SPITALUL CLINIC DE OBSTETRICA-GINECOLOGIE BRASOV

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MANAGER
EC. CARAPCEA CIPRIAN

PLAN MENIU SAPTAMANAL

MENIU	LUNI 09.11.2026	MARTI 10.11.2026	MIERCURI 11.11.2026	JOI 12.11.2026	VINERI 13.11.2026	SAMBATA 14.11.2026	DUMINICA 15.11.2026
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)** 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 fasole verde cu afumatura si smantana 250/30g Tocanita de ciuperci cu carne de porc si mamaliga 200/80/200g Paine 50g *Pandispan cu fructe 50g*	Ciorba de perisoare 250/30g File peste la cuptor cu legume sote si lamaie 100/200/10g Paine 50g *Rulada cu ciocolata 50g*	Supa de vita cu galuste 250/30g Ceafa de porc la gratar cu cartofi taranesti 100/200g Muraturi 100g Paine 50g *Negresa 50g*	Ciorba de vita a la grec 250/30g Mancare de mazare cu carne de porc 200/100g Paine 50g *Crema de zahar ars 50g*	Ciorba taraneasca cu carne de porc 250/30g Paste carbonara 200/80g Paine 50g *Foietaj cu mere 50g*	Bors moldovenesc 250/30g Cascaval pane cu orez cu ciuperci 100/200g Paine 50g *Gogosi 50g*	Ciorba ardeleneasca de porc 250/30g Ghiveci de legume cu carne de vita 200/100g Paine 50g *Croissant cu cacao 50g*
Regim+DZ **CINA Normal+Regim**	Ciorba de fasole verde 250/30g Friptura de porc cu orez sarbesc 100/200g Paine 50g	Ciorba ardeleneasca de porc 250/30g File de peste la cuptor cu legume sote si lamaie 100/200/10g/cartofi natur 200g **(ATI)** Paine 50g	Supa de vita cu galuste 250/30g Friptura de porc cu piure de cartofi 100/200g **(R)** Paine 50g	Ciorba de vacuta 250/30g Friptura de curcan cu orez cu morcovi baby 100/160/40g Paine 50g	Ciorba taraneasca cu carne de porc 250/30g Paste cu carne de curcan 200/100g Paine 50g	Ciorba de vacuta 250/30g Piept de curcan cu orez sarbesc 100/200g Paine 50g	Ciorba ardeleneasca de porc 250/30g Piept de curcan cu ghiveci de legume 100/200g/cartofi natur 200g **(ATI)** Paine 50g
	Salata orientala cu cabanos 250/50g**(N)** Piept de curcan cu cartofi natur 100/200g **(R)** Paine 50g Ceai 250ml	Budinca de macaroane cu branza de vaci si stafide 250g **(N, R)** Paste cu branza sarata 180/80g**(DZ)** Ceai 250ml	Spaghete cu ton 200/100g **(N)** Paste cu carne de curcan 200/80g **(R)** Ceai 250ml Paine 70g	Tortellini cu branza 250g **(N)** Cotlet de porc cu legume sote 100/200g**(R)**/cartofi natur 200g **(ATI)** Ceai 250 ml	Salata de vinete cu rosii 200/ 100g **(N)** Cotlet de porc cu fasole verde sote 100/200g **(R)**/orez 200g **(ATI)** Ceai 250ml	Mamaliga cu branza de burduf, smantana si cabanos 200/100/40/50g **(N)** Friptura de porc cu legume sote 100/200g **(R)**/piure de cartofi 200g **(ATI)** Ceai 250ml Paine 70g	Paste cu nuca si pesmet 250g **(N)** Friptura de porc cu orez sarbesc 100/200g **(R)** Ceai 250ml Paine 50g
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	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:
Gheţău Andreea
Nistor Andreea