

S.C.ROMANIAN CATERING S.R.L.		<i>LUNI</i>		SPITALUL SFANTUL STEFAN
UNITATE TIP CATERING AUT. DSV 1928/28.06.2007				PERIOADA 29 IUN - 05 IUL 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 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 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 70g, morcov 30g, telina 20g , ceapa, fasole verde, conopida, crema vegetala Kcal: 220.86; Gr: 7.26; Gluc: 34.47; Prot: 3.68	Ingrediente: morcov 70, ardei gras 60g, telina 60g , ulei 10g Kcal: 200.64; Gr:14.33; Gluc:16.89; Prot:2.37g
	Pui cu fasole verde sote 300g	Pui cu fasole verde sote 300g	Pui cu piure de cartofi 300g	Crema de legume 300ml
	Ingrediente: fasole verde 140g, carne de pui 80g, morcov 30g, rosii in bulion, ulei de masline Kcal:305.52; Gr:17.39;Gluc:17.48; Prot:18.68	Ingrediente: fasole verde 140g, carne de pui 80g, morcov 30g, rosii in bulion, ulei de masline Kcal:305.52; Gr:17.39;Gluc:17.48; Prot:18.68	Ingrediente: cartofi 150g, carne de pui 80g, unt 30g, lapte Kcal:447.1; Gr:28.09; Gluc:28.13; Prot:19.75	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)		
	Paste cu sunca 300g	Paste cu sunca 300g	Pui cu cartofi si ciuperci sote 300g	Compot de mere 300g
CINA	Ingrediente: paste 150g, sunca 60g, morcov, telina , ceapa, rosii cuburi, unt Kcal:717.7; Gr:16.95; Gluc:112.77; Prot:26.25	Ingrediente: paste 150g, sunca 60g, morcov, telina , ceapa, rosii cuburi, unt Kcal:717.7; Gr:16.95; Gluc:112.77; Prot:26.25	Ingrediente: cartofi 140g, carne de pui 80g, morcov 30g, ciuperci 30g, ulei Kcal:343.42; Gr:16.46; Gluc:29.33; Prot:19.11	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	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, cas 30g(lapte, cheag), creminos cu unt 30g Kcal:380.5;Gr:30.2;Gluc:3.64;Prot:22.96
PRANZ	Crema de legume 300ml	Ciorba taraneasca de legume 300ml	Ciorba taraneasca 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 , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors , ulei Kcal: 162.34; Gr: 9.51; Gluc: 16.83; Prot: 2.83	Ingrediente: cartofi, morcov, telina , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors , ulei Kcal: 162.34; Gr: 9.51; Gluc: 16.83; Prot: 2.83	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
	Carne fiarta cu pilaf 250g	Pui cu spanac 300g	Pui cu spanac 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: carne de pui 80g, spanac 70g, orez, morcov, telina , ceapa, ardei gras, bulion, ulei Kcal:385.97;Gr:17.24;Gluc:35.42;Prot: 21.25	Ingrediente: carne de pui 80g, spanac 70g, orez, morcov, telina , ceapa, ardei gras, bulion, ulei Kcal:385.97;Gr:17.24;Gluc:35.42;Prot: 21.25	Ingrediente: spanac 120g, orez, morcov, telina , ceapa, ardei gras, bulion, ulei Kcal:238.66;Gr:10.22;Gluc:28.5;Prot:6.82
		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 fasole verde sote 300g	Pui cu fasole verde sote 300g	Fasole verde 250g
	Ingrediente: lapte 200ml, biscuiti 100(faina, zahar) Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6	Ingrediente: fasole verde 140g, carne de pui 80g, morcov 30g, rosii in bulion, ulei de masline Kcal:305.52;Gr:17.39;Gluc:17.48;Prot:18.68	Ingrediente: fasole verde 140g, carne de pui 80g, morcov 30g, rosii in bulion, ulei de masline Kcal:305.52; Gr:17.39; Gluc:17.48; Prot:18.68	Ingrediente: fasole verde 160g, morcov 40g, rosii in bulion 40g, ulei de masline Kcal:305.52; Gr:17.39; Gluc:17.48; Prot:18.68
	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)	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)
	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 de legume cu taitei 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: morcovi, telina, ceapa, ardei gras, taitei, ou Kcal:330.03;Gr: 8.04;Gluc:49.02; Prot: 15.23	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 70g, morcov 30g, telina 20g, ceapa, fasole verde, conopida, crema vegetala Kcal: 220.86; Gr:7.26;Gluc: 34.47; Prot: 3.68
	Pui cu piure de cartofi 300g	Rasol de pui cu orez 250g	Pui cu spanac 300g	Pui cu fasole verde sote 300g
	Ingrediente: cartofi 150g, carne de pui 80g, unt 30g, lapte Kcal:447.1; Gr:28.09; Gluc:28.13; Prot:19.75	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 70g, orez, morcov, telina, ceapa, ardei gras, bulion, ulei Kcal:385.97;Gr:17.24;Gluc:35.42;Prot: 21.25	Ingrediente: fasole verde 140g, carne de pui 80g, morcov 30g, rosii in bulion, ulei de masline Kcal:305.52;Gr:17.39;Gluc:17.48; Prot:18.68
	Chifla (KCal: 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 cu cartofi si ciuperci sote 300g	Pui cu branza de vaci 220g	Pui cu fasole verde sote 300g	Paste cu sunca 300g	
CINA	Ingrediente: cartofi 140g, carne de pui 80g, morcov 30g, ciuperci 30g, ulei Kcal:343.42;Gr:16.46;Gluc:29.33; Prot:19.11	Ingrediente: piept de pui 60g, branza de vaci 160g Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84	Ingrediente: fasole verde 140g, carne de pui 80g, morcov 30g, rosii in bulion, ulei de masline Kcal:305.52; Gr:17.39; Gluc:17.48; Prot:18.68	Ingrediente: paste 150g, sunca 60g, morcov, telina, ceapa, rosii cuburi, unt Kcal:717.7; Gr:16.95; Gluc:112.77; Prot:26.25
	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)
	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	Ciorba taraneasca de legume 300ml	Crema de legume 300ml	Crema de legume 300ml	Ciorba taraneasca de legume 300ml
	Ingrediente: cartofi, morcov, telina , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors , ulei Kcal:162.34;Gr: 9.51;Gluc:16.83;Prot: 2.83	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 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 , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors , ulei Kcal: 162.34;Gr:9.51;Gluc: 16.83;Prot: 2.83
	Pui cu spanac 300g	Pui cu fasole verde sote 300g	Fasole verde 250g	Porc cu fasole verde sote 300g
	Ingrediente: carne de pui 80g, spanac 70g, orez, morcov, telina , ceapa, ardei gras, bulion, ulei Kcal:385.97;Gr:17.24;Gluc:35.42;Prot: 21.25	Ingrediente: fasole verde 140g, carne de pui 80g, morcov 30g, rosii in bulion, ulei de masline Kcal:305.52;Gr:17.39;Gluc:17.48;Prot:18.68	Ingrediente: fasole verde 160g, morcov 40g, rosii in bulion 40g, ulei de masline Kcal:305.52; Gr:17.39; Gluc:17.48; Prot:18.68	Ingrediente: fasole verde 150g, file de porc 60g, morcov, rosii in bulion, ulei de masline Kcal:305.52;Gr:17.39;Gluc:17.48;Prot:18.68
	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 fasole verde sote 300g	Paste cu sunca 300g	Legume sote 250g	Spanac cu oua ochiuri 300g
	Ingrediente: fasole verde 140g, carne de pui 80g, morcov 30g, rosii in bulion, ulei de masline Kcal:305.52; Gr:17.39; Gluc:17.48; Prot:18.68	Ingrediente: paste 150g, sunca 60g, morcov, telina , ceapa, rosii cuburi, unt Kcal:717.7; Gr:16.95; Gluc:112.77; Prot:26.25	Ingrediente: cartofi 120g, morcov, telina , fasole verde, conopida, ulei de masline Kcal:221; Gr:10.32;Gluc:30.55; Prot:2.55	Ingrediente: spanac 70g, oua , orez, morcov, telina , ceapa, ardei gras, bulion, ulei Kcal:303.08;Gr:14.59;Gluc:28.18;Prot: 14.26
	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

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.

VASILE FL.