



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

Tel :0748.186.112

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

MINISTERUL SĂNĂȚĂII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 27.03.2026-02.04.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+pate ficat 100g+cascaval 100g	Ceai+paine+salam porc 100g+branza topita 35g	Ceai+paine+muschi file 100g+branza 100g	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 50g	Ceai+paine+muschi file 100g+branza cas 100g	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+branza 100g	Paine+crenvrusti 35g+branza topita 35g	Paine+cascaval 100g	Paine+carnati 50g	Paine+parizer 100g	Paine+carne pasare cuptor 80g- 100g	Paine+ pate ficat 100g
DIABET 10:00	Branza 100g	Crenvrusti 35g+branza topita 35g	Cascaval 100g	Carnati 50g	Parizer 100g	Carne pasare cuptor 80g- 100g	Pate fucat 100g
PRANZ R.15(comun)	Ciorba fasole carnati 300g+50g	Supa galuste 300g	Supa fidea 300g	Ciorba perisoare 300g+35g	Ciorba aripi dreasa 300g+60g	Ciorba zarzavat dreasa 300g	Ciorba rosii cu orez 300g
	Paste in sos carne porc 300g	Mancare mazare carne pasare 250g+80g-100g	Sos rosii cu chiftele 250g+80g	Mancare fasole carne pasare 250g+80g-100g	Varza calita ciolan 300g+75g	Iahnie fasole cu carnati 360g+50g	Musaca cartofi carne porc 300g
	Placinta branza 50g	Strudel mere 70g	Biscuiti crema 65g	Rulada 50g	Banane 160g-220g	Prajitura 50g	Chec 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba aripi dreasa 300g+60g	Supa galuste 300g	Supa fidea 300g	Ciorba perisoare 300g+35g	Ciorba aripi dreasa 300g+60g	Ciorba zarzavat dreasa 300g	Ciorba rosii cu orez 300g
	Paste cu piept pui 300g	Sote fasole verde carne pasare 250g+80g-100g	Sos rosii dietetic cu chiftele 250g+80g	Sote fasole verde carne pasare 250g+80g-100g	Varza alba morcovi carne pasare 300g+80g-100g	Sote legume carne pasare 250g+80g-100g	Musaca cartofi dietetic piept pui 300g
	Placinta branza 50g	Strudel mere 70g	Biscuiti crema 65g	Rulada 50g	Banane 160g-220g	Prajitura 50g	Chec 50g
DIABET 16:00	Iaurt 125g	Sana 330ml	Iaurt 125g	Sana 330ml	Sana 330ml	Iaurt 125g	Sana 330ml
CINA R. 15	Tocanita ciuperci carne pasare 250g+80g-100g	Cartofi natur carnati 400g+50g	Pilaf orez carne pasare 200g+80g-100g	Mancare cartofi carnati 300g+50g	Tocana legume carne pasare 250g+80g-100g	Piure cartofi cu ficatei 150g+60g	Mamaliga 160g+branza 100g+ou fiert 50g+carnati cuptor 50g
	Eugenia 20g+banana 160g-220g	Iaurt 125g+corn 45g	Compot struguri 300g	Napolitane 50g	Sana 330ml+corn 45g	Biscuiti crema 65g+iaurt 125g	Corn 45g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Sote legume carne pasare 250g+80g- 100g	Cartofi natur carne pasare 400g+80g-100g	Pilaf orez carne pasare 200g+80g-100g	Cartofi natur cu carne pasare 400g+80g-100g	Pilaf orez carne pasare 200g+80g-100g	Piure cartofi cu ficatei 150g+60g	Mamaliga 160g+branza cas 100g+ou fiert 50g+aripi pui 60g
	Eugenia 20g+banana 160g-220g	Iaurt 125g+corn 45g	Compot struguri 300g	Napolitane 50g	Sana 330ml+corn 45g	Biscuiti crema 65g+iaurt 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