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MINISTERUL SĂNĂTĂŢII

SPITALUL DE PSIHIATRIE POIANA MARE

ISO 9001 Certificat nr.

MENIU SAPTAMANAL 16.10.2026-22.10.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+salam pasare 100g+branza topita 35g+cascaval 50g	Ceai+paine+salam porc 100g+branza 100g	Lapte 250ml+paine+gem 50g+unt 20g	Ceai+paine+pate ficat 100g+branza topita 35g+zacusca 50g	Ceai+paine+oua jumari branza cas 130g+carnati 70g	Paine+ceai+sunca presata 100g+branza 100g	Ceai+paine+salam pasare 100g+branza topita 35g+zacusca 50g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza cas 50g+cascaval 50g	Ceai+paine+salam pasare 100g+branza cas 100g	Lapte 250ml+paine+gem 50g+unt 20g	Ceai+paine+salam pasare 100g+branza topita 35g+zacusca 50g	Ceai+paine+omleta branza cas 130g+salam pasare 50g	Paine+ceai+sunca presata 100g+branza cas 100g	Ceai+paine+salam pasare 100g+branza cas 50g+zacusca 50g
SUPLIMENT 10:00	Paine+branza 100g	Paine+cascaval 100g	Paine+carne pasare 80g-100g	Paine+parizer 100g	Paine+salam porc 100g	Paine+ carnati cuptor 70g	Paine+ aripi pui cuptor 60g
DIABET 10:00	Branza 100g	Cascaval 100g	Carne pasare 80g- 100g	Parizer 100g	Salam porc 100g	Carnati cuptor 70g	Aripi pui cuptor 60g
PRANZ R.15(comun)	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Supa galuste 300g	Ciorba zarzavat dreasa 300g	Ciorba perisoare 300g+35g
	Iahnie fasole ciolan 360g+75g+castraveti 100g	Sos rosii carne porc 250g+90g	Piure cartofi cu chiftele 150g+80g	Mancare spanac carne pasare 250g+80g-100g	Mancare fasole verde carne pasare 250g+80g-100g	Iahnie fasole carnati 360g+70g+gogosari 100g	Tocanita ciuperci carne pasare 250g+80g-100g
	Biscuiti crema 65g	Rulada 50g	Napolitane 50g	Corn 45g	Rulada 50g	Napolitane 50g	Prajitura 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Supa galuste 300g	Ciorba zarzavat dreasa 300g	Ciorba perisoare 300g+35g
	Sote fasole carne pasare 250g+80g-100g	Sos rosii piept pui 250g+90g	Piure cartofi cu chiftele 150g+80g	Sote spanac carne pasare 250g+80g-100g	Sote fasole verde carne pasare 200g+80g-100g	Sote legume carne pasare 250g+80g-100g	Sote legume carne pasare 250g+80g-100g
	Biscuiti crema 65g	Rulada 50g	Napolitane 50g	Corn 45g	Rulada 50g	Napolitane 50g	Prajitura 50g
DIABET 16:00	Iaurt 125g	Mar 160g-220g	Sana 330ml	Mar 160g-220g	Banane 160g-220g	Iaurt 125g	Sana 330ml
CINA R. 15	Paste in sos conserva ton 300g	Pilaf orez cu ficatei 200g+60g	Tocanita ciuperci carne pasare 250g+80g-100g	Cartofi natur carne porc 400g+90g	Piure cartofi carne pasare 150g+80g-100g	Tocana legume carne pasare 250g+80g-100g	Salata orientala 500g
	Mar 160g-220g+eugenia 20g	Compot cirese 300g	Compot ananas 285g	Eugenia 20g+banane 160g-220g	Sana 330ml+chec 50g	Mar 160g-220g+corn 45g	Iaurt 125g+corn 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Paste cu conserva ton 300g	Pilaf orez ficatei 200g+60g	Sote legume carne pasare 150g+80g-100g	Cartofi natur piept pui 400g+90g	Piure cartofi carne pasare 150g+80g-100g	Cartofi natur carne pasare 400g+80g-100g	Cartofi naturi carne pasare 400g+80g-100g
	Mar 160g-220g+eugenia 20g	Compot cirese 300g	Compot ananas 285g	Eugenia 20g+banane 160g-220g	Sana 330ml+chec 50g	Mar 160g-220g+corn 45g	Iaurt 125g+corn 50g

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