

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

SPITALUL SFANTUL STEFAN

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

VINERI

PERIOADA 16 - 22 MARTIE 2026

REGIM COMUN

REGIM FARA SARE
(CARDIAC)

ULCER

HIDRIC

PASAT

MIC
DEJUNCeai+zahar (cal:15.91; carb: 0; prot: 0)
(Cal: 312.9; Carb: 3.78; Prot: 8.44) ChiflaCeai+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:19.3Omleta 70g, mozzarella 40g, urda
40
Cal:250.5; Carb:7.4; Prot:26.1Omleta 70g, mozzarella 40g, urda
40
Cal:250.5; Carb:7.4; Prot:26.1Iaurt 125g, branza vaci 150g,
Cal:260, Carb:10.25, Prot :24.13Lapte 200ml, biscuiti 100g
(zahar)
Cal:577, Carb:24; Prot:

DEJUN

Crema de legume 300 ml

Crema de legume 300 ml

Crema de legume 300 ml

Supa strecurata 300 ml

Crema de legume 300

Ingrediente: ceapa, morcov, telina,
fasole verde, mazare, cartofi, smantana,
unt, ulei
Cal: 588.48,Carb:49.77,Prot:5.95Ingrediente: ceapa, morcov, telina,
fasole verde, mazare, cartofi,
smantana, unt, ulei
Cal: 588.48,Carb:49.77,Prot:5.95Ingrediente: ceapa, morcov, telina,
fasole verde, mazare, cartofi,
smantana, unt, ulei
Cal: 588.48,Carb:49.77,Prot:5.95Ingrediente: morcov,telina,ardei
gras, ulei
Cal:280, Carb.:38,5, Prot:4.2Ingrediente: ceapa30g, morcov
telina30g, cartofi70g, fasole verde
conopida20g, smantana
Cal:202.22, Carb:9.91, Prot:

Penne bolognese 300g

Penne bolognese 300g

Pui la cuptor/orez cu legume 300g

Crema de legume 300g

Carne fiarta cu pilaf 25

Ingrediente: carne pui 60g, penne 150g,
ceapa, morcov, telina, rosii in bulion,
ulei
Cal :724.16, Carb:13.32,Prot: 34.6Ingrediente: carne pui 60g, penne
150g, ceapa, morcov, telina, rosii in
bulion, ulei
Cal :724.16, Carb:13.32,Prot: 34.6Ingrediente: pui 80g, orez 130g,
ceapa, morcov, telina, ardei gras,
Cal:750.94,,Carb:6.36 Prot:33.45Ingrediente: morcov40g,
telina30g, cartofi70g, fasole verde30g,
conopida20g, smantana
Cal:202.22, Carb:9.91, Prot:3.3Ingrediente: piept pui 60g,
150g, morcov, telina
Cal:363,65,Carb:30,7,Prot:

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 piure de cartofi 300g

Pui cu piure de cartofi 300g

Pui la cuptor/paste cu legume 250g

Compot de mere 300g

Biscuiti cu lapte 300g

CINA

Ingrediente: pipet pui 80g. Cartofi 150,
unt 30g, lapte
Cal:597.25, Carb.35.42, prot27.19Ingrediente: pipet pui 80g. Cartofi
150, unt 30g, lapte
Cal:597.25, Carb.35.42, prot27.19Ingrediente:pui 80g, paste 100g,
morcov, telina, ardei gras
Cal: 663.18,Carb:6.08, Prot:40.78Ingrediente:mere 200g, apa 100ml,
CaL:94,Carb.:0.2,Prot: 0.8Ingrediente:lapte 200ml, biscuiti
100g
Cal:512, Carb.12.5,Prot :

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:

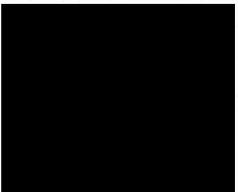
Poate contine: lactoza,peste,susan, arahide, gluten,
mustar si derivatePoate contine: lactoza,peste,susan, arahide,
gluten, mustar si derivatePoate contine: lactoza,peste,susan, arahide,
gluten, mustar si derivatePoate contine: lactoza,peste, susan, arahide,
gluten, mustar si derivatePoate contine: lactoza, peste, susan,
arahide, gluten, mustar si derivate

| | DIABET | INTOLERANTA LACTOZA | RENAL | HEPATIC + NEOPLAZIC | ENTEROCOLIT |
|---|--|---|--|--|---|
| MIC DEJUN | Ceai f. zahar (cal:0; carb: 0; prot: 0) (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chifla | Ceai+zahar (cal:15.91; carb: 0; prot: 0) (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chifla | Ceai+zahar (cal:15.91; carb: 0; prot: 0) (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chifla | Ceai+zahar (cal:15.91; carb: 0; prot: 0) (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chifla | Ceai+zahar (cal:15.91; carb: 0; prot: 0) (Cal: 312.9; Carb: 3.78; Prot: 8.44) Chifla |
| | 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) 130g (lapte,zer) Cal:669,Carb.21.6,Prot. |
| PRANZ | Crema de legume 300ml | Crema de legume 300ml | Crema de legume 300ml | Crema de legume 300ml | Supa cu taitei 300ml |
| | Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95 | Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95 | Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95 | Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95 | Ingrediente: taitei, ceapa, r telina, ardei gras, ou Cal: 138,Carb:24.7,Prot: |
| | Pui cu spanac 300g | Penne bolognese 300g | Mancare de spanac 250g | Pui la cuptor/orez cu legume 300g | Rasol pui cu orez 250g |
| | Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83 | Ingrediente: carne pui 60g, penne 150g, ceapa, morcov, telina, rosii in bulion, ulei Cal :724.16, Carb:13.32,Prot: 34.6 | Ingrediente: spanac 150g, ceapa, morcov, telina, orez, rosii cub Cal: 173.09,Carb.1.46,Prot :9.12 | Ingrediente: pui 80g, orez 130g, ceapa, morcov, telina, ardei gras, Cal:750.94,,Carb:6.36 Prot:33.45 | Ingrediente:piept pui 60g, orez morcovi,telina Cal 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 sufle de legume 300g | Pui la cuptor/paste cu legume 250g | Sufle de legume 250g | Pui la cuptor/paste cu legume 250g | Pui cu branza vaci 220g |
| Ingrediente: pui 80g, cartof, morcov, telina, conopida, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 443.52 Carb:21.67, Prot: 43.17 | Ingrediente:pui 80g, paste 100g, morcov, telina, ardei gras Cal: 663.18,Carb:6.08, Prot:40.78 | Ingrediente: cartof, morcov, telina, conopida, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 400.1 Carb:21.43, Prot: 25.04 | Ingrediente:pui 80g, paste 100g, morcov, telina, ardei gras Cal: 663.18,Carb:6.08, Prot:40.78 | Ingrediente: piept pui 60g, b vaci 160 g Cal:180,6, Carb.12,6, Prot | |
| 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) 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,sus arahide, gluten, mustar si deriv | |

| | 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 | Masline, pate vegetal, ar Cal:369,Carb.12.6,Prot. |
| PRANZ | Crema de legume 300ml | Crema de legume 300ml | Crema de legume 300ml | Crema de legume 300ml | Crema de legume 300ml |
| | Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95 | Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95 | Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95 | Ingrediente: ceapa, morcov, telina, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95 | Ingrediente: ceapa, morcov, fasole verde, mazare, cartofi, smantana, unt, ulei Cal: 588.48,Carb:49.77,Prot:5.95 |
| | Pui cu spanac 300g | Penne bolognese 300g | Pui cu spanac 300 g | Pui cu spanac 300g | Mancare de spanac 250g |
| | Ingrediente:pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59,Carb.4.94,Prot :29.83 | Ingrediente: carne pui 60g, penne 150g, ceapa, morcov, telina, rosii in bulion, ulei Cal :724.16, Carb:13.32,Prot: 34.6 | 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: spanac 150g, morcov, telina, orez, rosii cub Cal: 173.09,Carb.1.46,Prot: 2.95 |
| 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 sufle de legume 300 g | Pui cu piure de cartofi 300g | Pui cu sufle de legume 300 g | Pui cu sufle de legume 300 g | Sufle de legume 250g |
| | Ingrediente: pui 80g, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 443.52 Carb:21.67, Prot: 43.17 | Ingrediente: pipet pui 80g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19 | Ingrediente: pui 80g, cartof, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 443.52 Carb:21.67, Prot: 43.17 | Ingrediente: pui 80g, cartof, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 443.52 Carb:21.67, Prot: 43.17 | Ingrediente: cartof, morcov, telina, mazare, fasole verde, br.vaci, smantana, oua, mozzarella Cal: 400.1 Carb:21.43, Prot: 2.95 |
| | 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 | |

CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU
 ENCIU LAURA



APROBAT DIRECTOR
 DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA
 POPESCU N.
 VASILE FL.

