SPITALUL CLINIC DE OBSTETRICA-GINECOLOGIE BRASOV

SPITALUL DE OBSTETRICĂ - GINECOLOGIE "DR. IOAN AUREL SBÂRCEA" - BRAȘOV - INTRARE Nr. 11615 ziua 30 luna 10 an 2026

MANAGER,
EC. CARAPCEA CIPRIAN

PLAN MENIU SAPTAMANAL

MENIU	LUNI 02.11.2026	MARTI 03.11.2026	MIERCURI 04.11.2026	JOI 05.11.2026	VINERI 06.11.2026	SAMBATA 07.11.2026	DUMINICA 08.11.2026
MIC DEJUN *Normal + Regim*	Ceai 250ml Unt 16g Gem 20g Ou fiert 50g Cascaval **(N,R)** 50g Philadelphia **(R4)** 16g Legume proaspete 70g Paine 70g	Ceai 250ml Crema Philadelphia 16g Crema ciocolata 19g Unt **(R4)** 16g Ou ochi la cuptor 50g Sunca de pui 50g Legume proaspete 70g Paine 70g	Ceai 250ml Branza topita 35g Miere 20g Unt 8g Telemea **(N)** 50g Ou fiert **(R)** 50g Legume proaspete70g Paine 70g	Ceai 250ml Unt 8g Branza topita **(R)** 35g Gem 20g Ou fiert 50g Salam Sibiu **(N)** 50g Mozarella 100g Legume proaspete 70g Paine 70g	Ceai 250ml Crema ciocolata 19g Unt **(R4)** 16g Crema Philadelphia 16g Sunca pui 50g Ou ochi la cuptor 50g Legume proaspete 70g Paine 70g	Ceai 250ml Branza topita 17,5g Unt **(R4)** 16g Miere 20g Ou fiert 50g Mozarella **(R)** 100g Salam Sibiu **(N)** 50g Legume proaspete 70g Paine 70g	Ceai 250ml Unt 8g Crema Phildelphia **(R4)** 16g Branza topita **(R4)** 17,5g Gem 20g Telemea**(N,R)** 50g Sunca pui 50g Ou ochi la cuptor 50g Ardei kapia 70g Paine 70g
PRANZ **Normal**	Ciorba de cartofi cu afumatura 250/30g Piept de curcan cu fasole verde sote 100/200g Paine 50g *Rulada cu gem 50g*	Ciorba ardeleneasca de porc cu smantana 250/30g Tocanita de porc cu orez 100/200g Paine 50g *Prajitura cu ciocolata50g*	Supa de vita cu taietei 250/30g File peste la cuptor cu legume sote si lamaie 100/200/10g Paine 50g *Negresa 50g*	Ciorba de perisoare cu smantana 250/30g Tochitura cu mamaliga 100/200g Muraturi 100g Paine 50g *Crema de zahar ars 50g*	Ciorba de dovlecei a la grec 250/30g Gulas de vita 200/100g Castraveti murati 100g Paine 50g *Pandispan cu fructe 50g*	Ciorba de varza cu afumatura 250/30g Paste Bolognese 200/80g Paine 50g *Strudel cu mere 50g*	Bors moldovenesc cu porc 250/30g Cordon bleu cu orez cu ciuperci 100/200g Paine 50g *Gogosi 50g*
Regim+DZ **CINA Normal+Regim**	Ciorba de cartofi cu carne de porc 250/30g Piept de curcan cu fasole verde sote 100/200g/orez 200g **(ATI)** Paine 50g	Ciorba ardeleneasca de porc 250/30g Piept de curcan orez sarbesc 100/200g Paine 50g	Supa de vita cu taietei 250/30g File peste la cuptor cu legume sote si lamaie 100/200/10g/cartofi natur 200g **(ATI)** Paine 50g	Ciorba taraneasca de vacuta 250/30g Friptura de porc cu orez cu morcovi baby 100/160/40g Paine 50g	Ciorba de dovlecei 250/30g Antricot de vita cu piure de cartofi 100/200g Paine 50g	Ciorba de vacuta 250/30g Paste cu carne de curcan 200/80g Paine 50g	Ciorba ardeleneasca de porc 250/30g Piept de curcan cu orez cu legume 100/200g Paine 50g
	Placinta cu ciuperci 250g **(N)** Friptura de porc cu morcovi baby sote 100/200g **(R)** Paine 50g **(R)** Ceai 250ml	Salata de vinete cu rosii 200/100g **(N)** Friptura de porc cu legume sote/cartofi natur**(ATI)** 100/200g **(R)** Ceai 250ml Paine 70g **(N)** Paine 50g **(R)**	Salata orientala cu cabanos 250/50g **(N)** Paste cu curcan 200/80g **(R)** Ceai 250ml Paine 50g **(R)**	Broccoli si conopida gratinate 250g **(N)** Piept de curcan cu fasole verde sote 100/200g**(R)**/cartofi natur 200g **(ATI)** Ceai 250 ml Paine 50g **(R)**	Tortellini cu branza 250g **(N)** Cotlet de porc cu legume sote 100/200g **(R)**/orez 200g **(ATI)** Ceai 250ml Paine 50g **(R)**	Mamaliga cu branza de burduf, smantana si cabanos 200/100/40/50g **(N)** Friptura de porc cu morociv baby sote 100/200g **(R)** Ceai 250ml Paine 50g	Placinta cu carne 250g **(N)** Friptura de porc cu cartofi natur 100/200g **(R)** Ceai 250ml Paine 50g **(R)**
Supliment mame ora 10/16	Eugenia 60g Prajitura casei 60g	Napolitana 60g Suc portocale 200ml	Biscuiti 70g Mar copt cu nuca 100/10g	Compot 200ml Prajitura casei 60g	Napolitana 60g Banana 100g	Compot 200ml Prajitura casei 60g	Iaurt cu cereale 140g Eugenia 60g
Supliment DZ ora 10/16	Iaurt 140g Sana 220ml	Ayran 200ml Iaurt neuromat 140g	Iaurt 140g Mar copt 150g	Iaurt 140g Mar 100g	Iaurt 140g Sana 220ml	Branza mozzarella 120g Iaurt 140g	Iaurt grecesc 140g Mar 150g

- Nota – Va comunicam ca aveti acces la dieta personalizata in functie de practicile religioase
- Meniul poate suferi modificari.

VIZAT:
Dir.Medical,
Apostu Petrina
Cord.Fin.Cont.Lascu Marius.

BUCATARI:
Bujor Ciprian
Retegan Camelia
Gordas Luminita

INTOCMIT:
DIETETICIAN:
Ghețău Andreea
Nistor Andreea