

## REGIM HEPATIC

Perioada 13.04.2026-19.04.2026

Masa	luni	marti	miercuri	joi	vineri	sambata	duminica
	meniu	meniu	meniu	meniu	meniu	meniu	meniu
Mic dejun	Paine(100g) castraveti(100gr)tele mea(50gr)leber(100g r)salata icre(40gr)salam(50gr) ceapa verde(100gr)ceai(250	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), halv a(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	pasca si ou rosu	fructe(250g)	corn cu rahat(100g)	gogosi cu ciocolata(100g)	pufuleti(85g)	fructe(250gr)	placinta cu mere(100gr)
Pranz	1.ciorba radauteana(400ml)pa ine(100gr)sarmale(25 0gr)cu smantana(50gr)pulpe pui la cuptor(200gr)si mamaliga(200gr)	1.ciorba(400ml) din pulpe de pui (100g)cu fidea(10g) 2.tochitura(250g) branza telemea(50) si mamaliga(300g)	1.bors de sfecla rosie(400ml) cu paine(100g) 2.piure de cartofi(250g) pulpa fiarta de pui(150g) si paine(100g)	1.ciorba de perisoare(400ml)pain e(100g) 2.musaca de cartofi cu carne tocata(400g) si paine(100g)	1.bors din carne de porc(400ml)paine(1 00g)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 afumatura(400ml)pai ne(100gr)2.mancaric a de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)si paine(100gr)	1.bors de sfecla rosie(400ml)paine(10 0gr) 2.ciupercute(200gr)si piept de pui(100gr)si mamaliga(300gr)
Supliment 2	compot de mere(250g)	iaurt natural(140g)	compot de mere (250g)	prajitura(50g)	compot de mere (250g)	branza de vaci(100g) gem(100g) si ceai(250ml)	compot de mere(250g)
Cina	paine(100gr)cu unt(30gr)pateu(50gr) conserva de peste(50gr)si ceai(250ml)	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 vacii(100g)ou fiert,pulpa fiarta de pui(250g)ceai(250ml) si paine(100g)	paste(250g)cu carne tocata(80g)ceai(250 ml)si paine(100g)	paine(100g) cu branza de vaci(100g) gem(100g) si ceai(250ml)	salata orientala(400g) salam victoriat(100g) paine(100g) si ceai(250ml)

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,

Aprobat, Manager

MENIU COMUN

Perioada 13.04.2026-19.04.2026

REGIM HIPOSDAT

	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(100g) castraveti(100gr)telemea(50gr)leber(100gr)salata(50g), icre(40g)salam(50gr) verde(100gr)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),germ(50g), halva (80g)si lapte cu cacao(250ml)	Paine(100g) cu unt(30g) fineti(40g) si lapte(250ml)	fructe(250g)	corn cu rahat(100g)	gogosi cu ciocolata(100g)	pufuleti(85g)	fructe(250gr)	Paine(100g) cu unt(30g), omleta(80g), sunca presata(100g) cu mustar(15g) si ceai(250ml)	placinta cu mere(100gr)	Paine(100g) cu unt(30g) conserva de peste(50g) salata de icre(40g) si ceai(250ml)
Supliment 1	pasca si ou rosu	fructe(250g)	corn cu rahat(100g)	gogosi cu ciocolata(100g)	pufuleti(85g)	fructe(250gr)								
Pranz	1.ciorba radauteana(400ml)paine(100gr)sarmale(250gr)cu smantana(50gr)pulpe pui la cuptor(200gr)si mamaliga(200gr)	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(100gr)2.mancarica de mazare cu cartofi(400gr) si carnati(100gr)si paine(100gr)	1.bors de sfecla rosie(400ml)paine(100gr) 2.ciupercute(200gr)cu smantana(100gr)si piept de pui(100gr)si mamaliga(300gr)							
Supliment 2		compot de mere(250g)	iaurt(140g)	compot de mere(250g)	prajitura(50g)									compot de mere(250g)
Cina	paine(100gr)cu unt(30gr)pateu(50gr) conserva de peste(50gr)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 victorial(100g) paine(100g) si ceai(250ml)							

Intocmit, Asistent Dietetician, Trufin Alin

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,

Aprobat, Manager

## REGIM DIABET

Perioada 13.04.2026-19.04.2026

	luni	marti	miercuri	joi	vineri	sambata	duminica
Masa	meniu	meniu	meniu	meniu	meniu	meniu	meniu
Mic dejun	Paine(100g) castraveti(100gr)tele mea(50gr)leber(100g) r)salata icre(40gr)salam(50gr) ceapa verde(100gr)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 topital(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 vac(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	ou rosu	iaurt (140g)	iaurt (140g)	iaurt (140g)	pufuleti(85g)	fructe(200gr)	iaurt(140g)
Pranz	1.ciorba radauteana(400ml)pa ine(100gr)sarmale(25 Ogr)cu smantana(50gr)pulpe pui la cuptor(200gr)si mamaliga(200gr)	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.piftete(150g) cu varza calitai(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 afumatura(400ml)pai ne(100gr)2.mancaric a de ciupercute(300gr)cu pulpe pui la gratar(200gr)si mamaliga(200gr)	1.bors de sfecla rosie(400ml) 2.ciupercute(200gr)cu smantana(100gr)si piept de pui(100gr)si mamaliga(200gr)
Supliment 2		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	paine(100gr)cu unt(30gr)pateu(50gr) conserva de peste(50gr)si ceai(250ml)	conserva de peste(50g) zacusca(150g) salata de icre(40g) paine(50g) si ceai(250ml)	conserva de peste(100g) branza de vac(100g)zacusca(1 50g), mamaliga(200g) si ceai(250ml)	branza(100g)cu smantana(100g)ochi uri pulpa fiarta de pui(200g)mamaliga(2 00g)si ceai (250ml)	conserva de peste(100g)zacusca( 150g)mamaliga(200 g)si ceai(250ml)	paine(50g) cu branza(100g) cu smantana(100g), pateu(100g) si ceai(250ml)	ou fiert branza de vac(100g), salam victoria(100g) mamaliga(200g) si ceai(250ml)

Intocmit, Asistent Dietetician, Trufin Alin