

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,

Aprobat, Manager

## MENIU COMUN

Perioada 02.03.2026-08.03.2026

## REGIM HIPOSDAT

Masa	luni	marti	miercuri	joi	vineri	sambata	duminica
	meniu	meniu	meniu	meniu	meniu	meniu	meniu
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),halv a (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)	croisant(100gr) si suc(250ml)	placinta cu mere(100gr)
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.piftel(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 pui(250g)castraveti in otet(40g)si paine(100g)	1.bors de fasole (400ml)paine(100gr) 2.sarmale(400gr)si mamaliga(200gr)	1.bors de sfecla rosie(400ml)paine(100gr) 2.ciupercute(200gr)cu smantana(100gr)si piept de pui(100gr)si mamaliga(300gr)
Supliment 2	napolitane(100g)	compot de mere(250g)	iaurt(140g)	compot de mere (250g)	prajitura(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 victor(100g) paine(100g) si ceai(250ml)

Intocmit, Asistent Dietetician, Trufin Alin

## REGIM HEPATIC

Perioada 02.03.2026-08.03.2026

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(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) 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) ou fiert sunca presata(100g) cu mustar(15g) si ceai(250ml)	Paine(100g) cu unt(30g) ou fiert sunca presata(100g) cu mustar(15g) si ceai(250ml)	Paine(100g) cu unt(30g) ou fiert sunca presata(100g) cu mustar(15g) si ceai(250ml)	Paine(100g) cu unt(30g) ou fiert sunca presata(100g) cu mustar(15g) si ceai(250ml)	Paine(100g) cu unt(30g) ou fiert sunca presata(100g) cu mustar(15g) si ceai(250ml)	Paine(100g) cu unt(30g) ou fiert sunca presata(100g) cu mustar(15g) si ceai(250ml)	Paine(100g) cu unt(30g) ou fiert sunca presata(100g) cu mustar(15g) si ceai(250ml)	Paine(100g) cu unt(30g) ou fiert sunca presata(100g) cu mustar(15g) si ceai(250ml)	Paine(100g) cu unt(30g) ou fiert sunca presata(100g) cu mustar(15g) si ceai(250ml)	Paine(100g) cu unt(30g) ou fiert sunca presata(100g) cu mustar(15g) si ceai(250ml)
Supliment 1	foetaj cu gem(150g)	fructe(250g)	corn cu rahat(100g)	gogosi cu ciocolata(100g)	pufuleti(85g)	croisant(100gr) si suc(250ml)	placinta cu mere(100gr)								
Pranz	1.ciorba de fasole(400ml) pulpe de pui(100g) cu fidea(10g) 2.tochitura(250g) branza telemea(50) si mamaliga(300g) si paine(100g)	1.ciorba(400ml) din pulpe de pui(100g) cu fidea(10g) 2.tochitura(250g) branza telemea(50) si mamaliga(300g) si paine(100g)	1.bors de sfecla rosie(400ml) cu paine(100g) 2.puree 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(400ml) paine(100gr) 2.sarmale(400gr) si mamaliga(200gr)	1.bors de sfecla rosie(400ml) paine(100gr) 2.cu percutate(200gr) si piept de pui(100gr) si mamaliga(300gr)	1.bors de sfecla rosie(400ml) paine(100gr) 2.cu percutate(200gr) si piept de pui(100gr) si mamaliga(300gr)							
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) ou fiert, pulpa fiarta de pui(250g) ceai(250ml) si paine(100g)	branza de vaci(100g) ou fiert, pulpa fiarta de pui(250g) ceai(250ml) si paine(100g)	branza de vaci(100g) ou fiert, pulpa fiarta de pui(250g) ceai(250ml) si paine(100g)	branza de vaci(100g) ou fiert, pulpa fiarta de pui(250g) ceai(250ml) si paine(100g)	branza de vaci(100g) ou fiert, pulpa fiarta de pui(250g) ceai(250ml) si paine(100g)	branza de vaci(100g) ou fiert, pulpa fiarta de pui(250g) ceai(250ml) si paine(100g)	branza de vaci(100g) ou fiert, pulpa fiarta de pui(250g) ceai(250ml) si paine(100g)	branza de vaci(100g) ou fiert, pulpa fiarta de pui(250g) ceai(250ml) si paine(100g)	branza de vaci(100g) ou fiert, pulpa fiarta de pui(250g) ceai(250ml) si paine(100g)	branza de vaci(100g) ou fiert, pulpa fiarta de pui(250g) ceai(250ml) si paine(100g)	branza de vaci(100g) ou fiert, pulpa fiarta de pui(250g) ceai(250ml) si paine(100g)	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

## REGIM DIABET

Perioada 02.03.2026-08.03.2026

Masa	luni		marti		miercuri		joi		vineri		sambata		duminica	
	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 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) ou fiert sunca presata(100g) mustar(15g) si ceai(250ml)	Paine(50g) cu unt(30g)ou fiert peste(50g)conserva de icre(40g) si ceai(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 sfecla 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 pui la gratar(300g)castrave ti in otet(40g)si mamaliga(200g)	1.bors de fasole (400ml) 2. varza calita(400g) cu mamaliga(200gr)	1.bors de sfecla rosie(400ml) 2.ciupercute(200gr)cu smantana(100gr)si piept de pui(100gr)si mamaliga(200gr)							
Supliment 2	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)	iaurt(140gr)	iaurt(140gr)	iaurt(140gr)	compot de mere fara zahar(250g)	compot de mere fara zahar(250g)	compot de mere fara zahar(250g)
Cina	ghiveci de legume(400g) cu carnati(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)si ceai(250ml)	branza(100g)cu smantana(100g)ochiuri pulpa fiarta de pui(200g)si ceai(250ml)	conserva de vaci(100g)si ceai(250ml)	conserva de vaci(100g)si ceai(250ml)	conserva de vaci(100g)si ceai(250ml)	conserva de vaci(100g)si ceai(250ml)	conserva de vaci(100g)si ceai(250ml)	conserva de vaci(100g)si ceai(250ml)	conserva de vaci(100g)si ceai(250ml)	conserva de vaci(100g)si ceai(250ml)	conserva de vaci(100g)si ceai(250ml)	conserva de vaci(100g)si ceai(250ml)

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