**SPITALUL DE PSIHIATRIE CRONICI SIRET**
ADMINISTRATIV - BUCATARIE

**APROBAT**
MANAGER:PSIH. ROTARU - ANGHELESCU TIBERIU

**MENIURI Cronici I, Cronici II**

# SÂMBĂTĂ 10.01.2026

| | Regimuri | Produs finit (posibili alergeni la ouă, carne, lactate, fructe sau legume) | Calorii |
|---|---|---|---|
| MIC DEJUN Ora 8:00 | COMUN | Telemea/cas nesarat(50gr) ,sunca presata pui(50gr), paine(100gr) ,ceai cu zahar(400ml) | **565,5** |
| | INTOLER. LACTOZĂ | Sunca presata pui(50gr) ,margarină (25gr), paine(100 gr) ,ceai cu zahar(400ml) | **450** |
| | DESODAT,HIPOSODAT | Branza vaci (50gr) ,sunca presata pui(50gr), paine(100gr) ,ceai cu zahar(400ml) | **565,5** |
| | GASTRIC, HEPATIC | Telemea/cas nesarat(50gr) ,sunca presata pui(50gr), paine(100gr) ,ceai cu zahar(400ml) | **565,5** |
| | DIABET, HIPOCALORIC | Telemea/cas nesarat(50gr) ,sunca presata pui(50gr), paine(100gr) ,ceai cu indulcitor(4 | **465,5 45CH** |
| | AFECT. SUPRAADAUG.(SP) | Pastă de brânză cu unt(50gr), paine integrală (100gr), ceai de menta (400ml) | **412,5** |
| | DIAREIC | Ou fiert (1 buc),Ceai de menta (400ml), paine prajita(100gr) | **340** |
| GUSTARE Ora 10:00 | COMUN | Mar (~200 gr) | **104** |
| | INTOLER. LACTOZĂ | Mar (~200 gr) | **104** |
| | DESODAT,HIPOSODAT GASTRIC, HEPATIC | Mar (~200 gr) | **104** |
| | DIABET | Mar (~200 gr) | **104 28CH** |
| | HIPOCALORIC | Mar (~200 gr) | **104** |
| | AFECT. SUPRAADAUGATE(SP) | Pâine integrală (30g), Unt (20g) | **217** |
| | DIAREIC | Mar copt (1 buc~150gr) | **78** |
| PRÂNZ Ora 13:00 | COMUN | Supa rosii cu fidea (400ml),paine (100gr),Gulas unguresc pulpa de porc (365gr/p),salata sf ecla rosie(100gr) | **998** |
| | INTOLER. LACTOZĂ | Supa rosii cu fidea (400ml),paine (100gr),Gulas unguresc pulpa de porc (365gr/p),salata sf ecla rosie(100gr) | **998** |
| | DESODAT,HIPOSODAT GASTRIC, HEPATIC | Supa rosii cu fidea (400ml),paine (100gr),Gulas unguresc pulpa de porc (365gr/p),salata sf ecla rosie(100gr) | **998** |
| | DIABET, HIPOCALORIC | Supa rosii cu fidea (400ml),paine (100gr),Gulas unguresc piept pui (365gr/p),salata sf ecla rosie(100gr) | **953,4 126CH** |
| | AFECT. SUPRAADAUGATE(SP) | Supă de legume(400ml), paine integr (100g), Piept pui la cuptor (100g), cartofi copti (200g) | **988** |
| | DIAREIC | Supa de legume (400ml),paine(100gr),Piept de pui la gratar (150gr),Orez natur (200gr) | **830** |
| GUSTARE Ora 16:00 | COMUN | Iaurt cu fructe(1 bc) | **77** |
| | INTOLER. LACTOZĂ | Napolitana (20gr) | **100** |
| | DESODAT,HIPOSODAT GASTRIC, HEPATIC | Iaurt cu fructe(1 bc) | **77** |
| | DIABET | Iaurt(250ml) cu fulgi ovaz (30gr) | **176 27 CH** |
| | HIPOCALORIC | Iaurt cu fructe(1 bc) | **77** |
| | AFECT. SUPRAADAUGATE(SP) | Iaurt(250ml) cu fulgi ovaz (30gr) | **176** |
| | DIAREIC | Biscuiti (80gr), Ceai menta(400) | **350** |
| CINĂ Ora 19:00 | COMUN | Spaghette cu sunca de porc (250 gr) ,ceai cu zahar(400ml) ,paine (100gr) | **788,7** |
| | INTOLER. LACTOZĂ | Spaghette cu sunca de porc (250 gr) ,ceai cu zahar(400ml) ,paine (100gr) | **788,7** |
| | DESODAT,HIPOSODAT GASTRIC, HEPATIC | Spaghette cu sunca de porc (250 gr) ,ceai cu zahar(400ml) ,paine (100gr) | **788,7** |
| | DIABET, HIPOCALORIC | Spaghette cu sunca de porc (250 gr) ,ceai cu indulcitor (400ml) , paine integr(60gr) | **591,5 83CH** |
| | AFECT. SUPRAADAUGATE(SP) | Paste cu unt(200gr), Rasol pulpa pui (100), paine integr (100gr) , ceai (400ml) | **705,1** |
| | DIAREIC | Orez cu morcov(200gr),pulpa de pui fiert(100gr), paine prajita (100gr), ceai (400ml) | **660** |

Sef serviciu Admin: Gavrilet Daniel.....

Magaziner: Ursachi Aurel .....

Referent : Tablan Anca.....

Asist.Med.Princip.Sef.:Tanasa Tudor.....