

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

SAMBATA - 06.06.2026

PERIOADA 01 - 07 Iunie 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, telina, cartofi, fasole verde, conopida, varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3 | 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: morcov, telina, ardei gras Cal: 211.56, Carb: 18.71, Prot: 1.7 | Ingrediente: ceapa, morcov, telina, 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: pui 80g, cartofi 30g, morcov 30g, mazare, telina, smantana 30g, br. vaci 30g, fasole verde, oua, mozzarella Cal: 390.84, Carb: 21.98, Prot: 21.1 | Ingrediente: morcov, telina, cartofi, fasole verde, conopida, 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, mozzarella 20g, lapte, oua, ulei Cal: 474.8, Carb: 26.49, Prot: 12.92 | Ingrediente: cartofi 150g, br. vaci 30g, smantana 30g, mozzarella 20g, 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) | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) | 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

| | DIABET + TBC | INTOLERANTA LACTOZA | RENAL | HEPATIC + NEOPLAZIC | ENTEROCOLITA |
|--|--|--|--|--|--|
| MIC DEJUN | 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 |
| PRANZ | 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 70g, ceapa 30, bulion 30g, telina, morcov, ardei gras, orez, ulei Cal: 262.36, Carb: 12.88, Prot: 23.28 | Ingrediente: carne pui 80 g, spanac 70g, ceapa 30, bulion 30g, telina, morcov, ardei gras, orez, ulei 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: pui 80g, cartofi 30g, morcov, telina, smantana 30g, 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) Mar (Cal: 105.4; Carb: 0.36; Prot: 0.32) | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) |
| | Pui cu Bulz 300 g | Pui cu orez si legume 300g | Bulz 250g | Pui cu Bulz 300 g | Pui cu branza vaci 220g |
| 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) | Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) | 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) | |
| 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 Ingrediente: ceapa, morcov, telina , fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3 | Crema de legume 300 ml Ingrediente: ceapa, morcov, telina , fasole verde, conopida,varza, mazare, smantana Cal: 202.22, Carb: 9.91, Prot: 3.3 | Supa legume cu taitei 300 ml Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76 | Supa legume cu taitei 300 ml Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76 | Supa legume cu taitei 300 ml Ingrediente:taitei, ceapa, morcov, telina ,ardei gras,ou Cal:193.04, Carb:13.66, Prot:7.76 |
| PRANZ | Pui cu spanac 300g Ingrediente:carne pui 80 g,spanac 70g, ceapa, bulion, telina , morcov, ardei gras, orez,ulei Cal: 262.36 Carb.12.88,Prot :23.28 | Porc 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 | Pui cu spanac 300g Ingrediente:carne pui 80g, spanac 70g, ceapa, bulion, telina , morcov, ardei gras, orez,ulei Cal: 262.36.Carb.12.88,Prot :23.28 | Pui cu orez si legume 300g Ingrediente: pui 80g, orez 120g, ceapa ,morcov, ardei gras,telina Cal: 440.04, Carb:13.52, Prot:26.79 | Orez cu legume 250g 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) | 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 Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47 | Pui cu Bulz 300g Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47 | Pui cu Bulz 300g Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47 | Pui cu Bulz 300g Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47 | Legume gratinate 250g Ingred.:cartofi 100g,morcov40g, telina 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) | 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) | |
| 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
DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.