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## MINISTERUL SĂNĂȚĂII

### SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 29.05.2026-04.06.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+pate ficat 100g+branza 100g	Ceai+paine+salam porc 100g+cascaval 100g	Ceai+paine+muschi file 100g+branza topita 35g	Ceai+paine+salam pasare 100g+branza 100g	Ceai+paine+oua jumari branza cas 130g+carnati 70g	Paine+ceai+gem 50g+unt 20g+branza cas 100g	Ceai+paine+sunca presata 100g+branza topita 35g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 50g+zacusca 50g+branza cas 100g	Ceai+paine+salam pasare 100g+cascaval 100g	Ceai+paine+muschi file 100g+branza cas 50g	Ceai+paine+salam pasare 100g+branza cas 100g	Ceai+paine+omleta branza cas 130g+salam pasare 50g	Paine+ceai+gem 50g+unt 20g+branza cas 100g	Ceai+paine+sunca presata 100g+branza cas 50g
SUPLIMENT 10:00	Paine+carnati plita 70g	Paine+crenvrusi 100g	Paine+salam porc-100g	Paine+pate ficat 100g	Paine+branza 100g	Paine+carne pasare 100g	Paine+ muschi file 100g
DIABET 10:00	Carnati plita 70g	Crenvrusti 100g	Salam porc 100g	Pate ficat 100g	Branza 100g	Carne pasare 80g-100g	Muschi file 100g
PRANZ R.15(comun)	Ciorba fasole carnati 300g+70g	Ciorba rosii cu orez 300g	Supa fidea 300g	Supa galuste 300g	Ciorba perisoare 300g+35g	Ciorba zarzavat dresa 300g	Ciorba aripi dresa 300g+60g
	Piure cartofi cu aripi 150g+60g+gogosari 100g	Musaca carofi conserva pasare 300g	Varza calita carnati 200g+70g	Mancare mazare carnati 250g+70g	Mancare fasole verde carne pasare 250g+80g-100g	Iahnie fasole carnati 360g+70g+castraveti 100g	Sos rosii ficatei 250g+60g
	Prajitura 50g	Rulada 50g	Napolitane 50g	Chec 50g	Corn 45g	Napolitane 50g	Prajitura 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba pasare dresa 300g+80g-100g	Ciorba rosii cu orez 300g	Supa fidea 300g	Supa galuste 300g	Supa galuste 300g	Ciorba zarzavat dresa 300g	Ciorba aripi dresa 300g+60g
	Piure cartofi cu aripi 150g+60g	Musaca cartofi conserva pasare 300g	Varza alba morcovi carne pasare 200g+ 80g-100g	Sote legume carne pasare 250g+80g-100g	Sote fasole verde carne pasare 250g+80g-100g	Cartofi natur aripi pui 400g+60g	Sos rosii ficatei 250g+60g
	Prajitura 50g	Rulada 50g	Napolitane 50g	Chec 50g	Corn 45g	Napolitane 50g	Placinta branza 50g
DIABET 16:00	Sana 330ml	Iaurt 125g	Sana 330ml	Iaurt 125g	Sana 330ml	Iaurt 125g	Sana 330ml
CINA R. 15	Tocana legume carne pasare 250g+80g- 100g	Mancare dovlecei carne pasare 250g+80g-100g	Pilaf orez ficatei 200g+60g	Cartofi natur aripi pui 400g+60g	Piure cartofi carnati 150g+70g	Tocanita ciuperci carne pasare 250g+80g-100g	Pilaf orez carne pasare 200g+80g-100g
	Strudel mere 70g	Biscuiti crema 65g	Compot pere 300g	Sana 330ml+corn 45g	Eugenia 20g+iaurt 125g	Corn 45g+banana 160g- 220g	Sana 330ml+Eugenia 20g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Sote legume carne pasare 250g+80g- 100g	Sote dovlecei carne pasare 250g+80g-100g	Pilaf orez ficatei 200g+60g	Cartofi natur aripi pui 400g+60g	Piure cartofi carne pasare 150g+80g-100g	Sote legume carne pasare 250g+80g-100g	Pilaf orez carne pasare 200g+80g-100g
	Strudel mere 70g	Biscuiti crema 65g	Compot pere 300g	Sana 330ml+corn 45g	Eugenia 20g+iaurt 125g	Corn 45g+banana 160g- 220g	Sana 330ml+Eugenia 20g

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