

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

VINERI

PERIOADA 20 - 26 OCTOMBRIE 2025

	REGIM COMUN	REGIM FARA SARE (CARDIAC)	ULCER	HIDRIC	PASAT
MIC DEJUN	Ceai+zahar (cal:15.91; carb: 0; prot: 0) (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chifla	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Lapte cu biscuiti
	Ingrediente :suna p. (carne,soia) 30g,br vaci30g,mozzarella 30g,unt 20g(lapte cheag)ou fiert, masline Cal:299.3,Carb.23.7,Prot. 18.66	Ingrediente : br vaci30g, mozzaella 30g,unt 20g,cas30g ,(lapte, cheag) gem 20g(zahar) Cal:410.7,Carb.33.78,Prot. 17.25	Ingrediente : br. vaci 30g,cas30g cascaval 30g unt 20g(lapte, cheag) masline Cal:380.3,Carb:34.13,Prot:14.6	Ingrediente : iaurt 125g, branza vaci 150g, Cal:260, Carb :10.25, Prot : 24.13	Ingrediente : Lapte 200 g, biscuiti 100g(faina, zahar) Cal:577,Carb:24;Prot: 13
DEJUN	Bors legume cu ou 300 ml	Bors legume cu ou 300 ml	Crema conopida 300 ml	Supa strecurata 300 ml	Crema conopida 300 ml
	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente: morcov,telina,ardei gras Cal: 211.56, Carb:18.71, Prot:1.7	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79
	Pui cu paste, legume si ciuperci 250g	Pui cu paste, legume si ciuperci 250g	Paste primavera/pui 300g	Supa crema de legume 300 ml	Pui cu paste, legume si ciuperci 250g
	Ingrediente: pui 80g,penne 100g, ciuperci, morcov,telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84	Ingrediente: pui 80g,penne 100g, ciuperci, morcov,telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84	Ingrediente: pui 80g,penne 120g, smantana40g,morcov,telina, ulei Cal:661.6,,Carb:39.23 Prot:29.22	Ingrediente: morcov, telina, cartofi, fasole verde, coopida, smantana Cal:425.5,Carb:27.04, Prot:4.1	Ingrediente: pui 80g,penne 100g, ciuperci, morcov,telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)		
	Tocanita cartofi cu ciuperci 300g	Tocanita cartofi cu ciuperci 300g	Pui cartofi natur 300g	Compot de mere 320g	Biscuiti, lapte 320 g
CINA	Ingrediente:cartofi 150g, ciuperci 30g, ceapa,morcov, telina, rosii in bulion, ulei Cal: 229.7, Carb.10.1, Prot 4.81	Ingrediente:cartofi 150g, ciuperci 30g, ceapa,morcov, telina, rosii in bulion, ulei Cal: 229.7, Carb.10.1, Prot 4.81	Ingrediente:pui80g,cartofi180g, morcov30g,ulei Cal: 409.6,Carb:13.09, Prot:24.45	Ingrediente:mere 200g.apa 120ml, CaL:94,Carb.:0.2,Prot: 0.8	Ingrediente:lapte 200ml, biscuiti 120 g CaL:512,Carb.:12.5,Prot: 12
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)	Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)
	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste, susan, arahide, gluten, mustar si derivate	Poate contine: lactoza, peste, susan, arahide, gluten, mustar si derivate

	DIABET	INTOLERANTA LACTOZA	RENAL	HEPATIC + NEOPLAZIC	ENTEROCOLITA
MIC DEJUN	Ceai f. zahar (cal:0; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Ingrediente: ,br.vaci 30g,unt 20g, cascaval 30 g(lapte, cheag),salam victoria (carne,soia)30g, ou fiert, masline Cal:378.6,Carb:31.85, Prot:20.15	Ingrediente: Sunca praga(carne,soia) 30g, biscuiti, rosie, masline, gem 20g Cal: 410.1, Carb: 32.58, Prot: 19.5	Ingrediente : cascaval30g,cas 30g, unt 20g (lapte,cheag), masline, gem 20g Cal:397.8,Carb:34.23,Prot: 16.05	Ingrediente:br.vaci 40g, cas40 g , ,urda 30g (lapte, cheag). Mozzarella 40 g(lapte,zer), masline Cal:222.4,Carb:13,Prot:19.6	Ingrediente : biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:313.9,Carb.12.15,Prot.19.35
	Bors legume cu ou 300 ml	Bors legume cu ou 300 ml	Crema conopida 300 ml	Crema conopida 300 ml	Supa cu taitei 300 ml
	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente:taitei 30g, ceapa 30g, morcov,telina,ou Cal:193.04, Carb:13.66, Prot:7.76
	Pui cu piure legume 300 g	Pui cu paste, legume si ciuperci 250g	Paste cu legume si ciuperci 300g	Paste primavera/pui 300g	Rasol pui cu orez 300g
	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente: pui 80g,penne 100g, ciuperci, morcov,telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84	Ingrediente: penne 150g, ciuperci 60g, morcov, telina, ulei Cal:658.21,Carb.12.51,Prot 20.72	Ingrediente: pui 80g,penne 120g, smantana40g,morcov,telina, ulei Cal:661.6,,Carb:39.23 Prot:29.22	Ingrediente:piept pui 60g, orez 200g morcovi, telina Cal:437.84, Carb.12.82, Prot.19.83
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar (Cal: 105.4; Carb: 0.36; Prot: 0.32)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
CINA	Ostropel de pui cu mamaliga 300g	Ostropel de pui cu mamaliga 300g	Cartofi natur 300g	Pui cartofi natur 300g	Pui cu branza vaci 300g
	Ingrediente:carne pui 80 g, rosii in bulion 50g, ceapa 30g, bulion 30 g, malai 50,ardei gras, ulei Cal: 432 Carb:13.53, Prot: 26.91	Ingrediente:carne pui 80 g, rosii in bulion 50g, ceapa 30g, bulion 30 g, malai 50,ardei gras, ulei Cal: 432 Carb:13.53, Prot: 26.91	Ingrediente:cartofi 200, morcov 80g, ulei Cal : 264.56, Prot 9.88, Carb:4.22	Ingrediente:pui80g,cartofi180g, morcov30g,ulei Cal: 409.6,Carb:13.09, Prot:24.45	Ingrediente:piept pui 60g, branza vaci 240 g Cal:286.7, Carb.9.27, Prot.35.65
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate

VINERI

	FARA GLUTEN	HIPERPROTEIC	HIPOCALORIC	MUSULMAN	VEGETARIAN
MIC DEJUN	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Ingrediente: ,br.vaci 30g,unt 20g, cascaval 30 g(lapte, cheag),salam victoria (carne,soia)30g, ou fiert, masline Cal:378.6,Carb:31.85, Prot:20.15	Ingrediente :suna p. (carne,soia) 30g,br vaci30g,mozzarella 30g,unt 20g(lapte cheag)gem 20g, masline Cal:410.1,Carb.32.58,Prot. 19.5	Ingrediente : br vaci 30g, mozzaella 30g, unt 20g, urda 30g ,(lapte, cheag), ou fiert, cruditati Cal:283.62,Carb.23.22,Prot. 14.46	Ingrediente:br.vaci 30g , unt 20 g,cas 30g (lapte, cheag). Mozzarella(lapte,zer) 40g, masline Cal:456,Carb:40.65,Prot:20.55	Ingrediente: pate vegetal, masline, ardei gras Cal:343.5,Carb.32.25,Prot.2.7
	Crema conopida 300 ml	Crema conopida 300 ml	Bors legume cu ou 300 ml	Crema conopida 300 ml	Crema conopida 300 ml
PRANZ	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79
	Pui cu piure legume 300 g	Pui cu piure legume 300 g	Pui cu piure legume 300 g	Pui cu piure legume 300 g	Piure de legume 250g
	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:,morcov 40g, mazare40, conopida50g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52
CINA	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar (Cal: 105.4; Carb: 0.36; Prot: 0.32)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Pui cu legume sote 300 g	Pui cartofi natur 300g	Pui cu legume sote 300 g	Pui cartofi natur 300g	Legume sote 250g
	Ingrediente:pui 80 g, morcov, telina,mazare,fasole verde, conopida, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14	Ingrediente:pui80g,cartofi180g, morcov30g,ulei Cal: 409.6,Carb:13.09, Prot:24.45	Ingrediente:pui 80 g, morcov, telina,mazare,fasole verde, conopida, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14	Ingrediente:pui80g,cartofi180g, morcov30g,ulei Cal: 409.6,Carb:13.09, Prot:24.45	Ingrediente:cartofi 100 g, morcov, telina,mazare,fasole verde, conopida, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar (Cal: 105.4; Carb: 0.36; Prot: 0.32)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate	Poate contine: lactoza,peste,susan, arahide, gluten, mustar si derivate

CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU

ENCIU LAURA



DIETETICIAN

MIREA MARIANA LILIANA

APROBAT. DIL.MED.
VERIFICAT. As diet.