

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

**DUMINICA**

PERIOADA 30 MARTIE - 05 APRILIE 2026

	REGIM COMUN	REGIM FARA SARE (CARDIAC)	ULCER	HIDRIC	PASAT
<b>MIC DEJUN</b>	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
	Creminos cu unt 30g, sunca p(carne, soia) 30g, gem 30g, mozzarella 30g, urda 30g, masline Cal:401.6,Carb.26.5,Prot. 24.21	Creminos cu unt 20g, gem 20g, urda 30g, mozzarella 40g, br. Vaci 30g Cal:240,Carb.15.28,Prot. 14.4	Creminos cu unt 30g, cascaval 30g, br. Vaci 30g, urda 30g, masline Cal:284,Carb:21.38,Prot:16.42	Iaurt 125g, branza vaci 150g, Cal:260, Carb:10.25, Prot :24.13	Lapte 200ml, biscuiti 100g(faina, zahar) Cal:577; Carb:24; Prot: 13
<b>DEJUN</b>	Supa legume cu taitei 300ml	Supa legume cu taitei 300ml	Crema de legume 300ml	Supa strecurata 300 ml	Crema de legume 300 ml
	Ingrediente:taitei 30g ceapa, morcov,telina,ardei gras,ou Cal: 138, Carb: 6.7, Prot: 4.69	Ingrediente:taitei 30g ceapa, morcov,telina,ardei gras,ou Cal: 138, Carb: 6.7, Prot: 4.69	Ingrediente: ceapa, morcov, telina,cartofi, fasole verde, conopida,smantana Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: morcov,telina,ardei gras 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
	Pui la cuptor/piure cart/brocoli 300g	Pui la cuptor/piure cart/brocoli 300g	Pui cu orez si legume 300g	Crema de legume 300g	Carne fiarta cu pilaf 250g
	Ingrediente: pui.80g,cartofi 150g, broccoli, lapte30 g,unt 20g Cal: 226,35 Carb:19,1, Prot: 9,95	Ingrediente: pui.80g,cartofi 150g, broccoli, lapte30 g,unt 20g Cal: 226,35 Carb:19,1, Prot: 9,95	Ingrediente: pui 80g, orez 150g, morcov, ardei gras,telina Cal:391,7,Carb:30,63,Prot:29.28	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)		
Legume gratinate 250g	Legume gratinate 250g	Pui cu penne gratinate 300g	Compot de mere 300g	Biscuiti cu lapte 300g	
<b>CINA</b>	Ingrediente: cartofi 100g, morcov, telina, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 242.66 Carb:11.76, Prot: 14.49	Ingrediente: cartofi 100g, morcov, telina, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 242.66 Carb:11.76, Prot: 14.49	Ingrediente: pui 80g,penne 100g, br. Vaci 30g, smant. 30g,lapte, ulei, mozzarella, oua Cal: 240,9,Carb: 19,25, Prot:33	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)	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)	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

	<b>DIABET + TBC</b>	<b>INTOLERANTA LACTOZA</b>	<b>RENAL</b>	<b>HEPATIC + NEOPLAZIC</b>	<b>ENTEROCOLITA</b>
<b>MIC DEJUN</b>	Ccaii f. zahar (cal:0; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ccaii+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ccaii+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ccaii+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ccaii+zahar (cal:15.91; carb: 0; prot: 0) Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Creminos cu unt 30g, mozzarella 40g, cas(lapte, cheag) 30g, salam victoria 40g, masline Cal:230.5,Carb:22.63, Prot:5.17,	Salam rustic(carne,soia) 30g, biscuiti, rosie, gem, masline Cal:353.31, Carb: 32.2, Prot:10.69	Creminos cu unt 30g, cascaval 30g, gem 20g, urda 30g, masline Cal:347,Carb:25.76,Prot:17.28	Creminos cu unt 30g, gem 20g, br. Vaci 30g, urda 30g, mozzarella 30g, masline Cal:391.7,Carb:27.26,Prot:21.57	Biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:669,Carb.21.6,Prot. 26.25
	Supa legume cu taitei 300ml	Supa legume cu taitei 300ml	Crema de legume 300ml	Crema de legume 300ml	Supa cu taitei 300ml
	Ingrediente:taitei 30g ceapa, morcov,telina,ardei gras,ou Cal: 138, Carb: 6.7, Prot: 4.69	Ingrediente:taitei 30g ceapa, morcov,telina,ardei gras,ou Cal: 138, Carb: 6.7, Prot: 4.69	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, smantana Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, smantana Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: taitei, ceapa, morcov, telina, ardei gras, ou Cal:138,Carb:24.7,Prot: 3.8
	Pui cu varza calita 300g	Pui cu orez si legume 300g	Varza calita 250g	Pui cu orez si legume 300g	Rasol pui cu orez 250g
<b>PRANZ</b>	Ingrediente:carne pui 80g, varza 150 g, ceapa, morcov, rosii pasate Cal: 329,Carb.14,,Prot.24	Ingrediente: pui 80g, orez 150g, morcov, ardei gras,telina Cal:391,7,Carb:30,63,Prot:29.28	Ingrediente:varza150g, ceapa, morcov rosii pasate Cal: 230,7,Carb.0,9,Prot.9,3	Ingrediente: pui 80g, orez 150g, morcov, ardei gras,telina Cal:391,7,Carb:30,63,Prot:29.28	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)
	Pui cu broccoli sote 250g	Pui cu broccoli sote 250g	Broccoli sote 250g	Pui cu penne gratinate 300g	Pui cu branza vaci 220g
<b>CINA</b>	Ingrediente:carne pui 80g, broccoli120 g ,morcov 40 g ,ulei de masline Cal: 374,Carb.7,8,,Prot.24	Ingrediente:carne pui 80g, broccoli120 g ,morcov 40 g ,ulei de masline Cal: 374,Carb.7,8,,Prot.24	Ingrediente:,broccoli 200g ,morcov 40g ,ulei de masline Cal: 160.4;Carb.7,8,,Prot.7.4	Ingrediente: pui 80g,penne 100g, br. Vaci 30g, smant. 30g,lapte, ulei, mozzarella, oua Cal: 240,9,Carb: 19,25, Prot:33	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) 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)
	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 30g(lapte,cheag),unt 20g, salam de casa 30g (carne, soia), masline Cal:625,3,Carb:8,02, Prot:23,45,	Creminos cu unt 30g, sunca p(carne, soia) 30g, gem 30g, mozzarella 30g, urda 30g, masline Cal:401.6,Carb.26.5,Prot. 24.21	Cas 30g,br mozzarella 30g, br.vaci 30g, creminos cu unt 30g(lapte,cheag) Cal:481,48,Carb:21.41,Prot: 15,53	Branza de vaci 30g,cas30g, mozzarella 30g, creminos cu unt 30g.(lapte, cheag) Cal:680,3,Carb:7,07,Prot:16,16	Zacusca, masline Cal:369,Carb.13.6,Prot. 12.25
	Crema de legume 300ml	Supa legume cu taitei 300ml	Crema de legume 300ml	Crema de legume 300ml	Crema de legume 300ml
PRANZ	Ingrediente: ceapa, morcov, telina, fasole verde, conopida,smantana Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente:taitei 30g ceapa, morcov,telina,ardei gras,ou Cal: 138, Carb: 6.7, Prot: 4.69	Ingrediente: ceapa, morcov, telina,cartofi, fasole verde, conopida,smantana Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina,cartofi, fasole verde, conopida,smantana Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina, fasole verde, conopida,smantana Cal: 301, Carb: 24.7, Prot: 3.8
	Pui cu varza calita 300g	Pui la cuptor/piure carti/broccoli 300g	Pui cu varza calita 300g	Pui cu orez si legume 300g	Varza calita 250g
	Ingrediente:carne pui 80g, varza 150 g, ceapa, morcov, rosii pasate Cal: 329,Carb.14,,Prot.24	Ingrediente: pui.80g,cartofi 150g, broccoli, lapte30 g,unt 20g Cal: 226,35 Carb:19,1, Prot: 9,95	Ingrediente:carne pui 80g, varza 150 g, ceapa, morcov, rosii pasate Cal: 329,Carb.14,,Prot.24	Ingrediente: pui 80g, orez 60g, morcov, ardei gras,telina Cal:391,7,Carb:30,63,Prot:29.28	Ingrediente:varza150g, ceapa, morcov rosii pasate Cal: 230,7,Carb.0,9,Prot.9,3
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)	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 broccoli sote 250g	Pui cu broccoli sote 250g	Pui cu broccoli sote 250g	Pui cu broccoli sote 250g	Broccoli sote 250g
	Ingrediente:carne pui 80g, broccoli120 g ,morcov 40 g ,ulei de masline Cal: 374,Carb.7,8,,Prot.24	Ingrediente:carne pui 80g, broccoli120 g ,morcov 40 g ,ulei de masline Cal: 374,Carb.7,8,,Prot.24	Ingrediente:carne pui 80g, broccoli120 g ,morcov 40 g ,ulei de masline Cal: 374,Carb.7,8,,Prot.24	Ingrediente:carne pui 80g, broccoli120 g ,morcov 40 g ,ulei de masline Cal: 374,Carb.7,8,,Prot.24	Ingrediente:,broccoli 200g ,morcov 40g ,ulei de masline Cal: 160.4;Carb.7,8,,Prot.7.4
	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) 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)
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

VASILE FL.

