SPITALUL DE PSIHIATRIE CRONICI SIRET
ADMINISTRATIV - BUCATARIE

APROBAT
MANAGER:PSIH. ROTARU - ANGHELESCU TIBERIU

MENIURI Cronici I, Cronici II

JOI 05.03.2026

	Regimuri	Produs finit (posibili alergeni la ouă, carne, lactate, fructe sau legume)	Calorii
MIC DEJUN Ora 8:00	COMUN	Salam de vară (50 gr), cas (50 gr) ,paine(100gr) , ceai cu zahar (250ml)	**630**
	INTOLER. LACTOZĂ	Salam de vară (50 gr) ,paine(100gr) , ceai cu zahăr(250ml)	**505**
	DESODAT,HIPOSODAT	Sunca presata pui (50 gr), cas (50 gr) ,paine(100gr) , ceai cu zahar (250ml)	**480**
	GASTRIC, HEPATIC	Salam de vară (50 gr),cas (50 gr) ,paine(100gr) , ceai cu zahar (250ml)	**630**
	DIABET, HIPOCALORIC	Salam de vară (50 gr),cas (50 gr),ceai cu indulcitor(250ml) ,paine integr (100gr)	**560 44CH**
	AFECT. SUPRAADAUG.(SP)	Lapte (250 ml), unt(20gr) , cas (50gr), paine integrală (100gr)	**519**
	VEGETARIAN	Margarina(25gr),pate vegetal (25gr),ceai cu zahar(250ml) , paine(100 gr)	**503,5**
	DIAREIC	Cascaval (50gr),Ceai de menta (250ml), paine prajita(100gr)	**420**
GUSTARE Ora 10:00	COMUN		
	INTOLER. LACTOZĂ	Eugenie cu crema (35 gr)	**166**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC		
	DIABET	Kefir (300 ml)	**192 12 CH**
	HIPOCALORIC		
	AFECT. SUPRAADAUGATE(SP)	Branza de vaci (50gr), paine (30gr)	**130**
	VEGETARIAN	Eugenie cu crema (35 gr)	**166**
	DIAREIC	Branza de vaci (50gr), paine prajita (30gr)	**130**
PRÂNZ Ora 13:00	COMUN	Ciorba de legume (400ml), smantana (25gr),paine(100g), Sos ragu (pulpa porc) cu paste (300gr/portie)	**1476**
	INTOLER. LACTOZĂ	Ciorba de legume (400ml), paine(100g), Sos ragu (pulpa porc) cu paste (300gr/portie)	**1107,7**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC	Ciorba de legume (400ml), smantana (25gr),paine(100g), Sos ragu (pulpa porc) cu paste (300gr/portie)	**1476**
	DIABET, HIPOCALORIC	Ciorba de legume (400ml), paine(100g), Sos ragu (carne de pasare) cu paste (300gr/portie)	**1236 87,8CH**
	AFECT. SUPRAADAUGATE(SP)	Ciorba de legume (400ml), paine (100gr), Piept de pui fiert (100gr),paste trase in unt (200 gr)	**1029**
	VEGETARIAN	Ciorba de legume (400ml), paine (100gr), Paste cu spanac (350 gr)	**861,2**
	DIAREIC	Ciorba de legume(400ml) ,paine(100gr), Pulpa pui fiarta (90gr),orez cu morcov (200gr)	**730**
GUSTARE Ora 16:00	COMUN	Pufuleti (1 buc)	**192,15**
	DESODAT,HIPOSODAT	Napolitana (20gr)	**100**
	GASTRIC, HEPATIC	Pufuleti (1 buc)	**192,15**
	DIABET	Pufuleti (1 buc)	**192,15 38 CH**
	HIPOCALORIC	Pufuleti (1 buc)	**192,15**
	AFECT. SUPRAADAUGATE(SP)	Biscuiti (40gr)	**184**
	VEGETARIAN	Pufuleti (1 buc)	**192,15**
	DIAREIC	Biscuiti (80gr), ceai de menta (400ml)	**350**
CINĂ Ora 19:00	COMUN	Cartofi piure (250gr) ,crenvursti gros (1 buc),ceai cu zahăr (250ml) , pâine (100gr)	**791**
	INTOLER. LACTOZĂ	Cartofi natur (250gr), crenvursti gros (1 buc) ,ceai cu zahăr (250ml) , pâine (100gr)	**788**
	DESODAT,HIPOSODAT	Cartofi piure (250gr), pulpa pui fiarta (90gr) ,ceai cu zahăr (250ml) , pâine (100gr)	**900**
	GASTRIC, HEPATIC	Cartofi piure (250gr), crenvursti gros (1 buc) ,ceai cu zahăr (250ml) , pâine (100gr)	**791**
	DIABET, HIPOCALORIC	Cartofi piure (250gr), crenvursti gros (1 buc) ,ceai cu indulcitor(250ml) , pâine integr (60gr)	**596 89,2CH**
	AFECT. SUPRAADAUGATE(SP)	Cartofi natur (250gr), rasol de pui (90gr),ceai (250ml),pâine integr (100g)	**889**
	VEGETARIAN	Cartofi natur (200gr) cu pastai sote (200gr) ,ceai (250ml), pâine(100gr)	**750**
	DIAREIC	Fiertura de orez(200gr) cu piept de pui fiert(100gr), paine prajita (100gr), ceai (250ml)	**655**

Sef serviciu Admin: Gavrilet Daniel.....

Magaziner: Ursachi Aurel .....

Referent : Tablan Anca.....

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