

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

DUMINICA

PERIOADA 09 - 15 MARTIE 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
	Sal. rustic (carne,soia)30g, cas 30g,unt 20g br vaci 30g,mozzarella30g(lapte cheag), masline Cal:509.4,Carb.45.15,Prot. 23.1	Br.vaci 40g,unt 20g, mozzarlla 40g , cas 40g(lapte, cheag) Cal:427.2,Carb.38.25,Prot. 19.2	Br.vaci 30g, cas30g,unt 20g, (lapte,cheag), urda 40g, masaline Cal:369.8,Carb:33.83,Prot:14.06	Iaurt 125g, branza vaci 150g, Cal:260, Carb :10.25, Prot : 24.13	Lapte 200 g, biscuiti 100g(faina, zahar) Cal:577,Carb:24;Prot: 13
DEJUN	Supa de legume cu taitei 300ml	Supa de legume cu taitei 300ml	Crema de legume 300ml	Supa strecurata 300ml	Crema de legume 300ml
	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: ceapa, morcov, telina,cartofi, fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente: morcov,telina,ardei gras Cal: 211.56, Carb:18.71, Prot:1.7	Ingrediente: ceapa, morcov, telina,cartofi, fasole verde, conopida,varza, mazare, 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 300ml	Pui cu orez si legume 300g
	Ingrediente: carne pui.80g,cartofi 140g, lapte30g, broccoli 20g, unt 20g, ulei Cal: 430.59 Carb:24.18, Prot: 19.51	Ingrediente: carne pui.80g,cartofi 140g, lapte30g, broccoli 20g, unt 20g, ulei Cal: 430.59 Carb:24.18, Prot: 19.51	Ingrediente: pui 80g, orez 150g, ceapa,morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79	Ingrediente: morcov, telina, cartofi, fasole verde, coopida, smantana Cal:425.5,Carb:27.04, Prot:4.1	Ingrediente: pui 80g, orez 150g, ceapa,morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79
	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, penne cu branza 300g	Pui, penne cu branza 300g	Pui cu penne gratinate 300g	Compot de mere 300g	Biscuiti cu lapte 300g	
Ingrediente:pui 80g, penne 120g, br. vaci 50g, smantana 40g, ulei . Cal :670.2,carb:22.93,prot:44.55	Ingrediente:pui 80g, penne 120g, br. Vaci 50g, smantana 40g, ulei . Cal :670.2,carb:22.93,prot:44.55	Ingrediente: pui80g, penne 120g, br.vaci, oua, mozzarella, lapte, smantana, ulei Cal: 390.84,Carb:21.98, Prot:21.1	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	

DUMINICA

	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)
	Cas 30g,unt 20g (lapte,cheag) sunca p. (carne, soia)40g, mozzarella 40 g, masline Cal:262.45,Carb:23.87, Prot:9.46.	Sal. rustic(carne,soia) 30g, biscuiti, rosie, gem, masline Cal:353.31, Carb: 32.2, Prot:10.69	mozzarella 40g, br.vaci 40g,unt 20g(lapte,cheag), gem 20g, masline Cal:417.7,Carb:33.53,Prot: 19	Br.vaci 40g,cas 40g ,unt 20g,(lapte, cheag), masline, gem 20g Cal:452.5,Carb:35.93,Prot:22.8	Biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:313.9,Carb.12.15,Prot. 19.35
	Supa de legume cu taitei 300ml	Supa de legume cu taitei 300ml	Crema de legume 300 ml	Crema de legume 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: ceapa, morcov, telina,cartofi, fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente: ceapa, morcov, telina,cartofi, fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente:taitei, morcov,telina,ou Cal:193.04, Carb:13.66, Prot:7.76
	Varza a la Cluj 300g	Varza a la Cluj 300g	Varza calita 250g	Pui cu orez si legume 300g	Rasol pui cu orez 300g
	Ingrediente: carne de pui 60g, varza 150g, ceapa, ardei gras Cal: 166.91,Carb.2.59Prot :21.42	Ingrediente: carne de pui 60g, varza 150g, ceapa, ardei gras Cal: 166.91,Carb.2.59Prot :21.42	Ingrediente: varza 200g,ceapa, ardei gras, rosii pasate, ulei Cal: 145.04,Carb.9.58,Prot.12.54	Ingrediente: pui 80g, orez 150g, ceapa,morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79	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)
	Pui cu broccoli sote 250g	Pui cu broccoli sote 250g	Broccoli sote 250g	Pui cu penne gratinate 300g	Pui cu branza vaci 220g
Ingrediente:carne pui 80 g,broccoli 100g ,morcov 50g ,ulei de masline Cal: 340.9,Carb.22.98,,Prot.23.7	Ingrediente:carne pui 80 g,broccoli 100g ,morcov 50g ,ulei de masline Cal: 340.9,Carb.22.98,,Prot.23.7	Ingrediente:,broccoli100g, morcov 60g ,ulei de masline Cal: 223,Carb.17.94,,Prot.3.9	Ingrediente: pui80g, penne 120g, br.vaci, oua, mozzarella, lapte, smantana, ulei Cal: 390.84,Carb:21.98, Prot:21.1	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)	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)	
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,unt 20g (lapte,cheag) sunca p. (carne, soia)40g, mozzarella 40 g, masline Cal:262.45,Carb:23.87, Prot:9.46,	Sal. rustic (carne,soia)30g, cas 30g,unt 20g br vaci 30g,mozzarella30g(lapte cheag), masline Cal:509.4,Carb:45.15,Prot: 23.1	Cas 30g, mozzarella 30g, br.vaci 30g, sal. Rustic 30g,unt 20glapte,cheag), masline Cal:361.5,Carb:33.75,Prot: 12.45	Br.vaci 40g,cas30g , unt 20g,(lapte, cheag), cascaval 40g, masline Cal:293.1,Carb:28.65,Prot:7.2	Zacusca, masline Cal:255.37,Carb.14.38,Prot.3.6
	Crema de legume 300ml	Crema de legume 300ml	Supa de legume cu taitei 300ml	Crema de legume 300ml	Crema de legume 300ml
PRANZ	Ingrediente: ceapa, morcov, telina, fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente: taitei, ceapa, morcov, telina, ardei gras, ou Cal: 193.04, Carb: 13.66, Prot: 7.76	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3
	Varza a la Cluj 300g	Pui la cuptor/piure cart/broccoli 300g	Varza a la Cluj 300g	Varza a la Cluj 300g	Varza calita 250g
	Ingrediente: carne de pui 60g, varza 150g, ceapa, ardei gras Cal: 166.91, Carb.2.59 Prot :21.42	Ingrediente: carne pui.80g, cartofi 140g, lapte30g, broccoli 20g, unt 20g, ulei Cal: 430.59 Carb:24.18, Prot: 19.51	Ingrediente: carne de pui 60g, varza 150g, ceapa, ardei gras Cal: 166.91, Carb.2.59 Prot :21.42	Ingrediente: carne de pui 60g, varza 150g, ceapa, ardei gras Cal: 166.91, Carb.2.59 Prot :21.42	Ingrediente: varza200g, ceapa , ardei gras, rosii pasate, ulei Cal: 145.04, Carb.9.58, Prot.12.54
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, penne cu branza 300g	Pui cu broccoli sote 250g	Pui cu broccoli sote 250g	Broccoli sote 250g
	Ingrediente: carne pui 80 g, broccoli 100g ,morcov 50g ,ulei de masline Cal: 340.9, Carb.22.98,, Prot.23.7	Ingrediente: pui 80g, penne 120g, br. Vaci 50g, smantana 40g, ulei . Cal :670.2, carb:22.93, prot:44.55	Ingrediente: carne pui 80g, broccoli 100g, morcov 50g ,ulei de masline Cal: 340.9, Carb.22.98,, Prot.23.7	Ingrediente: carne pui 80g, broccoli 100g ,morcov 50g ,ulei de masline Cal: 340.9, Carb.22.98,, Prot.23.7	Ingrediente: broccoli 100g, morcov 50g ,ulei de masline Cal: 223, Carb.17.94, Prot.3.9
	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)
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.