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

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

**MENIURI Cronici I, Cronici II**

# VINERI 27.03.2026

| | 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<br>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<br>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<br>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 | Napolitane (50gr) | 125 |
| | DESODAT,HIPOSODAT GASTRIC, HEPATIC | Napolitane (50gr) | 125 |
| | DIABET | Napolitana fara zahar (20 gr) | 95<br>4 CH |
| | HIPOCALORIC | Napolitane (50gr) | 125 |
| | AFECT. SUPRAADAUGATE(SP) | Napolitane (50gr) | 125 |
| | VEGETARIAN | Napolitane (50gr) | 125 |
| | 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<br>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.....