

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

SAMBATA

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 : salam rustic 30g, urda 30g, branza vaci 30g, unt 30g, mozzarella 30g, masline Cal:424.7,Carb.34.13,Prot:20.67	Ingrediente :mozzarella 30g, cas (lapte, cheag) 30g, unt 30g, gem 20g, urda 30g Cal:370.5,Carb.27.63,Prot. 18.76	Ingrediente: br.vaci 30g, cas(lapte, cheag)30g, unt 30g, urda 30g, masline Cal:278,Carb:22.73,Prot:11.22	Ingrediente : iaurt 125g, branza vaci 150g, Cal:260, Carb:10.25, Prot :24.13	Ingrediente: Lapte 200g, biscuiti 100g(faina, zahar) Cal:577, Carb:24; Prot: 13
DEJUN	Ciorba de legume 300 ml	Ciorba de legume 300 ml	Supa cu fidea 300 ml	Supa strecurata 300 ml	Supa crema de legume 300 ml
	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina, ardei gras, fidea, ou Cal: 640.25, Carb: 6.73, Prot: 24.77	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
	Ostropel de pui/mamaliga 300g	Ostropel de pui/mamaliga 300g	Pui legume sote 300g	Supa crema de legume 320g	Carne fiarta, pilaf 300 g
	Ingrediente: pui 80g, mamaliga 150g, ceapa 30, rosii cuburi Cal:807.1,Carb:5.64,Prot:36.12	Ingrediente: pui 80g, mamaliga 150g, ceapa 30, rosii cuburi Cal:807.1,Carb:5.64,Prot:36.12	Ingrediente:pui 80g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 226.81,Carb:4.34, Prot:27.51	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)		
CINA	Porc cu orez sarbesc 300g	Porc cu orez sarbesc 300g	Pui cu conopida sote 300g	Compot de mere 320g	Biscuiti cu lapte 320g
	Ingrediente:file porc 70g, orez 130g, ceapa, morcov, telina, ardei gras, rosii cuburi Cal:711.74,Carb:4.83,Prot:28.37	Ingrediente:file porc 70g, orez 130g, ceapa, morcov, telina, ardei gras, rosii cuburi Cal:711.74,Carb:4.83,Prot:28.37	Ingrediente:carne pui 80 g, conopida 130 , morcov 60g , ulei masline Cal: 267.57,Carb.10.43,Prot.28.05	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

SAMBATA

	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 : unt 30g, cascaval 30g, salam rustic, br. Vaci 30g, cas(lapte cheag)30g, masline Cal:407,Carb:35.18, Prot:16.38	Ingrediente: Parizer(carne,soia) 30g, biscuiti, rosie, gem, masline Cal:353.31, Carb:32.2, Prot:10.69	Ingrediente: unt 30g, urda 40g, br. Vaci 30g, cas(lapte, cheag) 30g, masline Cal:291.6,Carb:23.13,Prot: 13.02	Ingrediente:unt 30g, urda 30g, cas(lapte, cheag) 30g, cascaval 30g, masline Cal:340.2,Carb:28.53,Prot:15.63	Ingrediente : biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:669,Carb.21.6,Prot. 26.25
	Ciorba de legume 300 ml	Supa cu fidea 300 ml	Ciorba de legume 300 ml	Supa cu fidea 300 ml	Supa cu fidea 300 ml
	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina, ardei gras, fidea, ou Cal: 640.25, Carb: 6.73, Prot: 24.77	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina, ardei gras, fidea, ou Cal: 640.25, Carb: 6.73, Prot: 24.77	Ingrediente: ceapa, morcov, telina, ardei gras, fidea, ou Cal: 640.25, Carb: 6.73, Prot: 24.77
	Ostropel de pui cu mamaliga 350g	Pui cu legume sote 300g	Spanac sote 250g	Pui legume sote 250g	Rasol pui cu orez 220g
	Ingrediente: pui 80g, mamaliga 150g, ceapa 30, rosii cuburi Cal:807.1,Carb:5.64,Prot:36.12	Ingrediente: pui 80g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 226.81,Carb:4.34, Prot:27.51	Ingrediente: spanac150g, morcov 60, unt, ulei de masline Cal: 157.9,Carb:10.8, Prot:6	Ingrediente: pui 80g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 226.81,Carb:4.34, Prot:27.51	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)
PRANZ	Pui cu legume sote 300g	Pui cu conopida sote 300g	Legume sote 250g	Pui cu conopida sote 300g	Pui cu branza vaci 220g
	Ingrediente: pui 80g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 226.81,Carb:4.34, Prot:27.51	Ingrediente:pui 80g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 267.57,Carb.10.43,Prot.28.05	Ingrediente: morcov 80g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 127.47 Carb:0.78 Prot: 5.77	Ingrediente:pui 80g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:	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)	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)
CINA	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

SAMBATA

	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,br.vaci 30g,unt 30g, mozzarella 30g (lapte,cheag),sunca p. (carne, soia)30g, Cal:622,8,Carb:8,02, Prot:23,45,	Ingrediente : salam rustic 30g, urda 30g, branza vaci 30g, unt 30g, mozzarella 30g, masline Cal:424.7,Carb.34.13,Prot:20.67	Ingrediente :cas30g,br vaci 30g, unt 30g (lapte,cheag),masline Cal:481,48,Carb:22.41,Prot: 15,53	Ingrediente:br.vaci 30g,cas30g ,unt30g,cas 30g(lapte, cheag) masline Cal:680,3,Carb:7,07,Prot:16,16	Ingrediente : Salata rosii, branza tofu Cal:369,Carb.12.6,Prot. 12.25
	Ciorba de legume 300 ml	Ciorba de legume 300 ml	Ciorba de legume 300 ml	Ciorba de legume 300 ml	Ciorba de legume 300 ml
PRANZ	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8
	Ostropel de pui cu mamaliga 300 g	Ostropel de pui cu mamaliga 300 g	Ostropel de pui cu mamaliga 300 g	Ostropel de pui cu mamaliga 300 g	Spanac sote. 250g
	Ingrediente: pui 80g, mamaliga 150g, ceapa 30, rosii cuburi Cal:807.1,Carb:5.64,Prot:36.12	Ingrediente: pui 80g, mamaliga 150g, ceapa 30, rosii cuburi Cal:807.1,Carb:5.64,Prot:36.12	Ingrediente: pui 80g,morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal:226.81,Carb:4.34,Prot:27.51	Ingrediente: pui 80g, mamaliga 150g, ceapa 30, rosii cuburi Cal:807.1,Carb:5.64,Prot:36.12	Ingrediente: spanac150g, morcov 60, unt, ulei de masline Cal: 157,9,Carb:10,8, Prot:6
	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 300g	Porc cu orez sarbesc 300g	Pui cu conopida sote 300g	Pui cu legume sote 300g	Legume sote 250g
	Ingrediente: pui 80g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 226.81,Carb:4.34, Prot:27.51	Ingrediente:file porc 70g, orez 130g, ceapa, morcov, telina, ardei gras, rosii cuburi Cal:711.74,Carb:4.83,Prot:28.37	Ingrediente:pui 80g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 267.57,Carb.10.43,Prot.28.05	Ingrediente: pui 80g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 226.81,Carb:4.34, Prot:27.51	Ingrediente:morcov 80g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 127.47 Carb:0.78 Prot: 5.77
	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

DOBRE ALEXANDRU

ENCIU LAURA



APROBAT DIRECTOR
DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.