

MENIU COMUN

Perioada 06.07.2026-12.07.2026

REGIM HIPOSODAT

	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), 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),halv a (80g)si lapte cu cacao(250ml)	Paine(100g) cu unt(30g)2. mancaric a de mazare cu cartofi(400gr) si carnati(100gr)si paine(100gr)	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)	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)	Paine(100g) cu unt(30g) conserva de peste(50g) salata de icre(40g) 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)	gogosi(100gr)	gogosi(100gr)	gogosi(100gr)	gogosi(100gr)	gogosi(100gr)	gogosi(100gr)	gogosi(100gr)	gogosi(100gr)	gogosi(100gr)	gogosi(100gr)
Pranz	1.ciorba de fasole(400ml) cu paine(100g), 2.cartofi natur(300g) friptura de porc(140g) salata de sfecla rosie(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.pifttele(150g) piure de cartofi(250g)gogosa ri in otet(40gr), 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.mancarica de fasole(300g)cu pulpe pui(250g)castraveti in otet(40g)si paine(100g)	1.bors de fasole cu afumatura(400ml)pai ne(100gr)2.mancaric a de mazare cu cartofi(400gr) si carnati(100gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)pai ne(100gr)2.mancaric a de mazare cu cartofi(400gr) si carnati(100gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)pai ne(100gr)2.mancaric a de mazare cu cartofi(400gr) si carnati(100gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)pai ne(100gr)2.mancaric a de mazare cu cartofi(400gr) si carnati(100gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)pai ne(100gr)2.mancaric a de mazare cu cartofi(400gr) si carnati(100gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)pai ne(100gr)2.mancaric a de mazare cu cartofi(400gr) si carnati(100gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)pai ne(100gr)2.mancaric a de mazare cu cartofi(400gr) si carnati(100gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)pai ne(100gr)2.mancaric a de mazare cu cartofi(400gr) si carnati(100gr)si paine(100gr)	1.bors de fasole cu afumatura(400ml)pai ne(100gr)2.mancaric a de mazare cu cartofi(400gr) si carnati(100gr)si paine(100gr)
Supliment 2	napolitane(100g)	compot de mere(250g)	iaurt(140g)	compot de mere (250g)	prajitura(50g)	prajitura(50g)	prajitura(50g)	prajitura(50g)	prajitura(50g)	prajitura(50g)	prajitura(50g)	prajitura(50g)	prajitura(50g)	prajitura(50g)
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)ochi uri paine(100g)si ceai(250ml)	paste(250g)cu carne tocata(80g)ceai(250 ml)si paine(100g)	paste(250g)cu carne tocata(80g)ceai(250 ml)si paine(100g)	paste(250g)cu carne tocata(80g)ceai(250 ml)si paine(100g)	paste(250g)cu carne tocata(80g)ceai(250 ml)si paine(100g)	paste(250g)cu carne tocata(80g)ceai(250 ml)si paine(100g)	paste(250g)cu carne tocata(80g)ceai(250 ml)si paine(100g)	paste(250g)cu carne tocata(80g)ceai(250 ml)si paine(100g)	paste(250g)cu carne tocata(80g)ceai(250 ml)si paine(100g)	paste(250g)cu carne tocata(80g)ceai(250 ml)si paine(100g)	paste(250g)cu carne tocata(80g)ceai(250 ml)si paine(100g)

Intocmit, Asistent Dietetician, Trufin Alin

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,	Aprobat, Manager
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REGIM HEPATIC

Perioada 06.07.2026-12.07.2026

	luni	marti	miercuri	joi	vineri	sambata	duminica
Masa	meniu	meniu	meniu	meniu	meniu	meniu	meniu
Mic dejun	Paine(100g) cu unt(30g) branza de vaci(100g) cascaval(40g) sunca presata(80g) 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(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(100gr)
Pranz	1.ciorba de fasole(400ml) paine(100g) 2.cartofi natur(300g) friptura de porc(140g) salata de sfecla rosie(40g) si paine(100g)	1.ciorba(400ml) din pulpe de pui(100g)cu fidea(10g) 2.tochitura(250g) branza telemea(50g) si mamaliga(300g)	1.bors de sfecla rosie(400ml) cu paine(100g) 2.piure de cartofi(250g) pulpa fiarta de pui(150g) gogosari in otet(40gr) 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 afumatura(400ml) paine(100gr) 2.mancare cu a de mazare cu cartofi(400gr) pulpe pui la gratar(300gr) si paine(100gr)	1.bors de sfecla rosie(400ml) paine(100gr) 2.cuiercute(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) 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 06.07.2026-12.07.2026

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 lapte cu cacao(250ml)	Paine(50g)cu unt(30g)branza de vaci(100g)si lapte cu cacao(250ml)	Paine(50g)cu unt(30g)branza de vaci(100g)si lapte cu cacao(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)ou fiert sunca presata(100g) mustar(15g) si ceai(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)conserva de peste(50g) salata 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(140gr)	iaurt(140gr)	iaurt(140gr)	iaurt(140gr)	iaurt(140gr)	iaurt(140gr)
Pranz	1.ciorba de fasole(400ml), 2.varza calita(400g) cu friptura de porc(140g)salata de sfecla rosie(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.piftutele(150g) cu varza calita(300g)gogosari in otet(40gr) 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)paine(100gr)2.mancari a de ciupercute(300gr)cu pulpe pui la gratar(200gr)si mamaliga(200gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari a de ciupercute(300gr)cu pulpe pui la gratar(200gr)si mamaliga(200gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari a de ciupercute(300gr)cu pulpe pui la gratar(200gr)si mamaliga(200gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari a de ciupercute(300gr)cu pulpe pui la gratar(200gr)si mamaliga(200gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari a de ciupercute(300gr)cu pulpe pui la gratar(200gr)si mamaliga(200gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari a de ciupercute(300gr)cu pulpe pui la gratar(200gr)si mamaliga(200gr)	1.bors de fasole cu afumatura(400ml)paine(100gr)2.mancari 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)	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)	fructe(200g)	compot de mere fara zahar(250g)	compot de mere fara zahar(250g)	compot de mere fara zahar(250g)	iaurt(140gr)	iaurt(140gr)	iaurt(140gr)	iaurt(140gr)	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 mamaliga(200g) si ceai(250ml)	branza(100g)cu smantana(100g)ochiuri pulpa fiarta de pui(200g)mamaliga(200g)si ceai (250ml)	conserva de peste(100g)zacusca(150g)mamaliga(200g)si ceai(250ml)	conserva de peste(100g)zacusca(150g)mamaliga(200g)si ceai(250ml)	conserva de peste(100g)zacusca(150g)mamaliga(200g)si ceai(250ml)	conserva de peste(100g)zacusca(150g)mamaliga(200g)si ceai(250ml)	conserva de peste(100g)zacusca(150g)mamaliga(200g)si ceai(250ml)	conserva de peste(100g)zacusca(150g)mamaliga(200g)si ceai(250ml)	conserva de peste(100g)zacusca(150g)mamaliga(200g)si ceai(250ml)	conserva de peste(100g)zacusca(150g)mamaliga(200g)si ceai(250ml)	ou fiert branza de vaci(100g), salam victoriala(100g), mamaliga(200g) si ceai(250ml)	ou fiert branza de vaci(100g), salam victoriala(100g), mamaliga(200g) si ceai(250ml)

Intocmit, Asistent Dietetician, Trufin Alin