



POIANA MARE, Dolj
Str. GĂRII, Nr.40
CF : 4711561

Tel :0748.186.112

e-mail : spitpoiana@yahoo.com <http://www.spitalpoianamare.ro>

MINISTERUL SĂNĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 15.05.2026-21.05.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+salam porc 100g+branza topita 35g	Lapte 250ml+paine+cascaval 100g+gem 50g+unt 20g	Ceai+paine+muschi file 100g+branza 100g	Ceai+paine+crenvrusti 100g+branza topita 35g	Ceai+paine+oua jumari branza cas 130g+parizer 50g	Paine+ceai+pate 100g+cascaval 100g	Ceai+paine+sunca presata 100g+branza 100g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza cas 50g	Lapte 250ml+paine+cascaval 100g+gem 50g+unt 20g	Ceai+paine+muschi file 100g+branza cas 100g	Ceai+paine+crenvrusti 50g+salam pasare 50g+branza cas 50g	Ceai+paine+omleta branza cas 130g+salam pasare 50g	Paine+ceai+salam pasare 100g+cascaval 100g	Ceai+paine+sunca presata 100+branza cas 100g
SUPLIMENT 10:00	Paine+cascaval 100g	Paine+carne pasare 80g-100g	Paine+salam porc -100g	Paine+sunca presata 100g	Paine+branza 100g	Paine+branza topita 35g	Paine+ parizer 100g
DIABET 10:00	Cascaval 100g	Carne pasare 80g- 100g	Salam porc 100g	Sunca presata 100g	Branza 100g	Branza topita 35g	Parizer 100g
PRANZ R.15(comun)	Ciorba fasole carnati 300g+70g	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Supa galuste 300g	Ciorba porc dreasa 300g+35g	Ciorba zarzavat dreasa 300g	Supa fidea 300g
	Paste in sos conserva pasare 300g	Piure cartofi carne porc 150g+90g+castraveti 100g	Varza calita cu ciolan 200g+75g	Mancare dovlecei carne pasare 250g+80g-100g	Mancare fasole verde carne pasare 250g+80g-100g	Iahnie fasole carnati 360g+70g+castraveti 100g	Mancare mazarei carne pasare 250g+80g-100g
	Rulada 50g	Napolitane 50g	Biscuiti crema 65g	Rulada 50g	Corn 45g	Napolitane 50g	Chec 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba aripi dreasa 300g+60g	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Supa galuste 300g	Ciorba aripi dreasa 300g+60g	Ciorba zarzavat dreasa 300g	Supa fidea 300g
	Paste cu conserva pasare 300g	Piure cartofi piept pui 150g+90g	Varza morcovi carne pasare 200g+80g-100g	Sote dovlecei carne pasare 250g+80g-100g	Sote fasole verde carne pasare 250g+80g-100g	Cartofi natur aripi pui 400g+60g	Sote fasole verde carne pasare 250g+80g-100g
	Rulada 50g	Napolitane 50g	Biscuiti crema 65g	Rulada 50g	Corn 45g	Napolitane 50g	Chec 50g
DIABET 16:00	Sana 330ml	laurt 125g	Sana 330ml	laurt 125g	Sana 330ml	Sana 330ml	laurt 125g
CINA R. 15	Tocanita ciuperci carne pasare 250g+80g-100g	Sos rosii cu ficatei 250g+60g	Pilaf orez carne pasare 200g+80g-100g	Cartofi natur carnati 400g+70g	Piure cartofi aripi 150g+60g	Tocana legume carne pasare 250g+80g-100g	Musaca cartofi carne porc 300g
	Placinta branza 50gg	Eugenia 20g+banane 160g-220g	Compot ananas 285g	Sana 330ml+corn 45g	Eugenia 20g+mar 160g-220g	Biscuiti crema 65g	laurt 125g+corn 45g
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	Pilaf orez carne pasare 200g+80g-100g	Cartofi natur carne pasare 400g+80g-100g	Piure cartofi aripi 150g+60g	Sote legume carne pasare 250g+80g-100g	Musaca cartofi piept pui 300g
	Placinta branza 50g	Eugenia 20g+banane 160g-220g	Compot ananas 285g	Sana 330ml+corn 45g	Eugenia 20g+mar 160g-220g	Biscuiti crema 65g	laurt 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