

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,	Aprobat, Manager
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REGIM HEPATIC perioada 10.11.2025-16.11.2025

Masa	luni	marti	miercuri	joi	vineri	sambata	duminica
	menu	menu	menu	menu	menu	menu	menu
Mic dejun	Paine(100g) cu unt(30g) branza de vaci(100g) cascaval(40g) masline(30g) si ceai(250ml)	Paine(100g) cu unt(30g) ou fiert cascaval(40g) sunca presata(80g) si ceai(250ml)	paine(100g) salata de vinete(100g) branza topita(20g) muschi file(80g) si ceai(250ml)	Paine(100g) unt(30g) fineti(40g) si lapte(250ml)	Paine(100g) cu unt(30g), gem(50g), halva(80g) si lape cu cacao(250ml)	Paine(100g) cu unt(30g) ou fiert sunca presata(100g) cu mustar(15g) si ceai(250ml)	paine(100g) cu unt(30g) conserva de peste(50g) salata de icre(40g) si ceai(250ml)
Supliment 1	foetaj cu gem(150g)	fructe(250g)	corn cu rahat(100g)	gogosi cu ciocolata(100g)	pufulet(85g)	fructe(250g)	placinta cu mere(100g)
Pranz	1.ciorba de fasole(400ml) paine(100g) 2.cartofi natur(300g) friptura de porc(140g) gogosari in otet(40g) si paine(100g)	1.ciorba(400ml) din pulpe de pui(100g)cu fidea(10g) 2.tochitura(250g) branza telemea(50) si mamaliga(300g)	1.bors de sfecta rosie(400ml) cu paine(100g) 2.piure de cartofi(250g) pulpa fiarta de pui(150g) si paine(100g)	1.ciorba de perisoare(400ml)paine(100g) 2.musaca de cartofi cu carne tocata(400g) si paine(100g)	1.bors din carne de porc(400ml) paine(100g) 2.sote de legume(300g) cu pulpa de pui la gratar(250g) castraveti in otet(40g) si paine(100g)	1.bors de fasole cu afumatura(400ml) cu paine(100g) 2.mancarica de mazare cu cartofi(400g) pulpa de pui la gratar(300g) si paine(100g)	1.bors de sfecta rosie(400ml) paine(100g) 2.mancarica de ciupercute(200g) cu piept de pui(100g) si mamaliga(300g)
Supliment 2	napolitane(100g)	compot de mere(250g)	iaurt natural(140g)	compot de mere(250g)	magura(50g)		compot de mere(250g)
Cina	ghiveci de legume(300g) cu pulpa fiarta de pui(200g) ceai(250ml) si paine(100g)	conserva de peste(50g) salata de icre(40g) paine(100g) si ceai(250ml)	branza de vaci(100g) cartofi natur(250g) pulpa fiarta de pui(150g) ceai(250ml) si paine(100g)	branza de vaci(100g) ou fiert, pulpa fiarta de pui(250g) ceai(250ml) si paine(100g)	paste(250g) cu carne tocata(80g) ceai(250ml) si paine(100g)	paine(100g) cu branza de vaci(100g) gem(100g) si ceai(250ml)	salata orientala(400g) salam victorial(100g) paine(100g) si ceai(250ml)

Intocmit, Asistent Dietetician, Trufin Alin

MENIU COMUN

perioada 10.11.2025-16.11.2025

REGIM HIPOSDAT

luni		marti		miercuri		joi		vineri		sambata		duminica	
Masa	meni	meni	meni	meni	meni	meni	meni	meni	meni	meni	meni	meni	meni
Mic dejun	Paine(100g), unt(30g),pateu(100g) cascaval(40g), masline(30g) ceai(250ml)	Paine(100g) sunca presata(80g) salam(50g), cascaval(40g) si ceai(250ml)	Paine(100g) salata de vinete(100g) branza topita(20g) muschi file(80g) si ceai(250ml)	Paine(100g) cu unt(30g) finet(40g) si lapte(250ml)	Paine(100g) cu unt(30g), gem(50g), halva(80g) si lapte cu cacao(250ml)	Paine(100g) cu unt(30g), sunca omleta(80g), sunca presata(100g) cu mustar(15g) si ceai(250ml)	Paine(100g) cu unt(30g) conserva de peste(50g) salata de icre(40g) si ceai(250ml)						
Supliment 1	foetaj cu gem(150g)	fructe(250g)	corn cu rahat(100g)	gogosi cu ciocolata(100g)	pufuleti(85g)	fructe(250g)	placinta cu mere(100g)						
Pranz	1.ciorba de fasole(400ml) cu paine(100g), 2.cartofi natur(300g) friptura de porc(140g) gogosari in otet(40g) si paine(100g)	1.ciorba(400ml) din pulpe de pui(100g)cu fidea(10g), 2.tochitura(250g) ochiuri branza telemea(50g) si mamaliga(300g)	1.bors de sfecta rosie(400ml) cu smantana(30g) paine(100g) 2.piftetele(150g) cu sos tomat(10g) si piure de cartofi(250g), paine(100g)	1.ciorba de perisoare(400ml) paine(100g) 2.musaca de cartofi cu carne tocata(400g) si paine(100g)	1.bors din carne de porc(400ml) paine(100g) 2.mancarca de fasole(300g) cu pulpe de pui(250g) castarveti in otet(40g) si paine(100g)	1.bors de fasole cu afumatura(400ml) paine(100g) 2.mancarca de mazare(400g) cu carnati(100g) si paine(100g)	1.bors de sfecta rosie(400ml) paine(100g) 2.ciupercute(200g) cu smantana(100g) si piept de pui(100g) si mamaliga(300g)						
Supliment 2	napolitane(100g)	compot de mere(250g)	iaurt(140g)	compot de mere(250g)	magura(50g)		compot de mere(250g)						
Cina	pilaf cu legume(250g) carnati(60g) paine(100g) si ceai(250ml)	conserva de peste(50g) salata de icre(40g) paine(100g) si ceai(250ml)	varza calita(300g) cu carnati(100g) paine(100g) si ceai(250ml)	branza(100g) cu smantana(100g) ochiuri paine(100g) si ceai(250ml)	paste(250g) cu carne tocata(80g) ceai(250ml) si paine(100g)	paine(100g) cu pateu(100g), branza(100g) cu smantana(100g) si ceai(250ml)	salata orientala(400g) salam victoria(100g) paine(100g) si ceai(250ml)						

Intocmit, Asistent Dietetician, Trufin Alin

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,

Aprobat, Manager

REGIM DIABET

perioada 10.11.2025-16.11.2025

Masa	luni		marti		miercuri		joi		vineri		sambata		duminica	
	meni	meni	meni	meni	meni	meni	meni	meni	meni	meni	meni	meni	meni	meni
Mic dejun	Paine(50g) cu unt(30g) pateu(100g) cascaval(40g) masline(30g) si ceai(250ml)	Paine(50g) cu unt(30g) ou fiert, cascaval(40g),salam (50g) sunca presata(100g) si ceai(250ml)	Paine(50g) salata de vinete(100g) branza topita(20g) muschi file(100g) si ceai(250ml)	Paine(50g) cu unt(30g) pateu(100g) zacusca(150g) si lapte(250ml)	Paine(50g) cu unt(30g) branza de vaci(100g) si cacao(250ml)	Paine(50g) cu unt(30g) branza de vaci(100g) si cacao(250ml)	Paine(50g) cu unt(30g) branza de vaci(100g) si cacao(250ml)	Paine(50g) cu unt(30g) branza de vaci(100g) si cacao(250ml)	Paine(50g) cu unt(30g) branza de vaci(100g) si cacao(250ml)	Paine(50g) cu unt(30g) branza de vaci(100g) si cacao(250ml)	Paine(50g) cu unt(30g) branza de vaci(100g) si cacao(250ml)	Paine(50g) cu unt(30g) branza de vaci(100g) si cacao(250ml)	Paine(50g) cu unt(30g) branza de vaci(100g) si cacao(250ml)	Paine(50g) cu unt(30g) branza de vaci(100g) si cacao(250ml)
Supliment ¹	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)
Pranz	1.ciorba de fasole(400ml), 2.varza calita(400g) cu friptura de porc(140g) gogosari in otet(40g) si mamaliga(200g)	1.ciorba(400ml) din pulpe de pui(100g) cu fidea(10g) 2.tochitura(250g) ochiuri branza telemea(50g) si mamaliga(200g)	1.bors de sfecta rosie(400ml) cu smantana(30g) 2.piftetele(150g) cu varza calita(300g) si mamaliga(200g)	1.ciorba de perisoare(400ml) 2.pulpe pui la gratar(300g), sote de legume(400g) si mamaliga(200g)	1.bors din carne de porc(400ml) 2.sote de legume(400g) cu pulpa de pui la gratar(300g) castraveti in otet(40g) si mamaliga(200g)	1.bors din carne de porc(400ml) 2.sote de legume(400g) cu pulpa de pui la gratar(300g) castraveti in otet(40g) si mamaliga(200g)	1.bors din carne de porc(400ml) 2.sote de legume(400g) cu pulpa de pui la gratar(300g) castraveti in otet(40g) si mamaliga(200g)	1.bors din carne de porc(400ml) 2.sote de legume(400g) cu pulpa de pui la gratar(300g) castraveti in otet(40g) si mamaliga(200g)	1.bors din carne de porc(400ml) 2.sote de legume(400g) cu pulpa de pui la gratar(300g) castraveti in otet(40g) si mamaliga(200g)	1.bors din carne de porc(400ml) 2.sote de legume(400g) cu pulpa de pui la gratar(300g) castraveti in otet(40g) si mamaliga(200g)	1.bors din carne de porc(400ml) 2.sote de legume(400g) cu pulpa de pui la gratar(300g) castraveti in otet(40g) si mamaliga(200g)	1.bors din carne de porc(400ml) 2.sote de legume(400g) cu pulpa de pui la gratar(300g) castraveti in otet(40g) si mamaliga(200g)	1.bors din carne de porc(400ml) 2.sote de legume(400g) cu pulpa de pui la gratar(300g) castraveti in otet(40g) si mamaliga(200g)	1.bors din carne de porc(400ml) 2.sote de legume(400g) cu pulpa de pui la gratar(300g) castraveti in otet(40g) si mamaliga(200g)
Supliment ²	fructe(200g)	compot de mere fara zahar(250g)	fructe(200g)	compot de mere fara zahar(250g)	fructe(200g)	compot de mere fara zahar(250g)	compot de mere fara zahar(250g)	compot de mere fara zahar(250g)	compot de mere fara zahar(250g)	compot de mere fara zahar(250g)	compot de mere fara zahar(250g)	compot de mere fara zahar(250g)	compot de mere fara zahar(250g)	compot de mere fara zahar(250g)
Cina	ghiveci de legume(400g) cu carnat(100g) mamaliga(200g) si ceai(250ml)	conserva de peste(50g) zacusca(150g) salata de icre(40g) paine(50g) si ceai(250ml)	conserva de peste(100g) branza de vaci(100g)zacusca(150g) mamaliga(200g) si ceai(250ml)	conserva de peste(100g) branza de vaci(100g)zacusca(150g) mamaliga(200g) si ceai(250ml)	conserva de peste(100g) branza de vaci(100g)zacusca(150g) mamaliga(200g) si ceai(250ml)	conserva de peste(100g) branza de vaci(100g)zacusca(150g) mamaliga(200g) si ceai(250ml)	conserva de peste(100g) branza de vaci(100g)zacusca(150g) mamaliga(200g) si ceai(250ml)	conserva de peste(100g) branza de vaci(100g)zacusca(150g) mamaliga(200g) si ceai(250ml)	conserva de peste(100g) branza de vaci(100g)zacusca(150g) mamaliga(200g) si ceai(250ml)	conserva de peste(100g) branza de vaci(100g)zacusca(150g) mamaliga(200g) si ceai(250ml)	conserva de peste(100g) branza de vaci(100g)zacusca(150g) mamaliga(200g) si ceai(250ml)	conserva de peste(100g) branza de vaci(100g)zacusca(150g) mamaliga(200g) si ceai(250ml)	conserva de peste(100g) branza de vaci(100g)zacusca(150g) mamaliga(200g) si ceai(250ml)	conserva de peste(100g) branza de vaci(100g)zacusca(150g) mamaliga(200g) si ceai(250ml)

Intocmit, Asistent Dietetician, Trufin Alin