

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

MARTI

PERIOADA 19 - 25 IANUARIE 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 : sal.victoria (carne,soia) 30g, mozzarella 30g,unt 30g, gem 20g, urda 30g, masline Cal:353,Carb.26.21,Prot. 17.82	Ingrediente :br vaci 30g, mozzarella 30g, unt 30g, cas 30,(lapte, chcac), urda 30g Cal:360.3,Carb.28.95,Prot. 18.01	Ingrediente : mozzarella 40g, br. vaci 40g, unt 30g, urda 30g, masline Cal:342.5,Carb:27.23,Prot:16.77	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	Ciorba de rosii cu fidea 300 ml Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras, Cal: 344.95, Carb: 0.91, Prot: 9.91	Ciorba de rosii cu fidea 300 ml Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras, Cal: 344.95, Carb: 0.91, Prot: 9.91	Crema de morcovi 300 ml Ingrediente: morcov 100g ceapa ,telina, cartofi, unt, smantana, Cal: 369.69, Carb: 25.83, Prot:3.97	Supa strecurata 300 ml Ingrediente: rosii 100g, morcov,telina,ardei gras, ulei Cal:280, Carb.:38,5, Prot:4.2	Crema de morcovi 300 ml Ingrediente: morcov 100g ceapa ,telina, cartofi, unt, smantana, Cal: 369.69, Carb: 25.83, Prot:3.97
	Porc, paste cu sos 300 g Ingrediente: file p. cong. 60g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 688.5, Carb:11.25, Prot: 33.31	Porc, paste cu sos 300 g Ingrediente: file p. cong. 60g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 688.5, Carb:11.25, Prot: 33.31	Pui cu piure de legume 300g Ingrediente: pui 80g, cartofi 80g, morcov, mazare, fasole verde, unt, lapte, telina Cal: 313.36, Carb: 12.45, Prot:23.3	Supa crema de legume 320g Ingrediente: morcov, telina, conopida, ardei gras Cal:322,Carb:56, Prot: 24	Carne fiarta, pilaf 160 g 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 cu mancare de cartofi 300 g	Pui cu mancare de cartofi 300 g	Pui cu cartofi la cuptor 300 g	Compot de mere 320g	Biscuiti cu lapte 320g
	Ingrediente:pui 80g, cartofi 100g, morcov 30g, ceapa, telina, rosii bulion Cal: 226.94 Carb.29.32, Prot 20.02	Ingrediente:pui 80 g, cartofi 100g, morcov 30g, ceapa, telina, rosii bulion Cal: 226.94 Carb.29.32, Prot 20.02	Ingrediente:carne pui 80g, cartofi 180g, usturoi, ulei, Cal:348 Carb.8.92,Prot.23.41	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
CINA	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

MARTI

	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: mozzarella 30g, br.vaci 30g, unt 30g, urda 30g, sunca p.(carne,soia) 30g, masline Cal:366,8,Carb:27.8, Prot:21.06	Ingrediente:Sal.Victoria(carne,soia) 40g, rosie 40g, biscuiti 40g, masline Cal: 455.9, Carb: 41.04, Prot: 13.89	Ingrediente : cas 30g,br vaci 30g, unt 30g, cas(lapte,cheag) 30g, urda 30g, masline Cal:278,Carb:22.73,Prot:11.22	Ingrediente: br.vaci 30g, unt 30g, urda 30g, cas(lapte, cheag) 30g, masline Cal:278,Carb:22.73,Prot:11.22	Ingrediente : biscuiti 30g(faina,zahar),urda 40 g, br. vaci 40g,mozzarella30g (lapte,zer)masline Cal:469,5,Carb.21.6,Prot. 26.25
	Ciorba de rosii cu fidea 300 ml	Crema de morcovi 300 ml	Ciorba de rosii cu fidea 300 ml	Crema de morcovi 300 ml	Crema de morcovi 300 ml
PRANZ	Ingrediente: rosii 60g, ceapa, morcovi, fidea, telina, pastarnac, ardei gras, ulei Cal: 344.95; Carb: 0.91; Prot: 9.91	Ingrediente: morcovi 100g, ceapa, telina, cartofi. Cal: 298.45; Carb: 20.74; Prot: 2.88	Ingrediente: rosii 60g, ceapa, morcovi, fidea, telina, pastarnac, ardei gras, ulei Cal: 344.95; Carb: 0.91; Prot: 9.91	Ingrediente: morcovi 100g, ceapa, telina, cartofi, unt, smantana Cal: 369.69; Carb: 25.83; Prot: 3.97	Ingrediente: morcovi 100g, ceapa, telina, cartofi, unt, smantana Cal: 369.69; Carb: 25.83; Prot: 3.97
	Pui cu ghiveci de legume 300 g	Pui, paste cu sos 300 g	Ghiveci de legume 300 g	Pui cu piure de legume 300g	Rasol pui cu orez 220g
	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina, fasole verde, dovlecel, cartofi, vinete,ulei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente: pui 80g paste 150g, rosii cuburi, ceapa, morcov, telina Cal: 719.88, Carb:11.28, Prot: 38.41	Ingrediente: morcov, rosii cuburi, ceapa, mazare, telina, fasole verde, dovlecel, cartofi, vinete,ulei Cal: 160.72, Carb.5.29,Prot :4.55	Ingrediente: pui 80g, cartofi 80g, morcov, mazare, fasole verde unt, lapte ,telina Cal: 313.36 , Carb: 12.45, Prot:23.3	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 cartofi la cuptor 300 g	Legume sote 250g	Pui cu cartofi la cuptor 300 g	Pui cu branza vaci 220g
	Ingrediente:carne pui 60 g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:carne pui 60 g, cartofi 180g , usturoi, ulei, Cal:348 Carb.8.92,Prot.23.41	Ingrediente: morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:92.16 Carb.0.66,Prot.4.52	Ingrediente:carne pui 60 g, cartofi 180g , usturoi, ulei, Cal:348 Carb.8.92,Prot.23.41	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)	
	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, mozzarella 30g,br.vaci 30g,unt 20g(lapte, cheag), sunca p.(carne,soia) 30 g Cal:622,8,Carb:8,02, Prot:23,45,	Ingrediente : sal.victoria (carne,soia) 30g, mozzarella 30g,unt 30g, gem 20g, urda 30g, masline Cal:353,Carb.26.21,Prot. 17.82	Ingrediente : salam victoria 30g, cas 30g, br. vaci 30g, unt 30g(lapte, cheag), gem 20g, masline Cal:392.5,Carb:16.41,Prot: 15.53	Ingrediente br.vaci 30g, cas 30 g,unt 30 g mozzarella 30 g, (lapte, cheag) masline Cal:622,8,Carb:7,07,Prot:16,16	Ingrediente :branza tofu,, masline, ardei gras Cal:249,8,Carb.14.5,Prot. 12,35
	Crema de morcovi 300 ml	Ciorba de rosii cu fidea 300 ml	Ciorba de rosii cu fidea 300 ml	Ciorba de rosii cu fidea 300 ml	Ciorba de rosii cu fidea 300 ml
PRANZ	Ingrediente: morcovi 100g, ceapa, telina, cartofi, unt, smantana Cal: 369.69; Carb: 25.83; Prot: 3.97	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras Cal: 344.95, Carb: 0.91, Prot: 9.91
	Pui cu ghiveci de legume 300 g	Porc, paste cu sos 300 g	Pui cu ghiveci de legume 300 g	Pui cu ghiveci de legume 300 g	Ghiveci de legume 250g
	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina, fasole verde, dovlecel, cartofi, vinete,ulei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente: file p. cong. 60g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 688.5, Carb:11.25, Prot: 33.31	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina, fasole verde, dovlecel, cartofi, vinete,ulei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina, fasole verde, dovlecel, cartofi, vinete,ulei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente: morcov, rosii cuburi, ceapa, mazare, telina, fasole verde, dovlecel, cartofi, vinete,ulei Cal: 160.72, Carb.5.29,Prot :4.55
	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 mancare de cartofi 300 g	Pui cu legume sote 300 g	Pui cu legume sote 300 g	Legume sote 250gr
	Ingrediente:carne pui 60 g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:pui 60 g, cartofi 100g, morcov 30g, ceapa, telina, rosii bulion Cal: 226.94 Carb.29.32, Prot 20.02	Ingrediente:carne pui 60 g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:carne pui 60g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente: morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:92.16 Carb.0.66,Prot.4.52
	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) 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

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.