

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

VINERI

PERIOADA 29 DEC.2025 - 04 IAN. 2026

	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,br vaci30g,mozzarella 30g,unt 20g(lapte cheag)ou fiert, masline Cal:299.3,Carb.23.7,Prot. 18.66	Ingrediente : br vaci30g, mozzaella 30g,unt 20g,cas30g ,(lapte, cheag) gem 20g(zahar) Cal:410.7,Carb.33.78,Prot. 17.25	Ingrediente : br. vaci 30g,cas30g cascaval 30g unt 20g(lapte, cheag) masline Cal:380.3,Carb:34.13,Prot:14.6	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
DEJUN	Bors legume cu ou 300 ml	Bors legume cu ou 300 ml	Crema conopida 300 ml	Supa strecurata 300 ml	Crema conopida 300 ml
	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente: morcov,telina,ardei gras Cal: 211.56, Carb:18.71, Prot:1.7	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79
	Pui cu paste, legume si ciuperci 250g	Pui cu paste, legume si ciuperci 250g	Ficatei pui cartofi natur 300g	Supa crema de legume 300 ml	Pui cu paste, legume si ciuperci 250g
	Ingrediente: pui 80g,penne 100g, ciuperci, morcov,telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84	Ingrediente: pui 80g,penne 100g, ciuperci, morcov,telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84	Ingrediente:ficatei 70g,cartofi180g, morcov30g,ulei Cal: 468.85,Carb:23.04, Prot:22.41	Ingrediente: morcov, telina, cartofi, fasole verde, coopida, smantana Cal:425.5,Carb:27.04, Prot:4.1	Ingrediente: pui 80g,penne 100g, ciuperci, 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)			
	Tocanita cartofi cu ciuperci 300g	Tocanita cartofi cu ciuperci 300g		Compot de mere 320g	Biscuiti, lapte 320 g
CINA	Ingrediente:cartofi 150g, ciuperci 30g, ceapa,morcov, telina, rosii in bulion, ulei Cal: 229.7, Carb.10.1, Prot 4.81	Ingrediente:cartofi 150g, ciuperci 30g, ceapa,morcov, telina, rosii in bulion, ulei Cal: 229.7, Carb.10.1, Prot 4.81	Ingrediente:pui80g,cartofi180g, morcov30g,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) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	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 20g, cascaval 30 g(lapte, cheag),salam victoria (carne,soia)30g, ou fiert, masline Cal:378.6,Carb:31.85, Prot:20.15	Ingrediente: Sunca praga(carne,soia) 30g, biscuiti, rosie, masline, gem 20g Cal: 410.1, Carb: 32.58, Prot: 19.5	Ingrediente : cascaval30g,cas 30g, unt 20g (lapte,cheag), masline, gem 20g Cal:397.8,Carb:34.23,Prot: 16.05	Ingrediente:br.vaci 40g, cas40 g , ,urda 30g (lapte, cheag). Mozzarella 40 g(lapte,zer), masline Cal:222.4,Carb:13,Prot:19.6	Ingrediente : biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:313.9,Carb.12.15,Prot.19.35
	Bors legume cu ou 300 ml	Bors legume cu ou 300 ml	Crema conopida 300 ml	Crema conopida 300 ml	Supa cu taitei 300 ml
PRANZ	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente:taitei 30g, ceapa 30g, morcov,telina,ou Cal:193.04, Carb:13.66, Prot:7.76
	Pui cu piure legume 300 g	Pui cu paste, legume si ciuperci 250g	Paste cu legume si ciuperci 300g	Paste primavara/pui 300g	Rasol pui cu orez 300g
	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente: pui 80g,penne 100g, ciuperci, morcov,telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84	Ingrediente: penne 150g, ciuperci 60g, morcov, telina, ulei Cal:658.21,Carb.12.51,Prot 20.72	Ingrediente: pui 80g,penne 120g, smantana40g,morcov,telina, ulei Cal:661.6,,Carb:39.23 Prot:29.22	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	Ficatei pui cu mamaliguta 300g	Ficatei pui cartofi natur 300g	Cartofi natur 300g	Ficatei pui cartofi natur 300g	Pui cu branza vaci 300g
	Ingrediente:ficatei 70g, malai180g ,ulei Cal: 438.25,Carb:22.86, Prot:24.21	Ingrediente:ficatei 70g,cartofi180g, morcov30g,ulei Cal: 468.85,Carb:23.04, Prot:22.41	Ingrediente:cartofi 200, morcov 80g, ulei Cal : 264.56, Prot 9.88, Carb:4.22	Ingrediente:ficatei 70g,cartofi180g, morcov30g,ulei Cal: 468.85,Carb:23.04, Prot:22.41	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) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	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: ,br.vaci 30g,unt 20g, cascaval 30 g(lapte, cheag),salam victoria (carne,soia)30g, ou fiert, masline Cal:378.6,Carb:31.85, Prot:20.15	Ingrediente :suna p. (carne,soia) 30g,br vaci30g,mozzarella 30g,unt 20g(lapte cheag)gem 20g, masline Cal:410.1,Carb.32.58,Prot. 19.5	Ingrediente : br vaci 30g, mozzaella 30g, unt 20g, urda 30g ,(lapte, cheag), ou fiert, cruditati Cal:283.62,Carb.23.22,Prot. 14.46	Ingrediente:br.vaci 30g , unt 20 g,cas 30g (lapte, cheag). Mozzarella(lapte,zer) 40g, masline Cal:456,Carb:40.65,Prot:20.55	Ingrediente: pate vegetal, masline, ardei gras Cal:343.5,Carb.32.25,Prot.2.7
	Crema conopida 300 ml	Crema conopida 300 ml	Bors legume cu ou 300 ml	Crema conopida 300 ml	Crema conopida 300 ml
	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,uiei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,uiei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,uiei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,uiei Cal:268.94,Carb:19.05,Prot:2.79
PRANZ	Pui cu piure legume 300 g	Pui cu piure legume 300 g	Pui cu piure legume 300 g	Pui cu piure legume 300 g	Piure de legume 250g
	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:,morcov 40g, mazare40, conopida50g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52
	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)
	Pui cu legume sote 300 g	Ficatei pui cartofi natur 300g	Pui cu legume sote 300 g	Pui cartofi natur 300g	Legume sote 250g
CINA	Ingrediente:pui 80 g, morcov, telina,mazare,fasole verde, conopida, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14	Ingrediente:ficatei 70g,cartofi180g, morcov30g,uiei Cal: 468.85,Carb:23.04, Prot:22.41	Ingrediente:pui 80 g, morcov, telina,mazare,fasole verde, conopida, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14	Ingrediente:pui80g,cartofi180g, morcov30g,uiei Cal: 409.6,Carb:13.09, Prot:24.45	Ingrediente:cartofi 100 g, morcov, telina,mazare,fasole verde, conopida, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14
	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) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	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


 APROBAT DIRECTOR
DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.