

S.C.ROMANIAN CATERING S.R.L.

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

JOI

PERIOADA 24 - 30 NOIEMBRIE 2025

|              | REGIM COMUN                                                                                                                                    | REGIM FARA SARE<br>(CARDIAC)                                                                                                        | ULCER                                                                                                                 | HIDRIC                                                                                     | PASAT                                                                                                                                    |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| MIC<br>DEJUN | Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                        | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                             | Ceai+zahar (cal:15.91; carb: 0; prot: 0)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                               | Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)    | Lapte cu biscuiti                                                                                                                        |
|              | Ingrediente: suna p(carne,soia)30g,<br>cas(lapte, cheag) 30g, unt 30g,<br>mozzarella 30g, urda 30g masline<br>Cal:356.6,Carb.28.85,Prot. 18.36 | Ingrediente : br.vaci 30g,unt 30g,<br>urda 30g, mozzarella 30g, gem<br>30g Cal:405.3,Carb.26.6,Prot.<br>23.86                       | Ingrediente : br. vaci 30g, cas(lapte,<br>cheag)40g , urda 40g unt 30g,<br>masline<br>Cal:301.2,Carb:23.93,Prot:13.47 | Ingrediente : iaurt 125g, branza vaci<br>150g,<br>Cal:260, Carb:10.25, Prot :24.13         | Ingrediente : Lapte 200g, biscuiti<br>100g(faina, zahar) Cal:577,<br>Carb:24; Prot: 13                                                   |
| DEJUN        | Ciorba a la grec 300 ml                                                                                                                        | Ciorba a la grec 300 ml                                                                                                             | Crema de ciuperci 300 ml                                                                                              | Supa strecurata 300 ml                                                                     | Supa crema de legume 300 ml                                                                                                              |
|              | Ingrediente:ceapa, morcov, telina, ardei<br>gras, orez, smantana, ou<br>Cal: 481.13,Carb:18.41,Prot:16.47                                      | Ingrediente:ceapa, morcov, telina,<br>ardei gras, orez, smantana, ou<br>Cal:<br>481.13,Carb:18.41,Prot:16.47                        | Ingrediente: ciuperci 70g, morcov,<br>telina, ceapa, cartof, smantana, unt<br>Cal: 498.18 Carb: 43.37, Prot: 5.31     | Ingrediente: morcov,telina,ardei<br>gras,rosii 100g, ulei<br>Cal:280, Carb.:38,5, Prot:4.2 | Ingrediente: ceapa30g, morcov40g,<br>telina30g, cartofi70g, fasole verde30g,<br>conopida20g, smantana<br>Cal:202.22, Carb:9.91, Prot:3.3 |
|              | Pui cu mancare de fasole verde 300g                                                                                                            | Pui cu mancare de fasole verde 300g                                                                                                 | Pui la cuptor/paste cu busuioc 300g                                                                                   | Supa crema de legume 300g                                                                  | Carne fiarta, pilaf 300 g                                                                                                                |
|              | Ingrediente:carne pui 80 g, fasole verde<br>100g, ceapa, morcovi, telina, rosii<br>cuburi Cal:<br>186.27,Carb.3.73,Prot :23.75                 | Ingrediente:carne pui 80 g, fasole<br>verde 100g, ceapa, morcovi,<br>telina, rosii cuburi<br>Cal: 186.27,Carb.3.73,Prot :23.75      | Ingrediente: pui 80g, paste 180g,<br>unt, gran cucina, busuioc<br>Cal:867.89,Carb:17.53 Prot:41.95                    | Ingrediente: morcov, telina,<br>conopida, ardei gras<br>Cal:322,Carb:56, Prot: 24          | Ingrediente: piept pui 80 g, orez<br>80g<br>Cal:363,65,Carb:30,7,Prot:33.6                                                               |
|              | 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 la cuptor/orez cu ciuperci 300g                                                                                                            | Pui la cuptor/orez cu ciuperci 300g                                                                                                 | Pui cu piure de morcovi 300g                                                                                          | Compot de mere 320g                                                                        | Biscuiti cu lapte 300g                                                                                                                   |
| CINA         | Ingrediente:carne pui 80g,orez 150g,<br>ciuperci 30g, ceapa, morcov, telina,<br>ardei gras ,ulei<br>Cal:706.46,Carb:10.6,Prot:29.22            | Ingrediente:carne pui 80g,orez<br>150g, ciuperci 30g, ceapa,<br>morcov, telina, ardei gras ,ulei<br>Cal:706.46,Carb:10.6,Prot:29.22 | Ingrediente: pui 80g, morcov 150g,unt<br>30g, lapte, cartof, telina,<br>Cal: 360.72, Carb:21.02,Prot:22.47            | Ingrediente:mere 200g.apa 120ml,<br>CaL:94,Carb.:0.2,Prot: 0.8                             | Ingrediente : Lapte 200g, biscuiti<br>100g(faina, zahar)<br>Cal:577, Carb:24; Prot: 13                                                   |
|              | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (<br>Cal: 55; Carb: 2.8; Prot: 3.4)                                                          | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (<br>Cal: 55; Carb: 2.8; Prot: 3.4)                                               | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Iaurt (<br>Cal: 55; Carb: 2.8; Prot: 3.4)                                 | Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)                                                      | Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)                                                                                                    |
|              | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                                                     | Poate contine: lactoza,peste,susan,<br>arahide, gluten, mustar si derivate                                                          | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                            | Poate contine: lactoza,peste, susan,<br>arahide, gluten, mustar si derivate                | Poate contine: lactoza, peste, susan, arahide,<br>gluten, mustar si derivate                                                             |

|           | DIABET                                                                                                                                        | INTOLERANTA LACTOZA                                                                                                   | RENAL                                                                                                           | HEPATIC + NEOPLAZIC                                                                                         | ENTEROCOLITA                                                                                      |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| MIC DEJUN | Ceai f. zahar (cal:0; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                        | Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)                               | Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)                         | Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)                     | Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)           |
|           | Ingrediente :br.vaci 30g, unt 30g, urda 30g, cas(lapte, cheag)30g, salam victoria (carne,soia)30g, masline, Cal:278.3,Carb:23.03, Prot:11.52, | Ingrediente: sunca praga(carne, soia)40g, biscuiti, rosie, gem, masline Cal:285.8, Carb:25.85, Prot:12.57             | Ingrediente :cas(lapte cheag)30g, br. vaci 30g, unt30g, urda 30g, masline Cal:278,Carb:22.73,Prot:11.22         | Ingrediente :br.vaci 30g, unt 30g, urda 30g, cascaval 40g, masline Cal:366,Carb:29.33,Prot:18.75            | Ingrediente : biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:669,Carb.21.6,Prot. 26.25       |
|           | Ciorba a la grec 300 ml                                                                                                                       | Crema de ciuperci 300 ml                                                                                              | Ciorba a la grec 300 ml                                                                                         | Crema de ciuperci 300 ml                                                                                    | Supa cu taitei 300 ml                                                                             |
| PRANZ     | Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47                                           | Ingrediente: ciuperci 70g, morcov, telina, ceapa, cartof Cal: 498.18 Carb: 43.37, Prot: 5.31                          | Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47             | Ingrediente: ciuperci 70g, morcov, telina, ceapa, cartof, smantana, unt Cal: 498.18 Carb: 43.37, Prot: 5.31 | Ingrediente: taitei, ceapa, morcov, telina, ardei gras, ou Cal:138,Carb:24.7,Prot: 3.8            |
|           | Pui cu piure de broccoli 300g                                                                                                                 | Pui cu mancare de fasole verde 300g                                                                                   | Piure de broccoli 250g                                                                                          | Pui la cuptor/paste cu busuioc 300g                                                                         | Rasol pui cu orez 220g                                                                            |
|           | Ingrediente:carne pui 80g, broccoli 120g, cartof, morcov, unt 30g, telina, spanac, lapte Cal: 425.05, Carb:29.68, Prot: 24.7                  | Ingrediente:carne pui 80 g, fasole verde 100g, ceapa, morcovi, telina, rosii cuburi Cal: 186.27,Carb.3.73,Prot :23.75 | Ingrediente:, broccoli 200g, cartof, morcov, unt 30g, telina, spanac, lapte Cal: 290.38 Carb:20.94, Prot: 6.7   | Ingrediente: pui 80g, paste 180g, unt, gran cucina, busuioc Cal:867.89,Carb:17.53 Prot:41.95                | Ingrediente:piept pui70g, orez 60g morcovi 30g,pastarnac,telina Cal:524,5, Carb.21,45, Prot.20,45 |
|           | 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      | Pui cu legume sote 300 g                                                                                                                      | Pui cu piure de morcovi 300g                                                                                          | Legume sote 250g                                                                                                | Pui cu piure de morcovi 300g                                                                                | Pui cu branza vaci 220g                                                                           |
|           | Ingrediente:carne pui 60 g, morcov 60g, telina, mare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11               | Ingrediente: pui 60g, morcov 150g, lapte, cartof, telina, Cal: 360.72, Carb:21.02,Prot:22.47                          | Ingrediente: morcov 60g, telina, mare, fasole verde, conopida, broccoli, dovlecel Cal:220.45 Carb.16.3,Prot.7.8 | Ingrediente: pui 60g, morcov 150g,unt 30g, lapte, cartof, telina, Cal: 360.72, Carb:21.02,Prot:22.47        | Ingrediente:piept pui 60 g, branza vaci 150 g Cal:180,6, Carb.12,6, Prot. 8,5                     |
|           | 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)                                                                           | 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) Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)                           | 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                           |
|           |                                                                                                                                               |                                                                                                                       |                                                                                                                 |                                                                                                             |                                                                                                   |

|              | FARA GLUTEN                                                                                                                                                   | HIPERPROTEIC                                                                                                                                      | HIPOCALORIC                                                                                                                              | MUSULMAN                                                                                                                                    | VEGETARIAN                                                                                                                |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| MIC<br>DEJUN | Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                                       | Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                           | Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                  | Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)                                                     | Ceai+zahar (cal:15.91; carb: 0; prot: 0) Chifla<br>(Cal: 312.9; Carb: 3.78; Prot: 8.44)                                   |
|              | Ingrediente :cas 30g,br.vaci 30g,unt<br>20g, mozzarella 30g (lapte,<br>cheag),salam victoria<br>(carne,soia)25g,maseline,<br>Cal:635.9,Carb:8.02, Prot:23.45, | Ingrediente: suna<br>p(carne,soia)30g, cas(lapte,<br>cheag) 30g, unt 30g, mozzarella<br>30g, urda 30g masline<br>Cal:356.6,Carb.28.85,Prot. 18.36 | Ingrediente :cas30g,br vaci<br>30g,unt30g(lapte,cheag) , masline<br>Cal:414,5,Carb:20.41,Prot: 15,53                                     | Ingrediente :br.vaci 30g, cas 30<br>g,unt 30 g cascava 30gl(lapte,<br>cheag)gem 20g<br>Cal:707,2,Carb:7,07,Prot:16,16                       | Ingrediente : rosii, castraveti,<br>masline, ardei gras,<br>Cal:369,Carb.15.6,Prot. 16.25                                 |
|              | Ciorba a la grec 300 ml                                                                                                                                       | Ciorba a la grec 300 ml                                                                                                                           | Ciorba a la grec 300 ml                                                                                                                  | Ciorba a la grec 300 ml                                                                                                                     | Ciorba a la grec 300 ml                                                                                                   |
| PRANZ        | Ingrediente:ceapa, morcov, telina, ardei<br>gras, orez, smantana, ou<br>Cal: 481.13,Carb:18.41,Prot:16.47                                                     | Ingrediente:ceapa, morcov, telina,<br>ardei gras, orez, smantana, ou<br>Cal:<br>481.13,Carb:18.41,Prot:16.47                                      | Ingrediente:ceapa, morcov, telina,<br>ardei gras, orez, smantana, ou<br>Cal: 481.13,Carb:18.41,Prot:16.47                                | Ingrediente:ceapa, morcov, telina,<br>ardei gras, orez, smantana, ou<br>Cal: 481.13,Carb:18.41,Prot:16.47                                   | Ingrediente:ceapa, morcov, telina, ardei<br>gras, orez, smantana, ou<br>Cal: 481.13,Carb:18.41,Prot:16.47                 |
|              | Pui cu piure de broccoli 300g                                                                                                                                 | Pui cu mancare de fasole verde 300g                                                                                                               | Pui cu piure de broccoli 300g                                                                                                            | Pui cu piure de broccoli 300g                                                                                                               | Piure de broccoli 250g                                                                                                    |
|              | Ingrediente:carne pui 80g, broccoli<br>120g, cartof, morcov, unt 30g, telina,<br>spanac, lapte<br>Cal: 425.05, Carb:29.68, Prot: 24.7                         | Ingrediente:carne pui 80 g, fasole<br>verde 100g, ceapa, morcovi,<br>telina, rosii cuburi<br>Cal: 186.27,Carb.3.73,Prot :23.75                    | Ingrediente:carne pui 80g, broccoli<br>120g, cartof, morcov, unt 30g, telina,<br>spanac, lapte<br>Cal: 425.05, Carb:29.68, Prot: 24.7    | Ingrediente:carne pui 80g, broccoli<br>120g, cartof, morcov, unt 30g, telina,<br>spanac, lapte<br>Cal: 425.05, Carb:29.68, Prot: 24.7       | Ingrediente:, broccoli 150g, cartof,<br>morcov, unt 30g, telina, spanac, lapte<br>Cal: 304.66 Carb:22.16, Prot: 5.96      |
|              | 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         | Pui cu legume sote 300 g                                                                                                                                      | Pui la cuptor/orez cu ciuperci 300g                                                                                                               | Pui cu legume sote 300 g                                                                                                                 | Pui cu legume sote 300 g                                                                                                                    | Legume sote 250g                                                                                                          |
|              | Ingrediente:carne pui 60 g, morcov 60g,<br>telina, mare, fasole verde, conopida,<br>broccoli, dovlecel<br>Cal:291.24,Carb:8.3 Prot:23.11                      | Ingrediente:carne pui 60g,orez<br>150g, ciuperci 30g, ceapa,<br>morcov, telina, ardei gras ,ulei<br>Cal:706.46,Carb:10.6,Prot:29.22               | Ingrediente:carne pui 60 g, morcov<br>60g, telina, mare, fasole verde,<br>conopida, broccoli, dovlecel<br>Cal:291.24,Carb:8.3 Prot:23.11 | Ingrediente:carne pui 60 g,<br>morcov 60g, telina, mare, fasole<br>verde, conopida, broccoli,<br>dovlecel<br>Cal:291.24 Carb:8.3 Prot:23.11 | Ingrediente: morcov 60g, telina,<br>mare, fasole verde, conopida,<br>broccoli, dovlecel<br>Cal:247.55 Carb.18.6,Prot.7.82 |
|              | 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) Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)                                                                 | 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) Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)                                                           | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar (Cal: 105.4; Carb: 0.36; Prot: 0.32)                                      |
|              | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                                                                    | Poate contine: lactoza,peste,susan,<br>arahide, gluten, mustar si derivate                                                                        | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                                               | Poate contine: lactoza,peste,susan,<br>arahide, gluten, mustar si derivate                                                                  | Poate contine: lactoza,peste,susan, arahide,<br>gluten, mustar si derivate                                                |

**CONTROL FINAL AL PRODUSULUI**

DOBRE ALEXANDRU

ENCIU LAURA




 APROBAT DIRECTOR  
DITETICIAN

**DIETETICIAN**

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.