



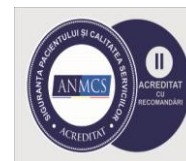
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MINISTERUL SĂNĂTĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 30.01.2026-05.02.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+parizer 100g+branza 100g	Ceai+paine+crenvrusti 100g+cascaval 100g+mustar 10g	Ceai+paine+unt 20g+gem 50g+cascaval 100g	Ceai+paine+salam porc 100g+branza topita 35g	Ceai+paine+oua jumari branza cas 130g+parizer 50g	Paine+ceai+muschi file 100g+branza 100g	Ceai+paine+sunca pui 100g+branza topita 17,5g+ou fiert 50g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+sunca pui 100g+branza cas 100g	Ceai+paine+sunca pui 50g+cascaval 100g+crenvrusti 70g	Ceai+paine+unt 20g+gem 50g+cascaval 100g	Ceai+paine+sunca pui 100g+branza cas 50g	Ceai+paine+omleta branza cas 130g+sunca pui 50g	Paine+ceai+muschi file 100g+branza cas 100g	Ceai+paine+sunca pui 100g+branza topita 17,5g+ou fiert 50g
SUPLIMENT 10:00	Paine+pate ficat 100g	Paine+arnati plita 40g	Paine+parizer 100g	Paine+c arne pasare cuptor 80g- 100g	Paine+branza 100g	Paine+branza topita 35g	Paine+ salam porc 100g
DIEBET 10:00	Pate ficat 100g	Carnati plita 40g	Parizer 100g	Carne pasare cuptor 80g- 100g	Branza 100g	Branza topita 35g	Salam porc 100g
PRANZ R.15(comun)	Ciorba zarzavat dreaa 300g	Supa fidea 300g	Ciorba rosii cu orez 300g	Supa fidea 300g	Supa galuste 300g	Ciorba perisoare 300g+35g	Ciorba cartofi 300g
	Paste in sos conserva porc 300g	Sos rosii cu chiftele 250g+80g	Piure cartofi carne porc 150g+90g+castraveti 100g	Musaca cartofi conserva porc 350g	Mancare mazare aripi pui 250g+60g	Mancare fasole verde carne pasare 250g+80g- 100g	Iahnie fasole ciolan 360g+75g+gogosari 100g
	Prajitura 50g	Napolitane 50g	Rulada 50g	Napolitane 50g	Strudel mere 70g	Biscuiti crema 80g	Prajitura 50g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba zarzavat dreaa 300g	Supa fidea 300g	Ciorba rosii cu orez 300g	Supa fidea 300g	Supa galuste 300g	Ciorba perisoare 300g+35g	Ciorba cartofi 300g
	Paste conserva pasare 300g	Sos rosii dietetic cu chiftele 250g+80g	Piure cartofi piept pui 150g+90g	Musaca cartofi conserva pasare 350g	Sote legume aripi pui 250g+60g	Sote fasole verde carne pasare 250g+80g-100g	Paste carne vita 350g
	Prajitura 50g	Napolitane 50g	Rulada 50g	Napolitane 50g	Strudel mere 70g	Biscuiti crema 80g	Prajitura 50g
DIABET 16:00	Banane 160g-220g	Iaurt 125g	Sana 330ml	Mar 160g-220g	Iaurt 125g	Mar 160g-220g	Sana 330ml
CINA R. 15	Mancare cartofi aripi pui 300g+60g	Pilaf orez aripi pui 200g+60g	Mamaliga 180g+branza 100g+ou 50g+carnati 40g+smantana 50g	Mancare spanac carne pasare 250g+80g-100g	Salata oriental 500g	Pilaf orez ciuperci si ficatei 200g+60g	Sos rosii cu carne porc 250g+80g
	Mar 160g- 220g+eugenia 20g	Biscuiti crema 80g	Biscuiti 100g	Placinta branza 70g	Sana 330ml+corn 45g	Iaurt 125g+eugenia 20g	Banane 160g- 220g+eugenia 20g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Cartofi natur aripi pui 300g+60g	Pilaf orez aripi pui 200g+60g	Mamaliga 180g+branza cas 100g+ou 50g+aripi 60g+smantana 50g	Sote spanac carne pasare 250g+80g-100g	Cartofi natur carne pasare 400g+80g-100g	Pilaf orez ciuperci si ficatei 200g+60g	Sos rosii dietetic cu piept pui 250g+80g
	Mar 160g- 220g+eugenia 20g	Biscuiti crema 80g	Biscuiti 100g	Sote spanac carne pasare 250g+80g-100g	Sana 330ml+corn 45g	Iaurt 125g+eugenia 20g	Banane 160g-220+eugenia 20g

Alimentele, produse 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