

| S.C.ROMANIAN CATERING S.R.L. | | JOI | | SPITALUL SFANTUL STEFAN | |
|---|--|--|--|---|--|
| UNITATE TIP CATERING AUT. DSV 1928/28.06.2007 | | | | PERIOADA 15 - 21 Iunie 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 | Crema de ciuperci 300ml | Crema de ciuperci 300ml | Supa cu taitei 300ml | Supa strecurata 300ml | |
| | Ingrediente: cartofi, morcov, telina , ceapa, ciuperci, ardei gras, crema vegetala , ulei Kcal: 193.5; Gr:14.1; Gluc:15.13; Prot:2.51 | Ingrediente: cartofi, morcov, telina , ceapa, ciuperci, ardei gras, crema vegetala , ulei Kcal: 193.5; Gr:14.1; Gluc:15.13; Prot:2.51 | Ingrediente: taitei, morcov, telina , ceapa, ardei gras, ou Kcal: 216.5; Gr:5.36; Gluc:32.12; Prot:10.11 | Ingrediente: morcov 70, ardei gras 60g, telina 60g, ulei 10g Kcal: 200.64; Gr:14.33; Gluc:16.89; Prot:2.37g | |
| | Porc la cuptor cu piure de cartofi si spanac 300g | Porc la cuptor cu piure de cartofi si spanac 300g | Pui cu orez si ciuperci 300g | Crema de legume 300ml | |
| | Ingrediente: cartofi 150g, file de porc 60g, spanac, unt , lapte Kcal: 438.3; Gr:27.72; Gluc:32.73; Prot:14.4 | Ingrediente: cartofi 150g, file de porc 60g, spanac, unt , lapte Kcal: 438.3; Gr:27.72; Gluc:32.73; Prot:14.4 | Ingrediente: orez 120g, carne de pui 80g, morcov, telina , ardei gras, ceapa, ciuperci, ulei Kcal: 648.9; Gr:17.52; Gluc:96.57; Prot:24.67 | 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) | | |
| Musaca de cartofi cu carne 250g | Musaca de cartofi cu carne 250g | Pui la cuptor cu piure de cartofi si spanac 300g | Compot de mere 300g | | |
| CINA | Ingrediente: cartofi 70g, carne de pui 60g, morcov, telina , ceapa, ou , mozzarella , crema vegetala Kcal: 275.68; Gr:9.9; Gluc:19.88; Prot:26.28 | Ingrediente: cartofi 70g, carne de pui 60g, morcov, telina , ceapa, ou , mozzarella , crema vegetala Kcal: 275.68; Gr:9.9; Gluc:19.88; Prot:26.28 | Ingrediente: cartofi 150g, carne de pui 60g, spanac, unt , lapte Kcal: 400.15; Gr:21.98; Gluc:33.08; Prot:15.38 | 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) | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) | 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) | |
| | 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 | 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 ciuperci 300ml | Supa cu taitei 300ml | Supa cu taitei 300ml | Supa cu taitei 300ml |
| | Ingrediente: cartofi, morcov, telina , ceapa, ciuperci, ardei gras, crema vegetala , ulei Kcal: 193.5; Gr:14.1; Gluc:15.13; Prot:2.51 | Ingrediente: taitei, morcov, telina , ceapa, ardei gras, ou Kcal: 216.5; Gr:5.36; Gluc:32.12; Prot:10.11 | Ingrediente: taitei, morcov, telina , ceapa, ardei gras, ou Kcal: 216.5; Gr:5.36; Gluc:32.12; Prot:10.11 | Ingrediente: taitei, morcov, telina , ceapa, ardei gras, ou Kcal: 216.5; Gr:5.36; Gluc:32.12; Prot:10.11 |
| | Pui cu orez si ciuperci 300g | Pui cu mancare de spanac 300g | Pui cu mancare de spanac 300g | Orez cu ciuperci 250g |
| | Ingrediente: orez 120g, carne de pui 80g, morcov, telina , ardei gras, ceapa, ciuperci, ulei Kcal: 648.9; Gr:17.52; Gluc:96.57; Prot:24.67 | Ingrediente: carne de pui 80g, spanac 80g, orez 30g, morcov, telina , bulion, ceapa, ardei gras, ulei Kcal: 368.1; Gr:16.92; Gluc:33.65; Prot:20.66 | Ingrediente: carne de pui 80g, spanac 80g, orez 30g, morcov, telina , bulion, ceapa, ardei gras, ulei Kcal: 368.1; Gr:16.92; Gluc:33.65; Prot:20.66 | Ingrediente: orez 140g, morcov, telina , ceapa, ardei gras, ciuperci, ulei Kcal: 590.9; Gr:10.78; Gluc:112.23; Prot:10.96 |
| | 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 bulz 300g | Pui cu legume sote 250g | Bulz 250g |
| | Ingrediente: lapte 200ml, biscuiti 100(faina, zahar) Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6 | Ingrediente: carne de pui 60g, mamaliga 50g, branza de vaci 50g, smantana 50, mozzarella 30g, oua Kcal: 505.2; Gr:33.59; Gluc:13.43; Prot:33.13 | Ingrediente: carne de pui 60g, morcov 60g, telina, fasole verde, conopida, broccoli, dovlecel Kcal: 138.05; Gr:4.48; Gluc:10.95; Prot:13.71 | Ingrediente: mamaliga 80g, branza de vaci 50, smantana 50g, mozzarella 40g, oua Kcal: 418.9; Gr:28.54; Gluc:16.08; Prot:21.61 |
| | 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 (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) |
| | 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) |
| | 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 | Supa cu taitei 300ml | Supa cu taitei 300ml | Crema de ciuperci 300ml | Crema de ciuperci 300ml |
| | Ingrediente: taitei, morcov, telina , ceapa, ardei gras, ou Kcal: 216.5; Gr:5.36; Gluc:32.12; Prot:10.11 | Ingrediente: taitei, morcov, telina , ceapa, ardei gras, ou Kcal: 216.5; Gr:5.36; Gluc:32.12; Prot:10.11 | Ingrediente: cartofi, morcov, telina , ceapa, ciuperci, ardei gras, crema vegetala , ulei Kcal: 193.5; Gr:14.1; Gluc:15.13; Prot:2.51 | Ingrediente: cartofi, morcov, telina , ceapa, ciuperci, ardei gras, crema vegetala , ulei Kcal: 193.5; Gr:14.1; Gluc:15.13; Prot:2.51 |
| | Pui cu orez si ciuperci 300g | Rasol de pui cu orez 250g | Pui cu mancare de spanac 300g | Porc la cuptor cu piure de cartofi si spanac 300g |
| | Ingrediente: orez 120g, carne de pui 80g, morcov, telina , ardei gras, ceapa, ciuperci, ulei Kcal: 648.9; Gr:17.52; Gluc:96.57; Prot:24.67 | 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, spanac 80g, orez 30g, morcov, telina , bulion, ceapa, ardei gras, ulei Kcal: 368.1; Gr:16.92; Gluc:33.65; Prot:20.66 | Ingrediente: cartofi 150g, file de porc 60g, spanac, unt, lapte Kcal: 438.3; Gr:27.72; Gluc:32.73; Prot:14.4 |
| | 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 (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) | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44) |
| Pui la cuptor cu piure de cartofi si spanac 300g | Pui cu branza de vaci 220g | Pui cu bulz 300g | Pui cu bulz 300g | |
| CINA | Ingrediente: cartofi 150g, carne de pui 60g, spanac, unt, lapte Kcal: 400.15; Gr:21.98; Gluc:33.08; Prot:15.38 | 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, mamaliga 50g, branza de vaci 50g, smantana 50, mozzarella 30g, oua Kcal: 505.2; Gr:33.59; Gluc:13.43; Prot:33.13 | Ingrediente: carne de pui 60g, mamaliga 50g, branza de vaci 50g, smantana 50, mozzarella 30g, oua Kcal: 505.2; Gr:33.59; Gluc:13.43; Prot:33.13 |
| | 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 (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) | Chifla (Cal: 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 |

| | 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 | Supa cu taitei 300ml | Crema de ciuperci 300ml | Crema de ciuperci 300ml | Crema de ciuperci 300ml |
| | Ingrediente: taitei, morcov, telina , ceapa, ardei gras, ou Kcal: 216.5; Gr:5.36; Gluc:32.12; Prot:10.11 | Ingrediente: cartofi, morcov, telina , ceapa, ciuperci, ardei gras, crema vegetala , ulei Kcal: 193.5; Gr:14.1; Gluc:15.13; Prot:2.51 | Ingrediente: cartofi, morcov, telina , ceapa, ciuperci, ardei gras, crema vegetala , ulei Kcal: 193.5; Gr:14.1; Gluc:15.13; Prot:2.51 | Ingrediente: cartofi, morcov, telina , ceapa, ciuperci, ardei gras, crema vegetala , ulei Kcal: 193.5; Gr:14.1; Gluc:15.13; Prot:2.51 |
| | Pui cu mancare de spanac 300g | Pui cu mancare de spanac 300g | Mancare de spanac 250g | Aripioare de pui pane cu piure de cartofi 300 |
| | Ingrediente: carne de pui 80g, spanac 80g, orez 30g, morcov, telina , bulion, ceapa, ardei gras, ulei Kcal: 368.1; Gr:16.92; Gluc:33.65; Prot:20.66 | Ingrediente: carne de pui 80g, spanac 80g, orez 30g, morcov, telina , bulion, ceapa, ardei gras, ulei Kcal: 368.1; Gr:16.92; Gluc:33.65; Prot:20.66 | Ingrediente: spanac 100g, orez 30g, morcov, telina , bulion, ceapa, ardei gras, ulei Kcal: 250.3; Gr:10.05; Gluc:35.77; Prot:6.23 | Ingrediente: cartofi 150g, carne de pui 80g, unt 30g, lapte Kcal:447.1; Gr:28.09; Gluc:28.13; Prot:19.75 |
| | 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 la cuptor cu piure de cartofi si spanac 300g | Pui cu bulz 300g | Bulz 250g | Penne milaneze 300g |
| | Ingrediente: cartofi 150g, carne de pui 60g, spanac, unt , lapte Kcal: 400.15; Gr:21.98; Gluc:33.08; Prot:15.38 | Ingrediente: carne de pui 60g, mamaliga 50g, branza de vaci 50g, smantana 50, mozzarella 30g, oua Kcal: 505.2; Gr:33.59; Gluc:13.43; Prot:33.13 | Ingrediente: mamaliga 80g, branza de vaci 50, smantana 50g, mozzarella 40g, oua Kcal: 418.9; Gr:28.54; Gluc:16.08; Prot:21.61 | Ingrediente: penne 120g, sunca 80g, ceapa, ciuperci, rosii cuburi, ulei de masline Kcal: 625.8; Gr:14.66; Gluc:91.07; Prot:32.21 |
| | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44) | 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

MIREA MARIAN
POPESCU N.
VASILE FL.