

S.C.ROMANIAN CATERING S.R.L.

UNITATE TIP CATERING AUT. DSV 1928/28.06.2007

SAMBATA

SPITALUL SFANTUL STEFAN

PERIOADA 22 - 28 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 de curcan 40g, mozzarella 40, crema de branza 30g, cas 30g(lapte, cheag) Kcal:325.6;Gr:24.29;Gluc:5.5;Prot:20.79 | Mozzarella 40g, cas 40g(lapte, cheag), creminos cu unt 30g, branza de vaci 30g Kcal:422.2;Gr:35.46;Gluc:2.77;Prot:22.36 | Cascaval 40g, cas 40g(lapte, cheag), crema de branza 30g, branza de vaci 30g Kcal:360.5;Gr:26.16;Gluc:3.08;Prot:27.54 | Iaurt 125g, branza de vaci 150g Kcal:272.5;Gr:11.13;Gluc:11.73;Prot:24.25 |
| PRANZ | Ciorba de legume 300ml | Ciorba de legume 300ml | Supa cu fidea 300ml | Supa strecurata 300ml |
| | Ingrediente: cartofi, morcov, telina , mazare, fasole verde, arde gras, ceapa Kcal:87.7;Gr:0.36;Gluc:18.85;Prot:3.54 | Ingrediente: cartofi, morcov, telina , mazare, fasole verde, arde gras, ceapa Kcal:87.7;Gr:0.36;Gluc:18.85;Prot:3.54 | Ingrediente: morcov, telina , ardei gras, ceapa, fidea, ou Kcal:187.6;Gr:4.4;Gluc:27.58;Prot:9.34 | Ingrediente: morcov 70, ardei gras 60g, telina 60g, ulei 10g Kcal:200.64;Gr:14.33;Gluc:16.89;Prot:2.37 |
| | Pui cu spanac 300g | Pui cu spanac 300g | Pui cu legume sote 300g | Crema de legume 300ml |
| | Ingrediente: spanac 100g, carne de pui 80g, morcov, telina , orez, ceapa, rosii cub Kcal:217.7;Gr:7.6;Gluc:17.67;Prot:19.73 | Ingrediente: spanac 100g, carne de pui 80g, morcov, telina , orez, ceapa, rosii cub Kcal:217.7;Gr:7.6;Gluc:17.67;Prot:19.73 | Ingrediente: carne de pui 80g, morcov 60g, telina , cartofi, fasole verde, conopida, broccoli, dovlecel Kcal:205.63;Gr:7.39;Gluc:16.99;Prot:18.36 | 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) | | |
| Porc cu orez sarbesc 300g | Porc cu orez sarbesc 300g | Pui cu conopida sote 300g | Compot de mere 300g | |
| Ingrediente: orez 120g, file de porc 60g, morco, telina , ardei gras, rosii cuburi Kcal:563.9;Gr:3.75;Gluc:108.21;Prot:21.67 | Ingrediente: orez 120g, file de porc 60g, morco, telina , ardei gras, rosii cuburi Kcal:563.9;Gr:3.75;Gluc:108.21;Prot:21.67 | Ingrediente: conopida 150g, carne de pui 80g, morcov 60g, ulei de masline Kcal:269.7;Gr:17.23;Gluc:12.87;Prot:18.56 | Ingrediente: mere 200g, apa 100ml. Kcal: 156; Gr: 0.6; Gluc: 42; Prot: 0.9 | |
| 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) | 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 | |

SAMBATA

| | 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 | Salam victoria 40g, cascaval 40g, crema de branza 30g, branza de vaci 30g, rosie Kcal:261.3;Gr:20.16;Gluc:2.76;Prot:18.35 | Sunca de curcan 40g, biscuiti 40g(faina, zahar), gem 30g, ardei kapia Kcal:285.35;Gr:4.44;Gluc:45.82;Prot:12.32 | Cascaval 40g, cas 40g(lapte, cheag), crema de branza 30g, branza de vaci 30g Kcal:360.5;Gr:26.16;Gluc:3.08;Prot:27.54 |
| PRANZ | Crema de legume 300ml | Ciorba de legume 300ml | Ciorba de legume 300ml | Ciorba 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 , mazare, fasole verde, arde gras, ceapa Kcal:87.7;Gr:0.36;Gluc:18.85;Prot:3.54 | Ingrediente: cartofi, morcov, telina , mazare, fasole verde, arde gras, ceapa Kcal:87.7;Gr:0.36;Gluc:18.85;Prot:3.54 | Ingrediente: cartofi, morcov, telina , mazare, fasole verde, arde gras, ceapa Kcal:87.7;Gr:0.36;Gluc:18.85;Prot:3.54 |
| | Carne fiarta cu pilaf 250g | Ostropel de pui cu mamaliga 300g | Pui cu legume sote 300g | Legume sote 250g |
| | Ingrediente: orez 150g, piept de pui 60g, morcov, telina Kcal:669.16;Gr:4.63;Gluc:129.95;Prot: 22.97 | Ingrediente: mamaliga 150g, carne de pui 80g, ceapa, rosii cuburi Kcal:214;Gr:5.89;Gluc:22.18;Prot: 15.83 | Ingrediente: carne de pui 80g, morcov 60g, telina , cartofi, fasole verde, conopida, broccoli, dovlecel Kcal:205.63;Gr:7.39;Gluc: 16.99;Prot:18.36 | Ingrediente: morcov 60g, telina , cartofi, fasole verde, conopida, broccoli, dovlecel Kcal:89.05;Gr:0.49;Gluc:19.58;Prot:3.68 |
| | | 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 legume sote 300g | Porc cu orez sarbesc 300g | Orez sarbesc 250g |
| | Ingrediente: lapte 200ml, biscuiti 100(faina, zahar) Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6 | Ingrediente: carne de pui 80g, morcov 60g, telina , cartofi, fasole verde, conopida, broccoli, dovlecel Kcal:205.63;Gr:7.39;Gluc:16.99;Prot:18.36 | Ingrediente: orez 120g, file de porc 60g, morco, telina , ardei gras, rosii cuburi Kcal:563.9;Gr:3.75;Gluc:108.21;Prot:21.67 | Ingrediente: orez 150g, morcov, telina , ceapa, ardei gras, rosii cuburi Kcal:543.4;Gr:1.67;Gluc:119.71;Prot:11.42 |
| | 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 (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 |
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SAMBATA

| | 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 30g, crema de branza 30g, branza de vaci 30g, cas 30g(lapte, cheag), masline Kcal:345.6;Gr:26.16;Gluc:3.45;Prot:22.98 | Biscuiti 30g(faina, zahar), branza de vaci 130g Kcal:396.3;Gr:18.56;Gluc:26.45;Prot:25.97 | Sunca de curcan 40g, cascaval 40g, crema de branza 30g, cas 30(lapte, cheag) Kcal:317.2;Gr:21.7;Gluc:2.15;Prot:28.14 | Sunca de curcan 40g, mozzarella 40, crema de branza 30g, cas 30g(lapte, cheag) Kcal:325.6;Gr:24.29;Gluc:5.5;Prot:20.79 |
| PRANZ | Supa cu fidea 300ml | Supa cu fidea 300ml | Ciorba de legume 300ml | Ciorba de legume 300ml |
| | Ingrediente: morcov, telina , ardei gras, ceapa, fidea, ou Kcal:187.6;Gr:4.4;Gluc:27.58;Prot:9.34 | Ingrediente: morcov, telina , ardei gras, ceapa, fidea, ou Kcal:187.6;Gr:4.4;Gluc:27.58;Prot:9.34 | Ingrediente: cartofi, morcov, telina , mazare, fasole verde, arde gras, ceapa Kcal:87.7;Gr:0.36;Gluc:18.85;Prot:3.54 | Ingrediente: cartofi, morcov, telina , mazare, fasole verde, arde gras, ceapa Kcal:87.7;Gr:0.36;Gluc:18.85;Prot:3.54 |
| | Pui cu legume sote 300g | Rasol de pui cu orez 250g | Pui cu spanac 300g | Pui cu spanac 300g |
| | Ingrediente: carne de pui 80g, morcov 60g, telina , cartofi, fasole verde, conopida, broccoli, dovlecel Kcal:205.63;Gr:7.39;Gluc:16.99;Prot:18.36 | Ingrediente: orez 150g, piept de pui 60g, morcovi, telina Kcal: 668.6;Gr: 4.63;Gluc:129.95; Prot:22.97 | Ingrediente: spanac 100g, carne de pui 80g, morcov, telina , orez, ceapa, rosii cub Kcal:217.7;Gr:7.6;Gluc:17.67;Prot:19.73 | Ingrediente: spanac 100g, carne de pui 80g, morcov, telina , orez, ceapa, rosii cub Kcal:217.7;Gr:7.6;Gluc:17.67;Prot:19.73 |
| | 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) 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) |
| Pui cu conopida sote 300g | Pui cu branza de vaci 220g | Pui cu legume sote 300g | Porc cu orez sarbesc 300g | |
| CINA | Ingrediente: conopida 150g, carne de pui 80g, morcov 60g, ulei de masline Kcal:269.7;Gr:17.23;Gluc:12.87;Prot:18.56 | 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, morcov 60g, telina , cartofi, fasole verde, conopida, broccoli, dovlecel Kcal:205.63;Gr:7.39;Gluc:16.99;Prot:18.36 | Ingrediente: orez 120g, file de porc 60g, morco, telina , ardei gras, rosii cuburi Kcal:563.9;Gr:3.75;Gluc:108.21;Prot:21.67 |
| | 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) |
| | 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) |
| | Cascaval 40g, cas 40g(lapte, cheag), crema de branza 30g, branza de vaci 30g Kcal:360.5;Gr:26.16;Gluc:3.08;Prot:27.54 | Mozzarella 40g, cas 40g(lapte, cheag), creminos cu unt 30g, branza de vaci 30g Kcal:422.2;Gr:35.46;Gluc:2.77;Prot:22.36 | Branza tofu 120g, rosii, masline Kcal: 205.3;Gr:12.01; Gluc:1.74;Prot: 21.77 | Sunca de curcan 40g, mozzarella 40g, crema de branza 30g, masline 30g Kcal:244.6;Gr:17.4;Gluc:2.33;Prot:19.02 |
| PRANZ | Ciorba de legume 300ml | Ciorba de legume 300ml | Ciorba de legume 300ml | Ciorba de legume 300ml |
| | Ingrediente: cartofi, morcov, telina , mazare, fasole verde, arde gras, ceapa Kcal:87.7;Gr:0.36;Gluc:18.85;Prot:3.54 | Ingrediente: cartofi, morcov, telina , mazare, fasole verde, arde gras, ceapa Kcal:87.7;Gr:0.36;Gluc:18.85;Prot:3.54 | Ingrediente: cartofi, morcov, telina , mazare, fasole verde, arde gras, ceapa Kcal:87.7;Gr:0.36;Gluc:18.85;Prot:3.54 | Ingrediente: cartofi, morcov, telina , mazare, fasole verde, arde gras, ceapa Kcal:87.7;Gr:0.36;Gluc:18.85;Prot:3.54 |
| | Pui cu spanac 300g | Pui cu spanac 300g | Legume sote 250g | Ostropel de pui cu mamaliga 300g |
| | Ingrediente: spanac 100g, carne de pui 80g, morcov, telina , orez, ceapa, rosii cub Kcal:217.7;Gr:7.6;Gluc:17.67;Prot:19.73 | Ingrediente: spanac 100g, carne de pui 80g, morcov, telina , orez, ceapa, rosii cub Kcal:217.7;Gr:7.6;Gluc:17.67;Prot:19.73 | Ingrediente: morcov 60g, telina , cartofi, fasole verde, conopida, broccoli, dovlecel Kcal:89.05;Gr:0.49;Gluc:19.58;Prot:3.68 | Ingrediente: mamaliga 150g, carne de pui 80g, ceapa, rosii cuburi Kcal:214;Gr:5.89;Gluc:22.18;Prot: 15.83 |
| | 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 conopida sote 300g | Pui cu legume sote 300g | Orez sarbesc 250g | Pui cu orez sarbesc 300g |
| | Ingrediente: conopida 150g, carne de pui 80g, morcov 60g, ulei de masline Kcal:269.7;Gr:17.23;Gluc:12.87;Prot:18.56 | Ingrediente: carne de pui 80g, morcov 60g, telina , cartofi, fasole verde, conopida, broccoli, dovlecel Kcal:205.63;Gr:7.39;Gluc:16.99;Prot:18.36 | Ingrediente: orez 150g, morcov, telina, ceapa, ardei gras, rosii cuburi Kcal:543.4;Gr:1.67;Gluc:119.71;Prot:11.42 | Ingrediente: orez 120g, carne de pui 80g, morco, telina , ardei gras, rosii cuburi Kcal:523.15;Gr:2.28;Gluc:93.21;Prot:19.47 |
| | 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) |
| | 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
DIETETICIAN

DIETETICIAN

MIREA MARIANA LILIANA
POPESCU N.
VASILE FL.