

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

MARTI - 07.04.2026

PERIOADA 06 - 12 APRILIE 2026

| | REGIM COMUN | REGIM FARA SARE (CARDIAC) | ULCER | HIDRIC | PASAT |
|------------------|---|---|---|---|--|
| | 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 |
| MIC DEJUN | sal.victoria (carne,soia) 40g, cascaval 40g, creminos cu unt 30g, gem 20g, masline Cal:455.9,Carb.41.04,Prot. 13.89 | br vaci 30g, mozzarella 40g, creminos cu unt 20g, cas 40,(lapte, cheag) gem 20g(zahar) Cal:496.85,Carb.43.01,Prot. 18.3 | mozzarella 40g, br. vaci 30g, creminos cu unt 20g, urda 30g, masline Cal:385.6,Carb:34.52,Prot:12.56 | 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 |
| | Supa de rosii cu orez 300ml | Supa de rosii cu orez 300ml | Supa cu taitei 300ml | Supa strecurata 300ml | Supa de rosii cu orez 300ml |
| | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91 | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91 | Ingrediente:taitei 30g, ceapa 30g, morcov,telina,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76 | Ingrediente: morcov,telina,ardei gras, ulei Cal: 211.56, Carb:18.71, Prot:1.7 | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91 |
| PRANZ | Pui cu varza calita 300g | Pui cu varza calita 300g | Pui cu orez si legume 300g | Supa crema de legume 300ml | Pui cu orez si legume 300g |
| | Ingrediente:carne pui 80g, varza. 150g ,ceapa, ardei gras, rosii pasate, ulei Cal: 275.84,Carb.12.77,Prot.22.73 | Ingrediente:carne pui 80g, varza. 150g ,ceapa, ardei gras, rosii pasate, ulei Cal: 275.84,Carb.12.77,Prot.22.73 | Ingrediente: pui 80g, orez 120g, ceapa, morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79 | Ingrediente: morcov, telina, cartofi, fasole verde, coopida, smantana Cal:425.5,Carb:27.04, Prot:4.1 | Ingrediente: pui 80g, orez 120g, ceapa, morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79 |
| | 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) | | |
| | Rulada de pui cu piure de cartofi 300g | Rulada de pui cu piure de cartofi 300g | Pui cu Bulz 300g | Compot de mere 300g | Biscuiti, lapte 300 g |
| CINA | Ingrediente: carne de pui 80g, cartofi, morcov, fasole verde, dovlecel, unt, lapte, ou Cal: 313.04, Carb.12.79, Prot 23.14 | Ingrediente: carne de pui 80g, cartofi, morcov, fasole verde, dovlecel, unt, lapte, ou Cal: 313.04, Carb.12.79, Prot 23.14 | Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47 | Ingrediente: mere 200g, apa 100ml, CaL:94, Carb:0.2, Prot: 0.8 | Ingrediente:lapte 200ml, biscuiti 100g CaL:512,Carb.:12.5,Prot: 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) 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, arahide, gluten, mustar si derivate |

| | DIABET + TBC | INTOLERANTA LACTOZA | RENAL | HEPATIC + NEOPLAZIC | ENTEROCOLITA |
|------------------|--|---|--|---|---|
| | 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) |
| MIC DEJUN | mozzarella 40g, br.vaci 40g, creminos cu unt 20g, sunca p.(carne,soia) 40g, masline Cal:331.4,Carb:26.8, Prot:17.2 | sal.Victoria(carne,soia)40g, rosie 40g, biscuiti 40g, masline Cal: 455.9, Carb: 41.04, Prot: 13.89 | cas 40g(lapte, cheag),br vaci 30g, creminos cu unt 20g, mozzarella 30g, masline Cal:241,Carb:21.6,Prot:7.2 | br.vaci 40g, cas 30g(lapte, cheag), creminos cu unt 30g mozzarella 30g, masline Cal:373.1,Carb:34.43,Prot:10.76 | biscuiti 30g(faina,zahar),urda 40g, br. vaci 40g, mozzarella30g, masline Cal:330.7Carb.15.48,Prot.19.76 |
| | Supa de rosii cu orez 300ml | Supa de rosii cu orez 300ml | Supa cu taitei 300ml | Supa cu taitei 300ml | Supa cu taitei 300 ml |
| | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91 | Ingrediente: ceapa, morcov, orez 30, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91 | Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76 | Ingrediente:taitei 30g, ceapa 30g, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76 | Ingrediente: taitei 30g, morcov, telina ,ou Cal:193.04, Carb:13.66, Prot:7.76 |
| PRANZ | Pui cu piure legume 300g | Pui cu orez si legume 300g | Piure legume 250g | Pui cu orez si legume 300g | Rasol pui cu orez 300g |
| | Ingrediente:pui 80g,morcov 40g, mazare30, conopida40g, telina 40g, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52 | Ingrediente: pui 80g, orez 120g, ceapa, morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79 | Ingrediente:morcov 60g, conopida60g, telina 60g, smantana, cartofi, fasole verde, ulei masline Cal: 239,8,Carb.16.92, Prot :5.15 | Ingrediente: pui 80g, orez 120g, ceapa, morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79 | Ingrediente:piept pui 60g, orez 200g morcovi, telina Cal:437.84, Carb.12.82, Prot.19.83 |
| | 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 Bulz 300g | Rulada de pui cu legume sote 300g | Bulz 250g | Pui cu Bulz 300 g | Pui cu branza vaci 220g |
| CINA | Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47 | Ingrediente: pui 80g, cartofi 100g, morcov 40g, telina, fasole verde, ulei masline Cal: 313.04, Carb.12.79, Prot 23.14 | Ingrediente: malai 80g, br. vaci 50g, smantana 50g, mozzarella 40g, oua Cal: 694,Carb.33.71,Prot.28.39 | Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47 | 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) 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, 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) |
| | mozzarella 40g, br.vaci 40g, creminos cu unt 20g, salam de casa 40g, masline Cal:331.4,Carb:26.8, Prot:17.2 | sal.victoria (carne,soia) 40g, cascaval 40g, creminos cu unt 30g, gem 20g, masline Cal:455.9,Carb.41.04,Prot. 13.89 | br.vaci 40g, cas 30g(lapte, cheag), creminos cu unt 30g mozzarella 30g, masline Cal:373.1,Carb:34.43,Prot:10.76 | br.vaci 40g, cas 30g(lapte,cheag), creminos cu unt 30g, mozzarella 30g, masline Cal:373.1,Carb:34.43,Prot:10.76 | branza tofu 120g, masline 20g, ardei gras 20g Cal:148.2,Carb.9.3,Prot.11.39 |
| | Supa de rosii cu orez 300ml | Supa de rosii cu orez 300ml | Supa de rosii cu orez 300ml | Supa de rosii cu orez 300ml | Supa de rosii cu orez 300ml |
| PRANZ | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91 | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91 | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91 | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91 | Ingrediente: ceapa, morcov, orez, telina, ardei gras, rosii in bulion, ulei Cal: 267.04, Carb: 0.96, Prot: 5.91 |
| | Pui cu piure legume 300 g | Pui cu varza calita 300g | Pui cu piure legume 300 g | Pui cu piure legume 300 g | Piure legume 250 g |
| | Ingrediente:pui 80g,morcov 40g, mazare30, conopida40g,telina40g, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52 | Ingrediente:carne pui 80g, varza. 150g ,ceapa, ardei gras, rosii pasate, ulei Cal: 275.84,Carb.12.77,Prot.22.73 | Ingrediente:pui 80g,morcov 40g, conopida40g,telina40g, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52 | Ingrediente:pui 80g,morcov 40g, conopida40g,telina40g, smantana, cartof, fasole verde, ulei masline Cal: 327.22, Carb.20,Prot :23.52 | Ingrediente:morcov 60g, conopida, telina, smantana, cartofi, fasole verde, ulei masline Cal: 239,8,Carb.16.92, Prot :5.15 |
| | 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 Bulz 300 g | Pui cu Bulz 300 g | Rulada de pui cu piure de cartofi 300g | Pui cu Bulz 300 g | Bulz 250g |
| | Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47 | Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47 | Ingrediente: carne de pui 80g, cartofi, morcov, fasole verde, dovlecel, unt, lapte, ou Cal: 313.04, Carb.12.79, Prot 23.14 | Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47 | Ingrediente: malai 80 g, br. Vaci 50g, smantana 50g, mozzarella 40g, oua Cal: 694,Carb.33.71,Prot.28.39 |
| | 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

DIETETICIAN

MIREA MARIANA LILIANA
POPESCU N.