

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

SPITALUL SFANTUL STEFAN

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

LUNI

PERIOADA 16 - 22 FEBRUARIE 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 |
| | Cascaval 40 g, sunca praga(carne,soia) 40g, unt 30g, cas(lapte cheag) 30gr, masline Cal:318,2 Carb.27.69, Prot.14.15 | Br. vaci 40g, unt 30g, gem 30g, cas(lapte,cheag)40g, Cal:322.6,Carb.22.15,Prot. 14.71 | Cascaval 40g, br.vaci 40g, unt 40g, cas(lapte,cheag)30gr, masline Cal:419.8,Carb:36.68,Prot:16.15 | Iaurt 125g, branza vaci 150g, Cal:260, Carb:10.25, Prot :24.13 | Lapte 200g, biscuiti 100g(f zahar) Cal:577,Carb:24;Prot: 1 |
| PRANZ | Ciorba taraneasca 300 ml | Ciorba taraneasca 300 ml | Supa legume cu taitei 300 ml | Supa strecurata 300 ml | Crema de legume 300 m |
| | Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12 | Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12 | Ingrediente: ceapa, morcov, telina, ardei gras, taitei, ou Cal: 533.25, Carb: 36.67, Prot:43.78 | Ingrediente: rosii 100g, morcov, telina, ardei gras, ulei Cal:280, Carb.:38,5, Prot:4.2 | Ingrediente: ceapa30g, morcov telina30g, cartofi70g, fasole verde conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3 |
| | Pui cu tocanita de legume 300g | Pui cu tocanita de legume 300g | Pui cu cartofi natur 300g | Crema de legume 300g | Piept pui piure cartofi 250 |
| | Ingrediente:pui 80g, mazare 30g, telina, ardei gras, orez 50g , fasole verde 30g, ceapa, morcov, telina, ulei Cal: 433.15 Carb:9.41, Prot: 27.01 | Ingrediente:pui 80g, mazare 30g, telina, ardei gras, orez 50g , fasole verde 30g, ceapa, morcov, telina, ulei Cal: 433.15 Carb:9.41, Prot: 27.01 | Ingrediente: cartofi 150g, carne de pui 80g, morcov 50g, unt, verdeata, ulei Cal: 378.64 ,Carb:16.03,Prot:21.9 | Ingrediente: morcov40g, telina30g, cartofi70g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3 | Ingrediente:piept pui 60g, cartofi lapte 466,5,Carb:24,9, Prot:20.61 |
| | 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 legume sote 300g | Pui cu legume sote 300g | Pui cu paste si ciuperci 300g | Compot de mere 300g | Biscuiti cu lapte | |
| Ingrediente: cartofi 100g, carne pui 80g, morcov, telina, mazare, fasole verde, ulei Cal:291.24,Carb:8.3 Prot:23.11 | Ingrediente: cartofi 100g, carne pui 80g, morcov, telina, mazare, fasole verde, ulei Cal:291.24,Carb:8.3 Prot:23.11 | Ingrediente: paste 150g, carne de pui 80g, ciuperci 60g, ulei Cal: 694.87Carb.10.09,Prot.38.66 | Ingrediente:mere 200g.apa 100ml, CaL:94,Carb.:0.2,Prot: 0.8 | Ingrediente: Lapte 200g, bisc 100g(faina, zahar) Cal:577,Carb:24;Prot: 13 | |
| 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: 3 | |
| 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, ara 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) (Cal: 312.9; Carb: 3.78; Prot: 8.44) |
| | Cas 30g,unt 30g(lapte, cheag) salam victoria 30g , masline Cal:414,2,Carb:8,02, Prot:23,45, | Cascaval 40 g, sunca praga(carne,soia) 40g, unt 30g, cas(lapte cheag) 30gr, masline Cal:318,2 Carb.27.69, Prot.14.15 | Cas 30g,cas 30g, unt 30g(lapte,cheag) masline , gem Cal:382,5,Carb:19.41,Prot: 12,53 | Br.vaci 30g, cas 30 g,unt 30 g mozzarella 30 g, (lapte, cheag) masline Cal:550,1,Carb:7,07,Prot:16,16 | Zacusca, masline Cal:269,5,Carb.14.51,Prot. 1 |
| | Ciorba taraneasca 300 ml | Ciorba taraneasca 300 ml | Ciorba taraneasca 300 ml | Ciorba taraneasca 300 ml | Ciorba taraneasca 300 ml |
| PRANZ | Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12 | Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12 | Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12 | Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, mazare Cal: 190.55, Carb: 0.66, Prot:6.12 | Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, ma Cal: 190.55, Carb: 0.66, Prot: |
| | Pui cu mancare de fas. verde 300g | Pui cu mancare de fas. verde 300g | Pui cu mancare de fas. verde 300g | Pui cu mancare de fas.verde 300g | Mancare de fasole verde 2 |
| | Ingrediente:carne pui 80 g, fasole verde 100g, ceapa, morcovi, telina, rosii cuburi Cal: 186.27,Carb.3.73,Prot :23.75 | Ingrediente:carne pui 80 g, fasole verde 100g, ceapa, morcovi, telina, rosii cuburi Cal: 186.27,Carb.3.73,Prot :23.75 | Ingrediente:carne pui 80 g, fasole verde 100g, ceapa, morcovi, telina, rosii cuburi Cal: 186.27,Carb.3.73,Prot :23.75 | Ingrediente:carne pui 80 g, fasole verde 100g, ceapa, morcovi, telina, rosii cuburi Cal: 186.27,Carb.3.73,Prot :23.75 | Ingrediente:fasole verde 150, ce morcovi, telina, rosii cuburi Cal:162.06, Carb.9.64, Prot.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) | 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: | |
| CINA | Pui cu conopida sote 300g | Pui cu conopida sote 300g | Pui cu conopida sote 300g | Pui cu conopida sote 300g | Conopida sote 250g |
| | Ingrediente: conopida 130g, carne de pui 80g, morcov 60g, ulei de masline Cal: 280.44,Carb.14.98,Prot.23.4 | Ingrediente: conopida 130g, carne de pui 80g, morcov 60g, ulei de masline Cal: 280.44,Carb.14.98,Prot.23.4 | Ingrediente: conopida 130g, carne de pui 80g, morcov 60g, ulei de masline Cal: 280.44,Carb.14.98,Prot.23.4 | Ingrediente: conopida 130g, carne de pui 80g, morcov 60g, ulei de masline Cal: 280.44,Carb.14.98,Prot.23.4 | Ingrediente: conopida 200 , m 40g , ulei masline Cal: 167.9,Carb.12.34,Prot.3 |
| 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: 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 | |

CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU

ENCIU LAURA



DIETETICIAN

MIREA MARIANA LILIANA