

| S.C.ROMANIAN CATERING S.R.L. | | VINERI | | SPITALUL SFANTUL STEFAN |
|---|---|---|---|---|
| UNITATE TIP CATERING AUT. DSV 1928/28.06.2007 | | | | 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) |
| | Parizer 40g, cascaval afumat 40g, creminos cu unt 30g, branza de vaci 30g Kcal:404.2;Gr:34.94;Gluc:1.53;Prot:19.8 | Urda 40g, cas 40g(lapte, cheag), creminos cu unt 30g, gem 30g Kcal:377.25;Gr:26;Gluc:18.82;Prot:17.3 | Mozzarella 40g, urda 40g, cas30g(lapte, cheag), creminos cu unt 30g Kcal:380.5;Gr:30.2;Gluc:3.64;Prot:22.96 | Iaurt 125g, branza de vaci 150g Kcal:272.5;Gr:11.13;Gluc:11.73;Prot:24.25 |
| PRANZ | Crema de legume 300ml | Crema de legume 300ml | Crema de legume 300ml | Supa strecurata 300ml |
| | Ingrediente: cartofi, morcov, telina , fasole verde, mazare, crema vegetala , unt , ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14 | Ingrediente: cartofi, morcov, telina , fasole verde, mazare, crema vegetala , unt , ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14 | Ingrediente: cartofi, morcov, telina , fasole verde, mazare, crema vegetala , unt , ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14 | Ingrediente: morcov 70, ardei gras 60g, telina 60g, ulei 10g Kcal:200.64;Gr:14.33;Gluc:16.89;Prot:2.37g |
| | 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 300ml |
| | Ingrediente: cartofi 100g, carne de pui 80g, morcov, fasole verde, dovlecel, ou Kcal:265.33;Gr:7.13;Gluc:25.04;Prot:25.46 | Ingrediente: cartofi 100g, carne de pui 80g, morcov, fasole verde, dovlecel, ou Kcal:265.33;Gr:7.13;Gluc:25.04;Prot:25.46 | Ingrediente: orez 120g, carne de pui 80g, morcov, telina , ardei gras, ceapa Kcal:287.9;Gr:3.41;Gluc:42.05;Prot:21.65 | 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 piure de cartofi 300g | Pui cu piure de cartofi 300g | Pui la cuptor cu paste si legume 250g | Compot de mere 300g | |
| CINA | Ingrediente: cartofi 170, piept de pui 80g, unt 30g, lapte Kcal:442.3;Gr:23.29;Gluc:37.03;Prot:20.15 | Ingrediente: cartofi 170, piept de pui 80g, unt 30g, lapte Kcal:442.3;Gr:23.29;Gluc:37.03;Prot:20.15 | Ingrediente: penne 100g, carne de pui 80g, morcov, telina , ardei gras Kcal:505.1;Gr:9.09;Gluc:74.97;Prot:28.76 | 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 |

| | 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 | Salam rustic 30g, mozzarella 30g, creminos cu unt 30g, urda 30g, masline 30g Kcal: 393; Gr:34.35; Gluc:3.87; Prot: 16.24 | Parizer 40g, biscuiti 40(faina, zahar), gem 30g, rosie Kcal: 393; Gr:34.35; Gluc:3.87; Prot: 16.24 | Mozzarella 40g, urda 40g, cas30g(lapte, cheag), creminos cu unt 30g Kcal:380.5;Gr:30.2;Gluc:3.64;Prot:22.96 |
| PRANZ | Crema de legume 300ml | Crema de legume 300ml | Crema de legume 300ml | Crema de legume 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: cartofi, morcov, telina , fasole verde, mazare, crema vegetala, unt, ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14 | Ingrediente: cartofi, morcov, telina , fasole verde, mazare, ulei Kcal:169.9;Gr:9.53;Gluc:18.75;Prot:3.44 | Ingrediente: cartofi, morcov, telina , fasole verde, mazare, crema vegetala, unt, ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14 |
| | Carne fiarta cu pilaf 250g | Rulada de pui cu spanac 300g | Rulada de pui cu legume sote 300g | Mancare de spanac 250g |
| | Ingrediente: orez 150g, piept de pui 60g, morcov, telina Kcal:669.16;Gr:4.63;Gluc:129.95;Prot: 22.97 | Ingrediente: spanac 100g, carne de pui 80g, orez 40g, morcov, telina , ceapa, rosii cub | Ingrediente: cartofi 100g, carne de pui 80g, morcov, fasole verde, dovlecel, ou Kcal:265.33;Gr:7.13;Gluc:25.04;Prot:25.46 | Ingrediente: spanac 140g, orez 30g, morcov, telina , ceapa, rosii cub Kcal:94.6;Gr:0.78;Gluc:18.29;Prot:5.61 |
| | | 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 sufle de legume 300g | Pui la cuptor cu paste si legume 250g | Sufle de legume 250g |
| | Ingrediente: lapte 200ml, biscuiti 100(faina, zahar) Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6 | Ingrediente: carne de pui 80g, morcov, telina , mazare, fasole verde, branza de vaci, crema vegetala, ou, mozzarella Kcal:366.7;Gr:21.05;Gluc:12.39;Prot:30 | Ingrediente: penne 100g, carne de pui 80g, morcov, telina , ardei gras Kcal:505.1;Gr:9.09;Gluc:74.97;Prot:28.76 | Ingrediente: morcov, telina , mazare, fasole verde, branza de vaci, crema vegetala, ou, mozzarella Kcal:264.1;Gr:14.23;Gluc:17.6;Prot:16.27 |
| | 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 |

| | 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) |
| | Mozzarella 30g, urda 30g, cas 30g(lapte,cheag), creminos cu unt, gem 30g Kcal:403.95;Gr:28.35;Gluc:18.24;Prot:19.2 | Biscuiti 30g(faina, zahar), branza de vaci 130g Kcal:396.3;Gr:18.56;Gluc:26.45;Prot:25.97 | Parizer 40g, mozzarella 40g, creminos cu unt 30g, urda 30g Kcal:378.3;Gr:32.28;Gluc:2.28;Prot:18.63 | Parizer 40g, cascaval afumat 40g, creminos cu unt 30g, branza de vaci 30g Kcal:404.2;Gr:34.94;Gluc:1.53;Prot:19.8 |
| PRANZ | Crema de legume 300ml | Supa cu taitei de casa 300ml | Crema de legume 300ml | Crema de legume 300ml |
| | Ingrediente: cartofi, morcov, telina , fasole verde, mazare, crema vegetala , unt, ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14 | Ingrediente: taitei de casa, morcov, telina , ardei gras, ceapa, ou Kcal:219.42;Gr:4.79;Gluc:33.16;Prot:10.09 | Ingrediente: cartofi, morcov, telina , fasole verde, mazare, crema vegetala , unt, ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14 | Ingrediente: cartofi, morcov, telina , fasole verde, mazare, crema vegetala , unt, ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14 |
| | Rulada de pui cu orez si legume 300g | Rasol de pui cu orez 250g | Rulada de pui cu spanac 300g | Rulada de pui cu legume sote 300g |
| | Ingrediente: orez 120g, carne de pui 80g, morcov, telina , ardei gras, ceapa Kcal:287.9;Gr:3.41;Gluc:42.05;Prot:21.65 | Ingrediente: orez 150g, piept de pui 60g, morcovi, telina Kcal: 668.6;Gr: 4.63;Gluc:129.95; Prot:22.97 | Ingrediente: spanac 100g, carne de pui 80g, orez 40g, morcov, telina , ceapa, rosii cub | Ingrediente: cartofi 100g, carne de pui 80g, morcov, fasole verde, dovlecel, ou Kcal:265.33;Gr:7.13;Gluc:25.04;Prot:25.46 |
| | 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 la cuptor cu paste si legume 250g | Pui cu branza de vaci 220g | Pui cu sufle de legume 300g | Pui cu piure de cartofi 300g | |
| CINA | Ingrediente: penne 100g, carne de pui 80g, morcov, telina , ardei gras Kcal:505.1;Gr:9.09;Gluc:74.97;Prot:28.76 | 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 80g, morcov, telina , mazare, fasole verde, branza de vaci , crema vegetala , ou , mozzarella Kcal:366.7;Gr:21.05;Gluc:12.39;Prot:30 | Ingrediente: cartofi 170, piept de pui 80g, unt 30g, lapte Kcal:442.3;Gr:23.29;Gluc:37.03;Prot:20.15 |
| | 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) |
| | Mozzarella 40g, urda 40g, cas30g(lapte, cheag), creminos cu unt 30g Kcal:380.5;Gr:30.2;Gluc:3.64;Prot:22.96 | Urda 40g, cas 40g(lapte, cheag), creminos cu unt 30g, gem 30g Kcal:377.25;Gr:26;Gluc:18.82;Prot:17.3 | Pate vegetal 120g, ardei gras, masline Kcal:340;Gr:35.52; Gluc:9.08;Prot:2.68 | Parizer 40g, cascaval afumat 40g, creminos cu unt 30g, masline 20g Kcal:434.3;Gr:40.78; Gluc:0.92;Prot:14.86 |
| PRANZ | Crema de legume 300ml | Crema de legume 300ml | Crema de legume 300ml | Crema de legume 300ml |
| | Ingrediente: cartofi, morcov, telina , fasole verde, mazare, crema vegetala, unt, ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14 | Ingrediente: cartofi, morcov, telina , fasole verde, mazare, crema vegetala, unt, ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14 | Ingrediente: cartofi, morcov, telina , fasole verde, mazare, crema vegetala, unt, ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14 | Ingrediente: cartofi, morcov, telina , fasole verde, mazare, crema vegetala, unt, ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14 |
| | Rulada de pui cu spanac 300g | Rulada de pui cu spanac 300g | Mancare de spanac 250g | Piept de pui la cuptor cu legume sote 300g |
| | Ingrediente: spanac 100g, carne de pui 80g, orez 40g, morcov, telina , ceapa, rosii cub | Ingrediente: spanac 100g, carne de pui 80g, orez 40g, morcov, telina , ceapa, rosii cub | Ingrediente: spanac 140g, orez 30g, morcov, telina , ceapa, rosii cub Kcal:94.6;Gr:0.78;Gluc:18.29;Prot:5.61 | 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 |
| | 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) |
| CINA | Pui cu sufle de legume 300g | Pui cu sufle de legume 300g | Sufle de legume 250g | Snitel de pui cu piure de cartofi 300g |
| | Ingrediente: carne de pui 80g, morcov, telina , mazare, fasole verde, branza de vaci, crema vegetala, ou, mozzarella Kcal:366.7;Gr:21.05;Gluc:12.39;Prot:30 | Ingrediente: carne de pui 80g, morcov, telina , mazare, fasole verde, branza de vaci, crema vegetala, ou, mozzarella Kcal:366.7;Gr:21.05;Gluc:12.39;Prot:30 | Ingrediente: morcov, telina , mazare, fasole verde, branza de vaci, crema vegetala, ou, mozzarella Kcal:264.1;Gr:14.23;Gluc:17.6;Prot:16.27 | Ingrediente: piept de pui 80g, pesmet, ou, cartofi, unt, lapte Kcal:395.22;Gr:19.05;Gluc:14.39;Prot:27 |
| | 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) | 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 | 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.