

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

SAMBATA - 09.05.2026

PERIOADA 04 - 10 MAI 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
	Muschi tiganesc 40g, cascaval afumat 40g, creminos cu unt 30g, gem 30g Cal:353.31,Carb.32.2,Prot. 10.69	Urda 40g, mozzarella 40g, creminos cu unt 30g, branza de vaci 30g Cal:410.7,Carb.33.78,Prot. 17.25	Mozzarella 40g, urda 40g, creminos cu unt 30g, branza de vaci 30g Cal:398.6,Carb:36.23,Prot:15.41	Iaurt 125g, branza vaci 150g, Cal:260, Carb :10.25, Prot : 24.13	Lapte 200 g, biscuiti 100g(faina, zahar) Cal:577,Carb:24;Prot: 13
DEJUN	Crema de legume 300ml	Crema de legume 300ml	Supa de legume cu taitei 300ml	Supa strecurata 300ml	Crema de legume 300ml
	Ingrediente: ceapa, morcov, <b>telina</b> ,cartofi, fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente: ceapa, morcov, <b>telina</b> ,cartofi, fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente:taitei, ceapa, morcov, <b>telina</b> ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente: morcov, <b>telina</b> ,ardei gras Cal: 211.56, Carb:18.71, Prot:1.7	Ingrediente: ceapa, morcov, <b>telina</b> ,cartofi, fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3
	Porc cu orez si legume 300g	Porc cu orez si legume 300g	Pui cu legume gratinate 300g	Crema de legume 300ml	Pui cu orez si legume 300g
	Ingrediente:file porc cong. 60g, orez 140g, ceapa ,morcov, ardei gras,telina Cal: 720, Carb:13.2, Prot:22.62	Ingrediente:file porc cong. 60g, orez 140g, ceapa ,morcov, ardei gras,telina Cal: 720, Carb:13.2, Prot:22.62	Ingrediente:pui80g,cartofi 30g, morcov30, mazare,telina,smant30, br.vaci30g,,fasole verde,oua, mozzarella Cal: 390.84,Carb:21.98, Prot:21.1	Ingrediente: morcov, telina, cartofi, fasole verde, coopida, smantana Cal:202.22,Carb:9.91, Prot:3.3	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)		
Cartofi gratinati 250g	Cartofi gratinati 250g	Pui cu Bulz 300g	Compot de mere 300g	Biscuiti cu lapte 300g	
Ingrediente:cartofi 150g,br.vaci 30g, smantana 30g, mozzarella20g,lapte,oua, ulei Cal:474.8,Carb:26.49,Prot:12.92	Ingrediente:cartofi 150g,br.vaci 30g, smantana 30g, mozzarella20g,lapte,oua, ulei Cal:474.8,Carb:26.49,Prot:12.92	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) 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**

	<b>DIABET + TBC</b>	<b>INTOLERANTA LACTOZA</b>	<b>RENAL</b>	<b>HEPATIC + NEOPLAZIC</b>	<b>ENTEROCOLITA</b>
<b>MIC DEJUN</b>	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)
	Sunca de curcan 30g, mozzarella 30g, creminos cu unt 30g, branza de vaci 30g, masline 30g Cal:406.1,Carb:35.1, Prot:19	Muschi tiganesc 40g, biscuiti 40g(faina, zahar), gem 30g, masline 30g Cal:353.31, Carb:32.2, Prot:10.69	Mozzarella 40g, urda 40g, creminos cu unt 30g, branza de vaci 30g Cal:398.6,Carb:36.23,Prot:15.41	Mozzarella 30g, urda 30g, creminos cu unt 30g, branza de vaci 30g, gem 30g Cal:409.6,Carb:36.91,Prot:15.51	Biscuiti 30g(faina,zahar),vaci 130g (lapte,zer) Cal:313.9,Carb.12.15,Prot.19.35
	Crema de legume 300ml	Supa de legume cu taitei 300ml	Supa de legume cu taitei 300ml	Supa de legume cu taitei 300ml	Supa cu taitei 300ml
	Ingrediente: ceapa, morcov, telina, cartofi, fasole verde, conopida, varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente:taitei, ceapa, morcov,telina,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov,telina,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov,telina,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, morcov,telina,ardei,ou Cal:193.04, Carb:13.66, Prot:7.76
	Pui cu spanac 300g	Pui cu spanac 300g	Mancare de spanac 250g	Pui cu legume gratinate 300g	Rasol pui cu orez 300g
	Ingrediente:carne pui 80 g,spanac cong 70g,ceapa 30, bulion 30g,telina , morcov, ardei gras, orez,uilei Cal: 262.36,Carb.12.88,Prot :23.28	Ingrediente:carne pui 80 g,spanac cong 70g,ceapa 30, bulion 30g,telina , morcov, ardei gras, orez,uilei Cal: 262.36,Carb.12.88,Prot :23.28	Ingrediente:spanac 150g, ceapa, orez, bulion, morcov, telina, ardei gras, ulei Cal:160.64, Carb.9.73, Prot.4.01	Ingrediente:pui80g, cartofi 30g, morcov,telina,smant30, br.vaci,fasole verde,oua, mozzarella Cal: 390.84,Carb:21.98, Prot:21.1	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)
	<b>CINA</b>	Pui cu Bulz 300 g	Pui cu orez si legume 300g	Bulz 250g	Pui cu Bulz 300 g
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, orez 150g, ceapa ,morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79	Ingrediente: malai 80 g, br. Vaci 60g, smantana 60g, mozzarella 40 g, 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) 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	

**SAMBATA**

	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, cas 40g(lapte, cheag), branza de vaci 30g, urda 30g Cal:406.1,Carb:35.1, Prot:19	Muschi tiganesc 40g, cascaval afumat 40g, creminos cu unt 30g, gem 30g Cal:353.31,Carb.32.2,Prot. 10.69	Mozzarella 40g, urda 40g, creminos cu unt 30g, branza de vaci 30g Cal:398.6,Carb:36.23,Prot:15.41	Urda 40g, mozzarella 40g, creminos cu unt 30g, branza de vaci 30g Cal:410.7,Carb.33.78,Prot. 17.25	Zacusca 120g, masline 20g Cal:114.6,Carb.7.26,Prot. 11.07
	Crema de legume 300 ml	Crema de legume 300 ml	Supa legume cu taitei 300 ml	Supa legume cu taitei 300 ml	Supa legume cu taitei 300 ml
PRANZ	Ingrediente: ceapa, morcov, <b>telina</b> , fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente: ceapa, morcov, <b>telina</b> , fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3	Ingrediente:taitei, ceapa, morcov, <b>telina</b> ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, <b>telina</b> ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76	Ingrediente:taitei, ceapa, morcov, <b>telina</b> ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76
	Pui cu spanac 300g	Porc cu orez si legume 300g	Pui cu spanac 300g	Pui cu orez si legume 300g	Orez cu legume 250g
	Ingrediente:carne pui 80 g,spanac 70g, ceapa, bulion, <b>telina</b> , morcov, ardei gras, orez,uilei Cal: 262.36,Carb.12.88,Prot :23.28	Ingrediente:file porc cong. 60g, orez 140g, ceapa ,morcov, ardei gras,telina Cal: 720, Carb:13.2, Prot:22.62	Ingrediente:carne pui 80g, spanac 70g, ceapa, bulion, <b>telina</b> , morcov, ardei gras, orez,uilei Cal: 262.36,Carb.12.88,Prot :23.28	Ingrediente: pui 80g, orez 120g, ceapa ,morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79	Ingrediente: orez 200g, morcov, ardei gras, telina, ulei Cal:450.04, Carb.10.36, Prot.7.75
	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 300g	Pui cu Bulz 300g	Pui cu Bulz 300g	Pui cu Bulz 300g	Legume gratinate 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 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	Ingred.:cartofi 100g,morcov40g, <b>telina</b> 40g,smantana30g, br.vaci 30g,fasole verde, mozzarella,oua Cal: 317.72,Carb.15.49,Prot.14.5
	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) Prajitura cu lamaie ( Cal:208.48; Carb; 15.38; Prot:7.25)	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) 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.