

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

VINERI

PERIOADA 09 - 15 FEBRUARIE 2026

REGIM COMUN

REGIM FARA SARE
(CARDIAC)

ULCER

HIDRIC

PASAT

MIC
DEJUNCeai+zahar (cal:15.91; carb: 0; prot: 0)
(Cal: 312.9; Carb: 3.78; Prot: 8.44) ChiflaCeai+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 :suna p. (carne,soia) 30g,br
vaci30g,mozzarella 30g,unt 20g(lapte
cheag)ou fiert, masline
Cal:299.3,Carb.23.7,Prot. 18.66Ingrediente : br vaci30g, mozzaella
30g,unt 20g,cas30g ,(lapte, cheag)
gem 20g(zahar)
Cal:410.7,Carb.33.78,Prot. 17.25Ingrediente : br. vaci 30g,cas30g
cascaval 30g unt 20g(lapte, cheag)
masline
Cal:380.3,Carb:34.13,Prot:14.6Ingrediente : iaurt 125g, branza vaci
150g,
Cal:260, Carb :10.25, Prot : 24.13Ingrediente : Lapte 200 g,
100g(faina, zahar)
Cal:577,Carb:24;Prot:

DEJUN

Bors legume cu ou 300 ml

Bors legume cu ou 300 ml

Crema conopida 300 ml

Supa strecurata 300 ml

Crema conopida 300

Ingrediente:cartofi,ceapa,morcov,
telina,ardei gras, ou,rosii, varza,
ulei,bors
Cal: 220.14,Carb:13.63,Prot:7.97Ingrediente:cartofi,ceapa,morcov,
telina,ardei gras, ou,rosii, varza,
ulei,bors
Cal: 220.14,Carb:13.63,Prot:7.97Ingrediente: conopida cong.60g
ceapa, morcov,telina,smantana,
cartofi,ulei
Cal:268.94,Carb:19.05,Prot:2.79Ingrediente: morcov,telina,ardei
gras
Cal: 211.56, Carb:18.71, Prot:1.7Ingrediente: conopida con
ceapa, morcov,telina,sm
cartofi,ulei
Cal:268.94,Carb:19.05,Pro

Pui cu paste, legume si ciuperci 250g

Pui cu paste, legume si ciuperci
250g

Paste primavera/pui 300g

Supa crema de legume 300 ml

Pui cu paste, legume si ci
250gIngrediente: pui 80g,penne 100g, ciuperci,
morcov,telina, ulei
Cal: 542.09,Carb: 14.59, Prot:32.84Ingrediente: pui 80g,penne 100g,
ciuperci, morcov,telina, ulei
Cal: 542.09,Carb: 14.59, Prot:32.84Ingrediente: pui 80g,penne 120g,
smantana40g,morcov,telina, ulei
Cal:661.6,,Carb:39.23 Prot:29.22Ingrediente: morcov, telina, cartofi,
fasole verde, coopida, smantana
Cal:425.5,Carb:27.04, Prot:4.1Ingrediente: pui 80g,penne
ciuperci, morcov,telina, u
Cal: 542.09,Carb: 14.59, Prot

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

Tocanita cartofi cu ciuperci 300g

Tocanita cartofi cu ciuperci 300g

Ficatei pui cartofi natur 300g

Compot de mere 320g

Biscuiti, lapte 320 g

Ingrediente:cartofi 150g, ciuperci 30g,
ceapa,morcov, telina, rosii in bulion,
ulei
Cal: 229.7, Carb.10.1, Prot 4.81Ingrediente:cartofi 150g, ciuperci
30g, ceapa,morcov, telina, rosii in
bulion, ulei
Cal: 229.7, Carb.10.1, Prot 4.81Ingrediente:ficatei 70g,cartofi180g,
morcov30g,ulei
Cal: 468.85,Carb:23.04, Prot:22.41Ingrediente:mere 200g.apa 120ml,
CaL:94,Carb.:0.2,Prot: 0.8Ingrediente:lapte 200ml, bi
120 g
CaL:512,Carb.:12.5,Prot:Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (
Cal:513; Carb: 26.32; Prot: 3.44)Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (
Cal:513; Carb: 26.32; Prot: 3.44)

Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)

Iaurt (Cal: 55; Carb: 2.8; Prot:

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, su
arahide, gluten, mustar si deriv

	DIABET	INTOLERANTA LACTOZA	RENAL	HEPATIC + NEOPLAZIC	ENTEROCOLIT
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 30g,unt 20g, cascaval 30 g(lapte, cheag),salam victoria (carne,soia)30g, ou fiert, masline Cal:378.6,Carb:31.85, Prot:20.15	Ingrediente: Sunca praga(carne,soia) 30g, biscuiti, rosie, masline, gem 20g Cal: 410.1, Carb: 32.58, Prot: 19.5	Ingrediente : cascaval30g,cas 30g, unt 20g (lapte,cheag), masline, gem 20g Cal:397.8,Carb:34.23,Prot: 16.05	Ingrediente:br.vaci 40g, cas40 g , ,urda 30g (lapte, cheag). Mozzarella 40 g(lapte,zer), masline Cal:222.4,Carb:13,Prot:19.6	Ingrediente : biscuiti 30g(faina,zahar),vaci (lapte,zer) Cal:313.9,Carb.12.15,Prot:19.6
	Bors legume cu ou 300 ml	Bors legume cu ou 300 ml	Crema conopida 300 ml	Crema conopida 300 ml	Supa cu taitei 300 ml
	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,ulei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente:taitei 30g, ceapa, morcov,telina,ou Cal:193.04, Carb:13.66, Prot:2.79
PRANZ	Pui cu piure legume 300 g	Pui cu paste, legume si ciuperci 250g	Paste cu legume si ciuperci 300g	Paste primavara/pui 300g	Rasol pui cu orez 300g
	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb:20,Prot :23.52	Ingrediente: pui 80g,penne 100g, ciuperci, morcov,telina, ulei Cal: 542.09,Carb: 14.59, Prot:32.84	Ingrediente: penne 150g, ciuperci 60g, morcov, telina, ulei Cal:658.21,Carb.12.51,Prot 20.72	Ingrediente: pui 80g,penne 120g, smantana40g,morcov,telina, ulei Cal:661.6,,Carb:39.23 Prot:29.22	Ingrediente:piept pui 60g, orez morcovi, telina Cal:437.84, Carb.12.82, Prot:29.22
	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)	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)
	Ficatei pui cu mamaliguta 300g	Ficatei pui cartofi natur 300g	Cartofi natur 300g	Ficatei pui cartofi natur 300g	Pui cu branza vaci 300g
CINA	Ingrediente:ficatei 70g, malai180g ,ulei Cal: 438.25,Carb:22.86, Prot:24.21	Ingrediente:ficatei 70g,cartofi180g, morcov30g,ulei Cal: 468.85,Carb:23.04, Prot:22.41	Ingrediente:cartofi 200, morcov 80g, ulei Cal : 264.56, Prot 9.88, Carb:4.22	Ingrediente:ficatei 70g,cartofi180g, morcov30g,ulei Cal: 468.85,Carb:23.04, Prot:22.41	Ingrediente:piept pui 60g, branza vaci 240 g Cal:286.7, Carb.9.27, Prot:22.41
	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) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)
	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; p Chifla (Cal: 312.9; Carb: 3.78; Prot
	Ingrediente: ,br.vaci 30g,unt 20g, cascaval 30 g(lapte, cheag),salam victoria (carne,soia)30g, ou fiert, masline Cal:378.6,Carb:31.85, Prot:20.15	Ingrediente :suna p. (carne,soia) 30g,br vaci30g,mozzarella 30g,unt 20g(lapte cheag)gem 20g, masline Cal:410.1,Carb.32.58,Prot. 19.5	Ingrediente : br vaci 30g, mozzaella 30g, unt 20g, urda 30g ,(lapte, cheag), ou fiert, cruditati Cal:283.62,Carb.23.22,Prot. 14.46	Ingrediente:br.vaci 30g , unt 20 g,cas 30g (lapte, cheag). Mozzarella(lapte,zer) 40g, masline Cal:456,Carb:40.65,Prot:20.55	Ingrediente: pate vegetal, r ardei gras Cal:343.5,Carb.32.25,Pro
	Crema conopida 300 ml	Crema conopida 300 ml	Bors legume cu ou 300 ml	Crema conopida 300 ml	Crema conopida 300 ml
PRANZ	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,uiei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,uiei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente:cartofi,ceapa,morcov, telina,ardei gras, ou,rosii, varza, ulei,bors Cal: 220.14,Carb:13.63,Prot:7.97	Ingrediente: conopida cong.60g ceapa, morcov,telina,smantana, cartofi,uiei Cal:268.94,Carb:19.05,Prot:2.79	Ingrediente: conopida cong ceapa, morcov,telina,sma cartofi,uiei Cal:268.94,Carb:19.05,Pro
	Pui cu piure legume 300 g	Pui cu piure legume 300 g	Pui cu piure legume 300 g	Pui cu piure legume 300 g	Piure de legume 250g
	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:pui 80g,morcov 30g, mazare30, conopida40g,telina, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52	Ingrediente:,morcov 40g, maz conopida50g,telina, smantana, fasole verde, ulei maslin Cal: 327.22, Carb.20,Prot :2
CINA	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:
	Pui cu legume sote 300 g	Ficatei pui cartofi natur 300g	Pui cu legume sote 300 g	Pui cartofi natur 300g	Legume sote 250g
	Ingrediente:pui 80 g, morcov, telina,mazare,fasole verde, conopida, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14	Ingrediente:ficatei 70g,cartofi180g, morcov30g,uiei Cal: 468.85,Carb:23.04, Prot:22.41	Ingrediente:pui 80 g, morcov, telina,mazare,fasole verde, conopida, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14	Ingrediente:pui80g,cartofi180g, morcov30g,uiei Cal: 409.6,Carb:13.09, Prot:24.45	Ingrediente:cartofi 100 g, mo telina,mazare,fasole verde, con ulei masline Cal: 313.04, Carb.12.79, Prot
	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) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Napolitana (Cal:513; Carb: 26.32; Prot: 3.44)	Chifla (Cal: 312.9; Carb: 3.78; Prot:
	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,sus arahide, gluten, mustar si deriv

CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU

ENCIU LAURA


 APROBAT DIRECTOR
DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.