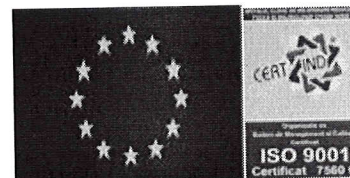
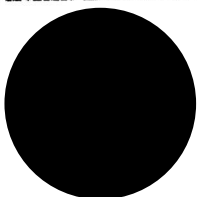


MINISTERUL SĂNĂTĂȚII
SPITALUL CLINIC DE RECUPERARE
MEDICINĂ FIZICĂ ȘI BALNEOLOGIE
EFORIE NORD

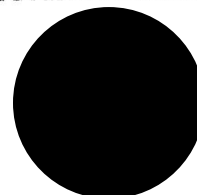
Aleea Specială nr.1, Tel. 0241/741082,
Fax 0241/741117,
E-mail secretariat@efosan.ro
Cod fiscal 4300817



Avizat,
Dir.fin. Bădan Adriana



Aprobat,
Dr. Covaleov Anatoli



SAPTAMANA IV
20.10.2025 -26.10.2025

LUNI: 20 10 2025

Mic dejun

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

Pranz:

- C: ciorba de zarzavat cu pui 100g dresa cu ou 1/6; Iahnie de fasole uscata cu kaizer 100g; salata varza 100g;
- D: ciorba de zarzavat cu pui 100g dresa cu ou 1/6; 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 fasole verde 150g; castraveti 50g; iaurt;

Paine

- C: 300g
- D: 200g

MARTI: 21 10 2025

Mic dejun

- C: ceai; unt 30g; gem 20g; br telemea 50g; ou fiert;
- D: lapte; unt 30g; br telemea 50g; ou fiert;salam 50g; iaurt

Pranz:

- C: ciorba de zarzavat cu porc 100g dresa cu ou 1/6; peste 200g in sos tomat cu mamaliguta;
- D: ciorba de zarzavat cu porc 100g dresa cu ou 1/6; peste 200g in sos tomat cu mamaliguta;

Cina:

- C: mancare de cartofi cu pui 200g;salata varza 100g;; desert
- D: pui 200g; carofi natur 150g; sote broccoli 150g; salata varza 100g; iaurt

Paine

- C: 250g
- D: 150g

MIERCURI: 22 10 2025

Mic dejun

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

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Pranz:

- C: Ciorba de fasole uscata cu kaizer 50g; pui 200g; pilaf; salata varza 100g;

- D: Ciorba de zarzavat cu pui 100g dreasa cu ou 1/6; pui 200g; pilaf 150g; sote ciuperci 150g; salata varza 100g;

Cina:

- C: Mancare de conopida (300) cu porc 150g; desert;
- D: Mancare de conopida (300) cu pui 200g; iaurt;

Paine

- C: 300g
- D: 200g

JOI: 23 10 2025

Mic dejun

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

Pranz:

- C: ciorba de peste 100g; spaghetti bolognese (carne tocata 150g; ciuperci 30g; cascaval 10g);
- D: ciorba de peste 100g; mancare de dovlecei (350) cu pui 200g;

Cina:

- C: pui 200g; salata orientala (ou ¼, masline 30g; castraveti 50g; desert;
- D: pui 200g; cartofi natur 150g; sote fasole verde 150g; castraveti 50g; iaurt

Paine

- C: 300g
- D: 200g

VINERI: 24 10 2025

Mic dejun

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

Pranz:

- C: supa de rosii cu fidea si pui 100g; varza cu porc 150g; mamaliguta;
- D: supa de rosii si fasole verde 9100) cu pui 100g; varza cu porc 150g; mamaliguta;

Cina:

- C: pui 200g; pilaf sarbesc cu pui 200g; desert; salata varza 100g;
- D: pui 200g; pilaf sarbesc 150g; sote ciuperci 150g; salata varza 100g; iaurt;

Paine

- C: 250g
- D: 150g

SAMBATA: 25 10 2025

Mic dejun

- C: ceai; unt 30g; gem 20g; br topita 1 cub; sunca 50g;
- D: ceai; unt 30g; cascaval 50g br topita 1 cub; sunca 50g;

Pranz:

- C: supa de pui 100g; musaca de cartofi (carne tocata 150g; ou ¼); gogosari 50g;
- D: ciorba de pui 100g; musaca de dovlecei (carne tocata 150g; ou ¼); gogosari 50g;

Cina:

- C: pui 200g; macaroane cu sos si ciuperci 30g gratinate cu cascaval 10g; desert;
- D: pui 200g; cartofi natur 150g; sote fasole verde 150g; salata varza 100g; iaurt;

Paine

- C: 300g
- D: 200g

DUMINICA: 26 10 2025

Mic dejun

- C: lapte 200; unt 30g; miere 20g; br telemea; ou fiert;
- D: lapte 200; unt 30g; br telemea; ou fiert; cremwursti 60g iaurt;

Pranz:

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

- D: Ciorba de pui dreasa cu ou $\frac{1}{4}$; tochitura porc 100g; kaizer 50g; mamaliguta; br telemea 50g;

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;

Paine

- C: 250g
- D: 150g

Intocmit,
As. Sfintescu Anișoara

