

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

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

VINERI

PERIOADA 13 - 19 APRILIE 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
	Parizer 30g, cascaval afumat 30g, creminos cu unt 35g, branza de vaci 40g, masline 15g Cal:452.1;Carb.36.43;Prot:21.97	Urda 30g, mozzaella 30g, creminos cu unt 30g, cas 30g(lapte, cheag), gem 30g Cal:360.3;Carb.28.95;Prot:18.01	Mozzarella 30g, creminos cu unt 30g, urda 30g, cas 30g(lapte, cheag), branza tofu 25g, masline Cal:349.8,Carb:29.33,Prot:16.08	Iaurt 125g, branza vaci 150g, Cal:260, Carb:10.25, Prot :24.13	Lapte 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 ml
	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: morcov,telina,ardei gras, ulei Cal:280, Carb.:38,5, Prot:4.2	Ingrediente: ceapa30g, morcov telina30g,cartofi70g, fasole verde conopida20g, smantana Cal:202.22, Carb:9.91, Prot:
	Rulada de pui cu legume sote 300g	Rulada de pui cu legume sote 300g	Rulada de pui cu orez si legume 300g	Crema de legume 300g	Carne fiarta cu pilaf 250g
	Ingrediente: carne de pui 80g, cartofi 100g, morcov, fasole verde, dovlecel, ou Cal: 283.46; Carb: 9.04; Prot: 27.22	Ingrediente: carne de pui 80g, cartofi 100g, morcov, fasole verde, dovlecel, ou Cal: 283.46; Carb: 9.04; Prot: 27.22	Ingrediente: carne de pui 80g, orez 130g, ceapa, morcov, telina, ardei gras Cal: 750.94; Carb: 6.36; Prot: 33.45	Ingrediente: morcov40g, telina30g,cartofi70g, fasole verde30g, conopida20g, smantana Cal:202.22, Carb:9.91, Prot:3.3	Ingrediente: 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, prot27.19	Ingrediente: pipet pui 80g. Cartofi 150, unt 30g, lapte Cal:597.25, Carb.35.42, prot27.19	Ingrediente:pui 80g, paste 100g, morcov, telina, ardei gras Cal: 663.18,Carb:6.08, Prot:40.78	Ingrediente:mere 200g, apa 100ml, CaL:94,Carb.:0.2,Prot: 0.8	Ingrediente:lapte 200ml, bi 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 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, su 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)
	Salam rustic 30g, mozzarella 30g, creminos cu unt 30g, urda 30g, cas 30g(lapte, cheag), masline Cal:349.8,Carb:29.33,Prot:16.08	Parizer 30g, cascaval afumat 30g, creminos cu unt 35g, branza de vaci 40g, masline 15g Cal:452.1;Carb.36.43;Prot:21.97	Mozzarella 30g, creminos cu unt 30g, urda 30g, cas 30g(lapte, cheag), branza tofu 25g, masline Cal:349.8,Carb:29.33,Prot:16.08	Urda 30g, mozzaella 30g, creminos cu unt 30g, cas 30g(lapte, cheag), gem 30g Cal:360.3;Carb.28.95;Prot:18.01	Pate vegetal, ardei gras, m Cal:369;Carb.12.6;Prot:1
	Crema de legume 300ml	Crema de legume 300ml	Crema de legume 300ml	Crema de legume 300ml	Crema de legume 300ml
PRANZ	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
	Rulada de pui cu spanac 300g	Rulada de pui cu legume sote 300g	Rulada de pui cu spanac 300g	Rulada de pui cu spanac 300g	Mancare de spanac 250g
	Ingrediente: carne de pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59; Carb: 4.94; Prot: 29.83	Ingrediente: carne de pui 80g, cartofi 100g, morcov, fasole verde, dovlecel, ou Cal: 283.46; Carb: 9.04; Prot: 27.22	Ingrediente: carne de pui 80g, spanac 100g, ceapa, morcov, telina, orez, rosii cub Cal: 293.59; Carb: 4.94; Prot: 29.83	Ingrediente: carne de 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:29.83
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)	
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: 43.17
	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.