SPITALUL CLINIC DE OBSTETRICA-GINECOLOGIE BRASOV

NR. 12373/ 20.11.2026

MANAGER,
EC. CARAPCEA CIPRIAN

PLAN MENIU SAPTAMANAL

MENIU	LUNI 23.11.2026	MARTI 24.11.2026	MIERCURI 25.11.2026	JOI 26.11.2026	VINERI 27.11.2026	SAMBATA 28.11.2026	DUMINICA 29.11.2026
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 17,5g Miere 20g Unt 8g Telemea (N) 50g Ou fiert **(R)** 50g Legume proaspete70g Paine 70g	Ceai 250ml Unt 8g Branza topita **(R4)** 17,5g Gem 20g Ou fiert 50g Salam Sibiu (N) 50g Cascaval **(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 **(R)** 100g Salam Sibiu **(N)** 50g Legume proaspete 70g Paine 70g	Ceai 250ml Unt 8g Crema Phildelphia **(R4)** 16g Gem 20g Telemea**(N,R)** 50g Ou ochi la cuptor 50g Ardei kapia 70g Paine 70g
PRANZ **Normal**	Ciorba de perisoare 250/30g Tocanita de porc cu orez 100/200g Paine 50g *Pandispan cu fructe 50g*	Ciorba de vita a la grec 250/30g Ceafa de porc la tava cu legume sote 100/200g Paine 50g *Strudel cu mere 50g*	Ciorba de fasole pastai cu afumatura 250/30g Cotlet de porc la cuptor cu piure de cartofi 100/200g Paine 50g *Negresa 50g*	Supa de vita cu taietei 250/30g Rulada de porc cu orez cu ciuperci 100/150/50g Paine 50g *Rulada cu ciocolata 50g*	Bors moldovenesc 250/30g Gulas de vita 200/80g Paine 50g *Rulada cu gem 50g*	Supa crema de legume cu crutoane 250/30g File peste la cuptor cu cartofi natur si lamaie 100/200/10g Paine 50g *Pandispan cu fructe 50g*	Ciorba de vacuta 250/30g Friptura de porc cu legume sote 100/200g Paine 50g *Foietaj cu gem 50g*
Regim+DZ	Ciorba ardeleneasca de porc 250/30g Friptura de curcan cu piure de cartofi 100/200g Paine 50g	Ciorba de vacuta 250/30g Paste cu curcan 200/100g Paine 50g	Ciorba de fasole pastai 250g Friptura de porc cu cartofi natur100/200g **(R)** Paine 50g	Supa de vita cu taietei 250/30g Piept de curcan cu orez cu baby morcovi 100/150/50g Paine 50g	Ciorba ardeleneasca de porc 250/30g Carne de vita cu fasole verde sote 100/200g/ cartofi la cuptor 200g **(ATI)** Paine 50g	Supa crema de legume cu crutoane 250/30g File de peste la cuptor cu cartofi natur si lamaie 100/200/10g Paine 50g	Ciorba de vacuta 250/30g Friptura de porc cu legume sote 100/200g **(R)**/ morcovi baby sote 200g **(ATI)** Paine 50g
CINA **Normal+Regim**	Broccoli si conopida gratinate 300g **(N)** Friptura de porc cu fasole verde sote 100/200g **(R)**/morcovi baby 200g **(ATI)** Paine 50g Ceai 250ml	Mamaliga cu branza de burduf, smantana si cabanos 200/100/30/50g **(N)** Cotlet de porc cu orez sarbesc 100/200g **(R)** Ceai 250ml	Budinca de macaroane cu branza de vaci si stafide 250g **(N,R)** Paste cu branza sarata 180/100g **(DZ)** Ceai 250ml Paine 70g	Tortellini cu branza 250g **(N)** Cotlet de porc cu cartofi natur 100/200g **(R)** Ceai 250 ml	Placinta cu ciuperci 300g **(N)** Paste cu curcan 180/100g **(R)** Ceai 250ml	Salata de vinete cu rosii 250/100g **(N)** Friptura de porc cu orez sarbesc 100/200g **(R)** Ceai 250ml Paine 70g	Salata orientala 300g **(N)** Piept de curcan cu cartofi la cuptor 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	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 Marius

BUCATARI
Bujor Ciprian
Retegan Camelia
Gordas Luminita

INTOCMIT
DIETETICIAN
Ghetău Andreea
Nistor Andreea