SPITALUL CLINIC DE OBSTETRICA-GINECOLOGIE BRASOV

MANAGER
EC. CARAPCEA CIPRIAN

SPITALUL DE OBSTETRICĂ - GINECOLOGIE " DR. IOAN AUREL SBÂRCEA " - BRAȘOV - INTRARE Nr. 12137 ziua 13 luna 11 2026

PLAN MENIU SAPTAMANAL

MENIU	LUNI 16.11.2026	MARTI 17.11.2026	MIERCURI 18.11.2026	JOI 19.11.2026	VINERI 20.11.2026	SAMBATA 21.11.2026	DUMINICA 22.11.2026
MIC DEJUN *Normal + Regim*	Ceai 250ml Unt 8g 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)** 8g 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)** 17,5g Gem 20g Ou fiert 50g Salam Sibiu **(N)** 50g Sunca pui (R) 50g Legume proaspete 70g Paine 70g	Ceai 250ml Crema ciocolata 19g Unt **(R4)** 8g 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 Sunca pui 50g Legume proaspete 70g Paine 70g	Ceai 250ml Unt 8g Crema Phildelphia **(R4)** 16g Branza topita **(R4)** 17,5g Gem 20g Sunca pui 50g Ou ochi la cuptor 50g Ardei kapia 70g Paine 70g
PRANZ **Normal**	Supa de vita cu taietei 250/30g Cordon bleu cu cartofi taranesti 100/200g Paine 50g *Rulada cu ciocolata 50g*	Ciorba ardeleneasca de porc 250/30g Tocanita de vita cu mamaliga 100/200g Paine 50g *Prajitura cu gem 50g*	Supa crema de legume cu crutoane 250/30g Lasagna 250g Paine 50g *Rulada cu gem 50g*	Ciorba de fasole pastai 250/30g Ceafa de porc la cuptor cu legume sote 100/200g Paine 50g *Negresa 50g*	Bors moldovenesc 250/30g Mancare de fasole pastai cu carne de vita 200/100g Paine 50g *Pandispan cu fructe 50g*	Ciorba de cartofi cu afumatura /30g Cotlet de porc la cuptor cu legume sote 100/200g Paine 50g *Strudel cu mere 50g*	Ciorba de vacuta 250/30g Tocanita de ficatei cu mamaliga 100/200g Paine 50g *Rulada cu gem 50g*
Regim+DZ	Supa de vita cu taietei 250/30g Friptura de porc cu legume sote/cartofi natur(ATI) 100/200g Paine 50g	Ciorba ardeleneasca de porc 250/30g Carne de vita cu orez sarbesc 100/200g Paine 50g	Supa crema de legume cu crutoane 250/30g Friptura de porc cu piure de cartofi 100/200g **(R)** Paine 50g	Ciorba de fasole pastai cu porc 250/30g Friptura de curcan cu legume sote 100/200g Paine 50g	Ciorba ardeleneasca de porc 250/30g Carne de vita cu fasole verde sote 100/200g/ cartofi natur 200g **(ATI)** Paine 50g	Ciorba de cartofi cu porc 250/30g Cotlet de porc la cuptor cu legume sote 100/200g Paine 50g	Ciorba de vacuta 250/30g Paste cu curcan 200/100g **(R)** Paine 50g
CINA Normal+Regim	Salata de vinete cu rosii 200/100g **(N)** Paste cu curcan 200/100g **(R)** Ceai 250ml Paine 70g **(N)** Paine 50g **(R)**	Placinta cu ciuperci 300g **(N)** Piept de curcan cu fasole verde sote 100/200g **(R)**/morcovi baby 200g **(ATI)** Paine 50g **(R)** Ceai 250ml	Mamaliga cu branza de burduf, smantana si cabanos 200/100/30/50g **(N)** Paste cu branza 180/100g **(R)** Ceai 250ml	Tortellini cu branza 250g **(N)** Cotlet de porc cu orez sarbesc 100/200g **(R)** Ceai 250 ml Paine 50g **(R)**	Budinca de macaroane cu branza de vaci si stafide 250g **(N,R)** Paste cu branza sarata 180/100g **(DZ)** Ceai 250ml	Placinta cu carne 250g **(N)** Friptura de porc cu orez sarbesc 100/200g **(R)** Ceai 250ml Paine 50g **(R)**	Spaghete cu ton 200/80g **(N)** Friptura de porc cu morcovi baby sote 100/200g **(R)** Ceai 250ml Paine 70g **(N)** 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	Eugenia 60g 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	Sana 220ml 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 Maria

BUCATARI:
Bujor Ciprian
Retegan Camelia
Gordas Luminita

INTOCMIT:
DIETETICIAN:
Ghețău Andreea
Nistor Andreea