Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,	Aprobat, Manager

MENIU COMUN Perioada 09.11.2026-15.11.2026

REGIM HIPOSODAT

	luni	marti	miercuri	joi	vineri	sambata	duminica
Masa	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) zacusca(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), 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	napolitane(100gr)	fructe(250g)	iaurt(140g)	fructe(250g)	biscuiti(100gr	eugenii(100gr)	fructe(250g)
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) de pui(100g)cu fidea(10g), 2.tochitura(250g) ou fiert branza telemea(50g) si mamaliga(300g)	1.bors de sfecla rosie(400ml) cu smantana(30g) paine(100g) 2.piftele coapte (150g) piure de cartofi(250g)gogosari in otet(40gr), paine(100g)	1.ciorba de perisoare(400ml)paine(100g) 2.ardei umpluti(250gr) si mamaliga(300gr)	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.ciorba a la grek (400ml) paine(100gr) 2.ciupercute(200gr)cu smantana(100gr)si piept de pui(100gr)si mamaliga(300gr)
upliment 2							
ina	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)ou fiert, paine(100g)si ceai(250ml)	paste(250g) cu branza(100gr) ceai(250ml)si paine(100g)	paine(100g) cu pateu(100g), branza(100g) cu smantana(100g) si ceai(250ml)	salata orientala(400g) salam victoria(100g) paine(100g) si ceai(250ml)

ntocmit, Asistent Dietetician,Trufin Alin

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,	Aprobat, Manager

REGIM HEPATIC Perioada 09.11.2026 15.11.2026

	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) masline(30g) si ceai(250ml)	Paine(100g) cu unt(30g) cascaval(40g) sunca presata(80g) si ceai(250ml)	paine(100g) zacusca(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) conserva de peste(50g) salata de icre(40g) si ceai(250ml)
Supliment 1	napolitane(100gr)	fructe(250g)	iaurt natural(140g)	fructe(250gr)	biscuiti(100gr	eugenii(100gr)	fructe(250gr)
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) de pui (100g)cu fidea(10g) 2.tochitura(250g) ou fiert, branza telemea(50) si mamaliga(300g)	1.bors de sfecla rosie(400ml) cu paine(100g) 2.piure de cartofi(250g) piftele coapte(150g) gogosari in otet(40gr) si paine(100g)	1.ciorba de perisoare(400ml)paine(100g) 2.ardei umpluti(250gr) si mamaliga(300gr)	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.mancarica de mazare cu cartofi(400gr)pulpe pui la gratar(300gr)sii paine(100gr)	1.ciorba a la grek (400ml) paine(100gr) 2.ciupercute(200gr)si piept de pui(100gr)si mamaliga(300gr)
upliment 2							
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 branza(100gr) 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)

tocmit, Asistent Dietetician,Trufin Alin

Sanatoriul de Neuropsihiatrie Podriga

Verificat, Dir. Medical,	Aprobat, Manager

REGIM DIABET Perioada 09.11.2026 15.11.2026

	luni	**marti**	**miercuri**	**joi**	**vineri**	**sambata**	**duminica**
Masa	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), cascaval(40g),salam (50g) sunca presata(100g) si ceai(250ml)	Paine(50g) zacusca(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 fiet 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	biscuiti pentru diabet(100gr)	iaurt (140g)	fructe(200g)	biscuiti pentru diabet(100gr)	fructe(200gr)	biscuiti pentru diabet(100gr)	iaurt(140g)
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) de pui(100g) cu fidea(10g) 2.tochitura(250g) ou fiert ,branza telemea(50g) si mamaliga(200g)	1.bors de sfecla rosie(400ml) cu smantana(30g) 2.piftele(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(100gr)2.mancaric a de ciupercute(300gr)cu pulpe pui la gratar(200gr)si mamaliga(200gr)	1.ciorba a la grek (400ml) 2.ciupercute(200gr)cu smantana(100gr)si piept de pui(100gr)si mamaliga(200gr)
Supliment 2							
Cina	ghiuveci 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), 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 ceai9250ml)	ou fiert branza de vaci(100g), salam victoria(100g) mamaliga(200g) si ceai(250ml)

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