

## UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

## LUNI

PERIOADA 23 FEBRUARIE - 01 MARTIE 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
	Cas40 g, sunca(carne,soia) 40g, mozzarella 40g,unt 20g (lapte cheag) masline Cal:383.7,Carb.18.89,Prot. 17.07	Mozzarella 40g,br. vaci 30g,unt 20g, cas 40g lapte,cheag)gem 20g Cal:428,Carb.33.28,Prot. 20.12	Cas 30g, ,cascaval 30g,br. vaci 30g, unt 20g(lapte,cheag) Cal:339.3,Carb:30.15,Prot:13.77	Iaurt 125g, branza vaci 150g, Cal:260, Carb :10.25, Prot : 24.13	Lapte 200 g, biscuiti 100g(faina, zahar) Cal:577,Carb:24;Prot: 13
PRANZ	Crema de legume 300ml	Crema de legume 300ml	Crema de legume 300ml	Supa strecurata 300 ml	Crema de legume 300ml
	Ingrediente: ceapa30g, morcov40g, telina30g, cartofi50g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3	Ingrediente: ceapa30g, morcov40g, telina30g, cartofi50g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3	Ingrediente: ceapa30g, morcov40g, telina30g, cartofi50g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3	Ingrediente: morcov,telina,ardei gras Cal: 211.56, Carb:18.71, Prot:1.7	Ingrediente: ceapa30g, morcov40g, telina30g, cartofi50g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3
	Pui cu fasole verde sote 300g	Pui cu fasole verde sote 300g	Pui cu piure cartofi 300g	Supa crema de legume 300 ml	Pui cu orez 300g
	Ingrediente:carne pui 80g, fas. Verde140g , morcov 70g , ulei masline Cal: 245.5,Carb.12.92,Prot.19.15	Ingrediente:carne pui 80g, fas. Verde140g , morcov 70g , ulei masline Cal: 245.5,Carb.12.92,Prot.19.15	Ingrediente:carne pui 80g, cartofi 150g,unt 30g, lapte, Cal: 568.8, Carb:38.18, Prot:23.7	Ingrediente: morcov, telina, cartofi, fasole verde, coopida, smantana Cal:425.5,Carb:27.04, Prot:4.1	Ingrediente:carne pui 60g, orez 150g,ceapa, morcov, telina Cal: 568.8, Carb:38.18, Prot:23.7
	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 orez cu ciuperci 300g	Pui cu orez cu ciuperci 300g	Pui, cartofi, ciuperci sote 300g	Compot de mere 300g	Biscuiti cu lapte 300g	
CINA	Ingrediente: pui 80g, orez 100g, morcov,telina, ardei gras,ciuperci cons, ceapa, ulei Cal:458.28,Carb:13.58 Prot:24.55	Ingrediente: pui 80g, orez 100g, morcov,telina, ardei gras,ciuperci cons, ceapa, ulei Cal:458.28,Carb:13.58 Prot:24.55	Ingrediente:carne pui 80 g, cartofi 140g, morcovi 30, ciuperci 30g,ulei Cal: 240.41,Carb.12.63,Prot.20.92	Ingrediente:mere 200g, apa 100ml, CaL:94,Carb.:0.2,Prot: 0.8	Ingrediente: lapte 200ml, biscuiti 100g Cal:197.79,Carb.5.52,Prot :7.32
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec ( Cal:333; Carb; 8.0; Prot: 5.3)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec ( Cal:333; Carb; 8.0; Prot: 5.3)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec ( Cal:333; Carb; 8.0; Prot: 5.3)	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)
	Cas 40g,unt 20g, br vaci 40g(lapte, cheag) salam victoria 40 g , masline Cal:279.3,Carb:25.97, Prot:7.95,	Biscuiti 40g, sunca(carne, soia) 40g, rosie, gem 20g, masline Cal: 289.9, Carb: 10.3, Prot:13.18	Cas 40g,urda 30g, unt 20g(lapte,cheag), gem 30g, masline Cal:341.5,Carb:25.02,Prot: 14.75	Br.vaci 40g, cas 40 g,unt 20g, mozzarella 30 g, (lapte, cheag) masline Cal:372.2,Carb:32.47,Prot:14.45	Biscuiti 30g(faina,zahar),urda 40 g, br. vaci 40g,mozzarella30g (lapte,zer)masline Cal:356.1,Carb.17.67,Prot.21.38
	Ciorba taraneasca de legume 300 ml	Ciorba taraneasca de legume 300 ml	Crema de legume 300ml	Crema de legume 300ml	Supa cu taitei 300ml
PRANZ	Ingrediente: ceapa, morcov,telina cartofi, fasole verde, mazare,rosii in bulion, bors, varza alba, ardei gras, ulei Cal: 159.92, Carb.:72, Prot:3.28	Ingrediente: ceapa, morcov,telina cartofi, fasole verde, mazare,rosii in bulion, bors, varza alba, ardei gras, ulei Cal: 159.92, Carb.:72, Prot:3.28	Ingrediente: ceapa30g, morcov40g, telina30g,cartofi50g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3	Ingrediente: ceapa30g, morcov40g, telina30g,cartofi50g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3	Ingrediente:taitei 30g, morcov,telina,ou Cal:193.04, Carb:13.66, Prot:7.76
	Pui cu spanac 300 g	Pui cu spanac 300 g	Mancare spanac 250g	Pui cu piure cartofi 300g	Rasol pui cu orez 300g
	Ingrediente:carne pui 80 g,spanac cong 70g,ceapa 30, bulion 30g,telina , morcov, ardei gras, orez,ulei Cal: 262.36,Carb.12.88,Prot :23.28	Ingrediente:carne pui 80 g,spanac cong 70g,ceapa 30, bulion 30g,telina , morcov, ardei gras, orez,ulei Cal: 262.36,Carb.12.88,Prot :23.28	Ingrediente:spanac 120g, morcovi 30 g, ceapa 30g,rosii 30, telina 30g, bulion, ulei, orez, ardei gras Cal:161,Carb.9.89,Prot 4.42	Ingrediente:carne pui 80g, cartofi 150g,unt 30g, lapte, Cal: 568.8, Carb:38.18, Prot:23.7	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 fasole verde sote 300g	Pui cu fasole verde sote 300g	Fasole verde sote 250g	Pui, cartofi, ciuperci sote 300g	Pui cu branza vaci 220g
	Ingrediente:carne pui 80g, fas. Verde140g , morcov 30g , rosii in bulion, ulei masline Cal: 245.5,Carb.12.92,Prot.19.15	Ingrediente:carne pui 80g, fas. Verde140g , morcov 30g , rosii in bulion, ulei masline Cal: 245.5,Carb.12.92,Prot.19.15	Ingrediente:fasole verde 150g, morcovi 40g, rosii in bulion, ulei masline Cal:163.7,Carb.10.46,Prot 4.41	Ingrediente:carne pui 80 g, cartofi 140g, morcovi 30, ciuperci 30g,ulei Cal: 240.41,Carb.12.63,Prot.20.92	Ingrediente:piept pui 60g, branza vaci 160 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) Mar ( Cal: 105.4; Carb; 0.36; Prot: 0.32)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec ( Cal:333; Carb; 8.0; Prot: 5.3)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec ( Cal:333; Carb; 8.0; Prot: 5.3)	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	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)
	Cas 40g,unt 20g, br vaci 40g(lapte, cheag), salam victoria 40g , masline Cal:279.3,Carb:25.97, Prot:7.95,	Cas40 g, sunca(carne,soia) 40g, mozzarella 40g,unt 20g (lapte cheag) masline Cal:324.7,Carb.27.23,Prot. 16.98	Mozzarella 40g,br. vaci 40g,unt 20g, cas 30g lapte,cheag) masline Cal:386,Carb.32.94,Prot. 16.35	Br.vaci 40g, cas 40 g,unt 20 g mozzarella 30 g, (lapte, cheag) masline Cal:372.2,Carb:32.47,Prot:14.45	Zacusca 120g, masline 30g Cal:256.87,Carb.15.55,Prot.3.52
	Crema de legume 300ml	Crema de legume 300ml	Ciorba taraneasca de legume 300 ml	Crema de legume 300ml	Crema de legume 300ml
PRANZ	Ingrediente: ceapa30g, morcov40g, telina30g, fasole verde30g, conopida20g, broccoli, smantana Cal:202.22, Carb:9.91, Prot:3.3	Ingrediente: ceapa30g, morcov40g, telina30g, fasole verde30g, conopida20g, broccoli, smantana Cal:202.22, Carb:9.91, Prot:3.3	Ingrediente: ceapa, morcov,telina cartofi, fasole verde, mazare,rosii in bulion, bors, varza alba, ardei gras, ulei Cal: 159.92, Carb: 72, Prot:3.28	Ingrediente: ceapa30g, morcov40g, telina30g, fasole verde30g, conopida20g, broccoli, smantana Cal:202.22, Carb:9.91, Prot:3.3	Ingrediente: ceapa30g, morcov40g, telina30g, fasole verde30g, conopida20g, broccoli, smantana Cal:202.22, Carb:9.91, Prot:3.3
	Pui cu spanac 300 g	Pui cu fasole verde sote 300g	Pui cu spanac 300 g	Pui cu fasole verde 300g	Fasole verde sote 250g
	Ingrediente:carne pui 80 g,spanac cong 70g,ceapa 30, bulion 30g,telina , morcov, ardei gras, orez,ulei Cal: 262.36,Carb.12.88,Prot :23.28	Ingrediente:carne pui 80g, fas. Verde140g , morcov 30g, rosii in bulion, ulei masline Cal: 245.5,Carb.12.92,Prot.19.15	Ingrediente:carne pui 80 g,spanac cong 70g,ceapa 30, bulion 30g,telina , morcov, ardei gras, orez, ulei Cal: 262.36,Carb.12.88,Prot :23.28	Ingrediente:carne pui.80g, fasole verde140g, morcov 30g, rosii in bulion, ulei Cal: 245.5,Carb.12.92,Prot.19.15	Ingrediente:fasole verde 150, morcovi 40g, rosii in bulion, ulei masline Cal:162.06, Carb.9.64, Prot.4.46
	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 fasole verde sote 300g Ingrediente:carne pui 80g, fas. Verde140g , morcov 30g, rosii in bulion, ulei masline Cal: 245.5,Carb.12.92,Prot.19.15	Pui cu orez cu ciuperci 300g Ingrediente: pui 80g, orez 100g, morcov,telina, ardei gras,ciuperci cons 30g, ceapa, ulei Cal:458.28,Carb:13.58 Prot:24.55	Pui cu fasole verde sote 300g Ingrediente:carne pui 80g, fas. Verde140g , morcov 30g, rosii in bulion, ulei masline Cal: 245.5,Carb.12.92,Prot.19.15	Pui cu orez cu ciuperci 300g Ingrediente: pui 80g, orez 100g, morcov,telina, ardei gras,ciuperci cons 30g, ceapa, ulei Cal:458.28,Carb:13.58 Prot:24.55	Orez cu ciuperci 250gr Ingrediente:orez 150g, morcov, telina, ceapa, ardei gras, ciuperci cons. 30g ulei Cal:799.2, Carb.12.24, Prot.12.22
	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) Chec ( Cal:333; Carb; 8.0; Prot: 5.3)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec ( Cal:333; Carb; 8.0; Prot: 5.3)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec ( Cal:333; Carb; 8.0; Prot: 5.3)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar ( Cal: 105.4; Carb; 0.36; Prot: 0.32)
	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


**DIETETICIAN**

MIREA MARIANA LILIANA

As.diet. VASILICA FL