**SPITALUL DE PSIHIATRIE CRONICI SIRET**
ADMINISTRATIV - BUCATARIE

**APROBAT**
MANAGER:PSIH. ROTARU - ANGHELESCU TIBERIU

**MENIURI Cronici I, Cronici II**

# SÂMBĂTĂ 25.04.2026

| | Regimuri | Produs finit (posibili alergeni la ouă, carne, lactate, fructe sau legume) | Calorii |
|---|---|---|---|
| MIC DEJUN Ora 8:00 | COMUN | Cascaval (50gr),salam de vara (50 gr), pâine(100gr) ,ceai cu zahăr (250ml) | **685** |
| | INTOLER. LACTOZĂ | Salam de vara (50 gr), margarina(25gr), pâine(100gr) ,ceai cu zahăr (250ml) | **580** |
| | DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID | Cas (50gr),salam de vara (50 gr), pâine(100gr) ,ceai cu zahăr (250ml) | **640** |
| | DIABET, HIPOCALORIC | Cascaval (50gr),salam de vara (50 gr),paine integr(100gr),ceai indulcitor (250ml) | **685 47CH** |
| | AFECT. SUPRAADAUG.(SP) | Pastă de brânză cu unt(50gr), paine integrală (100gr), ceai (250ml) | **412,5** |
| | DIAREIC | Cascaval (50gr),Ceai de menta (250ml), paine prajita(100gr) | **420** |
| GUSTARE Ora 10:00 | COMUN | Mar (~200 gr) | **104** |
| | INTOLER. LACTOZĂ | Mar (~200 gr) | **104** |
| | DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID | Mar (~200 gr) | **104** |
| | DIABET | Mar (~200 gr) | **104 28CH** |
| | HIPOCALORIC | Mar (~200 gr) | **104** |
| | AFECT. SUPRAADAUGATE(SP) | Compot de mere cu zahar (250 ml) | **162** |
| | DIAREIC | Branza de vaci (50gr), paine prajita (30gr) | **130** |
| PRÂNZ Ora 13:00 | COMUN | Ciorba ucraineana de legume (400ml),paine (100gr),Snitel din piept de pui (130gr), piure cartofi(F) (250gr) | **1167** |
| | INTOLER. LACTOZĂ | Ciorba ucraineana de legume (400ml),paine (100gr),Snitel din piept de pui (130gr), piure cartofi(F) (250gr) | **1167** |
| | DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID | Ciorba ucraineana de legume (400ml),paine (100gr),Piept de pui gratar (80gr), piure cartofi(F) (250gr) | **1167** |
| | DIABET, HIPOCALORIC | Ciorba ucraineana de legume (400ml),paine (100gr), Piept de pui gratar (80gr), piure cartofi (250gr) | **1167 94 CH** |
| | AFECT. SUPRAADAUGATE(SP) | Ciorba de legume (400ml),paine (100gr), Piept de pui gratar (80gr), cartofi natur (200gr) | **1370** |
| | DIAREIC | Supa de legume (400ml),paine(100gr),Piept de pui la gratar (150gr),Macaroane fierte (200gr) | **830** |
| GUSTARE Ora 16:00 | COMUN | Eugenie (1 bc) | **166** |
| | INTOLER. LACTOZĂ | Eugenie (1 bc) | **166** |
| | DESODAT,HIPOSODAT GASTRIC, HEPATIC,HIPOLIPID | Eugenie (1 bc) | **166** |
| | DIABET | Napolitana fara zahar (1 bc) | **95 4 CH** |
| | HIPOCALORIC | Eugenie (1 bc) | **166** |
| | AFECT. SUPRAADAUGATE(SP) | Iaurt(250ml) cu fulgi ovaz (30gr) | **176** |
| | DIAREIC | Mar copt (1 buc) | **78** |
| CINĂ Ora 19:00 | COMUN | Macaroane milaneze (300 gr) ,ceai cu zahar (250ml) ,paine (100gr) | **743** |
| | INTOLER. LACTOZĂ | Macaroane milaneze (300 gr) ,ceai cu zahar (250ml) ,paine (100gr) | **743** |
| | DESODAT,HIPOSODAT | Macaroane milaneze cu sunca de pui (300 gr) ,ceai cu zahar (250ml) ,paine (100gr) | **753** |
| | GASTRIC, HEPATIC,HIPOLIPID | Macaroane milaneze (300 gr) ,ceai cu zahar (250ml) ,paine (100gr) | **743** |
| | DIABET, HIPOCALORIC | Macaroane milaneze (300 gr) ,ceai cu indulcitor (250ml) , paine integr(60gr) | **506 71CH** |
| | AFECT. SUPRAADAUGATE(SP) | Paste cu unt(200gr), Rasol pulpa pui (100), paine integr (100gr) , ceai (250ml) | **705,1** |
| | DIAREIC | Orez cu morcov(200gr),pulpa 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.....