

## UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

MARTI

PERIOADA 26 IANUARIE - 01 FEBRUARIE 2026

|              | REGIM COMUN                                                                                                                               | REGIM FARA SARE<br>(CARDIAC)                                                                                                         | ULCER                                                                                                                         | HIDRIC                                                                                                     | PASAT                                                                                                                       |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| MIC<br>DEJUN | 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)<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)                    | Lapte cu biscuiti                                                                                                           |
|              | Ingrediente : sal.victoria (carne,soia)<br>40g,cascaval 40 g,unt 20g (lapte<br>cheag)gem 20g, masline<br>Cal:455.9,Carb.41.04,Prot. 13.89 | Ingrediente :br vaci 30g, mozzarella<br>40g,unt 20g, cas 40,(lapte, cheag)<br>gem 20g(zahar)<br>Cal:496.85,Carb.43.01,Prot. 18.3     | Ingrediente : mozzarella 40g,br.<br>vaci 40g, ,unt 20g(lapte,cheag)<br>masline<br>Cal:385.6,Carb:34.52,Prot:12.56             | 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                                       |
| PRANZ        | Supa de rosii cu orez 300 ml                                                                                                              | Supa de rosii cu orez 300 ml                                                                                                         | Supa cu taitei 300 ml                                                                                                         | Supa strecurata 300 ml                                                                                     | Supa de rosii cu orez 300 ml                                                                                                |
|              | Ingrediente: ceapa, morcov, orez,<br>telina, ardei gras, rosii in bulion, ulei<br>Cal: 267.04, Carb: 0.96, Prot: 5.91                     | Ingrediente: ceapa, morcov, orez,<br>telina, ardei gras, rosii in bulion, ulei<br>Cal: 267.04, Carb: 0.96, Prot: 5.91                | Ingrediente:taitei 30g, ceapa 30g,<br>morcov,telina,ardei gras,ou<br>Cal:193.04, Carb:13.66, Prot:7.76                        | Ingrediente: morcov,telina,ardei<br>gras, ulei<br>Cal: 211.56, Carb:18.71,<br>Prot:1.7                     | Ingrediente: ceapa, morcov, orez,<br>telina, ardei gras, rosii in bulion,<br>ulei<br>Cal:<br>267.04, Carb: 0.96, Prot: 5.91 |
|              | Porc piure cartofi 300 g                                                                                                                  | Porc piure cartofi 300 g                                                                                                             | Pui cu orez si legume 300g                                                                                                    | Supa crema de legume 300 ml                                                                                | Pui cu orez si legume 300g                                                                                                  |
|              | Ingrediente: porc 60g cartofi 200g, unt,<br>lapte<br>Cal: 461.1, Carb:30.24, Prot: 25.3                                                   | Ingrediente: porc 60g cartofi 200g,<br>unt, lapte<br>Cal: 461.1, Carb:30.24, Prot: 25.3                                              | Ingrediente: pui 80g, orez 120g,<br>ceapa, morcov, ardei gras,telina<br>Cal: 440.04, Carb:13.52, Prot:26.79                   | Ingrediente: morcov, telina, cartofi,<br>fasole verde, coopida, smantana<br>Cal:425.5,Carb:27.04, Prot:4.1 | Ingrediente: pui 80g, orez 120g, ceapa,<br>morcov, ardei gras,telina Cal:<br>440.04, Carb:13.52, Prot:26.79                 |
|              | 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 legume sote 300 g                                                                                                             | Pui cu Bulz, 300 g                                                                                                            | Compot de mere 320g                                                                                        | Biscuiti, lapte 320 g                                                                                                       |
|              | Ingrediente:pui 60g ,cartofi 100g,<br>morcov 40g, telina,mazare,fasole verde,<br>ulei masline Cal: 313.04,<br>Carb.12.79, Prot 23.14      | Ingrediente:pui 60g ,cartofi 100g,<br>morcov 40g, telina,mazare,fasole<br>verde, ulei masline<br>Cal: 313.04, Carb.12.79, Prot 23.14 | 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:mere 200g.apa<br>120ml,<br>CaL:437,Carb.:6.25,Prot: 11.5                                       | 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)<br>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)                                         | 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, arahide,<br>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)<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)<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)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                         |
|              | Ingrediente : mozzarella 40g,br.vaci 40g,unt 20g(lapte, cheag) , sunca p.(carne,soia) 40g, masline Cal:331.4,Carb:26.8, Prot:17.2              | Ingrediente:Sal.Victoria(carne,soia) 40g, rosie 40g, biscuiti 40g, masline Cal: 455.9, Carb: 41.04, Prot: 13.89             | Ingrediente : cas 40g,br vaci 40g, unt 20g(lapte,cheag) masline Cal:241,Carb:21.6,Prot:7.2                                                 | Ingrediente br.vaci 40g, cas 30 g,unt 20 g mozzarella 30 g, (lapte, cheag) masline Cal:373.1,Carb:34.43,Prot:10.76   | Ingrediente : biscuiti 30g(faina,zahar),urda 40 g, br. vaci 40g,mozzarella30g (lapte,zer)masline Cal:330.7Carb.15.48,Prot.19.76 |
|              | Supa de rosii cu orez 300 ml                                                                                                                   | Supa de rosii cu orez 300 ml                                                                                                | Supa cu taitei 300 ml                                                                                                                      | Supa cu taitei 300 ml                                                                                                | Supa cu taitei 300 ml                                                                                                           |
| PRANZ        | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91                                | Ingrediente: ceapa, morcov, orez 30 ,telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91          | Ingrediente:taitei, ceapa, morcov,telina,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76                                                   | Ingrediente:taitei 30g, ceapa 30g, morcov,telina,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76                     | 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 orez si legume 300g                                                                                                  | Piure legume 300 g                                                                                                                         | Pui cu orez si legume 300g                                                                                           | Rasol pui cu orez 300g                                                                                                          |
|              | Ingrediente:pui 80g,morcov 40g, mazare30, conopida40g,telina40g, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52 | Ingrediente: pui 80g, orez 120g, ceapa, morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79                       | Ingrediente:morcov 60g, mazare 60g, conopida60g,telina60g, smantana, cartofi, fasole verde, ulei masline Cal: 239,8,Carb.16.92, Prot :5.15 | Ingrediente: pui 80g, orez 120g, ceapa, morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79                | 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 cu legume sote 300 g                                                                                                    | Bulz 250g                                                                                                                                  | Pui cu Bulz 300 g                                                                                                    | 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:pui 60g ,cartofi 100g, morcov 40g, telina,mazare,fasole verde, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14 | Ingrediente: malai 80 g, br. Vaci 50g, smantana 50g, mozzarella 40 g, oua Cal: 694,Carb.33.71,Prot.28.39                                   | Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47 | 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)                                   |                                                                                                                                 |
|              | 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                                                         |
|              |                                                                                                                                                |                                                                                                                             |                                                                                                                                            |                                                                                                                      |                                                                                                                                 |

**MARTI**

|              | FARA GLUTEN                                                                                                                                    | HIPERPROTEIC                                                                                                                     | HIPOCALORIC                                                                                                                                    | MUSULMAN                                                                                                                                       | VEGETARIAN                                                                                                                        |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| MIC<br>DEJUN | 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)<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)<br>Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)                                           |
|              | Ingrediente : mozzarella 40g,br.vaci 40g,unt 20g(lapte, cheag) , sunca p.(carne,soia) 40g, masline Cal:331.4,Carb:26.8, Prot:17.2              | Ingrediente : sal.victoria (carne,soia) 40g,cascaval 40 g,unt 20g (lapte cheag)gem 20g, masline Cal:455.9,Carb:41.04,Prot. 13.89 | Ingrediente : cascaval 40g, urda 40g, cas 30, unt 20g, cruditati Cal:496.85,Carb:43.01,Prot. 18.3                                              | Ingrediente br.vaci 30g, cas 30 g,unt 20 g mozzarella 30 g, (lapte, cheag) masline Cal:373.1,Carb:34.43,Prot:10.76                             | Ingrediente :branza tofu 120g, masline 30g, ardei gras 30g Cal:148.2,Carb:9.3,Prot.11.39                                          |
|              | Supa de rosii cu orez 300 ml                                                                                                                   | Supa de rosii cu orez 300 ml                                                                                                     | Supa de rosii cu orez 300 ml                                                                                                                   | Supa de rosii cu orez 300 ml                                                                                                                   | Supa de rosii cu orez 300 ml                                                                                                      |
| PRANZ        | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91                                | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91                  | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91                                | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91                                | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91                   |
|              | Pui cu piure legume 300 g                                                                                                                      | Porc piure cartofi 300 g                                                                                                         | Pui cu piure legume 300 g                                                                                                                      | Pui cu piure legume 300 g                                                                                                                      | Piure legume 250 g                                                                                                                |
|              | Ingrediente:pui 80g,morcov 40g, mazare30, conopida40g,telina40g, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb:20,Prot :23.52 | Ingrediente: porc 60g cartofi 200g, unt, lapte Cal: 461.1, Carb:30.24, Prot: 25.3                                                | Ingrediente:pui 80g,morcov 40g, mazare30, conopida40g,telina40g, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb:20,Prot :23.52 | Ingrediente:pui 80g,morcov 40g, mazare30, conopida40g,telina40g, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb:20,Prot :23.52 | Ingrediente:morcov 60g, mazare, conopida, telina, smantana, cartofi, fasole verde, ulei masline Cal: 239,8,Carb.16.92, Prot :5.15 |
|              | 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 cu legume sote 300 g                                                                                                                       | Pui cu Bulz 300 g                                                                                                                              | Bulz 250g                                                                                                                         |
|              | 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, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47             | Ingrediente:pui 60g ,cartofi 100g, morcov 40g, telina,mazare,fasole verde, ulei masline Cal: 313.04, Carb.12.79, Prot                          | Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78                                                 | Ingrediente: malai 80 g, br. Vaci 50g, smantana 50g, mozzarella 40 g, oua 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) 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)                                                             |                                                                                                                                   |
|              | 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

DIETETICIA

MIREA MARIANA LIL

POPESCU N.

VASILE FL.