SPITALUL DE PSIHIATRIE CRONICI SIRET
ADMINISTRATIV - BUCATARIE

APROBAT
MANAGER:PSIH. ROTARU - ANGHELESCU TIBERIU

MENIURI Cronici I, Cronici II

VINERI 10.04.2026

	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,HIPOLIPID	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,HIPOLIPID	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	Ciorba de cartofi (400ml),paine(100g),Varza dulce cu smantana (300gr)	**836,4**
	INTOLER. LACTOZĂ	Ciorba de cartofi (400ml),paine(100g),Varza călită (250gr)	**748,5**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID	Ciorba de cartofi (400ml),paine(100g),Varza dulce cu smantana (300gr)	**804,4**
	DIABET, HIPOCALORIC	Ciorba de cartofi (400ml),paine integr(100),Varza dulce cu smantana (300g)	**836,4 101CH**
	ASISTAȚI LA HRĂNIRE(Z)	Ciorba de legume (400ml), paine integr (100gr), Piftelute de pasare (100g), amestec legume sote (200g)	**735,8**
	VEGETARIAN	Ciorba de cartofi (400ml),paine(100g),Varza călită (250gr)	**748,5**
	DIAREIC	Ciorba de zarzavat (400ml),paine(100g),Rasol de pasare(100gr),orez cu morcov(200gr)	**730**
GUSTARE Ora 16:00	COMUN	Napolitane (50gr)	**125**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID	Napolitane (50gr)	**125**
	DIABET	Napolitana fara zahar (20 gr)	**95 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,HIPOLIPID	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.....