

S.C.ROMANIAN CATERING S.R.L.			SPITALUL SFANTUL STEFAN	
UNITATE TIP CATERING AUT. DSV 1928/28.06.2007			PERIOADA 13 - 19 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)
	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	Ciorba de legume cu smantana 300ml	Ciorba de legume cu smantana 300ml	Supa cu taitei 300ml	Supa strecurata 300ml
	Ingrediente: morcov, telina , ardei gras, ceapa, fasole verde, mazare, smantana, ou Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65	Ingrediente: morcov, telina , ardei gras, ceapa, fasole verde, mazare, smantana, ou Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65	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)	
	Penne gratinate 300g	Penne gratinate 300g	Penne gratinate 300g	Compot de mere 300g
CINA	Ingrediente: penne 160g, branza de vaci, oua, mozzarella, lapte, crema vegetala , ulei Kcal:688.78;Gr:24.34;Gluc:76.14;Prot:35.96	Ingrediente: penne 160g, branza de vaci, oua, mozzarella, lapte, crema vegetala , ulei Kcal:688.78;Gr:24.34;Gluc:76.14;Prot:35.96	Ingrediente: penne 160g, branza de vaci, oua, mozzarella, lapte, crema vegetala , ulei Kcal:688.78;Gr:24.34;Gluc:76.14;Prot:35.96	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	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 legume 300ml	Ciorba de legume cu smantana 300ml	Supa cu taitei 300ml	Supa cu taitei 300ml
	Ingrediente: cartofi, morcov, telina , fasole verde, mazare, crema vegetala , unt, ulei Kcal:314.2;Gr:27.05;Gluc:15.44;Prot:3.14	Ingrediente: morcov, telina , ardei gras, ceapa, fasole verde, mazare , smantana , ou Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65	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 legume sote 250g	Pui cu legume sote 250g	Penne gratinate 300g
	Ingrediente: lapte 200ml, biscuiti 100(faina, zahar) Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6	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: 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: penne 160g, branza de vaci, oua, mozzarella , lapte, crema vegetala , ulei Kcal:688.78;Gr:24.34;Gluc:76.14;Prot:35.96
	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	Ciorba de legume cu smantana 300ml	Ciorba de legume cu smantana 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: morcov, telina , ardei gras, ceapa, fasole verde, mazare, smantana, ou Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65	Ingrediente: morcov, telina , ardei gras, ceapa, fasole verde, mazare, smantana, ou Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65
	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)
	Penne gratinate 300g	Pui cu branza de vaci 220g	Pui cu legume sote 250g	Pui cu legume sote 250g
CINA	Ingrediente: penne 160g, branza de vaci, oua, mozzarella, lapte, crema vegetala , ulei Kcal:688.78;Gr:24.34;Gluc:76.14;Prot:35.96	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, morcov 60g, telina , fasole verde, conopida, broccoli, dovlecel Kcal: 138.05; Gr:4.48; Gluc:10.95; Prot:13.71	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
	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	Ciorba de legume cu smantana 300ml	Ciorba de legume cu smantana 300ml	Supa cu taitei 300ml	Ciorba de legume cu smantana 300ml
	Ingrediente: morcov, telina , ardei gras, ceapa, fasole verde, mazare, smantana, ou Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65	Ingrediente: morcov, telina , ardei gras, ceapa, fasole verde, mazare, smantana, ou Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65	Ingrediente: taitei, morcov, telina , ceapa, ardei gras, ou Kcal: 216.5; Gr:5.36; Gluc:32.12; Prot:10.11	Ingrediente: morcov, telina , ardei gras, ceapa, fasole verde, mazare, smantana, ou Kcal:219.5;Gr:9.12; Gluc: 26.36; Prot:7.65
	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 cu legume sote 250g	Pui cu legume sote 250g	Penne gratinate 300g	Penne milaneze 300g
	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: 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: penne 160g, branza de vaci, oua, mozzarella, lapte, crema vegetala, ulei Kcal:688.78;Gr:24.34;Gluc:76.14;Prot:35.96	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

DIETETICIAN

MIREA MARIANA LIL
POPESCU N.
VASILE FL.