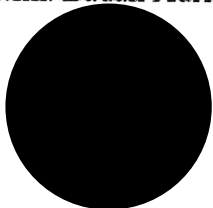


MINISTERUL SĂNĂTĂȚII
SPITALUL CLINIC DE RECUPERARE
MEDICINĂ FIZICĂ ȘI BALNEOLOGIE
EFORIE NORD

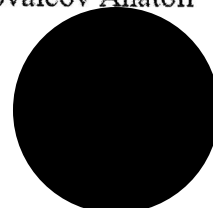
Aleea Specială nr.1, Tel. 0241/741082,
Fax 0241/741117,
E-mail secretariat@efosan.ro
Cod fiscal 4300817



Avizat,
Dir.fin. Bădan Adriana



Aprobat,
Dr. Covaleov Anatoli



SAPTAMANA II
06.10.2025 – 12.10.2025

LUNI 06 10 2025

Mic dejun

- C: ceai; unt 30g; miere 20g; br topita 1 cub; cremwursti 60g;
- D: ceai; unt 30g; br topita 1 cub; cremwursti 60g; cascaval 50g; iaurt

Pranz:

- C: ciorba de zarzavat cu pui 100g; Iahnie de fasole uscata cu kaizer 150g; salata varza 100g;
- D: ciorba de zarzavat cu pui 100g; mancare de spanac (300) cu pui 200g;

Cina:

- C: pui 200g; piure cartofi si sos; castraveti 50g; desert;
- D: pui 200g; piure cartofi 150g; sote ciuperci 150g; castraveti 50g; iaurt;

MARTI: 07 10 2025

Mic dejun

- C: ceai; unt 30g; gem 20g; pateu 50g; cascaval 50g;
- D: ceai; unt 30g; sunca presata 50g; pateu 50g; cascaval 50g;; iaurt

Pranz:

- C: supa de rosii cu fidea si pui 100g; varza cu porc 150g; kaizer 50g; mamaliguta;
- D: supa de rosii si fasole verde (100) cu pui 100g; varza cu porc 150g; kaizer 50g; mamaliguta;

Cina:

- C: pui 200g; pilaf sarbesc; gogosari 50g;
- D: pui 200g; pilaf sarbesc 150; sote ciuperci 150g; gogosari 50g; iaurt

MIERCURI: 08 10 2025

Mic dejun

- C: ceai; unt 30g; miere 20g; br topita 1 cub; salam 50g;
- D: ceai; unt 30g; br topita 1 cub; salam 50g; cascaval 50g; iaurt;

Pranz:

- C: Ciorba de fasole uscata cu kaizer 100g; pilaf cu pui 200g; castraveti 50g;
- D: Ciorba de zarzavat cu pui 100g; pui 200g; pilaf 150g; sote fasole verde 150g; castraveti 50g;

Cina:

- C: Mancare de cartofi cu pui 200g; castraveti 50g; desert;
- D: Mancare de dovlecei (350) cu pui 200g; gogosari 50g; iaurt;

JOI: 09 10 2025

Mic dejun

- C: ceai; unt 30g; gem 20g; br telemea 50g; cremwursti 60g;
- D: lapte; unt 30g; br telemea 50g; masline 30g; sunca presata 50g; iaurt;

Pranz:

- C: ciorba de porc 100g; chiftelute (carne tocata 150g; ou ¼); piure cartofi cu sos; salata varza 100g;;
- D: ciorba de porc 100g; porc 200g in sos tomat; cartofi natur 150g; sote ciuperci 150g; salata varza 100g;

Cina:

- C: pui 200g; mamaliguta; br vaci 70g; smantana 70g; br telemea 50g; desert;
- D: pui 200g; mamaliguta; br vaci 70g; smantana 70g; br telemea 50g; ou romanesc; iaurt

VINERI: 10 10 2025

Mic dejun

- C: ceai; unt 30g; miere 20g; pateu 50g; cascaval 50g;
- D: ceai; unt 30g; pateu 50g; cascaval 50g; sunca presata 50g; iaurt;

Pranz:

- C: ciorba de peste 100g; porc 150g in sos tomat cu cartofi natur; salata varza 100g;
- D: ciorba de peste 100g; porc 150g in sos tomat; cartofi natur 150g; sote fasole verde 150g; salata varza 100g;

Cina:

- C: pui 200g; macaroane (70) cu br telemea 70g; desert;
- D: Mancare de dovlecei (350) cu pui 200g; iaurt;

SAMBATA: 11 10 2025

Mic dejun

- C: ceai; unt 30g; gem 20g; cremwursti 60g; br topita 1 cub;
- D: lapte; unt 30g; cremwursti 60g; br topita 1 cub; sunca presata 50g; iaurt;

Pranz:

- C: cioba de perisoare (carne tocata 80g; ou 1/6); ciulama cu ciuperci 30 g si pui 200g; mamaliguta;
- D: cioba de perisoare (carne tocata 80g; ou 1/6); pui 200g; sote fasole verde 150g; sote ciuperci 150g; castraveti 50g;

Cina:

- Mancare de conopida (300) cu pui 200g; desert;
- mancare de conopida (300) cu pui 200g; iaurt;

DUMINICA: 12 10 2025

Mic dejun

- C: ceai; unt 30g; br telemea 50g; ou fiert;
- D: ceai; unt 30g; br telemea 50g; ou fiert; salam 50g; iaurt;

Pranz:

- C: Supa de pui (100) cu galuste gris (ou 1/4); tochtura porc 150g; kaizer 50g; mamaliguta; br telemea 50g
- D: Ciorba de pui 100g; tochtura porc 150g; kaizer 50g; mamaliguta; br telemea 50g; ou romanesc

Cina:

- C: salata vinete 150g; unt 30g; cascaval 50g; sunca 50g; masline 30g; desert;
- D: salata vinete 150g; unt 30g; cascaval 50g; sunca 50g; masline 30g; iaurt;

Intocmit,
As. Sfintescu Anișoara

