SPITALUL DE PSIHIATRIE CRONICI SIRET **APROBAT**

ADMINISTRATIV - BUCATARIE MANAGER:PSIH. ROTARU - ANGHELESCU TIBERIU

MENIURI Cronici I, Cronici II

JOI 23.04.2026

	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,HIPOLIPID	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
	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
	DIAREIC	Mar copt (1 buc)	78
PRÂNZ Ora 13:00	COMUN	Ciorba de legume cu sfecla rosie (400ml), paine(100g), Iahnie de fasole (260 gr) cu carnati (90gr), muraturi in otet/saramura (100gr)	1460
	INTOLER. LACTOZĂ	Ciorba de legume cu sfecla rosie (400ml),paine(100g),Mancarica de mazare(260gr) cu crenvursti de pui/porc (90gr)	1268
	DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID	Ciorba de legume cu sfecla rosie (400ml),paine(100g),Mancarica de mazare(260gr) cu crenvursti de pui/porc (90gr)	1268
	DIABET, HIPOCALORIC	Ciorba de legume cu sfecla rosie (400ml),paine integr (100g),Mancarica de mazare(260gr) cu crenvursti de pui/porc (90gr)	1268 123CH
	AFECT. SUPRAADAUGATE(SP)	Ciorba de legume cu sfecla rosie (400ml), paine integr (100gr), Cartofi natur (200gr) cu piept pui fiert (100gr),paine(100	1029
	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,HIPOLIPID	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
	DIAREIC	Banana medie (~180 gr)	169
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
	DESODAT,HIPOSODAT	Mamaliga(200gr),branza vaci (100gr),ou fiert (2 buc),ceai(250ml),paine (100gr)	819
	GASTRIC, HEPATIC,HIPOLIPID	Mamaliga(200gr) telemea/cas nesarat(100gr),ou fiert (2 buc),ceai(250ml),paine (100gr)	910
	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
	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.....