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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

SPITALUL SFANTUL STEFAN

MIERCURI

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 : parizer 30g, branza vaci 30g,unt 30g, urda 30g, ou fiert masline Cal:397.2,Carb.28.76,Prot. 19.07	Ingrediente : urda 30g, br.vaci 30g,unt 30g, cas(**lapte, cheag**)30g, gem 30g(**zahar**) Cal:316.2,Carb.22.08,Prot. 15.91	Ingrediente : br. vaci 30g, urda 30g, unt 30g, mozzarella 40g, masline Cal:373.6,Carb:29.53,Prot:19.07	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
PRANZ	Supa cu taitei de casa 300 ml	Supe cu taitei de casa 300 ml	Supe cu taitei de casa 300 ml	Supa strecurata 300 ml	Supa crema de legume 300 ml
	Ingrediente: ceapa, morcov, ou **telina**, ardei gras, taitei de casa, Cal: 403.18, Carb: 13.56, Prot:19.58	Ingrediente: ceapa, morcov, ou **telina**, ardei gras, taitei de casa, Cal: 403.18, Carb: 13.56, Prot:19.58	Ingrediente: ceapa, morcov, ou **telina**, ardei gras, taitei de casa, Cal: 403.18, Carb: 13.56, Prot:19.58	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
	Porc cu piure cartofi 300g	Porc cu piure cartofi 300g	Pui cu piure de cartofi 300g	Supa crema de legume 320g	Carne fiarta, pilaf 300 g
	Ingrediente:file porc cong. 60 g, cartofi 170g, unt, lapte Cal: 561,33; Carb: 32,61;Prot:21,06	Ingrediente:file porc cong. 60 g, cartofi 170g, unt, lapte Cal: 561,33; Carb: 32,61;Prot:21,06	Ingrediente: piept pui 80g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19	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)		
	Paste cu branza si marar 300g	Pui cu cartofi la cuptor 300g	Pui, mamaliga, br. sman 300g	Compot de mere 320g	Biscuiti cu lapte 320g
CINA	Ingrediente:penne 120g, branza 60g,lapte,smantana lichida, ulei, marar Cal:406.18 Carb.9.9,Prot.27.31	Ingrediente:carne pui 80 g, cartofi 180g , usturoi, ulei, Cal:406.18 Carb.9.9,Prot.27.31	Ingrediente:pui 80g, mamaliga 100, branza de vaca 50g, smantana 50, Cal: 423.5,Carb:19.6, Prot:35.84	Ingrediente:mere 200g.apa 120ml, CaL:94,Carb.:0.2,Prot: 0.8	Ingrediente:lapte 200 ml, 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 : urda.30g, mozzarella 30g,unt 20g,.sunca praga(carne,**soia**)30g, ou fiert, masline Cal:380.6,Carb:29.34, Prot:22.54,	Ingrediente: Sal.rustic 40g(carne,soia), biscuiti 40g, cruditati 30g, masline Cal:437.4, Carb:39.61, Prot:12.87	Ingrediente : urda 30g, unt 30g, gem 20g, mozzarella 30g, masline Cal:352.7,Carb:25.91,Prot: 17.52	Ingrediente :br.vaci 30g, unt 30g, cas(**lapte, cheag**)30g, mozzarella 30g, masline Cal:330.5,Carb:28.43,Prot:12.72	Ingrediente : biscuiti 30g(**faina,zahar**),urda 40 g, telemea 40g, cascaval (**lapte,zer**) Cal:669,Carb.21.6,Prot. 26.25
	Ciorba de fasole verde 300 ml	Supa cu taitei 300 ml	Ciorba de fasole verde 300 ml	Supa cu taitei 300 ml	Supa cu taitei 300 ml
PRANZ	Ingrediente: fasole verde 60g, ceapa, morcov, telina, ardei gras Cal: 106.3, Carb: 0.63, Prot: 4.62	Ingrediente: taitei, ceapa, morcov, **telina**, ardei gras, ou Cal:138,Carb:24.7,Prot: 3.8	Ingrediente: fasole verde 60g, ceapa, morcov, telina, ardei gras Cal: 106.3, Carb: 0.63, Prot: 4.62	Ingrediente: taitei, ceapa, morcov, **telina**, ardei gras, ou Cal:138,Carb:24.7,Prot: 3.8	Ingrediente: taitei, ceapa, morcov, **telina**, ardei gras, ou Cal:138,Carb:24.7,Prot: 3.8
	Varza a la Cluj 300g	Varza a la Cluj 300g	Varza calita 300g	Pui cu piure de cartofi 300g	Rasol pui cu orez 220g
	Ingrediente: file de porc 70g, varza 150g, ceapa, ardei gras Cal: 166.91,Carb.2.59Prot :21.42	Ingrediente: file de porc 70g, varza 150g, ceapa, ardei gras Cal: 166.91,Carb.2.59Prot :21.42	Ingrediente: varza 200g, ceapa, ardei gras, rosii cuburi Cal: 92.21,Carb.0.42,Prot :4.21	Ingrediente: piept pui 90g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19	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, mamaliga, br. Smantana 300g	Pui cu legume sote 300g	Mamaliga, br. smantana 300g	Pui, mamaliga, br. Smantana 300g	Pui cu branza vaci 220g
	Ingrediente:pui 80g, mamaliga 100, branza de vaca 50g, smantana 50, Cal: 423.5,Carb:19.6, Prot:35.84	Ingrediente: cartofi 100g, carne pui 80g, morcov, telina, mazare, fasole verde, ulei Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente: mamaliga 100, branza de vaca 100g, smantana 100g, Cal: 462,Carb:30.33 Prot:20.77	Ingrediente:pui 80g, mamaliga 100, branza de vaca 50g, smantana 50, Cal: 423.5,Carb:19.6, Prot:35.84	Ingrediente:piept pui 70 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

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 : urda.30g, mozzarella 30g,unt 20g,.sunca praga(carne,**soia**)30g, ou fiert, masline Cal:380.6,Carb:29.34, Prot:22.54,	Ingrediente : parizer 40g, branza vaci 30g,unt 30g, gem 20g(zahar), urda 30g, masline Cal:397.2,Carb.28.76,Prot. 19.07	Ingrediente : cas 30g,cas 30g, unt 20g(**lapte,cheag**) Cal:414,5,Carb:18.41,Prot: 15,53	Ingrediente :br.vaci 30g, cas 30 g,unt 30 g (**lapte, cheag**) masline Cal:631,3,Carb:7,07,Prot:16,16	Ingrediente :pate vegetal, rosii Cal:268,Carb.12.5,Prot. 12.15
	Ciorba de fasole verde 300 ml	Supa cu taitei de casa 300 ml	Ciorba de fasole verde 300 ml	Ciorba de fasole verde 300 ml	Ciorba de fasole verde 300 ml
PRANZ	Ingrediente: fasole verde 60g, ceapa, morcov, telina, ardei gras Cal: 106.3, Carb: 0.63, Prot: 4.62	Ingrediente: ceapa, morcov, ou **telina**, ardei gras, taitei de casa, Cal: 403.18, Carb: 13.56, Prot:19.58	Ingrediente: fasole verde 60g, ceapa, morcov, telina, ardei gras Cal: 106.3, Carb: 0.63, Prot: 4.62	Ingrediente: fasole verde 60g, ceapa, morcov, telina, ardei gras Cal: 106.3, Carb: 0.63, Prot: 4.62	Ingrediente: fasole verde 60g, ceapa, morcov, telina, ardei gras Cal: 106.3, Carb: 0.63, Prot: 4.62
	Varza a la Cluj 300g	Porc cu piure cartofi 300g	Varza a la Cluj 300g	Pui cu piure de cartofi 300g	Varza calita 250g
	Ingrediente: file de porc 70g, varza 150g, ceapa, ardei gras Cal: 166.91,Carb.2.59Prot :21.42	Ingrediente:file porc cong. 60 g, cartofi 170g, unt, lapte Cal: 561,33; Carb: 32,61;Prot:21,06	Ingrediente: file de porc 70g, varza 150g, ceapa, ardei gras Cal: 166.91,Carb.2.59Prot :21.42	Ingrediente: piept pui 80g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19	Ingrediente: Varza 200g, ceapa, rosii cuburi, malai 60g, ulei Cal: 297.8,Carb.0.95,Prot :7.69
	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, mamaliga, br. Smantana 300g	Paste cu branza si marar 300g	Pui, mamaliga, br. Smantana 300g	Pui, mamaliga, br. Smantana 300g	Mamaliga, br. Smantana 300g
	Ingrediente:pui 80g, mamaliga 100, branza de vaca 50g, smantana 50, Cal: 423.5,Carb:19.6, Prot:35.84	Ingrediente:penne 120g, branza 60g,lapte,smantana lichida, ulei, marar Cal:406.18 Carb.9.9,Prot.27.31	Ingrediente:pui 80g, mamaliga 100, branza de vaca 50g, smantana 50, Cal: 423.5,Carb:19.6, Prot:35.84	Ingrediente:pui 80g, mamaliga 100, branza de vaca 50g, smantana 50, Cal: 423.5,Carb:19.6, Prot:35.84	Ingrediente: mamaliga 100, branza de vaca 100g, smantana 100g, Cal: 462,Carb:30.33 Prot:20.77
	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

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