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UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

MARTI

SPITALUL SFANTUL STEFAN

PERIOADA 11 - 17 Mai 2026

	REGIM COMUN	REGIM FARA SARE (CARDIAC)	ULCER	HIDRIC
MIC DEJUN	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9;Gr: 3.78; Gluc: 63.06; Prot: 8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal:312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9;Gr:3.78; Gluc: 63.06; Prot: 8.44)
	Sunca Praga 40g, mozzarella 40g, crema de branza 30g, urda 30g Kcal: 233.4; Gr:14.66; Gluc:3.51; Prot:21.17	Mozzarella 40g, urda 40g, creminos cu unt 30g, gem 30g Kcal:363.25; Gr:25.4; Gluc:18.1; Prot:15.81	Cascaval 40g, urda 40g, crema de branza 30g, cas 30g(lapte, cheag) Kcal:295.6; Gr:16.95; Gluc:4.6; Prot:29.34	Iaurt 125g, branza de vaci 150g Kcal:272.5; Gr:11.13; Gluc:11.73; Prot:24.25
PRANZ	Ciorba de rosii cu fidea 300ml	Ciorba de rosii cu fidea 300ml	Crema de morcovi 300ml	Supa strecurata 300ml
	Ingrediente: rosii 60g, fidea, morcov, telina , ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66	Ingrediente: rosii 60g, fidea, morcov, telina , ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66	Ingrediente: morcov 100g, cartofi, telina , ceapa, unt , crema vegetala Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	Ingrediente: morcov 70, ardei gras 60g, telina 60g, ulei 10g Kcal: 200.64; Gr:14.33; Gluc:16.89; Prot:2.37g
	Porc cu orez si legume 300g	Porc cu orez si legume 300g	Pui cu piure de legume 300g	Crema de legume 300ml
	Ingrediente: orez 140g, file de porc congelat 60g, morcov 30g, telina 30g, ardei gras, ceapa Kcal:641.54;Gr:4.21;Gluc:124.61;Prot:23.46	Ingrediente: orez 140g, file de porc congelat 60g, morcov 30g, telina 30g, ardei gras, ceapa Kcal:641.54;Gr:4.21;Gluc:124.61;Prot:23.46	Ingrediente: carne de pui 80g, cartofi 80g, morcov 40g, telina 40g, fasole verde, unt , lapte Kcal: 359.22; Gr:20.62; Gluc:23.85; Prot:17.63	Ingrediente: cartofi, morcov, telina , fasole verde, mazare, crema vegetala , unt , ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14
	Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)	Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)	Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)	
Pui cu mancare de cartofi 300g	Pui cu mancare de cartofi 300g	Pui cu cartofi la cuptor 250g	Compot de mere 300g	
CINA	Ingrediente: cartofi 100g, carne de pui 80g, morcov 30g, telina , ceapa, rosii in bulion Kcal:259.54;Gr:7.26;Gluc:29.93;Prot:17.55	Ingrediente: cartofi 100g, carne de pui 80g, morcov 30g, telina , ceapa, rosii in bulion Kcal:259.54;Gr:7.26;Gluc:29.93;Prot:17.55	Ingrediente: carne de pui 80g, cartofi 150g, usturoi, ulei Kcal:356.9; Gr:16.35; Gluc:33.45; Prot:17.34	Ingrediente: mere 200g, apa 100ml. Kcal: 156; Gr: 0.6; Gluc: 42; Prot: 0.9
	Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)	Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)	Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)	Iaurt (KCal: 52.7; Gr: 2.8; Gluc: 3.7; 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

MARTI

	PASAT	DIABET + TBC	INTOLERANTA LACTOZA	RENAL
MIC DEJUN	Lapte cu biscuiti	Ceai f. zahar (KCal: 0; Gr: 0; Gluc: 0; prot: 0) Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)	Ceai+zahar (KCal: 16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)	Ceai+zahar (KCal: 16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)
	Lapte 200ml, biscuiti 100g(faina, zahar) Kcal: 615; Gr: 28.4; Gluc: 75.4; Prot: 13	Parizer 40g, cascaval 40g, crema de branza 30g, urda 30g, rosie Kcal: 329; Gr: 24.58; Gluc: 3.19; Prot: 22.74	Parizer 40g, biscuiti 40g, rosie, masline Kcal: 306.8; Gr: 17.04; Gluc: 27.28; Prot: 7.63	Cascaval 40g, urda 40g, crema de branza 30g, cas 30g(lapte, cheag) Kcal: 295.6; Gr: 16.95; Gluc: 4.6; Prot: 29.34
PRANZ	Crema de legume 300ml	Ciorba de rosii cu fidea 300ml	Ciorba de rosii cu fidea 300ml	Ciorba de rosii cu fidea 300ml
	Ingrediente: cartofi 70g, morcov 30g, telina 20g, ceapa, fasole verde, conopida, crema vegetala Kcal: 220.86; Gr: 7.26; Gluc: 34.47; Prot: 3.68	Ingrediente: rosii 60g, fidea, morcov, telina , ceapa, ardei gras Kcal: 118.74; Gr: 0.42; Gluc: 26.16; Prot: 3.66	Ingrediente: rosii 60g, fidea, morcov, telina , ceapa, ardei gras Kcal: 118.74; Gr: 0.42; Gluc: 26.16; Prot: 3.66	Ingrediente: rosii 60g, fidea, morcov, telina , ceapa, ardei gras Kcal: 118.74; Gr: 0.42; Gluc: 26.16; Prot: 3.66
	Carne fiarta cu pilaf 250g	Pui cu ghiveci de legume 300g	Porc cu orez si legume 300g	Ghiveci de legume 250g
	Ingrediente: orez 150g, piept de pui 60g, morcov, telina Kcal: 669.16; Gr: 4.63; Gluc: 129.95; Prot: 22.97	Ingrediente: carne de pui 80g, morcov 30g, telina 30g, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei Kcal: 302.57; Gr: 16.57; Gluc: 18.44; Prot: 18.22	Ingrediente: orez 140g, file de porc congelat 60g, morcov 30g, telina 30g, ardei gras, ceapa Kcal: 641.54; Gr: 4.21; Gluc: 124.61; Prot: 23.46	Ingrediente: morcov 40g, telina 30g, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei Kcal: 184.67; Gr: 9.69; Gluc: 20.46; Prot: 3.41
		Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)	Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)	Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)
CINA	Biscuiti cu lapte	Pui cu legume sote 300g	Pui cu cartofi la cuptor 250g	Legume sote 250g
	Ingrediente: lapte 200ml, biscuiti 100(faina, zahar) Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6	Ingrediente: carne de pui 60g, morcov 60g, telina 40g, fasole verde 40g, conopida, broccoli, dovlecel Kcal: 174.13; Gr: 5.76; Gluc: 14.23; Prot: 14.69	Ingrediente: carne de pui 80g, cartofi 150g, usturoi, ulei Kcal: 356.9; Gr: 16.35; Gluc: 33.45; Prot: 17.34	Ingrediente: morcov 60g, telina 40g, fasole verde 40g, conopida 40g, broccoli 40g, dovlecel Kcal: 79.53; Gr: 0.55; Gluc: 14.5; Prot: 3.41
	Iaurt (KCal: 52.7; Gr: 2.8; Gluc: 3.7; Prot: 3.4)	Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Iaurt (KCal: 52.7; Gr: 2.8; Gluc: 3.7; Prot: 3.4)	Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)	Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)
	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

MARTI

	HEPATIC + NEOPLAZIC	ENTEROCOLITA	FARA GLUTEN	HIPERPROTEIC
MIC DEJUN	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9; Gr:3.78;Gluc:63.06; Prot: 8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9; Gr: 3.78;Gluc:63.06; Prot:8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9;Gr:3.78; Gluc: 63.06; Prot: 8.44)
	Cascaval 40g, crema de branza 30g, urda 40g, cas 30(lapte, cheag), masline Kcal:351.92; Gr:24.38; Gluc:4.18; Prot:27.56	Branza de vaci 40g, urda 40, biscuiti 30g(faina, zahar), mozzarella 30g Kcal:317; Gr:14.05, Gluc: 24.26; Prot: 20.7	Salam de casa 40g, cascaval 40g, crema de branza 30g, cas 30g(lapte,cheag) Kcal:413.72; Gr:33.58; Gluc:2.34g; Prot:25.61	Sunca Praga 40g, mozzarella 40g, crema de branza 30g, urda 30g Kcal: 233.4; Gr:14.66; Gluc:3.51; Prot:21.17
PRANZ	Crema de morcovi 300ml	Crema de morcovi 300ml	Crema de morcovi 300ml	Ciorba de rosii cu fidea 300ml
	Ingrediente: morcov 100g, cartofi, telina , ceapa, unt, crema vegetala Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	Ingrediente: morcov 100g, cartofi, telina , ceapa, unt, crema vegetala Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	Ingrediente: morcov 100g, cartofi, telina , ceapa, unt, crema vegetala Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08	Ingrediente: rosii 60g, fidea, morcov, telina , ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66
	Pui cu piure de legume 300g	Rasol de pui cu orez 250g	Pui cu ghiveci de legume 300g	Porc cu orez si legume 300g
	Ingrediente: carne de pui 80g, cartofi 80g, morcov 40g, telina 40g, fasole verde, unt, lapte Kcal: 359.22; Gr:20.62; Gluc:23.85; Prot:17.63	Ingrediente: orez 150g, piept de pui 60g, morcovi, telina Kcal: 668.6; Gr: 4.63; Gluc: 129.95; Prot: 22.97	Ingrediente: carne de pui 80g, morcov 30g, telina 30g, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22	Ingrediente: orez 140g, file de porc congelat 60g, morcov 30g, telina 30g, ardei gras, ceapa Kcal:641.54;Gr:4.21;Gluc:124.61;Prot:23.46
	Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)	Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)	Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)	Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)
Pui cu cartofi la cuptor 250g	Pui cu branza de vaci 220g	Pui cu legume sote 300g	Pui cu mancare de cartofi 300g	
Ingrediente: carne de pui 80g, cartofi 150g, usturoi, ulei Kcal:356.9; Gr:16.35; Gluc:33.45; Prot:17.34	Ingrediente: piept de pui 60g, branza de vaci 160g Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84	Ingrediente: carne de pui 60g, morcov 60g, telina 40g, fasole verde 40g, conopida, broccoli, dovlecel Kcal:174.13;Gr: 5.76; Gluc:14.23;Prot:14.69	Ingrediente: cartofi 100g, carne de pui 80g, morcov 30g, telina , ceapa, rosii in bulion Kcal:259.54;Gr:7.26;Gluc:29.93;Prot:17.55	
Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)	Chifla (KCal: 312.9; Gr: 3.78; Gluc:63.06; Prot:8.44)	Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)	Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)	
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	

	HIPOCALORIC	MUSULMAN	VEGETARIAN	MEDICI
MIC DEJUN	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9;Gr:3.78; Gluc:63.06; Prot: 8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9; Gr: 3.78; Gluc:63.06; Prot: 8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)	Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0) Chifla (KCal: 312.9; Gr: 3.78;Gluc:63.06; Prot: 8.44)
	Cascaval 40g, urda 40g, crema de branza 30g, cas 30g(lapte, cheag) Kcal:295.6; Gr:16.95; Gluc:4.6; Prot:29.34	Mozzarella 40g, urda 40g, creminos cu unt 30g, gem 30g Kcal:363.25; Gr:25.4; Gluc:18.1; Prot:15.81	Zacusca 120g, masline 20g Kcal:112; Gr:7.36; Gluc:5.16; Prot:1.77	Ingrediente: parizer 60, cascaval 60g, rosii 20g Kcal: 324.4; Gr: 24.72; Gluc:0.98; Prot:23.6
PRANZ	Ciorba de rosii cu fidea 300ml	Ciorba de rosii cu fidea 300ml	Ciorba de rosii cu fidea 300ml	Crema de morcovi 300ml
	Ingrediente: rosii 60g, fidea, morcov, telina , ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66	Ingrediente: rosii 60g, fidea, morcov, telina , ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66	Ingrediente: rosii 60g, fidea, morcov, telina , ceapa, ardei gras Kcal:118.74; Gr 0.42; Gluc:26.16; Prot:3.66	Ingrediente: morcov 100g, cartofi, telina, ceapa, unt, crema vegetala Kcal: 239; Gr: 17.87; Gluc: 17.59; Prot: 2.08
	Pui cu ghiveci de legume 300g	Pui cu ghiveci de legume 300g	Ghiveci de legume 250g	Ostropel de porc cu orez si legume 300g
	Ingrediente: carne de pui 80g, morcov 30g, telina 30g, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22	Ingrediente: carne de pui 80g, morcov 30g, telina 30g, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22	Ingrediente: morcov 40g, telina 30g, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei Kcal:184.67; Gr:9.69; Gluc:20.46; Prot:3.41	Ingrediente: orez 140g, file de porc congelat 60g, morcov 30g, telina 30g, ardei gras, ceapa Kcal:641.54;Gr:4.21;Gluc:124.61;Prot:23.46
	Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)	Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)	Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)	Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)
	Pui cu legume sote 300g	Pui cu legume sote 300g	Legume sote 250g	Paste cu pui si smantana 300g
Ingrediente: carne de pui 60g, morcov 60g, telina 40g, fasole verde 40g, conopida, broccoli, dovlecel Kcal:174.13;Gr: 5.76; Gluc:14.23;Prot:14.69	Ingrediente: carne de pui 60g, morcov 60g, telina 40g, fasole verde 40g, conopida, broccoli, dovlecel Kcal:174.13;Gr: 5.76; Gluc:14.23;Prot:14.69	Ingrediente: morcov 60g, telina 40g, fasole verde 40g, conopida 40g, broccoli 40g, dovlecel Kcal:79.53;Gr: 0.55; Gluc:14.5;Prot:3.41	Ingrediente: penne 160g, carne de pui 80g, gran cucina, usturoi Kcal:795;Gr: 11.83; Gluc:125.06;Prot:44.14	
Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)	Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) Mar (Cal: 104; Gr: 0.34; Gluc: 27.6; Prot: 0.52)		Chifla (KCal: 312.9;Gr: 3.78;Gluc: 63.06; 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		

CONTROL FINAL AL PRODUSULUI

DOBRE ALEXANDRU

ENCIU LAURA



APROBAT DIRECTOR
DITETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.