

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,

Aprobat, Manager

perioada 09.03.2026-15.03.2026

MENIU COMUN

REGIM HIPOSODAT

	luni	marti	miercuri	joi	vineri	sambata	duminica
Masa	meni Paine(100g), unt(30g),pateu(100g) cascaval(40g), masline(30g) ceai(250ml)	meni Paine(100g), sunca presata(80g), salam(50g), cascaval(40g) si ceai(250ml)	meni Paine(100g), salata de vinete(100g), branza topita(20g), muschi file(80g) si ceai(250ml)	meni Paine(100g) cu unt(30g) finet(40g) si lapte(250ml)	meni paine (100g)cu unt (30g),gem(50g),halva (80g)si lapte cu cacao(250ml)	meni Paine(100g) cu unt(30g), omleta(80g), sunca presata(100g) cu mustar(15g) si ceai(250ml)	meni 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(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.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.mancarica de fasole(300g)cu pulpe pui(250g)castraveti in otet(40g)si paine(100g)	1.bors de fasole cu afumatura(400ml)paine(100g)2.mancarica de mazare cu cartofi(400g) si carnati(100g)si paine(100g)	1.bors de sfecla rosie(400ml)paine(100g) 2.citupercute(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	plaf cu legume(250g) carnati(60g) paine(100g) si ceai(250ml)	conserva de peste(50g) salata de icre(40g) paine(100g) si ceai(250ml)	varza caltata(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 victoriana(100g) paine(100g) si ceai(250ml)

Intocmit, Asistent Dietetician, Trufin Alin

Sanatoriul de Neuropsihiatrie Podriga

Verificat. Dir. Medical,

Aprobat, Manager

REGIM HEPATIC perioada 09.03.2026-15.03.2026

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) conserva de peste(50g) salata de icre(40g) si ceai(250ml)	placinta cu mere(100gr)	placinta cu mere(100gr)	1.bors de sfecta rosie(400ml)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de sfecta rosie(400ml)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de sfecta rosie(400ml)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de sfecta rosie(400ml)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de sfecta rosie(400ml)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)
Supliment 1	foetaj cu gem(150g)	fructe(250g)	corn cu rahat(100g)	gogosi cu ciocolata(100g)	pufuleti(85g)	fructe(250gr)	fructe(250gr)	fructe(250gr)	fructe(250gr)	fructe(250gr)	fructe(250gr)	fructe(250gr)	fructe(250gr)	fructe(250gr)	
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 marmaliga(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)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	
Supliment 2	napolitane(100g)	compot de mere(250g)	iaurt natural(140g)	compot de mere(250g)	prajitura(50g)	compot de mere(250g)	compot de mere(250g)	compot de mere(250g)	compot de mere(250g)	compot de mere(250g)	compot de mere(250g)	compot de mere(250g)	compot de mere(250g)	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)	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)	

Intocmit, Asistent Dietetician, Trufin Alin

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,

Aprobat, Manager

REGIM DIABET

perioada 09.03.2026-15.03.2026

Masa	luni		marti		miercuri		joi		vineri		sambata		duminica	
	menu	supliment	menu	supliment	menu	supliment	menu	supliment	menu	supliment	menu	supliment	menu	supliment
Mic dejun	Paine(50g) cu unt(30g) pateu(100g) cascaval(40g) masline(30g) si ceai(250ml)	iaurt (140g)	Paine(50g) cu unt(30g) ou fiert, cascaval(40g),salam(50g) sunca presata(100g) si ceai(250ml)	iaurt (140g)	Paine(50g) salata de vinete(100g) branza topita(20g) muschi file(100g) si ceai(250ml)	iaurt (140g)	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)	Paine(50g)cu unt(30g)branza de vaci(100g)si lapte cu cacao(250ml)	fructe(200g)	iaurt(140g)	compot de mere fara zahar(250g)
Pranz	1.ciorba de fasole(400ml), 2.varza calita(400g) cu friptura de porc(140g) gogosari in otet(40g) si mamaliga(200g)	iaurt (140g)	1.ciorba(400ml) din pulpe de pui(100g) cu fidea(10g) 2.tochitura(250g) ochiuri branza telemea(50g) si mamaliga(200g)	iaurt (140g)	1.bors de sfecla rosie(400ml) cu smantana(30g) 2.pifttele(150g) cu varza calita(300g) si mamaliga(200g)	iaurt (140g)	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 afumatura(400ml)paie(100g)2.mancaric a de ciupercute(300g)cu pulpe pui la gratar(200g)si mamaliga(200g)	1.bors de sfecla rosie(400ml) 2.ciupercute(200g)cu smantana(100g)si piept de pui(100g)si mamaliga(200g)	fructe(200g)	iaurt(140g)	compot de mere fara zahar(250g)	ou fiert branza de vaci(100g), salam victorial(100g) mamaliga(200g) si ceai(250ml)
Supliment	fructe(200g)	compot de mere fara zahar(250g)	conserva de peste(50g) zacusca(150g) salata de icre(40g) paine(50g) si ceai(250ml)	fructe(200g)	conserva de branza de vaci(100g)zacusca(150g), mamaliga(200g) si ceai(250ml)	fructe(200g)	conserva de branza(100g)cu smantana(100g)ochiuri pulpa fiarta de pui(200g)mamaliga(200g)si ceai (250ml)	iaurt(140g)	conserva de branza(100g)cu smantana(100g), pateu(100g) si ceai(250ml)	compot de mere fara zahar(250g)	iaurt(140g)	compot de mere fara zahar(250g)	ou fiert branza de vaci(100g), salam victorial(100g) mamaliga(200g) si ceai(250ml)	compot de mere fara zahar(250g)

Intocmit, Asistent Dietetician, Trufin Alin