

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

JOI

PERIOADA 08 - 14 DECEMBRIE 2025

	REGIM COMUN	REGIM FARA SARE (CARDIAC)	ULCER	HIDRIC	PASAT
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)	Lapte cu biscuiti
	Ingrediente: suna p(carne,soia)30g, cas(lapte, cheag) 30g, unt 30g, mozzarella 30g, urda 30g masline Cal:356.6,Carb.28.85,Prot. 18.36	Ingrediente : br.vaci 30g,unt 30g, urda 30g, mozzarella 30g, gem 30g Cal:405.3,Carb.26.6,Prot. 23.86	Ingrediente : br. vaci 30g, cas(lapte, cheag)40g , urda 40g unt 30g, masline Cal:301.2,Carb:23.93,Prot:13.47	Ingrediente : iaurt 125g, branza vaci 150g, Cal:260, Carb:10.25, Prot :24.13	Ingrediente : Lapte 200g, biscuiti 100g(faina, zahar) Cal:577, 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 gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47	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: morcov,telina,ardei gras,rosii 100g, ulei Cal:280, Carb.:38,5, Prot:4.2	Ingrediente: ceapa30g, morcov40g, telina30g,cartofi70g, fasole verde30g, conopida20g, smantana 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 100g, ceapa, morcovi, telina, rosii cuburi Cal: 186.27,Carb.3.73,Prot :23.75	Ingrediente:carne pui 80 g, fasole verde 100g, ceapa, morcovi, telina, rosii cuburi Cal: 186.27,Carb.3.73,Prot :23.75	Ingrediente: pui 80g, paste 180g, unt, gran cucina, busuioc Cal:867.89,Carb:17.53 Prot:41.95	Ingrediente: morcov, telina, conopida, ardei gras Cal:322,Carb:56, Prot: 24	Ingrediente: piept pui 80 g, orez 80g 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, ciuperci 30g, ceapa, morcov, telina, ardei gras ,ulei Cal:706.46,Carb:10.6,Prot:29.22	Ingrediente:carne pui 80g,orez 150g, ciuperci 30g, ceapa, morcov, telina, ardei gras ,ulei Cal:706.46,Carb:10.6,Prot:29.22	Ingrediente: pui 80g, morcov 150g,unt 30g, lapte, cartof, telina, Cal: 360.72, Carb:21.02,Prot:22.47	Ingrediente:mere 200g.apa 120ml, CaL:94,Carb.:0.2,Prot: 0.8	Ingrediente : Lapte 200g, biscuiti 100g(faina, zahar) Cal:577, Carb:24; Prot: 13
	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)	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 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 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 :cas 30g,br.vaci 30g,unt 20g, mozzarella 30g (lapte, cheag),salam victoria (carne,soia)25g,masline, Cal:635.9,Carb:8.02, Prot:23.45, Ciorba a la grec 300 ml	Ingrediente: suna p(carne,soia)30g, cas(lapte, cheag) 30g, unt 30g, mozzarella 30g, urda 30g masline Cal:356.6,Carb.28.85,Prot. 18.36 Ciorba a la grec 300 ml	Ingrediente :cas30g,br vaci 30g,unt30g(lapte,cheag) , masline Cal:414.5,Carb:20.41,Prot: 15.53 Ciorba a la grec 300 ml	Ingrediente :br.vaci 30g, cas 30 g,unt 30 g cascava 30gl(lapte, cheag)gem 20g Cal:707.2,Carb:7.07,Prot:16.16 Ciorba a la grec 300 ml	Ingrediente : rosii, castraveti, masline, ardei gras, Cal:369,Carb.15.6,Prot. 16.25 Ciorba a la grec 300 ml
	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47
PRANZ	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 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:carne pui 80g, broccoli 120g, cartof, morcov, unt 30g, telina, spanac, lapte Cal: 425.05, Carb:29.68, Prot: 24.7	Ingrediente:carne pui 80g, broccoli 120g, cartof, morcov, unt 30g, telina, spanac, lapte Cal: 425.05, Carb:29.68, Prot: 24.7	Ingrediente:, broccoli 150g, cartof, morcov, unt 30g, telina, spanac, lapte 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, telina, mare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:carne pui 60g,orez 150g, ciuperci 30g, ceapa, morcov, telina, ardei gras ,ulei Cal:706.46,Carb:10.6,Prot:29.22	Ingrediente:carne pui 60 g, morcov 60g, telina, mare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:carne pui 60 g, morcov 60g, telina, mare, fasole verde, conopida, broccoli, dovlecel Cal:291.24 Carb:8.3 Prot:23.11	Ingrediente: morcov 60g, telina, mare, fasole verde, conopida, broccoli, dovlecel 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, 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



[Handwritten signature]

APROBAT DIRECTOR
DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.

[Handwritten signature]