

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

JOI

PERIOADA 16 - 22 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
	Suna p(carne,soia)30g, cas(lapte, cheag) 30g, unt 30g, mozzarella 30g, urda 30g masline Cal:356.6,Carb.28.85,Prot. 18.36	Branza de vaci 30g,unt 30g, urda 30g, mozzarella 30g, gem 30g Cal:405.3,Carb.26.6,Prot. 23.86	Branza de vaci 30g, cas(lapte, cheag)40g , urda 40g unt 30g, masline Cal:301.2,Carb:23.93,Prot:13.47	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
DEJUN	Ciorba a la grec 300ml	Ciorba a la grec 300ml	Crema de ciuperci 300ml	Supa strecurata 300ml	Crema de legume 300ml
	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47	Ingrediente: ciuperci 70g, morcov, telina, ceapa, cartof, smantana, unt Cal: 498.18 Carb: 43.37, Prot: 5.31	Ingrediente: morcov,telina,ardei gras, ulei Cal:211.56, Carb;18.71, Prot:1.7	Ingrediente: ceapa30g, morcov40g, telina30g, cartofi70g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3
	Porc cu mancare de fasole verde 300g	Porc cu mancare de fasole verde 300g	Pui la cuptor/paste cu busuioc 250g	Crema de legume 300g	Carne fiarta cu pilaf 250g
	Ingrediente:file p. con. 60 g, fasole verde 120g, ceapa, morcovi, telina, rosii cuburi Cal: 142.5,Carb.2.06, Prot :16.77	Ingrediente:file p. con. 60 g, fasole verde 120g, ceapa, morcovi, telina, rosii cuburi Cal: 142.5,Carb.2.06,Prot :16.77	Ingrediente: pui 80g, paste 140g, unt, gran cucina, busuioc Cal:867.89,Carb:17.53 Prot:41.95	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 la cuptor/orez cu ciuperci 300g	Pui la cuptor/orez cu ciuperci 300g	Pui cu piure de morcovi 300g	Compot de mere 300g	Biscuiti cu lapte 300g	
CINA	Ingrediente:carne pui 80g,orez 150g, ciuperci 30g, ceapa, morcov, telina, ardei gras ,ulei Cal:706.46,Carb:10.6,Prot:29.22	Ingrediente:carne pui 80g,orez 150g, ciuperci 30g, ceapa, morcov, telina, ardei gras ,ulei Cal:706.46,Carb:10.6,Prot:29.22	Ingrediente: pui 80g, morcov 150g,unt 30g, lapte, cartof, telina, Cal: 360.72, Carb:21.02,Prot:22.47	Ingrediente:mere 200g.apa 100ml, CaL:94,Carb.:0.2,Prot: 0.8	Ingrediente : Lapte 200g, biscuiti 100g(faina, zahar) Cal:577, Carb:24; Prot: 13
	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) Iaurt ( Cal: 55; Carb; 2.8; Prot: 3.4)	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)	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

	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)
	Branza de vaci 30g, unt 30g, urda 30g, cas(lapte, cheag)30g, salam victoria (carne,soia)30g, masline, Cal:278.3,Carb:23.03, Prot:11.52,	Sunca praga(carne, soia)40g, biscuiti, rosie, gem, masline Cal:285.8, Carb:25.85, Prot:12.57	Cas(lapte cheag)30g, br. vaci 30g, unt30g, urda 30g, masline Cal:278,Carb:22.73,Prot:11.22	Branza de vaci 30g, unt 30g, urda 30g, cascaval 40g, masline Cal:366,Carb:29.33,Prot:18.75	Biscuiti 30g(faina,zahar),vacii 130g (lapte,zer) Cal:669,Carb.21.6,Prot. 26.25
	Ciorba a la grec 300 ml	Crema de ciuperci 300 ml	Ciorba a la grec 300 ml	Crema de ciuperci 300 ml	Supa cu taitei 300 ml
PRANZ	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47	Ingrediente: ciuperci 70g, morcov, telina, ceapa, cartof Cal: 498.18 Carb: 43.37, Prot: 5.31	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47	Ingrediente: ciuperci 70g, morcov, telina, ceapa, cartof, smantana, unt Cal: 498.18 Carb: 43.37, Prot: 5.31	Ingrediente: taitei, ceapa, morcov, telina, ardei gras, ou Cal:138,Carb:24.7,Prot: 3.8
	Pui cu piure de broccoli 300g	Porc cu mancare de fasole verde 300g	Piure de broccoli 250g	Pui la cuptor/paste cu busuioc 250g	Rasol pui cu orez 250g
	Ingrediente:carne pui 80g, broccoli 120g, cartof, morcov, unt 30g, telina, spanac, lapte Cal: 425.05, Carb:29.68, Prot: 24.7 Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Mar (Cal: 105.4; Carb: 0.36; Prot: 0.32)	Ingrediente:file p. con. 60 g, fasole verde 120g, ceapa, morcovi, telina, rosii cuburi Cal: 142.5,Carb.2.06, Prot :16.77 Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ingrediente:, broccoli 120g, cartof, morcov, unt 30g, telina, spanac, lapte Cal: 290.38 Carb:20.94, Prot: 6.7 Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ingrediente: pui 80g, paste 140g, unt, gran cucina, busuioc Cal:867.89,Carb:17.53 Prot:41.95 Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	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)
	Pui cu legume sote 250 g	Pui la cuptor/orez cu ciuperci 300g	Legume sote 250g	Pui cu piure de morcovi 300g	Pui cu branza vaci 220g
CINA	Ingrediente:carne pui 60g, morcov 60g, telina, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11 Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)	Ingrediente:carne pui 80g,orez 150g, ciuperci 30g, ceapa, morcov, telina, ardei gras ,ulei Cal:706.46,Carb:10.6,Prot:29.22 Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44)	Ingrediente: morcov 60g, telina, fasole verde, conopida, broccoli, dovlecel Cal:220.45 Carb.16.3,Prot.7.8 Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)	Ingrediente: pui 60g, morcov 150g,unt 30g, lapte, cartof, telina, Cal: 360.72, Carb:21.02,Prot:22.47 Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)	Ingrediente: piept pui 60g, branza vaci 160g Cal:180,6, Carb.12,6, Prot. 8,5 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
	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)
<b>MIC DEJUN</b>	Cas 30g(lapte, cheag), br.vaci 30g,unt 20g, mozzarella 30g, salam de casa 30g, (carne,soia)25g,masline Cal:635,9,Carb:8,02, Prot:23,45,	Suna p(carne,soia)30g, cas(lapte, cheag) 30g, unt 30g, mozzarella 30g, urda 30g masline Cal:356.6,Carb.28.85,Prot. 18.36	Cas30g(lapte,cheag), urda 30g, br vaci 30g,unt30g, masline Cal:414,5,Carb:20.41,Prot: 15,53	Branza de vaci 30g, cas 30g,(lapte, cheag), unt 30g cascava 30gIgem 20g Cal:707,2,Carb:7,07,Prot:16,16	Rosii, castraveti, masline, ardei gras, Cal:369,Carb.15.6,Prot. 16.25
	Ciorba a la grec 300ml	Ciorba a la grec 300ml	Ciorba a la grec 300ml	Ciorba a la grec 300ml	Ciorba a la grec 300ml
	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47	Ingrediente:ceapa, morcov, telina, ardei gras, orez, smantana, ou Cal: 481.13,Carb:18.41,Prot:16.47
<b>PRANZ</b>	Pui cu piure de broccoli 300g	Porc cu mancare de fasole verde 300g	Pui cu piure de broccoli 300g	Pui cu piure de broccoli 300g	Piure de broccoli 250g
	Ingrediente:carne pui 80g, broccoli 120g, morcov, unt 30g, telina, spanac, lapte Cal: 425.05, Carb:29.68, Prot: 24.7	Ingrediente:file p. con. 60 g, fasole verde 120g, ceapa, morcovi, telina, rosii cuburi Cal: 142.5,Carb.2.06,Prot :16.77	Ingrediente:carne pui 80g, broccoli 120g, cartof, morcov, unt 30g, telina, spanac, lapte Cal: 425.05, Carb:29.68, Prot: 24.7	Ingrediente:carne pui 80g, broccoli 120g, cartof, morcov, unt 30g, telina, spanac, lapte Cal: 425.05, Carb:29.68, Prot: 24.7	Ingrediente:, broccoli 150g, cartof, morcov, unt 30g, telina, spanac, lapte Cal: 304.66 Carb:22.16, Prot: 5.96
	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 legume sote 250 g	Pui la cuptor/orez cu ciuperci 300g	Pui cu legume sote 250 g	Pui cu legume sote 250 g	Legume sote 250g
<b>CINA</b>	Ingrediente:carne pui 60 g, morcov 60g, telina, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:carne pui 60g,orez 150g, ciuperci 30g, ceapa, morcov, telina, ardei gras ,ulei Cal:706.46,Carb:10.6,Prot:29.22	Ingrediente:carne pui 60 g, morcov 60g, telina, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:carne pui 60 g, morcov 60g, telina, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente: morcov 60g, telina, mare, fasole verde, conopida, broccoli, dovlecel Cal:247.55 Carb.18.6,Prot.7.82
	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) Iaurt ( Cal: 55; Carb: 2.8; Prot: 3.4)	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) Iaurt ( Cal: 55; Carb: 2.8; Prot: 3.4)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) M Cal: 105.4; Carb: 0.36; Prot: 0.32)
	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.