

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

MARTI - 21.04.2026

PERIOADA 20 - 26 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	Porc cu varza calita 300g	Porc cu varza calita 300g	Pui cu orez si legume 300g	Supa crema de legume 300ml	Pui cu orez si legume 300g
	Ingrediente: file de porc 60g, varza. 150g ,ceapa, ardei gras, rosii pasate, ulei Cal: 275.84,Carb.12.77,Prot.22.73	Ingrediente: file de porc 60g, 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 150g, lapte, unt Cal: 313.04, Carb.12.79, Prot 23.14	Ingrediente: carne de pui 80g, cartofi 150g, lapte, unt 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, telina40g , 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, telina60g , 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	Porc 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: file de porc 60g, 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 150g, lapte, unt 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. 6.2