SPITALUL DE PSIHIATRIE CRONICI SIRET
ADMINISTRATIV - BUCATARIE

APROBAT
MANAGER:PSIH. ROTARU - ANGHELESCU TIBERIU

MENIURI Cronici I, Cronici II

MIERCURI 22.04.2026

	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**
	DIAREIC	Cascaval (50gr),Ceai de menta (250ml), paine prajita(100gr)	**420**
GUSTARE Ora 10:00	COMUN	Fructe de sezon - mandarine(100gr)/portocale (100gr)/clementine (100gr)	**50**
	INTOLER. LACTOZĂ	Fructe de sezon - mandarine(100gr)/portocale (100gr)/clementine (100gr)	**50**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID	Fructe de sezon - mandarine(100gr)/portocale (100gr)/clementine (100gr)	**50**
	DIABET	Fructe de sezon - mandarine(100gr)/portocale (100gr)/clementine (100gr)	**50 12 CH**
	HIPOCALORIC	Fructe de sezon - mandarine(100gr)/portocale (100gr)/clementine (100gr)	**50**
	AFECT. SUPRAADAUGATE(SP)	Mar copt (1 buc~100 gr)	**78**
	DIAREIC	Branza de vaci (50gr), paine prajita (30gr)	**130**
PRÂNZ Ora 13:00	COMUN	Supa de rosii cu fidea (400ml), paine (100 gr), Gulas vegetarian (350gr),salată de varza (100gr)	**907,3**
	INTOLER. LACTOZĂ	Supa de rosii cu fidea (400ml), paine (100 gr), Gulas vegetarian (350gr),salată de varza (100gr)	**907,3**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID	Supa de rosii cu fidea (400ml), paine (100 gr), Gulas vegetarian (350gr),salată de varza (100gr)	**907,3**
	DIABET, HIPOCALORIC	Supa de rosii cu fidea (400ml), paine integr (100gr), Gulas vegetarian (350gr), salată de varza (100gr)	**1011,5 146,5CH**
	AFECT. SUPRAADAUGATE(SP)	Ciorba de legume(400ml), paine integr (100gr), Amestec de legme sote(200gr), piept de pui fiert (100gr)	**686**
	DIAREIC	Supa de legume cu orez(400ml),paine (100gr),Macaroane fierte (200gr)si piept pui fiert (150gr)	**780**
GUSTARE Ora 16:00	COMUN	Produs patiserie (50 gr)/Prajitura	**210**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID	Produs patiserie (50 gr)/Prajitura	**210**
	DIABET	Biscuiti diabetici (40gr)	**164 26 CH**
	HIPOCALORIC	Produs patiserie (50 gr)/Prajitura	**210**
	AFECT. SUPRAADAUGATE(SP)	Biscuiti (80 gr), ceai de fructe (400 ml)	**368**
	DIAREIC	Banana ~180gr	**169**
CINĂ Ora 19:00	COMUN	Piure de cartofi (F)(250gr) , crenwursti gros(1 buc), ceai cu zahar (250ml), paine(100gr)	**844,8**
	INTOLER. LACTOZĂ	Piure de cartofi (F)(250gr) , crenwursti gros(1 buc), ceai cu zahar (250ml), paine(100gr)	**844,8**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID	Piure de cartofi (F)(250gr) , crenwursti gros(1 buc), ceai cu zahar (250ml), paine(100gr)	**844,8**
	DIABET, HIPOCALORIC	Piure de cartofi (F)(250gr) , crenwursti gros(1 buc), ceai indulcitor (250ml), paine integr(60gr)	**647,6 75 CH**
	AFECT. SUPRAADAUGATE(SP)	Cartofi natur(150gr) cu pulpa pui(90),paine integr (100gr), ceai (250ml)	**621,8**
	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.....