

SPITALUL CLINIC DE OBSTETRICĂ-GINECOLOGIE BRASOV
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PLAN MENIU SAPTAMANAL

MANAGER,
 EC. CARAPCEA CIPRIAN



MENIU	LUNI 25.11.2024	MARTI 26.11.2024	MIERCURI 27.11.2024	JOI 28.11.2024	VINERI 29.11.2024	SAMBATA 30.11.2024	DUMINICA 01.12.2024
MIC DEJUN Normal + Regim	Ceai 250ml Unt 20g Gem 20g Ou fierat 60g Branza topita 2 buc Salam Sibiu (N) 50g Sunca Praga (R) 50g Rosii 100g Paine 70g	Ceai 250ml Unt 20g Crema ciocolata 19g Ou ochi la cuplor 60g Jambon curcan 50g Cascaval 50g Iaurt grecesc 140g Castraveți 100g Paine 70g	Ceai 250ml Unt 20g Miere 15g Muschii tiganesi 50g Ou posat 60g Branza topita 2 buc Ardei 100g Paine 70g	Ceai 250ml Unt 20g Gem 20g Salam (N) 50g Sunca Praga (R) 50g Cascaval 50g Iaurt 140g Rosii 100g Paine 70g	Ceai 250ml Unt 20g Crema ciocolata 19g Branza topita (R) 2 buc Jambon curcan 50g Ou in paine 80g Branza telmeana (N) 50g Ardei 100g Paine 70g	Ceai 250ml Unt 20g Miere 15g Ou ochi (N) 60g Ou fierat (R) 60g Sunca Praga 50g Branza mozzarella 125g Ardei 100g Paine 70g	Ceai 250ml Unt 20g Gem 20g Muschii tiganesi 50g Pate porc (N) 100g Branza topita (R) 2 buc Iaurt de baut 330ml Rosii 100g Paine 70g
PRANZ	Ciorba taranaseasca de pui 300ml Spaghete bolgonese 200/100g Paine 50g	Ciorba ardeleneasca de porc cu smantana 300ml Mancare de fasole pasai cu cotlet de porc 200/150g Paine 50g	Ciorba de vacuita 300ml Tocanita de pipote si inimi cu piure de cartofi 150/200g Castraveți murati 100g Paine 50g Negresa 50g	Ciorba de pui a la grec 300ml Pulpe de pui dezosate la gratar cu orez cu legume 150/200g Paine 50g	Ciorba taranaseasca de pui 300ml Piepti de curcan la tava cu cartofi taranesti 150/200g Paine 50g Sfeca rosie 100g Crema de zahar ars 50g	Ciorba de perisoare cu smantana 300ml Cascaval pane cu legume sotate 150/200g Paine 50g	Supa de pui cu galuste 300ml Tocanita de cartofi cu ciolan afumat 200/150g Castraveți murati 100g Paine 50g Branzaica 60g
Regim+DZ	Ciorba taranaseasca de pui 300ml Paste cu pui 200/100g Paine 50g	Ciorba ardeleneasca de porc 300ml Cotlet de porc la tava cu legume sote 150/200g Paine 50g	Ciorba de vacuita 300ml Piepti de pui cu piure de cartofi 150/200g Paine 50g	Ciorba de pui 300ml Pulpe de pui dezosate la gratar cu orez sarbesc 150/200g Paine 50g	Ciorba taranaseasca de pui 300ml Piepti de curcan la tava cu cartofi la cuplor 150/200g Paine 50g	Ciorba cu carne de porc 300ml Pulpe de pui dezosate la gratar cu legume sote 150/200g Paine 50g	Supa de pui cu galuste 300ml Piepti de pui la cuplor cu piure de cartofi 150/200g Paine 50g
CINA Normal+Regim	Mamaliga in stratuti cu brana de burduf, smantana si kaizer 200/100/30/70g (N) Cotlet porc la tava cu fasole verde sote 150/200g (R) Paine 50g (R) Ceai 250ml	Salata de paste cu ton si porumb 200/100g (N) Pulpe de pui dezosate la gratar cu orez 150/200g (R) Ceai 250 ml Paine 50g	Broccoli si conopida gratinate la cuplor 300g (N) Cotlet de porc la gratar cu legume sotate 150/200g (R) Ceai 250ml Paine 70g	Bulz cu branza de burduf, smantana si cabanos 200/100/30/50g (N) Piepti de pui la cuplor cu morcovii baby sote 150/200g (R) Paine 50g (R) Ceai 250ml	Budinea de macaroane cu branza de vaci si stafide 300g (N) Paste cu pui 200/100g (R) Ceai 250ml Paine 50g (R)	Pizza 300g (N) Cotlet de porc la tava cu cartofi natur 150/200g (R) Ceai 250ml Paine 50g (R)	Ou ochi cu spanac si mamaliga 60/250/200g (N) Pulpe de pui la gratar cu spanac sote 150/200g (R) Ceai 250ml Paine 70g
Supliment maime ora 10/16 Supliment DZ ora 10/16	Iaurt 140g Mar 150g	Iaurt 140g Mar 150g	Iaurt 140g Mar 150g	Iaurt 140g Mar 150g	Cottage cheese 100g Banana 150g	Portocala 200g Prajitura casei 60g	Compot 250ml Eugenia 36g

Nota - Va comunicam ca aveti acces la dieta personalizata in functie de practicile religioase

BUCĂRARI:

INTOCMIT:

VIZAT:
 Dir. Medical,
 Apusiu Petrina
 Dir. Fizi. Conf. Ec. Mocan
 Lavinia

Nisior Georgina
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