

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

JOI

PERIOADA 15 - 21 DECEMBRIE 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) 40g,<br>cascaval 40g,cas 30g,unt 20g(lapte<br>cheag)masline<br>Cal:285.8,Carb.25.85,Prot. 12.57   | Ingrediente : br. vaci 40g,unt 20g,cas<br>40g ,(lapte, cheag) gem 30g(zahar)<br>Cal:264.32,Carb.20.97,Prot. 11.37                    | Ingrediente : br. vaci 30g,cas30g<br>cascaval 30g unt 20g(lapte,cheag),<br>masline<br>Cal:322.68,Carb:29.36,Prot:13.32         | Ingrediente : iaurt 125g, branza vaci<br>150g,<br>Cal:260, Carb :10.25, Prot : 24.13                       | Ingrediente : Lapte 200 g, biscuiti<br>100g(faina, zahar)<br>Cal:577,Carb:24;Prot: 13                                          |
| DEJUN        | Supa crema ciuperci 300 ml                                                                                                           | Supa crema ciuperci 300 ml                                                                                                           | Supa cu taitei 300 ml                                                                                                          | Supa strecurata 300 ml                                                                                     | Supa crema ciuperci 300 ml                                                                                                     |
|              | Ingrediente:cartofi,ceapa,ciuperci.<br>,morcov,telina,ardei gras, smantana,ulei<br>Cal: 254.24,Carb:15.94,Prot:2.96                  | Ingrediente:cartofi,ceapa,ciuperci.<br>,morcov,telina,ardei gras,<br>smantana,ulei<br>Cal: 254.24,Carb:15.94,Prot:2.96               | Ingrediente:taitei, ceapa,<br>morcov,telina,ardei gras,ou<br>Cal:193.04, Carb:13.66, Prot:7.76                                 | Ingrediente: morcov,telina,ardei gras<br>Cal: 211.56, Carb:18.71, Prot:1.7                                 | Ingrediente:cartofi,ceapa,ciuperci.<br>,morcov,telina,ardei gras,<br>smantana,ulei<br>Cal: 254.24,Carb:15.94,Prot:2.96         |
|              | Porc la cuptor cu piure cartofi si spanac300g                                                                                        | Porc la cuptor cu piure cartofi si<br>spanac300g                                                                                     | Pui cu orez si ciuperci 300g                                                                                                   | Supa crema de legume 300 ml                                                                                | Pui cu orez si ciuperci 300g                                                                                                   |
|              | Ingrediente: file porc cong 60g cartofi<br>150g, spanac, unt, lapte<br>Cal: 423.4, Carb:25.13, Prot: 16.34                           | Ingrediente: file porc cong 60g<br>cartofi 150g, spanac, unt, lapte<br>Cal: 423.4, Carb:25.13, Prot: 16.34                           | Ingrediente: pui 80g, orez 120g,<br>ceapa, morcov,telina, ardei<br>gras,ciuperci 30g. ulei<br>Cal:432.74,Carb:13.24 Prot:25.16 | Ingrediente: morcov, telina, cartofi,<br>fasole verde, coopida, smantana<br>Cal:425.5,Carb:27.04, Prot:4.1 | Ingrediente: pui 80g, orez 120g,<br>ceapa, morcov,telina, ardei<br>gras,ciuperci 30g. ulei<br>Cal:432.74,Carb:13.24 Prot:25.16 |
|              | 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 sarbesc 300g                                                                                                      | Pui la cuptor/orez sarbesc 300g                                                                                                      | Pui la cuptor cu piure cartofi si<br>spanac300g                                                                                | Compot de mere 320g                                                                                        | Biscuiti, lapte 320 g                                                                                                          |
| CINA         | Ingrediente:carne pui 60g,orez 120,<br>ceapa, morcov,ardei gras,telina, rosii in<br>bulion, ulei<br>Cal:336.34,Carb:12.89,Prot:22.76 | Ingrediente:carne pui 60g,orez 120,<br>ceapa, morcov,ardei gras,telina, rosii<br>in bulion, ulei<br>Cal:336.34,Carb:12.89,Prot:22.76 | Ingrediente: pui 60g cartofi 150g,<br>spanac, unt, lapte<br>Cal: 575, Carb:38,53, Prot: 24                                     | Ingrediente:mere 200g.apa 120ml,<br>CaL:94,Carb.:0.2,Prot: 0.8                                             | Ingrediente:lapte 200ml, biscuiti<br>120 g<br>CaL:512,Carb.:12.5,Prot: 12                                                      |
|              | 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<br>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 40g,unt 20g, mozzarella 40g ( <b>lapte, cheag</b> ),salam victoria (carne, <b>soia</b> )40g,maseline, Cal:289.94,Carb:25.61, Prot:12.49 | Ingrediente: sunca praga(carne, soia)40g, biscuiti, rosie, gem, masline Cal:285.8, Carb:25.85, Prot:12.57                                   | Ingrediente :cas40g,mozzarella 40g, unt 20g( <b>lapte,cheag</b> ),gem 30g, masline Cal:368.9,Carb:35.61,Prot:10.85 | Ingrediente :br.vaci 30g, cas 30 g,unt 20 g cascava 30g( <b>lapte, cheag</b> )gem 20g, masline Cal:436.8,Carb:35.58,Prot:20.1  | Ingrediente : biscuiti 30g( <b>faina,zahar</b> ),vaci 130g ( <b>lapte,zer</b> ) Cal:313.9,Carb.12.15,Prot. 19.35 |
|              | Supa cu taitei 300 ml                                                                                                                                        | Supa cu taitei 300 ml                                                                                                                       | Supa cu taitei 300 ml                                                                                              | Supa cu taitei 300 ml                                                                                                          | Supa cu taitei 300 ml                                                                                            |
| PRANZ        | Ingrediente:taitei, ceapa, morcov, <b>telina</b> ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76                                                            | Ingrediente:taitei, ceapa, morcov, <b>telina</b> ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76                                           | Ingrediente:taitei, ceapa, morcov, <b>telina</b> ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76                  | Ingrediente:taitei, ceapa, morcov, <b>telina</b> ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76                              | Ingrediente:taitei, ceapa, morcov, <b>telina</b> ,ardei gras,ou, ulei Cal:193.04, Carb:13.66, Prot:7.76          |
|              | Pui cu mancare spanac 300g                                                                                                                                   | Pui cu mancare spanac 300g                                                                                                                  | Orez cu ciuperci 300g                                                                                              | Pui cu orez si ciuperci 300g                                                                                                   | Rasol pui cu orez 300g                                                                                           |
|              | Ingrediente:carne pui 80g,spanac 80g, orez 30g ,ceapa, bulion , morcov, <b>telina</b> ,ardei gras, ulei Cal: 272.14 Carb:12.96, Prot: 23.62                  | Ingrediente:carne pui 80g,spanac 80g, orez 30g ,ceapa, bulion , morcov, <b>telina</b> ,ardei gras, ulei Cal: 272.14 Carb:12.96, Prot: 23.62 | Ingrediente:,orez 150g, morcov, ceapa , <b>telina</b> ,ardei gras, ciuperci, ulei Cal:461.04,Carb:10.51,Prot 9     | Ingrediente: pui 80g, orez 120g, ceapa, morcov, <b>telina</b> , ardei gras,ciuperci 30g, ulei Cal:432.74,Carb:13.24 Prot:25.16 | 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         | Pui cu Bulz 300 g                                                                                                                                            | Pui la cuptor/orez sarbesc 300g                                                                                                             | Bulz 250g                                                                                                          | Pui cu piure cartofi si spanac300g                                                                                             | Pui cu branza vaci 300g                                                                                          |
|              | Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47                                         | Ingrediente:carne pui 60g,orez 120, ceapa, morcov,ardei gras, <b>telina</b> , rosii in bulion, ulei Cal:336.34,Carb:12.89,Prot:22.76        | Ingrediente: malai 80 g, br. Vaci 50g, smantana 50g, mozzarella 40 g, oua Cal: 694,Carb.33.71,Prot.28.39           | Ingrediente: pui 60g cartofi 150g, spanac, unt, lapte Cal: 575, Carb:38,53, Prot: 24                                           | 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)                                                                                                 | 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)<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)                                                              | 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 40g,unt 20g,<br>mozzarella 40g ( <b>lapte, cheag</b> ),salam<br>victoria (carne, <b>soia</b> )40g,maseline,<br>Cal:289.94,Carb:25.61, Prot:12.49 | Ingrediente : suna p. (carne,soia)<br>40g, cascaval 40g,cas 30g.unt<br>20g(lapte cheag)masline<br>Cal:285.8,Carb.25.85,Prot. 12.57 | Ingrediente : br.vaci 40g,unt<br>20g,cas 40g ,(lapte, cheag) ,<br>mozzarella 30, cruditati<br>Cal:264.32,Carb.20.97,Prot. 11.37                      | Ingrediente :br.vaci 30g, cas 30<br>g,unt 20 g cascaval 30gl( <b>lapte,<br/>cheag</b> )gem 20g<br>Cal:342.3,Carb:28.68,Prot:12                          | Ingrediente : rosii, castraveti,<br>masline, ardei gras<br>Cal:54.2,Carb.2.24 Prot. 1.3                                         |
|              | Supa crema ciuperci 300 ml                                                                                                                                            | Supa crema ciuperci 300 ml                                                                                                         | Supa cu taitei 300 ml                                                                                                                                | Supa crema ciuperci 300 ml                                                                                                                              | Supa crema ciuperci 300 ml                                                                                                      |
| PRANZ        | Ingrediente:cartofi,ceapa,ciuperci.<br>,morcov, <b>telina</b> ,ardei gras, smantana,ulei<br>Cal: 254.24,Carb:15.94,Prot:2.96                                          | Ingrediente:cartofi,ceapa,ciuperci.<br>,morcov, <b>telina</b> ,ardei gras,<br>smantana,ulei<br>Cal: 254.24,Carb:15.94,Prot:2.96    | Ingrediente:taitei, ceapa,<br>morcov, <b>telina</b> ,ardei gras,ou<br>Cal:193.04, Carb:13.66, Prot:7.76                                              | Ingrediente:cartofi,ceapa,ciuperci.<br>,morcov, <b>telina</b> ,ardei gras,<br>smantana,ulei<br>Cal: 254.24,Carb:15.94,Prot:2.96                         | Ingrediente:cartofi,ceapa,ciuperci.<br>,morcov, <b>telina</b> ,ardei gras,<br>smantana,ulei<br>Cal: 254.24,Carb:15.94,Prot:2.96 |
|              | Pui cu mancare spanac 300g                                                                                                                                            | Porc la cuptor cu piure cartofi si<br>spanac300g                                                                                   | Pui cu mancare spanac 300g                                                                                                                           | Pui cu mancare spanac 300g                                                                                                                              | Mancare de spanac 250g                                                                                                          |
|              | Ingrediente:carne pui 80g,spanac 80g,<br>orez 30g ,ceapa, bulion ,<br>morcov, <b>telina</b> ,ardei gras, ulei<br>Cal: 272.14 Carb:12.96, Prot: 23.62                  | Ingrediente: file porc cong 60g<br>cartofi 150g, spanac, unt, lapte<br>Cal: 423.4 Carb:25.13, Prot:<br>16.34                       | Ingrediente:carne pui 80g,spanac<br>80g, orez 30g ,ceapa, bulion ,<br>morcov, <b>telina</b> ,ardei gras, ulei<br>Cal: 272.14 Carb:12.96, Prot: 23.62 | Ingrediente:carne pui 80g,spanac<br>80g, orez 30g ,ceapa, bulion ,<br>morcov, <b>telina</b> ,ardei gras, ulei<br>Cal: 272.14 Carb:12.96, Prot:<br>23.62 | Ingrediente:spanac 100g, orez 30g,<br>ceapa, bulion, morcov, telina, ardei<br>gras, ulei<br>Cal:160.64, Carb.9.73, Prot.4.01    |
|              | 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 Bulz 300 g                                                                                                                                                     | Pui cu Bulz 300 g                                                                                                                  | Pui la cuptor/orez sarbesc 300g                                                                                                                      | Pui cu Bulz 300 g                                                                                                                                       | Bulz 250g                                                                                                                       |
|              | Ingrediente:carne pui 60g, malai<br>50g,br.vaci 50g,smantana 50g ,<br>mozzarella 30g, oua<br>Cal:565.78 Carb.23.84,Prot.38.47                                         | Ingrediente:carne pui 60g, malai<br>50g,br.vaci 50g,smantana 50g ,<br>mozzarella 30g, oua<br>Cal:565.78 Carb.23.84,Prot.38.47      | Ingrediente:carne pui 60g,orez 120,<br>ceapa, morcov,ardei gras, <b>telina</b> ,<br>rosii in bulion, ulei<br>Cal:336.34,Carb:12.89,Prot:22.76        | Ingrediente:carne pui 60g, malai<br>50g,br.vaci 50g,smantana 50g ,<br>mozzarella 30g, oua<br>Cal:565.78 Carb.23.84,Prot.38.47                           | Ingrediente: malai 80 g, br. Vaci<br>50g, smantana 50g, mozzarella 40<br>g, oua<br>Cal: 694,Carb.33.71,Prot.28.39               |
|              | 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)<br>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)<br>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.