

| S.C.ROMANIAN CATERING S.R.L. | | | | SPITALUL SFANTUL STEFAN |
|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| UNITATE TIP CATERING AUT. DSV 1928/28.06.2007 | | VINERI | | 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) |
| | Muschiulet afumat 40g, cascaval 40g, creminos cu unt 30, gem 30g Kcal:468.05;Gr:36.06;Gluc:15.54;Prot:21.06 | Branza de vaci 40g, cas 40g(lapte,cheag), creminos cu unt 30g, gem 30g Kcal:465.65;Gr:36.18;Gluc:17.82;Prot:17.14 | Mozzarella 40g, cas 40g(lapte, cheag), creminos de unt 30g, branza de vaci 30g Kcal:474.2;Gr40.76;Gluc:2.57;Prot:23.61 | Iaurt 125g, branza de vaci 150g Kcal:272.5; Gr:11.13; Gluc:11.73; Prot:24.25 |
| PRANZ | Bors de legume cu ou 300ml | Bors de legume cu ou 300ml | Crema de conopida 300ml | Supa strecurata 300ml |
| | Ingrediente: cartofi, morcov, telin , ardei gras, rosii, varza, ou , bors, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85 | Ingrediente: cartofi, morcov, telin , ardei gras, rosii, varza, ou , bors, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85 | Ingrediente: conopida 60g, cartofi, morcov, telina , ceapa, crema vegetala , ulei Kcal:216; Gr:16.29;Gluc:14.76; Prot:2.42 | Ingrediente: morcov 70, ardei gras 60g, telina 60g, ulei 10g Kcal:200.64;Gr:14.33;Gluc:16.89;Prot:2.37g |
| | Pui cu paste si legume cu ciuperci 300g | Pui cu paste si legume cu ciuperci 300g | Pui cu paste primavera 300g | Crema de legume 300ml |
| | Ingrediente: penne 120g, carne de pui 80g, ciuperci, morcov, telina , ulei Kcal:663.6; Gr:18.75;Gluc:89.54; Prot:32 | Ingrediente: penne 120g, carne de pui 80g, ciuperci, morcov, telina , ulei Kcal:663.6; Gr:18.75;Gluc:89.54; Prot:32 | Ingrediente: penne 120g, carne de pui 80g, morcov, telina , smantana , ulei Kcal:717.9; Gr:24.66;Gluc:89.42; Prot:32.09 | 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) | |
| Salata orientala 300g | Salata orientala 300g | Ficatei de pui cu cartofi natur 300g | Compot de mere 300g | |
| CINA | Ingrediente: cartofi 150g, gogosari, castraveti murati, otet, ulei Kcal:279.9; Gr:9.79;Gluc:41.94; Prot:2.84 | Ingrediente: cartofi 150g, gogosari, castraveti murati, otet, ulei Kcal:279.9; Gr:9.79;Gluc:41.94; Prot:2.84 | Ingrediente: cartofi 180g, ficatei de pui 70g, morcov, ulei Kcal:373.7; Gr:13.93;Gluc:40.23; Prot:2.018 | 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 | |
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| | PASAT | DIABET | INTOLERANTA LACTOZA | RENAL |
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| 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 | Sunca Praga 40g, mozzarella 40g, creminos cu unt 30g, branza de vaci 30g, masline Kcal:418.1;Gr:36.19;Gluc:2.52;Prot:19.69 | Salam rustic 40g, biscuiti 40g(faina, zahar), cruditati, masline Kcal:338.8;Gr:19.82;Gluc:30.02;Prot:8 | Mozzarella 40g, cas 40g(lapte, cheag), creminos de unt 30g, branza de vaci 30g Kcal:474.2;Gr40.76;Gluc:2.57;Prot:23.61 |
| PRANZ | Crema de conopida 300ml | Bors de legume cu ou 300ml | Bors de legume cu ou 300ml | Crema de conopida 300ml |
| | Ingrediente: conopida 60g, cartofi, morcov, telina , ceapa, crema vegetala , ulei Kcal:216; Gr:16.29;Gluc:14.76; Prot:2.42 | Ingrediente: cartofi, morcov, telin , ardei gras, rosii, varza, ou , bors, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85 | Ingrediente: cartofi, morcov, telin , ardei gras, rosii, varza, ou , bors, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85 | Ingrediente: conopida 60g, cartofi, morcov, telina , ceapa, crema vegetala , ulei Kcal:216; Gr:16.29;Gluc:14.76; Prot:2.42 |
| | Pui cu paste si legume cu ciuperci 300g | Pui cu piure de legume 300g | Pui cu paste si legume cu ciuperci 300g | Paste cu legume si ciuperci 250g |
| | Ingrediente: penne 120g, carne de pui 80g, ciuperci, morcov, telina , ulei Kcal:663.6; Gr:18.75;Gluc:89.54; Prot:32 | Ingrediente: carne de pui 80g, conopida 40g, morcov, telina , crema vegetala , cartofi, fasole verde, ulei de masline Kcal:359.2; Gr:24.13;Gluc:17.6; Prot:17.99 | Ingrediente: penne 120g, carne de pui 80g, ciuperci, morcov, telina , ulei Kcal:663.6; Gr:18.75;Gluc:89.54; Prot:32 | Ingrediente: penne 150g, ciuperci 50g, morcov, telina , ulei Kcal:642; Gr:12.41;Gluc:110.38; Prot:21.05 |
| | | 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 | Ficatei de pui cu mamaliguta 300g | Ficatei de pui cu cartofi natur 300g | Cartofi natur 250g |
| | Ingrediente: lapte 200ml, biscuiti 100(faina, zahar) Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6 | Ingrediente: mamaliguta 150g, ficatei de pui 70g, rosii in bulion, ceapa, ardei gras, ulei Kcal:334.3; Gr:13.79;Gluc:29.24; Prot:22.02 | Ingrediente: cartofi 180g, ficatei de pui 70g, morcov, ulei Kcal:373.7; Gr:13.93;Gluc:40.23; Prot:2.018 | Ingrediente: cartofi 200g, morcov 40g, ulei Kcal:270.7; Gr:9.47;Gluc:43.48; Prot:2.32 |
| | 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 |
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| | 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, branza de vaci 30g, creminos cu unt 30g, urda 30g, gem 30g Kcal:366.75;Gr:24.9;Gluc:18.72;Prot:15.96 | Branza de vaci 40g, urda 40, biscuiti 30g(faina, zahar), mozzarella 30g Kcal:317; Gr:14.05, Gluc: 24.26; Prot: 20.7 | Sunca Praga 40g, mozzarella 40g, creminos cu unt 30g, urda 30 Kcal:314.8; Gr:24.71, Gluc: 3.14; Prot:19.29 | Muschiulet afumat 40g, cascaval 40g, creminos cu unt 30, gem 30g Kcal:474.2;Gr:40.76;Gluc:2.57;Prot:23.61 |
| PRANZ | Crema de conopida 300ml | Supa cu taitei 300ml | Crema de conopida 300ml | Crema de conopida 300ml |
| | Ingrediente: conopida 60g, cartofi, morcov, telina , ceapa, crema vegetala , ulei Kcal:216; Gr:16.29;Gluc:14.76; Prot:2.42 | Ingrediente: taitei, morcov, telina , ceapa, ardei gras, ou Kcal: 216.5; Gr:5.36; Gluc:32.12; Prot:10.11 | Ingrediente: conopida 60g, cartofi, morcov, telina , ceapa, crema vegetala , ulei Kcal:216; Gr:16.29;Gluc:14.76; Prot:2.42 | Ingrediente: conopida 60g, cartofi, morcov, telina , ceapa, crema vegetala , ulei Kcal:216; Gr:16.29;Gluc:14.76; Prot:2.42 |
| | Pui cu paste primavera 300g | Rasol de pui cu orez 250g | Pui cu piure de legume 300g | Pui cu piure de legume 300g |
| | Ingrediente: penne 120g, carne de pui 80g, morcov, telina , smantana , ulei Kcal:717.9; Gr:24.66;Gluc:89.42; Prot:32.09 | 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, conopida 40g, morcov, telina , crema vegetala , cartofi, fasole verde, ulei de masline Kcal:359.2; Gr:24.13;Gluc:17.6; Prot:17.99 | Ingrediente: carne de pui 80g, conopida 40g, morcov, telina , crema vegetala , cartofi, fasole verde, ulei de masline Kcal:359.2; Gr:24.13;Gluc:17.6; Prot:17.99 |
| | 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) | Chifla (KCal: 312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44) |
| Ficatei de pui cu cartofi natur 300g | Pui cu branza de vaci 220g | Pui cu legume sote 300g | Ficatei de pui cu cartofi natur 300g | |
| CINA | Ingrediente: cartofi 180g, ficatei de pui 70g, morcov, ulei Kcal:373.7; Gr:13.93;Gluc:40.23; Prot:2.018 | 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, conopida, morcov, telina , fasole verde, ulei de masline Kcal:271.7;Gr:17.33;Gluc:11.55;Prot: 17.53 | Ingrediente: cartofi 180g, ficatei de pui 70g, morcov, ulei Kcal:373.7; Gr:13.93;Gluc:40.23; Prot:2.018 |
| | 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 |
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| | 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, cas 40g(lapte, cheag), creminos de unt 30g, branza de vaci 30g Kcal:474.2;Gr40.76;Gluc:2.57;Prot:23.61 | Branza de vaci 40g, cas 40g(lapte,cheag), creminos cu unt 30g, gem 30g Kcal:465.65;Gr:36.18;Gluc:17.82;Prot:17.14 | Pate vegetal 120g, rosii 20g Kcal:465.65;Gr:36.18;Gluc:17.82;Prot:17.14 | Muschi file afumat 40g, mozzarella 40g, creminos cu unt 30g, masline 20g Kcal:330.3;Gr:27.12;Gluc:0.6;Prot:18.68 |
| PRANZ | Bors de legume cu ou 300ml | Crema de conopida 300ml | Crema de conopida 300ml | Bors de legume cu ou 300ml |
| | Ingrediente: cartofi, morcov, telin , ardei gras, rosii, varza, ou , bors, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85 | Ingrediente: conopida 60g, cartofi, morcov, telina , ceapa, crema vegetala , ulei Kcal:216; Gr:16.29;Gluc:14.76; Prot:2.42 | Ingrediente: conopida 60g, cartofi, morcov, telina , ceapa, crema vegetala , ulei Kcal:216; Gr:16.29;Gluc:14.76; Prot:2.42 | Ingrediente: cartofi, morcov, telin , ardei gras, rosii, varza, ou , bors, ulei Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85 |
| | Pui cu piure de legume 300g | Pui cu piure de legume 300g | Piure de legume 250g | Ostropel de pui cu piure de legume 300g |
| | Ingrediente: carne de pui 80g, conopida 40g, morcov, telina , crema vegetala , cartofi, fasole verde, ulei de masline Kcal:359.2; Gr:24.13;Gluc:17.6; Prot:17.99 | Ingrediente: carne de pui 80g, conopida 40g, morcov, telina , crema vegetala , cartofi, fasole verde, ulei de masline Kcal:359.2; Gr:24.13;Gluc:17.6; Prot:17.99 | Ingrediente: cartofi 50g, conopida, morcov, telina , fasole verde, crema vegetala , ulei de masline Kcal:245; Gr:17.22;Gluc:20.67; Prot:3.14 | Ingrediente: carne de pui 80g, cartofi, telina , morcov, ardei gras, ceapa, crema vegetala , fasole verde, rosii in bulion, ulei de masline Kcal:352.7; Gr:24.16;Gluc:17.04; Prot:18.2 |
| | 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 | Ficatei de pui cu mamaliguta 300g | Ficatei de pui cu cartofi natur 300g | Salata orientala 300g | Snitel de pui cu cartofi la cuptor 300g |
| | Ingrediente: mamaliguta 150g, ficatei de pui 70g, rosii in bulion, ceapa, ardei gras, ulei Kcal:334.3; Gr:13.79;Gluc:29.24; Prot:22.02 | Ingrediente: cartofi 180g, ficatei de pui 70g, morcov, ulei Kcal:373.7; Gr:13.93;Gluc:40.23; Prot:2.018 | Ingrediente: cartofi 150g, gogosari, castraveti murati, otet, ulei Kcal:279.9; Gr:9.79;Gluc:41.94; Prot:2.84 | Ingrediente: carne de pui 80, cartofi, pesmet, ou, ulei Kcal:405.16;Gr:12.46;Gluc:54.84; Prot:19.41 |
| | 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

DIET

MIREA MARIANA LI
POPESCU N.
VASILE FL.