

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,

Aprobat, Manager

MENIU COMUN

perioada 12.01.2026-18.01.2026

REGIM HIPOSODAT

Masa	luni						
	meniu	meniu	miercuri	joi	vineri	sambata	duminica
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)/fineti(40g)si lapte(250ml)	paine (100g)cu unt (30g),gem(50g),halva (80g)si lapte cu cacao(250ml)	Paine(100g) cu unt(30g), 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(250gr)	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.piftelile(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.mancarica de fasole(300g)cu pulpe de pui(250g)castraveti in otet(40g)si paine(100g)	1.bors de fasole cu afumatura(400ml)paine(100g)2.mancarica de mazare(400g)cu carnati(100g)si paine(100gr)	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)	prajitura(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 calita(300g) cu carnati(100g) paine(100g) si ceai(250ml)	branza(100g)cu smantana(100g)lochiuri paine(100g)si ceai(250ml)	paste(250g)cu carne tocata(80g)ceai(250 ml)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 HEPATIC

perioada 12.01.2026-18.01.2026

Masa	luni	marti	miercuri	joi	vineri	sambata	duminica
Mic dejun	meniu	meniu	meniu	meniu	meniu	meniu	meniu
	Paine(100g) cu unt(30g) branza de vaci(100g) cascaval(40g) sunca presata(80g) si 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) cu unt(30g) finet(40g) si lapte cu cacao(250ml)	paine (100g) cu unt(30g),gem(50g),halva(80g)si lapte 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)	pufuleti(85g)	fructe(250gr)	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 fideal(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)castrave ti in otet(40g)si paine(100g)	1.bors de fasole cu afumatură(400ml)cu paine(100gr)2.manca rica de mazare cu cartofi(400gr) pulpa pui la gratar(300gr)si paine(100gr)	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)	prajitura(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 victoria(100g) paine(100g) si ceai(250ml)

Intocmit, Asistent Dietetician, Trufin Alin

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,

Aprobat, Manager

REGIM DIABET

perioada 12.01.2026-18.01.2026

Masa	luni	marti	miercuri	joi	vineri	sambata	duminica
	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 lapte cu cacao(250ml)	Paine(50g) cu unt(30g) ou fiert 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 ₁	iaurt (140g)	iaurt (140g)	iaurt (140g)	iaurt (140g)	pufuleti(85g)	fructe(200gr)	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.piftutele(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 pui la gratar(300g)castrave ti in otet(40g)si mamaliga(200g)	1.bors de fasole cu afumaturala(400ml)2. mancarica de ciupercute(300g)cu pulpa pui la gratar(200g)si mamaliga (200gr)	1.bors de sfecta rosie(400ml) 2.ciupercute(200g) cu smantana(100g0 si piept de pui(100g) , mamaliga(200g)
Supliment ₂	fructe(200g)	compot de mere fara zahar(250g)	fructe(200g)	compot de mere fara zahar(250g)	iaurt(140g)	iaurt(140gr)	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)	smantana(100g)ochiuri pulpa fiarta de pui(200g)mamaliga(200g)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 fiert branza de vaci(100g), salam victoria(100g) mamaliga(200g) si ceai(250ml)

Intocmit, Asistent Dietetician, Trufin Alin