

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

SAMBATA

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
	Salam rustic 30g, urda 30g, branza vaci 30g, unt 30g, mozzarella 30g, masline Cal:424.7,Carb.34.13,Prot:20.67	Mozzarella 30g, cas (lapte, cheag) 30g, unt 30g, gem 20g, urda 30g Cal:370.5,Carb.27.63,Prot. 18.76	Branza de vaci 30g, cas(lapte, cheag)30g, unt 30g, urda 30g, masline Cal:278,Carb:22.73,Prot:11.22	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 de legume 300ml	Ciorba de legume 300ml	Supa cu fidea 300ml	Supa strecurata 300 ml	Crema de legume 300 ml
	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina , ardei gras, fidea, ou Cal: 640.25, Carb: 6.73, Prot: 24.77	Ingrediente: morcov, telina , ardei gras, ulei Cal:280, Carb.:38,5, Prot:4.2	Ingrediente: ceapa30g, morcov40g, telina 30g, cartofi70g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3
	Pui cu spanac 300g	Pui cu spanac 300g	Pui legume sote 300g	Crema de legume 300g	Carne fiarta cu pilaf 250g
	Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Ingrediente: pui 80g, morcov 60g, telina, cartof, fasole verde, conopida, broccoli, dovlecel Cal: 226.81,Carb:4.34, Prot:27.51	Ingrediente: morcov40g, telina 30g, 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)		
Porc cu orez sarbesc 300g	Porc cu orez sarbesc 300g	Pui cu conopida sote 300g	Compot de mere 300g	Biscuiti cu lapte 300g	
CINA	Ingrediente:file porc 60g, orez 130g, ceapa, morcov, telina, ardei gras, rosii cuburi Cal:711.74,Carb:4.83,Prot:28.37	Ingrediente:file porc 60g, orez 130g, ceapa, morcov, telina, ardei gras, rosii cuburi Cal:711.74,Carb:4.83,Prot:28.37	Ingrediente:carne pui 80 g, conopida 130 , morcov 60g , ulei masline Cal: 267.57,Carb.10.43,Prot.28.05	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
	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Prajitura cu lamaie (Cal:208.48; Carb; 15.38; Prot:7.25)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Prajitura cu lamaie (Cal:208.48; Carb; 15.38; Prot:7.25)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Prajitura cu lamaie (Cal:208.48; Carb; 15.38; Prot:7.25)	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	

SAMBATA

	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, cascaval 30g, salam rustic, br. Vaci 30g, cas(lapte cheag)30g, masline Cal:407,Carb:35.18, Prot:16.38	Parizer(carne,soia) 30g, biscuiti, rosie, gem, masline Cal:353.31, Carb:32.2, Prot:10.69	Unt 30g, urda 40g, br. Vaci 30g, cas(lapte, cheag) 30g, masline Cal:291.6,Carb:23.13,Prot: 13.02	Unt 30g, urda 30g, cas(lapte, cheag) 30g, cascaval 30g, masline Cal:340.2,Carb:28.53,Prot:15.63	Biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:669,Carb.21.6,Prot. 26.25
PRANZ	Ciorba de legume 300 ml	Supa cu fidea 300 ml	Ciorba de legume 300 ml	Supa cu fidea 300 ml	Supa cu fidea 300 ml
	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina , ardei gras, fidea, ou Cal: 640.25, Carb: 6.73, Prot: 24.77	Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ingrediente: ceapa, morcov, telina , ardei gras, fidea, ou Cal: 640.25, Carb: 6.73, Prot: 24.77	Ingrediente: ceapa, morcov, telina , ardei gras, fidea, ou Cal: 640.25, Carb: 6.73, Prot: 24.77
	Ostropel de pui cu mamaliga 300g	Pui cu legume sote 300g	Legume sote 250g	Pui legume sote 300g	Rasol pui cu orez 250g
	Ingrediente: pui 80g, mamaliga 150g, ceapa 30, rosii cuburi Cal:807.1,Carb:5.64,Prot:36.12	Ingrediente: pui 80g, morcov 60g, telina, cartof, fasole verde, conopida, broccoli, dovlecel Cal: 226.81,Carb:4.34, Prot:27.51	Ingrediente: morcov 60g, telina, mare, fasole verde, conopida, cartofi, broccoli, dovlecel Cal:247.55 Carb.18.6,Prot.7.82	Ingrediente: pui 80g, morcov 60g, telina, cartof, fasole verde, conopida, broccoli, dovlecel Cal: 226.81,Carb:4.34, Prot:27.51	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)
CINA	Pui cu legume sote 300g	Porc cu orez sarbesc 300g	Orez sarbesc 250g	Pui cu conopida sote 300g	Pui cu branza vaci 220g
	Ingrediente: pui 80g, morcov 60g, telina, cartof, fasole verde, conopida, broccoli, dovlecel Cal: 226.81,Carb:4.34, Prot:27.51	Ingrediente:file porc 60g, orez 130g, ceapa, morcov, telina, ardei gras, rosii cuburi Cal:711.74,Carb:4.83,Prot:28.37	Ingrediente: orez 150g, ceapa, morcov, telina, ardei gras, rosii cuburi Cal:628.18,Carb:5.27,Prot:22.34	Ingrediente:pui 80g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 267.57,Carb.10.43,Prot.28.05	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) Mar (Cal: 105.4; Carb; 0.36; Prot: 0.32)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Prajitura cu lamaie (Cal:208.48; Carb; 15.38; Prot:7.25)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Prajitura cu lamaie (Cal:208.48; Carb; 15.38; Prot:7.25)	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,br.vaci 30g,unt 30g, mozzarella 30g (lapte,cheag),sunca p. (carne,soia)30g, Cal:622,8,Carb:8,02, Prot:23,45,	Salam rustic 30g, urda 30g, branza vaci 30g, unt 30g, mozzarella 30g, masline Cal:424.7,Carb.34.13,Prot:20.67	Cas30g,br vaci 30g, unt 30g (lapte,cheag),masline Cal:481,48,Carb:22.41,Prot: 15,53	Branza de vaci 30g,cas30g ,unt30g,cas 30g(lapte, cheag) masline Cal:680,3,Carb:7,07,Prot:16,16	Salata rosii, branza tofu Cal:369,Carb.12.6,Prot. 12.25
	Ciorba de legume 300ml Ingrediente: ceapa, morcov, telina , fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ciorba de legume 300ml Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ciorba de legume 300ml Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ciorba de legume 300ml Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8	Ciorba de legume 300ml Ingrediente: ceapa, morcov, telina ,cartofi, fasole verde, mazare, ardei gras Cal: 301, Carb: 24.7, Prot: 3.8
PRANZ	Pui cu spanac 300g Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Pui cu spanac 300g Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Pui cu spanac 300g Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Pui cu spanac 300g Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83	Legume sote 250g Ingrediente: morcov 60g, telina, mare, fasole verde, conopida, cartofi, 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)	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 Ingrediente: pui 80g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 226.81,Carb:4.34, Prot:27.51	Porc cu orez sarbesc 300g Ingrediente:file porc 60g, orez 130g, ceapa, morcov, telina, ardei gras, rosii cuburi Cal:711.74,Carb:4.83,Prot:28.37	Pui cu conopida sote 300g Ingrediente:pui 80g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 267.57,Carb.10.43,Prot.28.05	Pui cu legume sote 300g Ingrediente: pui 80g, morcov 60g, telina, mazare, fasole verde, conopida, broccoli, dovlecel Cal: 226.81,Carb:4.34, Prot:27.51	Orez sarbesc 250g Ingrediente: orez 150g, ceapa, morcov, telina, ardei gras, rosii cuburi Cal:628.18,Carb:5.27,Prot:22.34
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) Prajitura cu lamaie (Cal:208.48; Carb; 15.38; Prot:7.25)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Prajitura cu lamaie (Cal:208.48; Carb; 15.38; Prot:7.25)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Prajitura cu lamaie (Cal:208.48; Carb; 15.38; Prot:7.25)	Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Prajitura cu lamaie (Cal:208.48; Carb; 15.38; Prot:7.25)	
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.