SPITALUL DE PSIHIATRIE CRONICI SIRET
ADMINISTRATIV - BUCATARIE

APROBAT
MANAGER:PSIH. ROTARU - ANGHELESCU TIBERIU

MENIURI Cronici I, Cronici II

VINERI 24.04.2026

	Regimuri	Produs finit (posibili alergeni la ouă, carne, lactate, fructe sau legume)	Calorii
MIC DEJUN Ora 8:00	COMUN	Margarina(25gr),Gem(25gr),sunca presata pui (50gr),ceai cu zahar(250ml) , paine(100gr)	**590**
	INTOLER. LACTOZĂ	Margarina(25gr),Gem(25gr),sunca presata pui (50gr),ceai cu zahar(250ml) , paine(100gr)	**590**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID	Margarina(25gr),Gem(25gr),sunca presata pui (50gr),ceai cu zahar(250ml) , paine(100gr)	**590**
	DIABET, HIPOCALORIC	Margarina(25gr),Gem fara zahar(25gr),sunca presata pui(50gr),paine integr(100gr), ceai cu indulcit(250ml)	**490 42 CH**
	AFECT. SUPRAADAUG.(SP)	Sunca presata de pui (50 gr), unt(20gr),galbenus de ou fiert(1 buc) paine integrală (100gr)ceai	**519**
	DIAREIC	Ou fiert (1 buc),Ceai de menta (250ml), paine prajita(100gr)	**340**
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**
	DIAREIC	Banana medie(~180 gr)	**169**
PRÂNZ Ora 13:00	COMUN	Supa de rosii cu orez (400ml),paine(100g),Varza dulce cu smantana (300gr)	**836,4**
	INTOLER. LACTOZĂ	Supa de rosii cu orez (400ml),paine(100g),Varza călită (250gr)	**748,5**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID	Supa de rosii cu orez (400ml),paine(100g),Varza dulce cu smantana (300gr)	**804,4**
	DIABET, HIPOCALORIC	Supa de rosii cu orez (400ml),paine integr(100),Varza dulce cu smantana (300g)	**836,4 101CH**
	AFECT. SUPRAADAUGATE(SP)	Supa de legume (400ml), paine integr (100gr), Piftelute de pasare (100g), amestec legume sote (200g)	**735,8**
	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**
	DIAREIC	Biscuiti (80gr), Ceai menta(400)	**350**
CINĂ Ora 19:00	COMUN	Salata orientala (300gr) , crenwursti de pui(1 buc), ceai cu zahar (400ml), paine(100gr)	**844,8**
	INTOLER. LACTOZĂ	Salata orientala (300gr) , crenwursti de pui(1 buc), ceai cu zahar (400ml), paine(100gr)	**844,8**
	DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID	Salata orientala necondimentata (300gr) , crenwursti de pui(1 buc), ceai cu zahar (400ml), paine(100gr)	**778,4**
	DIABET, HIPOCALORIC	Salata orientala (300gr) ,crenwursti de pui(1 buc),ceai indulc(400ml), paine integr(60gr)	**647,6 75 CH**
	AFECT. SUPRAADAUGATE(SP)	Cartofi natur(150gr) cu pulpa pui(90),paine integr (100gr), ceai (400ml)	**621,8**
	DIAREIC	Orez cu morcov(200gr) cu piept de pui fiert(100gr), paine prajita (100gr), ceai (400ml)	**660**

Sef serviciu Admin: Gavrilet Daniel.....

Magaziner: Ursachi Aurel.....

Referent: Tablan Anca.....

Asist.Med.Princip.Sef: Tanasa Tudor.....