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

**SPITALUL SFANTUL STEFAN**

**UNITATE TIP CATERING AUT. DSV 1928/28.06.2007**

***MIERCURI*** ***PERIOADA 15 - 21 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 : sal.rustic 30g(carne,**soia**), branza vaci 30g, unt 20g(**lapte cheag**), ou fiert, masline Cal:437.4,Carb.39.61,Prot. 12.87 | Ingrediente : mozzarella 30g, br.vaci 30g, unt 20g, cas30g ,**(lapte, cheag)** gem 20g(**zahar**) Cal:393.6,Carb.34.04,Prot.11.42 | Ingrediente : br. vaci 40g,cas 30g unt 30g, urda 20g(**lapte,cheag**) masline Cal:311.2,Carb:29.56,Prot:6.18 | 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 |
| | Supa minestrone 300 ml | Supa minestrone 300 ml | Supa crema broccoli 300ml | Supa strecurata 300 ml | Supa crema broccoli 300ml |
| | Ingrediente:ceapa, morcov, **telina**,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46 | Ingrediente:ceapa, morcov, **telina**,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46 | Ingrediente:brocoli 60g ceapa30g, morcov,**telina**,cartofi,smantana, ulei Cal: 271.43, Carb:19.17, Prot: 3.45 | Ingrediente: morcov,**telina**,ardei gras Cal: 211.56, Carb:18.71, Prot:1.7 | Ingrediente:broccoli 60g ceapa30g, morcov,**telina**,cartofi,smantana, ulei Cal: 271.43, Carb:19.17, Prot: |
| | Tocanita ciuperci/mamaliguta 300gr | Tocanita ciuperci/mamaliguta 300gr | Pui cu paste, legume 250g | Supa crema de legume 320 ml | Pui cu paste, legume 250g |
| | Ingrediente:Ciuperci 80g, morcov 30gr, ceapa 30gr, telina, ardei gras, rosii in bulion, ulei, malai Cal: 442.39, Carb.10.86, prot:8.46 | Ingrediente:Ciuperci 80g, morcov 30gr, ceapa 30gr, telina, ardei gras, rosii in bulion, ulei, malai Cal: 442.39, Carb.10.86, prot:8.46 | Ingrediente: pui 80g,penne 120g, morcov,**telina, ulei** Cal: 542.09,Carb: 14.59, Prot:32.84 | Ingrediente: morcov, telina, cartofi, fasole verde, coopida, smantana Cal:425.5,Carb:27.04, Prot:4.1 | Ingrediente: pui 80g,penne 120g, 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) | | |
| | Pui legume gratinate 300g | Pui legume gratinate 300g | Pui cartofi natur 300g | Compot de mere 320g | Biscuiti, lapte 320 g |
| CINA | Ingrediente:pui80g,cartofi 30g, morcov30g,mazare,telina,smant30g. br.vaci30g,,fasole verde,oua, mozzarela Cal: 390.84,Carb:21.98, Prot:21.1 | Ingrediente:pui80g,cartofi 30g, morcov30g,mazare,telina,smant30g. br.vaci30g,,fasole verde,oua, mozzarela Cal: 390.84,Carb:21.98, Prot:21.1 | Ingrediente:pui80g,cartofi 180g, morcov 30g, 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) | 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) | 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 |
| | | | | | |

## ***MIERCURI***

| | 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 : casc.30 g, br.vaci 30g,unt 20g(**lapte**, **cheag**),salam rustic 30g(carne,**soia**), ou fiert, masline Cal:421.7, Carb:36.58, Prot:19.1 | Ingrediente: Sal.rustic 40g(carne,soia), biscuiti 40g, cruditati 30g, masline Cal:437.4, Carb:39.61, Prot:12.87 | Ingrediente : cas 40g, unt 20g, (**lapte,cheag**), mozzarella 40g, br.vaci 30g, masline Cal:270.3,Carb:28.16,Prot:2.07 | Ingrediente :br.vaci 40g, cas 40 g, unt 20g (**lapte, cheag**), mozzarella 30g, masline Cal:316,Carb:29.96,Prot:6.41 | Ingrediente : biscuiti 40g(**faina,zahar**), br. vaci 120g, Cal:389.4,Carb.20.56,Prot.22.5 |
| | Supa minestrone 300 ml | Supa minestrone 300 ml | Supa crema broccoli 300ml | Supa crema broccoli 300ml | Supa cu taitei 300 ml |
| **PRANZ** | Ingrediente:ceapa, morcov, **telina**,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46 | Ingrediente:ceapa, morcov, **telina**,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46 | Ingrediente: broccoli 60g, ceapa 30g, morcov, telina, cartofi, smantana, ulei Cal:271.43, Carb:19.17,Prot:3.45 | Ingrediente: broccoli 60g, ceapa 30g, morcov, telina, cartofi, smantana, ulei Cal:271.43, Carb:19.17,Prot:3.45 | Ingrediente:taitei 30g, ceapa 30g, morcov,**telina**,ou Cal:193.04, Carb:13.66, Prot:7.76 |
| | Pui cu piure conopida 300g | Pui cu paste, legume 250g | Piure conopida 300g | Pui cu paste, legume 250g | Rasol pui cu orez 300g |
| | Ingrediente:carne pui 80g,conopida 120g,**telina, cartofi,** unt, smantana Cal: 477.1,Carb.38.83,Prot :23.73 | Ingrediente: pui 80g,penne 120g, morcov,**telina, ulei** Cal: 542.09,Carb: 14.59, Prot:32.84 | Ingrediente:conopida 200g,**telina 50**, unt, cartofi, smantana Cal:289.3,Carb.26.49,Prot4.67 | Ingrediente: pui 80g,penne 120g, morcov,**telina, ulei** Cal: 542.09,Carb: 14.59, Prot:32.84 | 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 varza calita 300g | Pui cu varza calita 300g | Varza calita 300g | Pui cartofi natur 300g | Pui cu branza vaci 300g |
| | Ingrediente:carne pui 80g, varza. 150g ,ceapa, ardei gras, rosii pasate, ulei Cal: 275.84,Carb.12.77,Prot.22.73 | Ingrediente:carne pui 80g, varza. 150g ,ceapa, ardei gras, rosii pasate, ulei Cal: 275.84,Carb.12.77,Prot.22.73 | Ingrediente: Varza. 200g ,ceapa, ardei gras, rosii pasate, ulei Cal: 275.84,Carb.12.77,Prot.22.73 | Ingrediente:pui80g,cartofi 180g, morcov 30g, 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) | 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: lactoză,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 |
| | | | | | |

## *MIERCURI*

| | 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 : casc.30 g, br.vaci 30g,unt 20g(**lapte, cheag**),salam rustic 30g(carne,**soia**), ou fiert, masline Cal:421.7, Carb:36.58, Prot:19.1 | Ingrediente : sal.rustic (carne,soia) 40g, branza vaci 40g, urda 40g, unt 20g(lapte cheag) masline Cal:437.4,Carb.39.61,Prot. 12.87 | Ingrediente : mozzarella 30g, br.vaci 30g, unt 20g, cas30g ,(lapte, cheag), ou fiert, cruditati Cal:283.62,Carb.23.22,Prot.14.46 | Ingrediente; br.vaci 30g, cas 30g ,unt 20g (**lapte, cheag**), cascaval 30g, masline Cal:304.7,Carb:29.33,Prot:5.51 | Ingrediente :pate vegetal 120g, rosii 30g Cal:330,Carb.31.2,Prot. 2.79 |
| | Supa crema broccoli 300ml | Supa minestrone 300 ml | Supa minestrone 300 ml | Supa minestrone 300 ml | Supa minestrone 300 ml |
| PRANZ | Ingrediente: broccoli 60g, ceapa 30g, morcov, telina, cartofi, smantana, ulei Cal:271.43,Carb:19.17,Prot:3.45 | Ingrediente:ceapa, morcov, **telina**,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46 | Ingrediente:ceapa, morcov, **telina**,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46 | Ingrediente:ceapa, morcov, **telina**,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46 | Ingrediente:ceapa, morcov, **telina**,ardei gras,mazare,fasole verde, taitei, ulei Cal: 195.55, Carb: 9.74, Prot: 4.46 |
| | Pui cu piure conopida 300g | Pui cu paste, legume 250g | Pui cu piure conopida 300g | Pui cu paste, legume 250g | Piure conopida 250g |
| | Ingrediente:carne pui 80g,conopida 120g,**telina, cartofi,** unt, smantana Cal: 477.1,Carb.38.83,Prot :23.73 | Ingrediente: pui 80g,penne 120g, morcov,**telina, ulei** Cal: 542.09,Carb: 14.59, Prot:32.84 | Ingrediente:carne pui 80g,conopida 120g,**telina, cartofi,** unt, smantana Cal: 477.1,Carb.38.83,Prot :23.73 | Ingrediente: pui 80g,penne 120g, morcov,**telina, ulei** Cal: 542.09,Carb: 14.59, Prot:32.84 | Ingrediente:conopida 200g,**telina 50,** unt, cartofi, smantana Cal:289.3,Carb.26.49,Prot4.67 |
| | 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 varza calita 300g | Pui legume gratinate 300g | Pui cu varza calita 300g | Pui cu varza calita 300g | Varza calita 250g |
| | Ingrediente:carne pui 80g, varza. 150g ,ceapa, ardei gras, rosii pasate, ulei Cal: 275.84,Carb.12.77,Prot.22.73 | Ingrediente:pui80g,cartofi 80g, morcov30g,mazare,telina,smant30g. br.vaci30g,,fasole verde,oua, mozzarela Cal: 390.84,Carb:21.98, Prot:21.1 | Ingrediente:carne pui 80g, varza. 150g ,ceapa, ardei gras, rosii pasate, ulei Cal: 275.84,Carb.12.77,Prot.22.73 | Ingrediente:carne pui 80g, varza. 150g ,ceapa, ardei gras, rosii pasate, ulei Cal: 275.84,Carb.12.77,Prot.22.73 | Ingrediente:varza 200g, ceapa, ardei gras, rosii pasate, ulei Cal:145.04, Carb.9.58, Prot.12.54 |
| | 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) |
| | 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

ROMANIAN CATERING S.R.L. RC BUCUREȘTI

APROBAT DIRECTOR
DITETICIAN

**DIETETICIAN**

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.