

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

SPITALUL SFANTUL STEFAN

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

MARTI

PERIOADA 05 - 11 IANUARIE 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) Chifla<br>(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>30g, mozzarella 30g,unt 30g, gem 20g,<br>urda 30g, masline<br>Cal:353,Carb.26.21,Prot. 17.82 | Ingrediente :br vaci 30g, mozzarella<br>30g, unt 30g, cas 30,(lapte, cheag),<br>urda 30g<br>Cal:360.3,Carb.28.95,Prot. 18.01     | Ingrediente : mozzarella 40g, br.<br>vaci 40g, unt 30g, urda 30g,<br>masline<br>Cal:342.5,Carb:27.23,Prot:16.77                   | 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        | Ciorba de rosii cu fidea 300 ml                                                                                                         | Ciorba de rosii cu fidea 300 ml                                                                                                  | Crema de morcovi 300 ml                                                                                                           | Supa strecurata 300 ml                                                                               | Crema de morcovi 300 ml                                                                                          |
|              | Ingrediente: rosii 60g, ceapa,<br>morcov,fidea, <b>telina</b> ,pastarnac, ardei<br>gras,<br>Cal: 344.95, Carb: 0.91, Prot: 9.91         | Ingrediente: rosii 60g, ceapa,<br>morcov,fidea,<br><b>telina</b> ,pastarnac, ardei gras,<br>Cal: 344.95, Carb: 0.91, Prot: 9.91  | Ingrediente:morcov 100g ceapa<br><b>,telina</b> , cartofi, unt, smantana,<br>Cal: 369.69, Carb: 25.83, Prot:3.97                  | Ingrediente: rosii 100g,<br>morcov, <b>telina</b> ,ardei gras, ulei<br>Cal:280, Carb.:38,5, Prot:4.2 | Ingrediente:morcov 100g ceapa <b>,telina</b> ,<br>cartofi, unt, smantana,<br>Cal: 369.69, Carb: 25.83, Prot:3.97 |
|              | Porc, paste cu sos 300 g                                                                                                                | Porc, paste cu sos 300 g                                                                                                         | Pui cu piure de legume 300g                                                                                                       | Supa crema de legume 320g                                                                            | Carne fiarta, pilaf 160 g                                                                                        |
|              | Ingrediente: file p. cong. 60g paste<br>150g, unt, rosii cuburi, ceapa, morcov,<br>telina<br>Cal: 688.5, Carb:11.25, Prot: 33.31        | Ingrediente: file p. cong. 60g paste<br>150g, unt, rosii cuburi, ceapa,<br>morcov, telina<br>Cal: 688.5, Carb:11.25, Prot: 33.31 | Ingrediente: pui 80g, cartofi 80g,<br>morcov, mazare, fasole verde, unt,<br>lapte ,telina<br>Cal: 313.36 , Carb: 12.45, Prot:23.3 | Ingrediente: morcov, telina,<br>conopida, ardei gras<br>Cal:322,Carb:56, Prot: 24                    | Ingrediente: piept pui 80 g, orez<br>80g<br>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                                                                                           |
| CINA         | Ingrediente:pui 80g, cartofi 100g,<br>morcov 30g, ceapa, telina, rosii bulion<br>Cal: 226.94 Carb.29.32, Prot 20.02                     | Ingrediente:pui 80 g, cartofi 100g,<br>morcov 30g, ceapa, telina, rosii bulion<br>Cal: 226.94 Carb.29.32, Prot 20.02             | Ingrediente:carne pui 80g, cartofi<br>180g , usturoi, ulei,<br>Cal:348 Carb.8.92,Prot.23.41                                       | Ingrediente:mere 200g.apa 120ml,<br>CaL:94,Carb.:0.2,Prot: 0.8                                       | Ingrediente:lapte 200 ml, 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, arahide,<br>gluten, mustar si derivate                          | Poate contine: lactoza, peste, susan, arahide,<br>gluten, mustar si derivate                                     |

**MARTI**

|              | 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) Chifla<br>(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 30g, br.vaci<br>30g, unt 30g , urda 30g, sunca<br>p.(carne,soia) 30g, masline<br>Cal:366,8,Carb:27.8, Prot:21.06                   | Ingrediente:Sal.Victoria(carne,soia)<br>40g, rosie 40g, biscuiti 40g, masline<br>Cal: 455.9, Carb: 41.04, Prot: 13.89 | Ingrediente : cas 30g,br vaci 30g,<br>unt 30g, cas(lapte,cheag) 30g,<br>urda 30g, masline<br>Cal:278,Carb:22.73,Prot:11.22                        | Ingrediente: br.vaci 30g, unt 30g,<br>urda 30g, cas(lapte, cheag) 30g,<br>masline<br>Cal:278,Carb:22.73,Prot:11.22               | Ingrediente : biscuiti<br>30g(faina,zahar),urda 40 g, br.<br>vaci 40g,mozzarella30g<br>(lapte,zer)masline<br>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,<br>fidea, telina, pastarnac, ardei gras, ulei<br>Cal: 344.95; Carb: 0.91; Prot: 9.91                               | Ingrediente: morcovi 100g, ceapa,<br>telina, cartofi. Cal:<br>298.45; Carb: 20.74; Prot: 2.88                         | Ingrediente: rosii 60g, ceapa,<br>morcovi, fidea, telina, pastarnac,<br>ardei gras, ulei<br>Cal: 344.95; Carb: 0.91; Prot: 9.91                   | Ingrediente: morcovi 100g, ceapa,<br>telina, cartofi, unt, smantana<br>Cal: 369.69; Carb: 25.83; Prot: 3.97                      | Ingrediente: morcovi 100g, ceapa,<br>telina, cartofi, unt, smantana<br>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<br>cuburi, ceapa, mazare, telina, fasole<br>verde, dovlecel, cartofi, vinete,ulei<br>Cal: 248.63, Carb.8.37,Prot :23.27 | Ingrediente: pui 80g paste 150g, rosii<br>cuburi, ceapa, morcov, telina<br>Cal: 719.88, Carb:11.28, Prot: 38.41       | Ingrediente: morcov, rosii cuburi,<br>ceapa, mazare, telina, fasole verde,<br>dovlecel, cartofi, vinete,ulei<br>Cal: 160.72, Carb.5.29,Prot :4.55 | Ingrediente: pui 80g, cartofi 80g,<br>morcov, mazare, fasole verde unt,<br>lapte ,telina<br>Cal: 313.36 , Carb: 12.45, Prot:23.3 | Ingrediente:piept pui70g, orez 60g<br>morcovi 30g,pastarnac,telina<br>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<br>60g, telina, mazare, fasole verde,<br>conopida, broccoli, dovlecel<br>Cal:291.24,Carb:8.3 Prot:23.11                 | Ingrediente:carne pui 60 g, cartofi<br>180g , usturoi, ulei,<br>Cal:348 Carb.8.92,Prot.23.41                          | Ingrediente: morcov 60g, telina,<br>mazare, fasole verde, conopida,<br>broccoli, dovlecel<br>Cal:92.16 Carb.0.66,Prot.4.52                        | Ingrediente:carne pui 60 g, cartofi<br>180g , usturoi, ulei,<br>Cal:348 Carb.8.92,Prot.23.41                                     | Ingrediente:piept pui 60 g, branza<br>vaci 150 g<br>Cal:180,6, Carb.12,6, Prot. 8,5                                                          |
|              | 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)                                                                           | 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)                                            |                                                                                                                                              |
|              | 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, arahide,<br>gluten, mustar si derivate                                                       | Poate contine: lactoza,peste,susan, arahide,<br>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 : cas 30g, mozzarella 30g,br.vaci 30g,unt 20g(lapte, cheag) , sunca p.(carne,soia) 30 g<br>Cal:622,8,Carb:8,02, Prot:23,45,               | Ingrediente : sal.victoria (carne,soia) 30g, mozzarella 30g,unt 30g, gem 20g, urda 30g, masline<br>Cal:353,Carb.26.21,Prot. 17.82 | Ingrediente : salam victoria 30g, cas 30g, br. vaci 30g, unt 30g(lapte, cheag), gem 20g, masline<br>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<br>Cal:622,8,Carb:7,07,Prot:16,16                                  | Ingrediente :branza tofu,, masline, ardei gras<br>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<br>Cal: 369.69; Carb: 25.83; Prot: 3.97                                              | Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras<br>Cal: 344.95, Carb: 0.91, Prot: 9.91                  | Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras<br>Cal: 344.95, Carb: 0.91, Prot: 9.91                                      | Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras<br>Cal: 344.95, Carb: 0.91, Prot: 9.91                                      | Ingrediente: rosii 60g, ceapa, morcov,fidea, telina,pastarnac, ardei gras<br>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,uilei<br>Cal: 248.63, Carb.8.37,Prot :23.27 | Ingrediente: file p. cong. 60g paste 150g, unt, rosii cuburi, ceapa, morcov, telina<br>Cal: 688.5, Carb:11.25, Prot: 33.31        | Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina, fasole verde, dovlecel, cartofi, vinete,uilei<br>Cal: 248.63, Carb.8.37,Prot :23.27 | Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina, fasole verde, dovlecel, cartofi, vinete,uilei<br>Cal: 248.63, Carb.8.37,Prot :23.27 | Ingrediente: morcov, rosii cuburi, ceapa, mazare, telina, fasole verde, dovlecel, cartofi, vinete,uilei<br>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<br>Cal:291.24,Carb:8.3 Prot:23.11                  | Ingrediente:pui 60 g, cartofi 100g, morcov 30g, ceapa, telina, rosii bulion<br>Cal: 226.94 Carb.29.32, Prot 20.02                 | Ingrediente:carne pui 60 g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel<br>Cal:291.24,Carb:8.3 Prot:23.11                  | Ingrediente:carne pui 60g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel<br>Cal:291.24,Carb:8.3 Prot:23.11                   | Ingrediente:morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel<br>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



*[Handwritten signature]*

APROBAT DIRECTOR  
DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.

*[Handwritten signature]*