SPITALUL DE PSIHIATRIE CRONICI SIRET
ADMINISTRATIV - BUCATARIE

APROBAT
MANAGER:PSIH. ROTARU - ANGHELESCU TIBERIU

MENIURI Cronici I, Cronici II

VINERI 13.03.2026

	Regimuri	Produs finit (posibili alergeni la ouă, carne, lactate, fructe sau legume)	Calorii
MIC DEJUN Ora 8:00	COMUN	Margarina(25gr), gem (25 gr), salam de vara (50 gr), paine (100 gr), ceai cu zahar (250ml)	613,5
	INTOLER. LACTOZĂ	Margarina(25gr), gem (25 gr), salam de vara (50 gr), paine (100 gr), ceai cu zahar (250ml)	613,5
	DESODAT,HIPOSODAT GASTRIC, HEPATIC	Margarina(25gr), gem (25 gr), sunca de pui (50 gr), paine (100 gr), ceai cu zahar (250ml)	613,5
	DIABET, HIPOCALORIC	Margarina(25gr),salam de vara (50 gr), paine integrala (100gr), ceai cu indulcitor (250ml)	481 42CH
	AFECT. SUPRAADAUG.(SP)	Cas (50 gr), iaurt (250 ml), paine integrală (100gr), ceai (250ml)	430
	VEGETARIAN	Margarina(25gr), gem(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	Banana medie(~180 gr)	169
	INTOLER. LACTOZĂ	Banana medie(~180 gr)	169
	DESODAT,HIPOSODAT GASTRIC, HEPATIC	Banana medie(~180 gr)	169
	DIABET	Compot de mere cu îndulcitor (250 ml)	62 14 CH
	HIPOCALORIC	Banana medie(~180 gr)	169
	AFECT. SUPRAADAUGATE(SP)	Biscuiti (80 gr)	368
	VEGETARIAN	Banana medie(~180 gr)	169
	DIAREIC	Banana medie(~180 gr)	169
PRÂNZ Ora 13:00	COMUN	Ciorbă cu cartofi (400ml),paine(100g),File de salau in crusta de faina (100g),orez natur(200g)	1280
	INTOLER. LACTOZĂ	Ciorbă cu cartofi (400ml),paine(100g),File de salau la cuptor (90gr) ,orez natur (200gr)	1201,2
	DESODAT,HIPOSODAT GASTRIC, HEPATIC	Ciorbă cu cartofi (400ml),paine(100g),File de salau la cuptor (90gr) ,orez natur (200gr)	1201,2
	DIABET, HIPOCALORIC	Ciorbă cu cartofi (400ml),paine integr(100g),File de salau la cuptor (90gr) ,orez natur (200gr)	1201,2 154CH
	ASISTAȚI LA HRĂNIRE(Z)	Ciorbă cu cartofi (400ml),paine(100g),File de salau la cuptor (90gr) ,cartofi natur (200gr)	1208
	AFECT. SUPRAADAUGATE(SP)	Ciorbă cu cartofi (400ml),paine(100g),File de salau la cuptor (90gr) ,orez natur (200gr)	1208
	VEGETARIAN	Ciorbă cu cartofi (400ml),paine(100g),Pilaf de orez cu legume (200gr)	949
	DIAREIC	Ciorba de zarzavat, paine(100gr),File salau la cuptor(90gr),orez natur(200gr)	949
GUSTARE Ora 16:00	COMUN	Napolitana (20gr)	100
	DESODAT,HIPOSODAT GASTRIC, HEPATIC	Napolitana (20gr)	100
	DIABET	Napolitana fara zahar (20 gr)	95 4 CH
	HIPOCALORIC	Napolitana (20gr)	100
	AFECT. SUPRAADAUGATE(SP)	Napolitana (20gr)	100
	VEGETARIAN	Napolitana (20gr)	100
	DIAREIC	Biscuiti (80gr), Ceai menta(400)	350
CINĂ Ora 19:00	COMUN	Mamaliga(200gr) telemea/cas nesarat(100gr),ou fiert (2 buc),ceai(250ml),paine (100gr)	910
	INTOLER. LACTOZĂ	Mamaliga (200 gr),spanac sote (100gr),ou fiert (2 buc) ,ceai(250ml),paine (100gr)	849
	GASTRIC, HEPATIC	Mamaliga(200gr) telemea/cas nesarat(100gr),ou fiert (2 buc),ceai(250ml),paine (100gr)	910
	DESODAT,HIPOSODAT	Mamaliga(200gr),branza vaci (100gr),ou fiert (2 buc),ceai(250ml),paine (100gr)	819
	DIABET, HIPOCALORIC	Mamaliga(200gr) telemea/cas nesarat(100gr),ou fiert (2 buc) ,ceai cu indulcit(250ml) , paine integr(60gr)	712,8 79CH
	AFECT. SUPRAADAUGATE(SP)	Mamaliga(200gr),branza vaci (100gr),ceai(250ml),paine (100gr)	664
	VEGETARIAN	Mamaliga (200 gr), spanac sote (150gr) , paine (100gr) , ceai cu zahar (250ml)	694
	DIAREIC	Ou fiert tare(2bc), branza vaci(100gr),paine prajita (100gr), ceai (250ml)	530

Sef serviciu Admin: Gavrilet Daniel.....

Magaziner: Ursachi Aurel .....

Referent : Tablan Anca.....

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