

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

MARTI

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
	Omleta 70g, sal.victoria (carne,soia) 40g, cascaval 40g Cal:196.5; Carb:6.2; Prot:19.3	Omleta 70g, sal.victoria (carne,soia) 40g, cascaval 40g Cal:196.5; Carb:6.2; Prot:19.3	Omleta 70g, mozzarella 40g, urda 40g Cal:250.5; Carb:7.4; Prot:26.1	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
PRANZ	Ciorba de rosii cu fidea 300ml	Ciorba de rosii cu fidea 300ml	Crema de morcovi 300ml	Supa strecurata 300ml	Crema de legume 300ml
	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina, ardei gras, Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina, ardei gras, Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: morcov 100g ceapa ,telina, cartofi, unt, smantana, Cal: 369.69, Carb: 25.83, Prot:3.97	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, paste cu sos 300g	Porc, paste cu sos 300g	Pui cu piure de legume 300g	Crema de legume 300g	Carne fiarta cu pilaf 250g
	Ingrediente: file p.cong. 60g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 688.5, Carb:11.25, Prot: 33.31	Ingrediente: file p. cong. 60g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 688.5, Carb:11.25, Prot: 33.31	Ingrediente: pui 80g, cartofi 80g, morcov, mazare, fasole verde, unt, lapte ,telina Cal: 313.36 , Carb: 12.45, Prot:23.3	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:33.3
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 mancare de cartofi 300g	Pui cu mancare de cartofi 300 g	Pui cu cartofi la cuptor 250 g	Compot de mere 300g	Biscuiti cu lapte 300g	
CINA	Ingrediente:pui 80g, cartofi 100g, morcov 30g, ceapa, telina, rosii bulion Cal: 226.94 Carb.29.32, Prot 20.02	Ingrediente:pui 80g, cartofi 100g, morcov 30g, ceapa, telina, rosii bulion Cal: 226.94 Carb.29.32, Prot 20.02	Ingrediente:carne pui 80g, cartofi 160g , usturoi, ulei, Cal:348 Carb.8.92,Prot.23.41	Ingrediente:mere 200g.apa 100ml, CaL:94,Carb.:0.2,Prot: 0.8	Ingrediente:lapte 200 ml, biscuiti 100 g Cal:512, Carb.12.5,Prot :12.5
	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)	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, ar 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)
	Omleta 70g, mozzarella 40g, sunca Praga 40g(carne,soia) Cal:277.7; Carb:11.4; Prot:25.3	Omelta 70g, sal.victoria 40g(carne,soia), sunca 40g Cal: 190.5; Carb: 6, Prot: 17.3	Omelta 70g, mozzarella 40g, urda 40g Cal:250.5; Carb:7.4; Prot:26.1	Omleta 70g, mozzarella 40g, urda 40g Cal:250.5; Carb:7.4; Prot:26.1	Biscuiti 30g(faina,zahar),urda 4 g, br. vaci 40g,mozzarella30g (lapte,zer) masline Cal:469,5,Carb.21.6,Prot. 26.25
	Ciorba de rosii cu fidea 300ml	Crema de morcovi 300ml	Ciorba de rosii cu fidea 300ml	Crema de morcovi 300ml	Crema de morcovi 300ml
PRANZ	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina, ardei gras, Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: morcovi 100g, ceapa, telina, cartofi. Cal: 298.45; Carb: 20.74; Prot: 2.88	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina, ardei gras, Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: morcovi 100g, ceapa, telina, cartofi, unt, smantana Cal: 369.69; Carb: 25.83; Prot: 3.97	Ingrediente: morcovi 100g, ceapa, telina, cartofi, unt, smantana Cal: 369.69; Carb: 25.83; Prot: 3.9
	Pui cu ghiveci de legume 300 g	Porc, paste cu sos 300 g	Ghiveci de legume 250 g	Pui cu piure de legume 300g	Rasol pui cu orez 250g
	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina , fasole verde, dovlecel, cartofi, vinete,ulei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente: file p.cong. 60g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 688.5, Carb:11.25, Prot: 33.31	Ingrediente: morcov, rosii cuburi, ceapa, mazare, telina , fasole verde, dovlecel, cartofi, vinete,ulei Cal: 160.72, Carb.5.29,Prot :4.55	Ingrediente: pui 80g, cartofi 80g, morcov, mazare, fasole verde unt, lapte ,telina Cal: 313.36, Carb:12.45, Prot:23.3	Ingrediente:piept pui 60g, orez 150g morcovi,telina Cal:524 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 legume sote 300 g	Pui cu cartofi la cuptor 250 g	Legume sote 250g	Pui cu cartofi la cuptor 250 g	Pui cu branza vaci 220g	
CINA	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 80g, cartofi 160g , usturoi, ulei, Cal:348 Carb.8.92,Prot.23.41	Ingrediente: morcov 60g, telina, fasole verde, conopida, broccoli, dovlecel Cal:92.16 Carb.0.66,Prot.4.52	Ingrediente:carne pui 80g, cartofi 160g , usturoi, ulei, Cal:348 Carb.8.92,Prot.23.41	Ingrediente:piept pui 60g, bran z vaci 160 g Cal:180,6, Carb.12,6, Prot. 8
	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) 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)	
	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, ara hide, 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)
	Omleta 70g, mozzarella 40g, salam de casa 40g Cal:348.5; Carb:19.4; Prot:24.9	Omleta 70g, mozzarella 40g, sunca p.(carne,soia) 40g, Cal:277.7; Carb:11.4; Prot:25.3	Omleta 70g, mozzarella 40g, sunca p.(carne,soia) 40g, Cal:277.7; Carb:11.4; Prot:25.3	Omleta 70g, mozzarella 40g, urda 40 Cal:250.5; Carb:7.4; Prot:26.1	Branza tofu,, masline, ardei gras Cal:249,8,Carb.14.5,Prot. 12,35
	Crema de morcovi 300 ml	Ciorba de rosii cu fidea 300 ml	Ciorba de rosii cu fidea 300 ml	Ciorba de rosii cu fidea 300 ml	Ciorba de rosii cu fidea 300 ml
PRANZ	Ingrediente: morcovi 100g, ceapa, telina, unt, smantana Cal: 369.69; Carb: 25.83; Prot: 3.97	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina, ardei gras, Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina, ardei gras, Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina, ardei gras, Cal: 344.95, Carb: 0.91, Prot: 9.91	Ingrediente: rosii 60g, ceapa, morcov,fidea, telina, ardei gras Cal: 344.95, Carb: 0.91, Prot: 9.91
	Pui cu ghiveci de legume 300 g	Porc, paste cu sos 300 g	Pui cu ghiveci de legume 300 g	Pui cu ghiveci de legume 300 g	Ghiveci de legume 250g
	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina , fasole verde, dovlecel, cartofi, vinete,ulei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente: file p. cong. 60g paste 150g, unt, rosii cuburi, ceapa, morcov, telina Cal: 688.5, Carb:11.25, Prot: 33.31	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina , fasole verde, dovlecel, cartofi, vinete,ulei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente:pui 80g, morcov, rosii cuburi, ceapa, mazare, telina , fasole verde, dovlecel, cartofi, vinete,ulei Cal: 248.63, Carb.8.37,Prot :23.27	Ingrediente: morcov, rosii cuburi, ceapa, mazare, telina , fasole verde, dovlecel, cartofi, vinete,ulei Cal: 160.72, Carb.5.29,Prot :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)	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 legume sote 300 g	Pui cu mancare de cartofi 300g	Pui cu legume sote 300g	Pui cu legume sote 300 g	Legume sote 250gr
	Ingrediente:carne pui 60 g, morcov 60g, telina, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:pui 60 g, cartofi 100g, morcov 30g, ceapa, telina, rosii bulion Cal: 226.94 Carb.29.32, Prot 20.02	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, morcov 60g, telina, fasole verde, conopida, broccoli, dovlecel Cal:291.24,Carb:8.3 Prot:23.11	Ingrediente:morcov 60g, telina, fasole verde, conopida, broccoli, dovlecel Cal:92.16 Carb.0.66,Prot.4.5
	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) Mar (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	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.