SPITALUL DE PSIHIATRIE CRONICI SIRET **APROBAT**

ADMINISTRATIV - BUCATARIE MANAGER:PSIH. ROTARU - ANGHELESCU TIBERIU

MENIURI Cronici I, Cronici II

JOI 26.03.2026

	Regimuri	Produs finit (posibili alergeni la ouă, carne, lactate, fructe sau legume)	Calorii
MIC DEJUN Ora 8:00	COMUN	Pasta de branza (50gr) ,sunca presata porc(50gr) ,paine(100gr) , ceai cu zahar(250ml)	**659,5**
	INTOLER. LACTOZĂ	Sunca presata porc(50gr) , ceai cu zahar (250ml), paine(100gr)	**490**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC	Pasta de branza (50gr) ,sunca presata porc(50gr) ,paine(100gr) , ceai cu zahar(250ml)	**659,5**
	DIABET, HIPOCALORIC	Pasta de branza (50gr) ,sunca presata porc(50gr) ,paine integr(100gr) ,ceai cu indulcit(250ml)	**659,5 45,5CH**
	AFECT. SUPRAADAUG.(SP)	Pastă de brânză cu unt(50gr), paine integrală (100gr), lapte (250ml)	**412,5**
	VEGETARIAN	Margarina(25gr),pate vegetal (25gr),ceai cu zahar(250ml) , paine(100 gr)	**503,5**
	DIAREIC	Branza de vaci (100gr),Ceai de menta (250ml), paine prajita(100gr)	**420**
GUSTARE Ora 10:00	COMUN+REGIM+HIPOCALORIC		
	INTOLER. LACTOZĂ	Eugenie cu crema (35 gr)	**166**
	DIABET	Kefir (300 ml)	**192 12 CH**
	AFECT. SUPRAADAUGATE(SP)	Compot de mere cu zahăr (250 ml)	**162**
	VEGETARIAN	Eugenie cu crema (35 gr)	**166**
	DIAREIC	Mar copt (1 buc)	**78**
PRÂNZ Ora 13:00	COMUN	Ciorba de pulpa porc (400ml), paine(100g), Iahnie de fasole (260 gr) cu carnati (90gr), muraturi in otet/saramura (100gr)	**1460**
	INTOLER. LACTOZĂ	Ciorba de pulpa porc (400ml),paine(100g),Mancarica de mazare(260gr) cu crenvursti de pui/porc (90gr)	**1268**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC	Ciorba de pulpa porc (400ml),paine(100g),Mancarica de mazare(260gr) cu crenvursti de pui/porc (90gr)	**1268**
	DIABET, HIPOCALORIC	Ciorba de pulpa porc (400ml),paine integr (100g),Mancarica de mazare(260gr) cu crenvursti de pui/porc (90gr)	**1268 123CH**
	AFECT. SUPRAADAUGATE(SP)	Ciorba de legume (400ml), paine integr (100gr), Cartofi natur (200gr) cu piept pui fiert (100gr),paine(100gr)	**1029**
	VEGETARIAN	Ciorba de legume (400ml), paine (100gr),Iahnie de fasole (350gr),muraturi in otet/saramura (100gr)	**991,5**
	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	Banana medie (~180 gr)	**169**
	GASTRIC, HEPATIC	Pufuleti (1 buc)	**192,15**
	DIABET	Pufuleti (1 buc)	**192,15 38 CH**
	HIPOCALORIC	Pufuleti (1 buc)	**192,15**
	AFECT. SUPRAADAUGATE(SP)	Banana medie (~180 gr)	**169**
	VEGETARIAN	Pufuleti (1 buc)	**192,15**
	DIAREIC	Banana medie (~180 gr)	**169**
CINĂ Ora 19:00	COMUN	Ghiveci de legume cu parizer (350gr) ,paine (100gr), ceai cu zahar (250ml)	**914**
	INTOLER. LACTOZĂ	Ghiveci de legume cu parizer (350gr) ,paine(100gr), ceai cu zahar (250ml)	**914**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC	Ghiveci de legume cu parizer (350gr) ,paine(100gr), ceai cu zahar (250ml)	**914**
	DIABET, HIPOCALORIC	Ghiveci de legume cu parizer (350gr) ,ceai cu indulcitor (250ml),pâine inte(60g)	**814 67 CH**
	AFECT. SUPRAADAUGATE(SP)	Perisoare de pui fierte (100gr), amestec leg sote(200gr) ,ceai (250ml),pâine integr (100g)	**660**
	VEGETARIAN	Ghiveci de legume (350gr) ,paine(100gr), ceai cu zahar (250ml)	**722**
	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.....