pasare 80g- 100g	Pate ficat 100g	Parizer 100g	Salam porc 100g	Branza 100g
PRANZ R.15(comun)	Ciorba cartofi 300g	Supa fidea 300g	Ciorba aripi dreasa 300g	Ciorba zarzavat 300g	Ciorba porc dreasa 300g+35g	Ciorba aripi dreasa 300g+60g	Supa fidea 300g
	Iahnie fasole ciolan 360g+75g+gogosari 100g	Tocanita ciuperci carne pasare 250g+80g-100g	Sos rosii carne porc 250g+80g	Mancare dovlecei carne pasare 250g+80g-100g	Mancare fasole verde carne pasare 250g+80g-100g	Iahnie fasole carnati 360g+70g+salata varza 100g	Varza a la cluj carne porc 300g
	Prajitura 50g	Napolitane 50g	Rulada 50g	Prajitura 50g	Napolitane 50g	Chec 50g	Placinta branza 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba cartofi 300g	Supa fidea 300g	Ciorba aripi dreasa 300g	Ciorba zarzavat dreasa 300g	Ciorba aripi pui dreasa 300g+60g	Ciorba aripi dreasa 300g+60g	Supa fidea 300g
	Pilaf orez carne pasare 200g+80g- 100g	Sote fasole verde carne pasare 250g+80g-100g	Sos rosii dietetic piept pui 250g+80g	Sote dovlecei carne pasare 250g+80g-100g	Sote fasole verde carne pasare 250g+80g-100g	Cartofi natur carne pasare 400g+80g-100g	Varza morcovi piept pui 300g
	Prajitura 50g	Napolitane 50g	Rulada 50g	Prajitura 50g	Napolitane 50g	Chec 50g	Placinta branza 50g
DIABET 16:00	Iaurt 125g	Sana 330ml	Iaurt 125g	Sana 330ml	Iaurt 125g	Sana 330ml	Iaurt 125g
CINA R. 15	Tocana legume carne pasare 250g+80g- 100g	Cartofi natur carnati 400g+70g	Pilaf orez carne pasare 200g+80g-100g	Piure cartofi carnati 150g+70g	Salata oriental 500g	Tocana legume carne pasare 250g+80g-100g	Pilaf orez cu ficatei 200g+60g
	Corn 50g+Iaurt 125g	Chec 50g+prune 160g- 220g	Eugenia 20g+prune 160g- 220g	Compot ananas 285g	Sana 330ml+corn 45g	Macaroane branza 250g	Iaurt 125g+corn 45g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Sote legume verde carne pasare 250g+80g-100g	Cartofi natur aripi pui 400g+60g	Pilaf orez carne pasare 200g+80g-100g	Piure cartofi carne pasare 150g+80g-100g	Cartofi natur carne pasare 400g+80g-100g	Sote legume carne pasare 250g+80g-100g	Pilaf orez cu ficatei 200g+60g
	Corn 50g+Iaurt 125g	Chec 50g+prune 160g- 220g	Eugenia 20g+prune 160g- 220g	Compot ananas 285g	Sana 330g+corn 45g	Macaroane branza cas 250g	Iaurt 125g+corn 45g

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