

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,

Aprobat, Manager

MENIU COMUN

perioada 24.11.2025-30.11.2025

REGIM HIPOSODAT

luni		marti		miercuri		joi		vineri		sambata		duminica	
Masa	menu	menu	menu	menu	menu	menu	menu	menu	menu	menu	menu	menu	menu
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)	pufuluti(85g)	fructe(250g)	placinta cu mer(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 sfecla rosie(400ml) cu smantana(30g) paine(100g) 2.pite(150g) cu sos tomat(10g) si plure 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 sfecla rosie(400ml) paine(100g) 2.ciupercute(200g) cu smantana(100g) si piept de pui(100g) si mamaliga(300g)						
Supliment 2	napoiltane(100g)	compot de mere(250g)	iaurt(140g)	compot de mere(250g)	magura(50g)		compot de mere(250g)						
Cina	piraf cu legume(250g) carnati(60g) paine(100g) si ceai(250ml)	conserva de peste(50g) salata de icre(40g) paine(100g) si ceai(250ml)	varza calta(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 victoriala(100g) paine(100g) si ceai(250ml)						

Intocmit, Asistent Dietetician, Trufin Alin

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,	Aprobat, Manager
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REGIM HEPATIC		perioada 24.11.2025-30.11.2025					
luni		marti	miercuri	joi	vineri	sambata	duminica
Masa	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)	gogosii cu ciocolata(100g)	pufuluet(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 sfectia rosie(400ml) cu paine(100g) 2.pjure 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)	1.bors de fasole cu afumaturale(400ml) cu paine(100g) 2.mancarica de mazare cu cartofi(400g) pulpa de pui la gratar(300g) si paine(100g)	1.bors de sfectia 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 victorala(100g) paine(100g) si ceai(250ml)

Intocmit, Asistent Dietetician, Trufin Alin

Sanatoriul de Neuropsihiatrie Podriga	
Verificat, Dir. Medical,	Aprobat, Manager

REGIM DIABET perioada 24.11.2025-30.11.2025

	luni		marti		miercuri		joi		vineri		sambata		duminica	
Masa	menu	menu	menu	menu	menu	menu	menu	menu	menu	menu	menu	menu	menu	menu
Mic dejun	Paine(50g) cu unt(30g) pateu(100g) cascaval(40g) masline(30g) si ceai(250ml)	Paine(50g) cu unt(30g) ou fier, 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 lapte cu cacao(250ml)	Paine(50g) cu unt(30g) ou fier sunca presata(100g) mustar(15g) si ceai(250ml)	paine(50g) cu unt(30g)conserva de peste(50g) salata de icre(40g) si ceai(250ml)							
Supliment	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)	pufuluet(85g)	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 fide(10g) 2.tochitura(250g) ochiuri branza telemea(50g) si mamaliga(200g)	1.bors de sfecia rosie(400ml) cu smantana(30g) 2.pifttele(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 de fasole cu afumatura(400ml) 2.mancarica de ciupercute(300g) cu pulpa de pui la gratar(200g) si mamaliga(200g)	1.bors de sfecia rosie(400ml) 2.cupercute(200g) cu smantana(100g) si piept de pui(100g) , mamaliga(200g)							
Supliment	fructe(200g)	compot de mere fara zahar(250g)	fructe(200g)	compot de mere fara zahar(250g)	iaurt (140g)		fructe(200g)	compot de prune fara zahar						
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)	branza(100g) cu smantana(100g) ochiuri pulpa fiarta de pui(200g) mamaliga(200) si ceai(250ml)	conserva de peste(100g)zacusca(150g) mamaliga(200g) si ceai(250ml)	paine(50g) cu branza(100g) cu smantana(100g), pateu(100g) si ceai(250ml)	ou fier, branza de vaci(100g), salam victoria(100g) mamaliga(200g) si ceai(250ml)							

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