

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

JOI

PERIOADA 09 - 15 FEBRUARIE 2026

REGIM COMUN

REGIM FARA SARE
(CARDIAC)

ULCER

HIDRIC

PASAT

MIC
DEJUNCeai+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)
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(Cal: 312.9; Carb: 3.78; Prot: 8.44)

Lapte cu biscuiti

Ingrediente : suna p. (carne,soia) 40g,
cascaval 40g,cas 30g,unt 20g(lapte
cheag)masline
Cal:285.8,Carb.25.85,Prot. 12.57Ingrediente : br.vaci 40g,unt 20g,cas
40g ,(lapte, cheag) gem 30g(zahar)
Cal:264.32,Carb.20.97,Prot. 11.37Ingrediente : br. vaci 30g,cas30g
cascaval 30g unt 20g(lapte,cheag),
masline
Cal:322.68,Carb:29.36,Prot:13.32Ingrediente : iaurt 125g, branza vaci
150g,
Cal:260, Carb :10.25, Prot : 24.13Ingrediente : Lapte 200 g, biscu
100g(faina, zahar)
Cal:577,Carb:24;Prot: 13

DEJUN

Supa crema ciuperci 300 ml

Supa crema ciuperci 300 ml

Supa cu taitei 300 ml

Supa strecurata 300 ml

Supa crema ciuperci 300 ml

Ingrediente:cartofi,ceapa,ciuperci.
,morcov,telina,ardei gras, smantana,ulei
Cal: 254.24,Carb:15.94,Prot:2.96Ingrediente:cartofi,ceapa,ciuperci.
,morcov,telina,ardei gras,
smantana,ulei
Cal: 254.24,Carb:15.94,Prot:2.96Ingrediente:taitei, ceapa,
morcov,telina,ardei gras,ou
Cal:193.04, Carb:13.66, Prot:7.76Ingrediente: morcov,telina,ardei gras
Cal: 211.56, Carb:18.71, Prot:1.7Ingrediente:cartofi,ceapa,ciuper
,morcov,telina,ardei gras,
smantana,ulei
Cal: 254.24,Carb:15.94,Prot:2.9

Porc la cuptor cu piure cartofi si spanac300g

Porc la cuptor cu piure cartofi si
spanac300g

Pui cu orez si ciuperci 300g

Supa crema de legume 300 ml

Pui cu orez si ciuperci 300g

Ingrediente: file porc cong 60g cartofi
150g, spanac, unt, lapte
Cal: 423.4, Carb:25.13, Prot: 16.34Ingrediente: file porc cong 60g
cartofi 150g, spanac, unt, lapte
Cal: 423.4, Carb:25.13, Prot: 16.34Ingrediente: pui 80g, orez 120g,
ceapa, morcov,telina, ardei
gras,ciuperci 30g. ulei
Cal:432.74,Carb:13.24 Prot:25.16Ingrediente: morcov, telina, cartofi,
fasole verde, coopida, smantana
Cal:425.5,Carb:27.04, Prot:4.1Ingrediente: pui 80g, orez 120g
ceapa, morcov,telina, ardei
gras,ciuperci 30g. ulei
Cal:432.74,Carb:13.24 Prot:25.1

Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)

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Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)

Pui la cuptor/orez sarbesc 300g

Pui la cuptor/orez sarbesc 300g

Pui la cuptor cu piure cartofi si
spanac300g

Compot de mere 320g

Biscuiti, lapte 320 g

CINA

Ingrediente:carne pui 60g,orez 120,
ceapa, morcov,ardei gras,telina, rosii in
bulion, ulei
Cal:336.34,Carb:12.89,Prot:22.76Ingrediente:carne pui 60g,orez 120,
ceapa, morcov,ardei gras,telina, rosii
in bulion, ulei
Cal:336.34,Carb:12.89,Prot:22.76Ingrediente: pui 60g cartofi 150g,
spanac, unt, lapte
Cal: 575, Carb:38,53, Prot: 24Ingrediente:mere 200g.apa 120ml,
CaL:94,Carb.:0.2,Prot: 0.8Ingrediente:lapte 200ml, biscuiti
120 g
CaL:512,Carb.:12.5,Prot: 12Chifla (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 derivatePoate contine: lactoza,peste,susan,
arahide, gluten, mustar si derivatePoate contine: lactoza,peste,susan, arahide,
gluten, mustar si derivatePoate contine: lactoza,peste, susan,
arahide, gluten, mustar si derivatePoate 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)
	Ingrediente :br.vaci 40g,unt 20g, mozzarella 40g (lapte, cheag),salam victoria (carne, soia)40g,masline, Cal:289.94,Carb:25.61, Prot:12.49	Ingrediente: sunca praga(carne, soia)40g, biscuiti, rosie, gem, masline Cal:285.8, Carb:25.85, Prot:12.57	Ingrediente :cas40g,mozzarella 40g, unt 20g(lapte,cheag),gem 30g, masline Cal:368.9,Carb:35.61,Prot:10.85	Ingrediente :br.vaci 30g, cas 30 g,unt 20 g cascava 30gl(lapte, cheag)gem 20g, masline Cal:436.8,Carb:35.58,Prot:20.1	Ingrediente : biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:313.9,Carb.12.15,Prot. 19.3
	Supa cu taitei 300 ml	Supa cu taitei 300 ml	Supa cu taitei 300 ml	Supa cu taitei 300 ml	Supa cu taitei 300 ml
PRANZ	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou, ulei Cal:193.04, Carb:13.66, Prot:7.76
	Pui cu mancare spanac 300g	Pui cu mancare spanac 300g	Orez cu ciuperci 300g	Pui cu orez si ciuperci 300g	Rasol pui cu orez 300g
	Ingrediente:carne pui 80g,spanac 80g, orez 30g ,ceapa, bulion , morcov, telina ,ardei gras, ulei Cal: 272.14 Carb:12.96, Prot: 23.62	Ingrediente:carne pui 80g,spanac 80g, orez 30g ,ceapa, bulion , morcov, telina ,ardei gras, ulei Cal: 272.14 Carb:12.96, Prot: 23.62	Ingrediente:,orez 150g, morcov, ceapa , telina ,ardei gras, ciuperci, ulei Cal:461.04,Carb:10.51,Prot 9	Ingrediente: pui 80g, orez 120g, ceapa, morcov, telina , ardei gras,ciuperci 30g. ulei Cal:432.74,Carb:13.24 Prot:25.16	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 la cuptor/orez sarbesc 300g	Bulz 250g	Pui cu piure cartofi si spanac300g	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:carne pui 60g,orez 120, ceapa, morcov,ardei gras, telina , rosii in bulion, ulei Cal:336.34,Carb:12.89,Prot:22.76	Ingrediente: malai 80 g, br. Vaci 50g, smantana 50g, mozzarella 40 g, oua Cal: 694,Carb.33.71,Prot.28.39	Ingrediente: pui 60g cartofi 150g, spanac, unt, lapte Cal: 575, Carb:38,53, Prot: 24	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)	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

	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 :br.vaci 40g,unt 20g, mozzarella 40g (lapte, cheag),salam victoria (carne, soia)40g,maseline, Cal:289.94,Carb:25.61, Prot:12.49	Ingrediente : suna p. (carne,soia) 40g, cascaval 40g,cas 30g.unt 20g(lapte cheag)masline Cal:285.8,Carb.25.85,Prot. 12.57	Ingrediente : br.vaci 40g,unt 20g,cas 40g ,(lapte, cheag) , mozzarella 30, cruditati Cal:264.32,Carb.20.97,Prot. 11.37	Ingrediente :br.vaci 30g, cas 30 g,unt 20 g cascaval 30gl(lapte, cheag)gem 20g Cal:342.3,Carb:28.68,Prot:12	Ingrediente : rosii, castraveti, masline, ardei gras Cal:54.2,Carb.2.24 Prot. 1.3
	Supa crema ciuperci 300 ml	Supa crema ciuperci 300 ml	Supa cu taitei 300 ml	Supa crema ciuperci 300 ml	Supa crema ciuperci 300 ml
PRANZ	Ingrediente:cartofi,ceapa,ciuperci. ,morcov, telina ,ardei gras, smantana,uilei Cal: 254.24,Carb:15.94,Prot:2.96	Ingrediente:cartofi,ceapa,ciuperci. ,morcov, telina ,ardei gras, smantana,uilei Cal: 254.24,Carb:15.94,Prot:2.96	Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:cartofi,ceapa,ciuperci. ,morcov, telina ,ardei gras, smantana,uilei Cal: 254.24,Carb:15.94,Prot:2.96	Ingrediente:cartofi,ceapa,ciuperci. ,morcov, telina ,ardei gras, smantana,uilei Cal: 254.24,Carb:15.94,Prot:2.96
	Pui cu mancare spanac 300g	Porc la cuptor cu piure cartofi si spanac300g	Pui cu mancare spanac 300g	Pui cu mancare spanac 300g	Mancare de spanac 250g
	Ingrediente:carne pui 80g,spanac 80g, orez 30g ,ceapa, bulion , morcov, telina ,ardei gras, ulei Cal: 272.14 Carb:12.96, Prot: 23.62	Ingrediente: file porc cong 60g cartofi 150g, spanac, unt, lapte Cal: 423.4 Carb:25.13, Prot: 16.34	Ingrediente:carne pui 80g,spanac 80g, orez 30g ,ceapa, bulion , morcov, telina ,ardei gras, ulei Cal: 272.14 Carb:12.96, Prot: 23.62	Ingrediente:carne pui 80g,spanac 80g, orez 30g ,ceapa, bulion , morcov, telina ,ardei gras, ulei Cal: 272.14 Carb:12.96, Prot: 23.62	Ingrediente:spanac 100g, orez 30g ceapa, bulion, morcov, telina, ardei gras, ulei Cal:160.64, Carb.9.73, Prot.4.01
	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 la cuptor/orez sarbesc 300g	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:carne pui 60g,orez 120, ceapa, morcov,ardei gras, telina , rosii in bulion, ulei Cal:336.34,Carb:12.89,Prot:22.76	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47	Ingrediente: malai 80 g, br. Vac: 50g, smantana 50g, mozzarella 4 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)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Ma 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


 APROBAT DIRECTOR
DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.