

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

SPITALUL SFANTUL STEFAN

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

VINERI

PERIOADA 02 - 08 MARTIE 2026

	REGIM COMUN	REGIM FARA SARE (CARDIAC)	ULCER	HIDRIC	PASAT
MIC DEJUN	Ceai+zahar (cal:15.91; carb: 0; prot: 0) (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chifla	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 : omleta 70g, sal.victoria (carne,soia) 40g, cascaval 40g Cal:196.5; Carb:6.2; Prot:19.3	Ingrediente: omleta 70g, mozzarella 40g, urda 40 Cal:250.5; Carb:7.4; Prot:26.1	Ingrediente: omleta 70g, mozzarella 40g, urda 40 Cal:250.5; Carb:7.4; Prot:26.1	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	Crema de legume 300 ml	Crema de legume 300 ml	Crema de legume 300 ml	Supa strecurata 300 ml	Crema de legume 300 ml
	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: morcov,telina,ardei gras, 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
	Penne bolognese 300g	Penne bolognese 300g	Pui la cuptor/orez cu legume 300g	Crema de legume 300g	Carne fiarta cu pilaf 250g
	Ingrediente: carne pui 60g, penne 150g, ceapa, morcov, telina, rosii in bulion, ulei Cal :724.16, Carb:13.32,Prot: 34.6	Ingrediente: carne pui 60g, penne 150g, ceapa, morcov, telina, rosii in bulion, ulei Cal :724.16, Carb:13.32,Prot: 34.6	Ingrediente: pui 80g, orez 130g, ceapa, morcov, telina, ardei gras, Cal:750.94,,Carb:6.36 Prot:33.45	Ingrediente: morcov40g, telina30g, cartofi70g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3	Ingrediente: piept pui 60g, orez 150g, morcov, telina 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)		
Pui cu piure de cartofi 300g	Pui cu piure de cartofi 300g	Pui la cuptor/paste cu legume 250g	Compot de mere 300g	Biscuiti cu lapte 300g	
CINA	Ingrediente: pipet pui 80g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19	Ingrediente: pipet pui 80g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19	Ingrediente:pui 80g, paste 100g, morcov, telina, ardei gras Cal: 663.18,Carb:6.08, Prot:40.78	Ingrediente:mere 200g, apa 100ml, CaL:94,Carb.:0.2,Prot: 0.8	Ingrediente:lapte 200ml, biscuiti 100g Cal:512, Carb.12.5,Prot :12
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Cal: 105.4; Carb: 0.36; Prot: 0.32) Mar (	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Cal: 105.4; Carb: 0.36; Prot: 0.32) Mar (	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Cal: 105.4; Carb: 0.36; Prot: 0.32) Mar (	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	

**VINERI**

	<b>DIABET</b>	<b>INTOLERANTA LACTOZA</b>	<b>RENAL</b>	<b>HEPATIC + NEOPLAZIC</b>	<b>ENTEROCOLITA</b>
<b>MIC DEJUN</b>	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: omleta 70g, mozzarella 40g, sunca Praga 40g(carne,soia) Cal:277.7; Carb:11.4; Prot:25.3	Ingrediente: omelta 70g, sal.victoria 40g(carne,soia), sunca 40g Cal: 190.5; Carb: 6, Prot: 17.3	Ingrediente: omelta 70g, mozzarella 40g, urda 40g Cal:250.5; Carb:7.4; Prot:26.1	Ingrediente: omleta 70g, mozzarella 40g, urda 40g Cal:250.5; Carb:7.4; Prot:26.1	Ingrediente : biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:669,Carb.21.6,Prot. 26.25
	Crema de legume 300ml	Crema de legume 300ml	Crema de legume 300ml	Crema de legume 300ml	Supa cu taitei 300ml
	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: taitei, ceapa, morcov, telina, ardei gras, ou Cal:138,Carb:24.7,Prot: 3.8
	Pui cu spanac 300g	Penne bolognese 300g	Mancare de spanac 250g	Pui la cuptor/orez cu legume 300g	Rasol pui cu orez 250g
	Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Ingrediente: carne pui 60g, penne 150g, ceapa, morcov, telina, rosii in bulion, ulei Cal :724.16, Carb:13.32,Prot: 34.6	Ingrediente: spanac 150g, ceapa, morcov, telina, orez, rosii cub Cal: 173.09,Carb.1.46,Prot :9.12	Ingrediente: pui 80g, orez 130g, ceapa, morcov, telina, ardei gras, Cal:750.94,,Carb:6.36 Prot:33.45	Ingrediente:piept pui 60g, orez 150g morcovi,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)
<b>CINA</b>	Pui cu sufle de legume 300g	Pui la cuptor/paste cu legume 250g	Sufle de legume 250g	Pui la cuptor/paste cu legume 250g	Pui cu branza vaci 220g
	Ingrediente: pui 80g, cartof, morcov, telina, conopida, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 443.52 Carb:21.67, Prot: 43.17	Ingrediente:pui 80g, paste 100g, morcov, telina, ardei gras Cal: 663.18,Carb:6.08, Prot:40.78	Ingrediente: cartof, morcov, telina, conopida, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 400.1 Carb:21.43, Prot: 25.04	Ingrediente:pui 80g, paste 100g, morcov, telina, ardei gras Cal: 663.18,Carb:6.08, Prot:40.78	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) Mar (Cal: 105.4; Carb: 0.36; Prot: 0.32)	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)
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: omleta 70g, mozzarella 40g, salam de casa 40g Cal:348.5; Carb:19.4; Prot:24.9	Ingrediente: omleta 70g, mozzarella 40g, sunca p.(carne,soia) 40g, Cal:277.7; Carb:11.4; Prot:25.3	Ingrediente: omleta 70g, mozzarella 40g, sunca p.(carne,soia) 40g, Cal:277.7; Carb:11.4; Prot:25.3	Ingrediente: omleta 70g, mozzarella 40g, urda 40 Cal:250.5; Carb:7.4; Prot:26.1	Ingrediente :masline, pate vegetal, ardei gras Cal:369,Carb.12.6,Prot. 16.25
	Crema de legume 300ml	Crema de legume 300ml	Crema de legume 300ml	Crema de legume 300ml	Crema de legume 300ml
PRANZ	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95	Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95
	Pui cu spanac 300g	Penne bolognese 300g	Pui cu spanac 300 g	Pui cu spanac 300g	Mancare de spanac 250gr
	Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Ingrediente: carne pui 60g, penne 150g, ceapa, morcov, telina, rosii in bulion, ulei Cal :724.16, Carb:13.32,Prot: 34.6	Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Ingrediente: spanac 150g, ceapa, morcov, telina, orez, rosii cub Cal: 173.09,Carb.1.46,Prot :9.12
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 sufle de legume 300 g	Pui cu piure de cartofi 300g	Pui cu sufle de legume 300 g	Pui cu sufle de legume 300 g	Sufle de legume 250gr
	Ingrediente: pui 80g, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 443.52 Carb:21.67, Prot: 43.17	Ingrediente: pipet pui 80g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19	Ingrediente: pui 80g, cartof, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 443.52 Carb:21.67, Prot: 43.17	Ingrediente: pui 80g, cartof, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 443.52 Carb:21.67, Prot: 43.17	Ingrediente: cartof, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 400.1 Carb:21.43, Prot: 25.04
	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) Mar (Cal: 105.4; Carb: 0.36; Prot: 0.32)	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) Mar (Cal: 105.4; Carb: 0.36; Prot: 0.32)	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.