



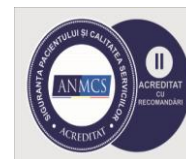
POIANA MARE, Dolj
Str. GĂRII, Nr.40
CF : 4711561

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 03.04.2026-09.04.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+parizer 100g+cascaval 100g	Ceai+paine+salam porc 100g+branza 100g	Ceai+paine+muschi file 100g+branza topita 35g	Ceai+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+crenvrusti 100g+branza 100g+mustar 10g	Paine+ceai+oua jumari branza cas 130g+parizer 50g	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+cascaval 100g+zacusca 50g	Ceai+paine+salam pasare 100g+branza cas 100g	Ceai+paine+muschi file 100g+branza cas 50g	Ceai+paine+gem 50g+unt 20g+cascaval 100g	Ceai+paine+crenvrusti 50g+salam pasare 50g+branza cas 100g	Paine+ceai+omleta branza cas 130g+salam pasare 50g	Ceai+paine+sunca presata 100g+branza cas 50g
SUPLIMENT 10:00	Paine+muschi file100g	Paine+sunca presata 100g	Paine+parizer 100g	Paine+carne pasare cuptor 80g-100g	Paine+branza topita 35g	Paine+cascaval 100g	Paine+ salam porc 100g
DIABET 10:00	Muschi file 100g	Sunca presata 100g	Parizer 100g	Carne pasare cuptor 80g- 100g	Branza topita 35g	Cascaval 100g	Salam porc 100g
PRANZ R.15(comun)	Ciorba zarzavat dreasa 300g	Ciorba aripi dreasa 300g+60g	Ciorba porc 300g+35g	Supa fidea 300g	Ciorba rosii cu orez 300g	Ciorba fasole carnati 300g+70g	Supa galuste 300g
	Iahnie fasole ciolan 360g+75g+gogosari 100g	Paste in sos conserva pasare 300g	Piure cartofi piept pui cuptor 150g+80g+gogosari 100g	Mancare mazare carnati 250g+70g	Cartofi natur carnati 400g+70g	Piure cartofi carne pasare cuptor 150g+80g- 100g+castraveti 100g	Varza a la Cluj 300g
	Strudel mere 70g	Placinta branza 50g	Napolitane 50g	Chec 50g	Prajitura 50g	Rulada 50g	Strudel mere 70g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba zarzavat dreasa 300g	Ciorba aripi dreasa 300g+60g	Ciorba aripi 300g+60g	Supa fidea 300g	Ciorba rosii cu orez 300g	Ciorba radauteana 300g+35g	Supa galuste 300g
	Sote fasole verde carne pasare 250g+80g-100g	Paste cu conserva pasare 300g	Piure cartofi piept pui cuptor 150g+80g	Sote dovlecei carne pasare 250g+80g-100g	Cartofi natur carne pasare 400g+80g-100g	Piure cartofi carne pasare cuptor150g+80g-100g	Varza alba morcovi conserva pasare 300g
	Strudel mere 70g	Placinta branza 50g	Napolitane 50g	Chec 50g	Prajitura 50g	Rulada 50g	Strudel mere 70g
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	Sos rosii cu ficatei 250g+60g	Tocanita ciuperci carne pasare 250g+80g-100g	Salata orientala 500g	Mancare fasole verde carne pasare 250g+80g-100g	Sos rosii cu ficatei 250g+60g	Pilaf orez carne pasare cuptor 200g+80g-100g
	Biscuiti crema 65g+iaurt 125g	Banane 160g-220g+corn 45g	Budinca orez cu gem 200g	Sana 330ml+corn 45g	Biscuiti crema 65g	Banane 160g- 220g+eugenia 20g	Corn 45g+iaurt 125g
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	Sote legume carne pasare 250g+80g-100g	Cartofi natur cu carne pasare 400g+80g-100g	Sote fasole verdecarne pasare 250g+80g-100g	Sos rosii dietetic cu ficatei 250g+60g	Pilaf orez carne pasare cuptor 200g+80g-100g
	Biscuiti crema 65g+iaurt 125g	Banane 160g-220g+corn 45g	Budinca orez cu gem 200g	Sana 330ml+corn 45g	Biscuiti crema 65g	Banane 160g- 220g+eugenia 20g	Corn 45g+iaurt 125g

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