

MENIU COMUN

Perioada 20.07.2026-26.07.2026

REGIM HIPOSODAT

Masa	luni	marti	miercuri	joi	vineri	sambata	duminica
Mic dejun	meniu Paine(100g), unt(30g), pateu(100g), cascaval(40g), maialina(30g) ceai(250ml)	meniu Paine(100g) sunca presata(80g) salami(50g), cascaval(40g) si ceai(250ml)	meniu Paine(100g) cu unt(30g) finet(40g) si lapte(250ml)	meniu Paine(100g) cu unt (30g), gem(50g), helv a(80g) si lapte cu cacao(250ml)	meniu Paine(100g) cu unt(30g), maialina(80g), sunca presata(100g) cu mustar(15g) si ceai(250ml)	meniu Paine(100g) cu unt(30g) conserva de paste(50g) salata de ficre(40g) si ceai(250ml)	meniu Paine(100g) cu unt(30g) conserva de paste(50g) salata de ficre(40g) si ceai(250ml)
Supliment 1	napolitane(100g)	fructe(250g)	laur(140g)	fructe(250g)	prajitura(50g)	fructe(250g)	napolitane(100g)
Pranz	1.ciorba de fasole(400ml) cu paine(100g), 2.cartofi natur(300g) triptura 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.piftute(150g) piure de cartofi(250g) bogosa ri in otet(40g), 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(1 00g) 2.mancare de sepie(300g) cu piure pui(250g) castraveti in otet(40g) si paine(100g)	1.bors de fasole cu salamatura(400ml) paine(100g) 2.mancare de mazare cu cartofi(400g) si carnati(100g) si paine(100g)	1.bors de sfecla rosie(400ml) paine(100g) 2.cupercute(200g) si smantana(100g) si piet de pui(100g) si mamaliga(300g)
Supliment 2							
Cina	piraf cu legume(250g) conserva de paste(50g) salata de ficre(40g) paine(100g) si ceai(250ml)	varza calta(300g) cu carnati(100g) paine(100g) si ceai(250ml)	branza(100g) cu smantana(100g) ochi uri 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)	paine(100g) cu pateu(100g), branza(100g) cu smantana(100g) si ceai(250ml)	salata orientala(400g), salam victorie(100g) paine(100g) si ceai(250ml)

Intocmit, Asistent Dietetician, Trufin Alin

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,

Aprobat, Manager

REGIM HEPATIC

Perioada 20.07.2025-26.07.2025

Masa	luni	marti	miercuri	joi	vineri	sambata	duminica
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(30g) 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(50g) 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 fructe(40g) si ceai(250ml)
Supliment 1	lapte(250g)	lapte(250g)	lapte(250g)	lapte(250g)	lapte(250g)	lapte(250g)	lapte(250g)
Pranz	1.ciorba de fasole(400ml) cu pulpa de pui(100g) 2. cartofi(100g) cu fidea(100g) 3. branza telemea(50g) si marmaliga(300g) paine(100g)	1.ciorba de fasole(400ml) din pulpa de pui(100g) 2. cartofi(100g) cu fidea(100g) 3. branza telemea(50g) si marmaliga(300g) paine(100g)	1.ciorba de fasole(400ml) cu rosii(400ml) cu cartofi(100g) 2. pulpa de pui(100g) 3. branza telemea(50g) si marmaliga(300g) 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 afumaturat(400ml) paine(100g) 2. marmelada de mazare cu cartofi(400g) pulpa de pui la gratar(300g) si paine(100g)	1.bors de sfielda rosie(450ml) paine(100g) 2. ciupercute(200g) si pieat de pui(100g) si marmeliga(300g)
Supliment 2							
Cina	ghiveci de legume(300g) cu pulpa fiarta de pui(200g) ceai(250ml) si paine(100g)	conserva de peste(50g) salata de cartofi(40g) pulpa fiarta de pui(200g) 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)	pasca(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 20.07.2026-26.07.2026

Masa	luni	marti	miercuri	joi	vineri	sambata	duminica
	meniu	meniu	meniu	meniu	meniu	meniu	meniu
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)	iaurt (140g)	fructe(200gr)	iaurt(140g)
Pranz	1.ciorba de fasole(400ml), 2.varza calta(40g) 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)castraveti in otet(40g)si mamaliga(200g)	1.bors de fasole cu afumatura(400ml)paine(100g)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)
Supliment 2	fructe(200g)	fructe(200g)	fructe(200g)			iaurt(140gr)	
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)	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)	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