SPITALUL DE PSIHIATRIE CRONICI SIRET **APROBAT**

ADMINISTRATIV - BUCATARIE MANAGER:PSIH. ROTARU - ANGHELESCU TIBERIU

MENIURI Cronici I, Cronici II

LUNI 30.03.2026

	Regimuri	Produs finit (posibili alergeni la ouă, carne, lactate, fructe sau legume)	Calorii
MIC DEJUN Ora 8:00	COMUN	Branza topita (32gr) ,pate de porc (50 gr), paine (100 gr) , lapte cu cacao (250ml)	**745**
	INTOLER. LACTOZĂ	Margarina(25gr),gem(25 gr),sunca piept pui(50gr), paine(100gr),ceai cu zahar (250ml)	**593,5**
	DESODAT,HIPOSODAT	Margarina(25gr),gem(25 gr),sunca piept pui(50gr),lapte cu cacao(250ml), paine(100gr)	**620**
	GASTRIC, HEPATIC	Branza topita (32gr) ,pate de porc (50 gr), paine (100 gr) , lapte cu cacao (250ml)	**745**
	DIABET, HIPOCALORIC	Branza topita (32gr),pate porc(50gr), paine integr (100gr), lapte cu cacao indulcit (250ml)	**635 57CH**
	AFECT. SUPRAADAUG.(SP)	Brânză de vaci (50 gr), galbenus ou fiert (1 buc),paine integrală (100gr), ceai (250ml)	**330**
	VEGETARIAN	Margarina(25gr),gem (25gr),ceai cu zahar(250ml) , paine(100 gr)	**503,5**
	DIAREIC	Cascaval (50gr),Ou fiert tare (1 bc),Ceai de menta (250ml), paine prajita(100gr)	**523**
GUSTARE Ora 10:00	COMUN+REGIM+HIPOCALORIC		
	DIABET	Napolitană fără zahăr (20gr)	**95 4 CH**
	AFECT. SUPRAADAUGATE(SP)	Iaurt (250ml) cu cereale de ovaz (30gr)	**176**
	VEGETARIAN	Napolitana (40gr)	**200**
	DIAREIC	Biscuiti (80gr), ceai de menta (400ml)	**350**
PRÂNZ Ora 13:00	COMUN	Ciorbă de fasole verde cu fidea (400ml) , paine (100 gr), Piept de pui(100gr) cu couscous cu legume (200gr) (300gr/portie)	**835**
	INTOLER. LACTOZĂ	Ciorbă de fasole verde cu fidea (400ml) , paine (100 gr), Piept de pui(100gr) cu couscous cu legume (200gr) (300gr/portie)	**835**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC	Ciorbă de fasole verde cu fidea (400ml) , paine (100 gr), Piept de pui(100gr) cu couscous cu legume (200gr) (300gr/portie)	**835**
	DIABET, HIPOCALORIC	Ciorbă de fasole verde cu fidea (400ml), paine intg(100gr),Piept de pui(100gr) cu couscous cu legume (200gr) (300gr/portie)	**835 81.5 CH**
	AFECT. SUPRAADAUGATE(SP)	Supa de legume(400ml), paine (100gr), Piept de pui fiert (100gr),paste fierte (200gr)	**894,3**
	VEGETARIAN	Ciorbă de fasole verde cu fidea (400ml), paine(100gr), Cus cus cu legume (300gr)	**642,6**
	DIAREIC	Supa de orez (400ml),paine (100gr),Piept de pui fiert (100gr),fiertura de morcovi (200gr)	**700**
GUSTARE Ora 16:00	COMUN	Corn cu vanilie/ciocolata (1 buc)	**185**
	INTOLER. LACTOZĂ	Corn cu vanilie/ciocolata (1 buc)	**185**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC	Corn cu vanilie/ciocolata (1 buc)	**185**
	DIABET	Biscuiti diabetici (40gr)	**164 26 CH**
	HIPOCALORIC	Corn cu vanilie/ciocolata (1 buc)	**185**
	AFECT. SUPRAADAUGATE(SP)	Pâine integrală (30g), Unt (25g), Lapte (250 ml)	**241,5**
	VEGETARIAN	Biscuiti (80gr)	**350**
	DIAREIC	Banana ~180gr	**169**
CINĂ Ora 19:00	COMUN	Piure cartofi(F)(250gr),crenwursti gros porc(100g),ceai cu zahar (250ml), paine(100gr)	**970,5**
	INTOLER. LACTOZĂ	Piure cartofi (F) (250gr),crenwursti gros porc(100g), ceai cu zahar (250ml), paine(100gr)	**970,5**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC	Piure cartofi (F) (250gr) , pulpa de pui dezosata la gratar (90 gr), ceai cu zahar (250ml), paine(100gr)	**744,5**
	DIABET, HIPOCALORIC	Piure cartofi (F) (250gr) ,crenwursti gros porc(100g), ceai indulcit (250ml), paine integrala (60gr)	**970,5 78,2 CH**
	AFECT. SUPRAADAUGATE(SP)	Cartofi natur(200gr), pulpa de pui dezos gratar(90 gr),paine integr (100gr),ceai (250ml)	**621,8**
	VEGETARIAN	Piure cartofi (F) (250gr) ,salata de varza(100gr) ceai cu zahar (250ml), paine(100gr)	**767,1**
	DIAREIC	Orez cu morcov(200gr) cu piept de pui fiert(100gr), paine prajita (100gr), ceai (250ml)	**660**

Sef serviciu Admin: Gavrilet Daniel..... Magaziner: Ursachi Aurel.....

Referent : Tablan Anca..... Asist.Med.Princip.Sef :Tanasa Tudor.....