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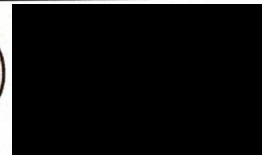
PERIOADA 16 - 22 MARTIE 2026

	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
	Cascaval 40 g, sunca praga(carne,soia) 40g, unt 30g, cas(lapte cheag) 30gr, masline Cal:318,2 Carb.27.69, Prot.14.15	Branza de 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 200ml, biscuiti 100g(fa zahar) Cal:577,Carb:24;Prot: 13
PRANZ	Ciorba taraneasca 300ml	Ciorba taraneasca 300ml	Supa legume cu taitei 300ml	Supa strecurata 300ml	Crema de legume 300ml
	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: morcov, telina, ardei gras, ulei Cal:280, Carb.:38,5, Prot:4.2	Ingrediente: ceapa30g, morcov4 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	Carne fiarta cu pilaf 250g
	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, o 150g, morcov, telina Cal:363,65,Carb:30,7,Prot:3
	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 250g	Compot de mere 300g	Biscuiti cu lapte
CINA	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 100g, carne de pui 80g, ciuperci 40g, 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, bis 100g(faina, zahar) Cal:577,Carb:24;Prot: 13
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec (Cal:333; Carb; 8.0; Prot: 5.3)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec (Cal:333; Carb; 8.0; Prot: 5.3)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec (Cal:333; Carb; 8.0; Prot: 5.3)	Iaurt (Cal: 55; Carb: 2.8; Prot: 3.4)	Iaurt (Cal: 55; Carb: 2.8; Prot:
	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, 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)
	Unt 30g, br. vaci 30g, urda 30g, salam victoria 40 g , masline Cal:249.6,Carb:20.73, Prot:10.27	Biscuiti 40g, sunca(carne, soia) 40g, rosie, gem 20g, masline Cal: 289.9, Carb: 10.3, Prot:13.18	Cascaval 30g, urda 30g, unt 30g, cas(lapte,cheag) 30g, masline Cal:321.2,Carb:27.83,Prot: 13.17	Branza de vaci 30g, cascaval 30g, unt 30g, gem 20g, urda 30g, masline Cal:380.6,Carb:26.81,Prot:20.67	Biscuiti 30g(faina,zahar), urda 40g, vaci 40g,mozzarella30g (lapte,zer)masline Cal:469,5,Carb.21.66,Prot. 26.
	Ciorba taraneasca 300ml	Supa legume cu taitei 300ml	Ciorba taraneasca 300ml	Supa legume cu taitei 300ml	Supa legume cu taitei 300ml
PRANZ	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: 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: ceapa, morcov, telina, ardei gras, taitei, ou Cal: 533.25, Carb: 36.67, Prot:43.78
	Pui cu mancare de fas. verde 300g	Pui cu cartofi natur 300g	Mancare de fasole verde 250g	Pui cu cartofi natur 300g	Rasol pui cu orez 250g
	Ingrediente:carne pui 80 g, fasole verde 100g, ceapa, morcovi, telina, rosii cuburi Cal: 186.27, Carb.3.73, Prot :23.75	Ingrediente: cartofi 150g, carne de pui 80g, morcov 50g, unt, verdeata, ulei Cal: 378.64 ,Carb:16.03,Prot:21.9	Ingrediente: fasole verde 200g, ceapa, morcovi, telina, rosii cuburi Cal: 96.99,Carb.0.57,Prot :5.47	Ingrediente: cartofi 150g, carne de pui 80g, morcov 50g,unt,verdeata, ulei Cal: 378.64 ,Carb:16.03,Prot:21.9	Ingrediente:piept pui 60g, orez 100g, morcovi,telina Cal:533.25, 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)
CINA	Pui cu conopida sote 250g	Pui cu paste si ciuperci 250g	Conopida sote 250g	Pui cu paste si ciuperci 250g	Pui cu branza vaci 220g
	Ingrediente: conopida 100g, carne de pui 80g, morcov 60g, ulei de masline Cal: 280.44,Carb.14.98,Prot.23.4	Ingrediente: paste 100g, carne de pui 80g, ciuperci 40g, ulei Cal: 694.87Carb.10.09,Prot.38.66	Ingrediente: conopida 200 , morcov 40g , ulei masline Cal: 167.9,Carb.12.34,Prot.3.31	Ingrediente: paste 100g, carne de pui 80g, ciuperci 40g, ulei Cal: 694.87Carb.10.09,Prot.38.66	Ingrediente:piept pui 60g, branza vaci 160 g Cal:180,6, Carb.12,6, Prot.12.6
	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) Chec (Cal:333; Carb; 8.0; Prot: 5.3)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec (Cal:333; Carb; 8.0; Prot: 5.3)	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) (Cal: 312.9; Carb: 3.78; Prot: 8.44)
	Cas 30g(lapte, cheag), unt 30g 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	Branza de 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. 16.
	Ciorba taraneasca 300ml	Ciorba taraneasca 300ml	Ciorba taraneasca 300ml	Ciorba taraneasca 300ml	Ciorba taraneasca 300ml
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, mazare Cal: 190.55, Carb: 0.66, Prot:6.12
	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 250g
	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, ceapa, morcovi, telina, rosii cuburi Cal: 162.06, Carb: 9.64, Prot: 4.12
	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 conopida sote 250g	Pui cu conopida sote 250g	Pui cu conopida sote 250g	Pui cu conopida sote 250g	Conopida sote 250g
	Ingrediente: conopida 100g, carne de pui 80g, morcov 60g, ulei de masline Cal: 280.44, Carb: 14.98, Prot: 23.4	Ingrediente: conopida 100g, carne de pui 80g, morcov 60g, ulei de masline Cal: 280.44, Carb: 14.98, Prot: 23.4	Ingrediente: conopida 100g, carne de pui 80g, morcov 60g, ulei de masline Cal: 280.44, Carb: 14.98, Prot: 23.4	Ingrediente: conopida 100g, carne de pui 80g, morcov 60g, ulei de masline Cal: 280.44, Carb: 14.98, Prot: 23.4	Ingrediente: conopida 200, morcov 40g, ulei de masline Cal: 167.9, Carb: 12.34, Prot: 3.12
	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) Chec (Cal: 333; Carb: 8.0; Prot: 5.3)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec (Cal: 333; Carb: 8.0; Prot: 5.3)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec (Cal: 333; Carb: 8.0; Prot: 5.3)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chec (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.	

