SPITALUL CLINIC DE OBSTETRICA-GINECOLOGIE BRASOV

SPITALUL DE OBSTETRICĂ - GINECOLOGIE " DR. IOAN AUREL SBÂRCEA " - BRAȘOV - INTRARE Nr. 11333 ziua 22 luna 10 an 2026

MANAGER,
EC. CARAPCEA CIPRIAN

PLAN MENIU SAPTAMANAL

MENIU	LUNI 26.10.2026	MARTI 27.10.2026	MIERCURI 28.10.2026	JOI 29.10.2026	VINERI 30.10.2026	SAMBATA 31.10.2026	DUMINICA 01.11.2026
MIC DEJUN *Normal + Regim*	Ceai 250ml Unt 8g Gem 20g Ou fiert 50g Cascaval 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 17,5g 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 Cascaval **(R)** 50g 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 Ou ochi la cuptor 50g Ardei kapia 70g Paine 70g
PRANZ **Normal**	Supa crema de legume cu crutoane 250/30g File de pastrav la cuptor cu cartofi natur si lamaie 100/200/30g Paine 50g *Negresa 50g*	Supa de vita cu taietei 250/30g Lasagna 300g Paine 50g *Rulada cu ciocolata 50g*	Ciorba ardeleneasca de porc cu smantana 250/30g Tocanita de vita cu ciuperci si mamaliga 100/30/200g Paine 50g *Prajitura cu ciocolata50g*	Ciorba taraneasca de vacuta 250/30g Gulas de porc 100/200g Castraveti murati 100g Paine 50g *Crema de zahar ars 50g*	Ciorba de fasole pastai cu afumatura 250/30g Peste pane cu pilaf de orez si lamaie 100/200/30g Paine 50g *Foietaj cu mere 50g*	Supa gulas de vita 250/30g Ceafa de porc la gratar cu legume sote 100/200g Paine 50g *Croissant cu cacao 50g*	Ciorba de perisoare 250/30g Cordon bleu cu cartofi taranesti 100/200g Salata de sfecla rosie 100g Paine 50g *Croissant cu vanilie 50g*
Regim+DZ	Supa crema de legume cu crutoane 250/30g File de pastrav la cuptor cu cartofi natur si lamaie 100/200/30g Paine 50g	Supa de vita cu taietei 250/30g Piept de curcan cu morcovi baby sote 100/200g Paine 50g	Ciorba ardeleneasca de porc 250/30g Rasol de vita cu piure de cartofi 100/200g Paine 50g	Ciorba taraneasca de vacuta 250/30g Friptura de porc cu orez sarbesc 100/200g Paine 50g	Ciorba de fasole pastai 250/30g File peste la cuptor cu cartofi natur si lamaie 100/200/20g Paine 50g	Supa de vita cu taietei 250/30g Cotlet de porc cu piure de cartofi 100/200g Paine 50g	Ciorba ardeleneasca de porc 250/30g Piept de curcan cu cartofi natur 100/200g Paine 50g
CINA Normal+Regim	Placinta cu carne 250g **(N)** Friptura de porc cu orez sarbesc 100/200g **(R)** Paine 50g **(R)** Ceai 250ml	Torttelini cu branza 250g **(N)** Paste cu branza 100/200g **(R)** Ceai 250ml	Salata de vinete cu rosii 200/100g **(N)** Paste cu curcan 200/80g **(R)** Ceai 250ml Paine 70g **(N)** Paine 50g **(R)**	Broccoli si conopida gratinate 250g **(N)** Piept de curcan cu fasole verde sote 100/200g**(R)**/morcovi baby sote 200g **(ATI)** Ceai 250 ml Paine 50g **(R)**	Mamaliga cu branza de burduf, smantana si cabanos 200/100/40/50g **(N)** Piept de curcan cu morcovi baby sote 100/200g **(R)** Ceai 250ml Paine 50g **(R)**	Budinca de macaroane cu branza de vaci si stafide 300g **(N,R)** Paste cu branza sarata 180/100g **(DZ)** Ceai 250ml	Dovlecei gratinati cu branza 300g **(N)** Friptura de porc cu legume sote 100/200g **(R)**/morcovi baby sote 200g **(ATI)** 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 Mircea

BUCATARI:
Bujor Ciprian
Retegan Camelia
Gordas Luminita

INTOCMIT:
DIETETICIAN:
Ghețău Andreea
Nistor Andreea