

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

SAMBATA - 23.05.2026

PERIOADA 18 - 24 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 Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Prajitura cu lamaie ( Cal:208.48; Carb; 15.38; Prot:7.25)	Ingrediente:cartofi 150g,br.vaci 30g, smantana 30g, mozzarella20g,lapte,oua, ulei Cal:474.8,Carb:26.49,Prot:12.92 Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Prajitura cu lamaie ( Cal:208.48; Carb; 15.38; Prot:7.25)	Ingrediente:carne pui 60g, malai 50g,br.vaci 50g,smantana 50g , mozzarella 30g, oua Cal:565.78 Carb.23.84,Prot.38.47 Chifla (Cal: 312.9; Carb: 3.78; Prot: 8.44) Prajitura cu lamaie ( Cal:208.48; Carb; 15.38; Prot:7.25)	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	
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, ulei Cal: 262.36, Carb: 12.88, Prot: 23.28	Ingrediente: file porc cong. 60g, orez 140g, ceapa, morcov, ardei gras, <b>telina</b> Cal: 720, Carb: 13.2, Prot: 22.62	Ingrediente: carne pui 80g, spanac 70g, ceapa, bulion, <b>telina</b> , morcov, ardei gras, orez, ulei Cal: 262.36, Carb: 12.88, Prot: 23.28	Ingrediente: pui 80g, orez 120g, ceapa, morcov, ardei gras, <b>telina</b> Cal: 440.04, Carb: 13.52, Prot: 26.79	Ingrediente: orez 200g, morcov, ardei gras, <b>telina</b> , 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, morcov 40g, <b>telina</b> 40g, smantana 30g, 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.