



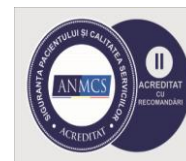
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MINISTERUL SĂNĂTĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 31.07.2026-06.08.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+pate ficat 100g+branza topita 35g +rosii 200g	Ceai+paine+parizer 50g+zacusca 100g+branza topita 17,5g	Ceai+paine+cascaval 100g+gem 50g+unt 20g	Ceai+paine+pate ficat 100g+branza topita 35g+rosii 200g	Ceai+paine+sunca presata 100g+cascaval 100g	Paine+ceai+muschi file 100g+branza topita 17,5g+ou fiert 50g	Ceai+paine+crenvrusti 100g+cascaval 50g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza cas 50g+rosii 200g	Ceai+paine+salam pasare 50g+zacusca 100g+branza topita 17,5g	Ceai+paine+cascaval 100g+gem 50g+unt 20g	Ceai+paine+salam pasare 100g+branza cas 50g+rosii 200g	Ceai+paine+sunca presata 100g+cascaval 100g	Paine+ceai+muschi file 100g+branza topita 17,5g+ou fiert 50g	Ceai+paine+crenvrusti 50g+salam pasare 50g+cascaval 50g
SUPLIMENT 10:00	Paine+cascaval 100g	Paine+crenvrusti 50g+branza topita 35g	Paine+carne pasare 80g- 100g	Paine+muschi file 100g	Paine+parizer 100g	Paine+pate ficat 100g	Paine+ carnati 70g
DIABET 10:00	Cascaval 100g	Crenvrusti 50g+branza topita 35g	Carne pasare 80g- 100g	Muschi file 100g	Parizer 100g	Pate ficat 100g	Carnati 70g
PRANZ R.15(comun)	Ciorba fasole carnati 300g+70g	Supa fidea 300g	Ciorba porc dreaa 300g+35g	Supa galuste 300g	Ciorba perisoare 300g+35g	Supa fidea 300g	Ciorba zarzavat dreaa 300g
	Piure cartofi carne porc 150g+90g	Sos rosii cu chiftele 250g+80g	Mancare fasole verde carne pasare 250g+80g- 100g	Mancare mazare carnati 250g+70g	Sos rosii cu ficatei 250g+60g	Varza a la cluj conserva porc 300g	Iahnie fasole ciolan 360g+75g+gogosari 100g
	Prajitura 50g	Corn 45g	Rulada 50g	Napolitane 50g	Chec50g	Biscuiti crema 65g	Chec 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba aripi pui dreaa 300g+60g	Supa fidea 300g	Ciorba aripi pui dreaa 300g+60	Supa galuste 300g	Ciorba perisoare 300g+35g	Supa fidea 300g	Ciorba zarzavat dreaa 300g
	Piure cartofi piept pui 150g+90g	Sos rosii dietetic cu chiftele 250g+80g	Sote fasole verde carne pasare 250g+80g-100g	Sote legume carne pasare 250g+80g-100g	Sos rosii dietetic cu ficatei 250g+60g	Varza morcovi conserva vita 300g	Sote fasole verde carne pasare 250g+80g-100g
	Prajitura 50g	Corn 45g	Rulada 50g	Napolitane 50g	Chec 50g	Biscuiti crema 65g	Chec 50g
DIABET 16:00	laurt 125g	Mar 160-220g	Mar 160g-220g	Sana 330ml	Mar 160g-220g	Sana 330ml	Mar 160-220g
CINA R. 15	Tocanita ciuperci carne pasare 250g+80g-100g	Cartofi natur carnati 400g+70g	Piure cartofi aripi pui 150g+60g	Salata orientala 500g	Paste in sos conserva pasare 300g	Pilaf orez carne pasare 200g+80g-100g	Cartofi natur carne porc 400g+90g
	Biscuiti crema 65g	Piersici 160g-220g	Eugenia 20g+mar 160g- 220g	Corn 45g+banane 160g- 220g	Compot cirese 300g	Piersici 160g-220g	Eugenia 20g+mar 160g- 220g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Sote legume carne pasare 250g+80g- 100g	Cartofi natur aripi pui 400g+60g	Piure cartofi aripi pui 150g+60g	Cartofi natur carne pasare 400g+80g-100g	Paste cu conserva pasare 300g	Pilaf orez carne pasare 200g+80g-100g	Cartofi natur piept pui 400g+90g
	Biscuiti crema 65g	Piersici 160g-220g	Eugenia 20g+mar 160g- 220g	Corn 45g+banane 160g- 220g	Compot cirese 300g	Piersici 160g-220g	Eugenia 20g+mar 160g- 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