

| S.C.ROMANIAN CATERING S.R.L.                  |                                                                                                                                   |                                                                                                                                            | SPITALUL SFANTUL STEFAN                                                                                                                               |                                                                                                                                                           |
|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| UNITATE TIP CATERING AUT. DSV 1928/28.06.2007 |                                                                                                                                   |                                                                                                                                            | MARTI                                                                                                                                                 |                                                                                                                                                           |
|                                               |                                                                                                                                   |                                                                                                                                            | PERIOADA 13 - 19 IUL 2026                                                                                                                             |                                                                                                                                                           |
|                                               | REGIM COMUN                                                                                                                       | REGIM FARA SARE<br>(CARDIAC)                                                                                                               | ULCER                                                                                                                                                 | HIDRIC                                                                                                                                                    |
| MIC<br>DEJUN                                  | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9;Gr: 3.78; Gluc: 63.06; Prot: 8.44)                        | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal:312.9; Gr:3.78; Gluc: 63.06; Prot: 8.44)                                  | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)                                           | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9;Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                 |
|                                               | Salam rustic 40g, <b>mozzarella</b> 40g, <b>crema de branza</b> 30g, <b>urda</b> 30g<br>Kcal:235.36;Gr:16.3; Gluc:4.78;Prot:17.24 | <b>Urda</b> 40g, <b>mozzarella</b> 40g, <b>creminos cu unt</b> 30g, <b>branza de vaci</b> 30g<br>Kcal:364.6;Gr:29.06; Gluc:3.85;Prot:21.04 | <b>Cascaval</b> 40g, <b>cas</b> 40g(lapte, cheag), <b>crema de branza</b> 30g, <b>branza de vaci</b> 30g<br>Kcal:360.5;Gr:26.16; Gluc:3.08;Prot:27.54 | <b>Iaurt</b> 125g, <b>branza de vaci</b> 150g<br>Kcal:272.5; Gr:11.13; Gluc:11.73; Prot:24.25                                                             |
| PRANZ                                         | Supa de rosii cu orez 300ml                                                                                                       | Supa de rosii cu orez 300ml                                                                                                                | Supa cu taitei 300ml                                                                                                                                  | Supa strecurata 300ml                                                                                                                                     |
|                                               | Ingrediente: morcov, <b>telina</b> , ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92 | Ingrediente: morcov, <b>telina</b> , ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92          | Ingrediente: morcovi, <b>telina</b> , ceapa, ardei gras, <b>taitei, ou</b><br>Kcal: 330.03;Gr: 8.04;Gluc: 49.02;Prot: 15.23                           | Ingrediente: morcov 70, ardei gras 60g, <b>telina</b> 60g, ulei 10g<br>Kcal: 200.64; Gr:14.33; Gluc:16.89; Prot:2.37g                                     |
|                                               | Porc cu varza calita 300g                                                                                                         | Porc cu varza calita 300g                                                                                                                  | Pui cu orez si legume 300g                                                                                                                            | Crema de legume 300ml                                                                                                                                     |
|                                               | Ingrediente: varza calita 150g, file de porc 60g, ardei gras, rosii pasate, ulei<br>Kcal:305.6;Gr:17.4; Gluc:21.67; Prot:15.57    | Ingrediente: varza calita 150g, file de porc 60g, ardei gras, rosii pasate, ulei<br>Kcal:305.6;Gr:17.4; Gluc:21.67; Prot:15.57             | Ingrediente: orez 120g, carne de pui 80g, morcov, <b>telina</b> , ardei gras, ceapa<br>Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46                    | Ingrediente: cartofi, morcov, <b>telina</b> , fasole verde, mazare, <b>crema vegetala</b> , <b>unt</b> , ulei<br>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)                                                                                               |                                                                                                                                                           |
|                                               | Rulada de pui cu piure de cartofi 300g                                                                                            | Rulada de pui cu piure de cartofi 300g                                                                                                     | Pui cu piure de cartofi 300g                                                                                                                          | Compot de mere 300g                                                                                                                                       |
| CINA                                          | Ingrediente: cartofi 180g, carne de pui 80g, <b>unt</b> , <b>lapte</b><br>Kcal:388;Gr:14.48; Gluc:37.18; Prot:26.62               | Ingrediente: cartofi 180g, carne de pui 80g, <b>unt</b> , <b>lapte</b><br>Kcal:388;Gr:14.48; Gluc:37.18; Prot:26.62                        | Ingrediente: cartofi 170, piept de pui 80g, <b>unt</b> 30g, <b>lapte</b><br>Kcal:442.3;Gr:23.29;Gluc:37.03;Prot:20.15                                 | Ingrediente: mere 200g, apa 100ml.<br>Kcal: 156; Gr: 0.6; Gluc: 42; Prot: 0.9                                                                             |
|                                               | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)<br>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)<br>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)<br>Iaurt ( KCal: 52.7; Gr: 2.8; Gluc: 3.7; Prot: 3.4)                                          | 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                                                                                  |
|                                               |                                                                                                                                   |                                                                                                                                            |                                                                                                                                                       |                                                                                                                                                           |

**MARTI**

|              | PASAT                                                                                                                              | DIABET                                                                                                                                                                               | INTOLERANTA LACTOZA                                                                                                                                          | RENAL                                                                                                                                                                                |
|--------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MIC<br>DEJUN | Lapte cu biscuiti                                                                                                                  | Ceai f. zahar (KCal: 0; Gr: 0; Gluc: 0; prot: 0)<br>Chifla (KCal: 312.9;Gr:3.78; Gluc: 63.06; Prot: 8.44)                                                                            | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)                                                  | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr:3.78; Gluc:63.06; Prot: 8.44)                                                                            |
|              | <b>Lapte</b> 200ml, <b>biscuiti</b> 100g(faina, zahar)<br>Kcal: 615; Gr: 28.4; Gluc: 75.4; Prot: 13                                | Muschi file afumat 40g, <b>cascaval</b> 40g, <b>crema de branza</b> 30g, <b>cas</b> 30g(lapte, cheag), rosie<br>Kcal:326; Gr:23.7; Gluc:3.31; Prot: 24.67                            | Sunca Praga 40g, <b>biscuiti</b> 40g(faina, zahar),<br>gem 30g, masline 30g<br>Kcal:326.55; Gr:13.06; Gluc:42.8; Prot: 8.83                                  | <b>Cascaval</b> 40g, <b>cas</b> 40g(lapte, cheag), <b>crema de branza</b> 30g, <b>branza de vaci</b> 30g<br>Kcal:360.5;Gr:26.16; Gluc:3.08;Prot:27.54                                |
| PRANZ        | Supa de rosii cu orez 300ml                                                                                                        | Supa de rosii cu orez 300ml                                                                                                                                                          | Supa de rosii cu orez 300ml                                                                                                                                  | Supa cu taitei 300ml                                                                                                                                                                 |
|              | Ingrediente: morcov, <b>telina</b> , ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92  | Ingrediente: morcov, <b>telina</b> , ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92                                                    | Ingrediente: morcov, <b>telina</b> , ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92                            | Ingrediente: morcovi, <b>telina</b> , ceapa, ardei gras, taitei, <b>ou</b><br>Kcal:330.03;Gr:8.04;Gluc:49.02;Prot:15.23                                                              |
|              | Pui cu orez si legume 300g                                                                                                         | Pui cu mancare de conopida                                                                                                                                                           | Pui cu orez si legume 300g                                                                                                                                   | Mancare de conopida 250g                                                                                                                                                             |
|              | Ingrediente: orez 120g, carne de pui 80g, morcov, <b>telina</b> , ardei gras, ceapa<br>Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46 | Ingrediente: conopida 120g, carne de pui 80g, morcov, <b>telina</b> , ceapa, rosii in bulion, ulei<br>Kcal:267.5;Gr:16.42; Gluc:10.52;Prot:17.72                                     | Ingrediente: orez 120g, carne de pui 80g, morcov, <b>telina</b> , ardei gras, ceapa<br>Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46                           | Ingrediente: conopida 120g, morcov, <b>telina</b> , ceapa, rosii in bulion, ulei<br>Kcal:147.8;Gr:9.51; Gluc:12.65; Prot:2.76                                                        |
|              |                                                                                                                                    | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)<br>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                                                                                                                  | Rulada de pui cu piure de legume 300g                                                                                                                                                | Rulada de pui cu piure de legume 300g                                                                                                                        | Rulada de pui cu piure de legume 300g                                                                                                                                                |
|              | Ingrediente: <b>lapte</b> 200ml, <b>biscuiti</b> 100(faina, zahar)<br>Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6                  | Ingrediente: carne de pui 80g, morcov, <b>telina</b> , mazare, conopida, cartof, fasole verde, <b>crema vegetala</b> , ulei de masline<br>Kcal:369.3;Gr:24.21; Gluc:18.7; Prot:19.19 | Ingrediente: carne de pui 80g, morcov, <b>telina</b> , mazare, conopida, cartof, fasole verde, ulei de masline<br>Kcal:369.3;Gr:24.21; Gluc:18.7; Prot:19.19 | Ingrediente: carne de pui 80g, morcov, <b>telina</b> , mazare, conopida, cartof, fasole verde, <b>crema vegetala</b> , ulei de masline<br>Kcal:369.3;Gr:24.21; Gluc:18.7; Prot:19.19 |
|              | 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)<br>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)<br>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)<br>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                                                                                                              |
|              |                                                                                                                                    |                                                                                                                                                                                      |                                                                                                                                                              |                                                                                                                                                                                      |

**MARTI**

|              | HEPATIC + NEOPLAZIC                                                                                                                      | ENTEROCOLITA                                                                                                                  | FARA GLUTEN                                                                                                                                      | HIPERPROTEIC                                                                                                                      |
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| MIC<br>DEJUN | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr:3.78;Gluc:63.06; Prot: 8.44)                                 | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78;Gluc:63.06; Prot:8.44)                      | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)                                      | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9;Gr:3.78; Gluc: 63.06; Prot: 8.44)                         |
|              | <b>Cascaval 40g, cas 40g(lapte, cheag), crema de branza 30g, branza de vaci 30g, masline</b><br>Kcal:374.5;Gr:27.46; Gluc:3.3;Prot:27.73 | <b>Branza de vaci 40g, urda 40, biscuiti 30g(faina, zahar), mozzarella 30g</b><br>Kcal:317; Gr:14.05, Gluc: 24.26; Prot: 20.7 | Salam rustic 40g, <b>cascaval 40g, crema de branza 30g, cas 30g</b><br>Kcal:360.3; Gr:23.48, Gluc: 2.58; Prot:24.91                              | Salam rustic 40g, <b>mozzarella 40g, crema de branza 30g, urda 30g</b><br>Kcal:235.36;Gr:16.3; Gluc:4.78;Prot:17.24               |
| PRANZ        | Supa cu taitei 300ml                                                                                                                     | Supa cu taitei 300ml                                                                                                          | Supa de rosii cu orez 300ml                                                                                                                      | Supa de rosii cu orez 300ml                                                                                                       |
|              | Ingrediente: morcovi, <b>telina</b> , ceapa, ardei gras, taitei, <b>ou</b><br>Kcal:330.03;Gr: 8.04;Gluc:49.02;Prot:15.23                 | Ingrediente: morcovi, <b>telina</b> , ceapa, ardei gras, taitei, <b>ou</b><br>Kcal: 330.03;Gr: 8.04;Gluc:49.02;Prot: 15.23    | Ingrediente: morcov, <b>telina</b> , ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92                | Ingrediente: morcov, <b>telina</b> , ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92 |
|              | Pui cu orez si legume 300g                                                                                                               | Rasol de pui cu orez 250g                                                                                                     | Pui cu mancare de conopida                                                                                                                       | Porc cu varza calita 300g                                                                                                         |
|              | Ingrediente: orez 120g, carne de pui 80g, morcov, <b>telina</b> , ardei gras, ceapa<br>Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46       | Ingrediente: orez 150g, piept de pui 60g, morcovi, <b>telina</b><br>Kcal:668.6; Gr:4.63; Gluc:129.95; Prot:22.97              | Ingrediente: conopida 120g, carne de pui 80g, morcov, <b>telina</b> , ceapa, rosii in bulion, ulei<br>Kcal:267.5;Gr:16.42; Gluc:10.52;Prot:17.72 | Ingrediente: varza calita 150g, file de porc 60g, ardei gras, rosii pasate, ulei<br>Kcal:305.6;Gr:17.4; Gluc:21.67; Prot:15.57    |
|              | Chifla (KCal: 312.9;Gr: 3.78;Gluc: 63.06; Prot: 8.44)<br>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)                                                                             |
|              | Rulada de pui cu piure de cartofi 300g                                                                                                   | Pui cu branza de vaci 220g                                                                                                    | Rulada de pui cu piure de cartofi 300g                                                                                                           | Rulada de pui cu piure de cartofi 300g                                                                                            |
| CINA         | Ingrediente: cartofi 170, piept de pui 80g, unt 30g, lapte<br>Kcal:442.3;Gr:23.29;Gluc:37.03;Prot:20.15                                  | Ingrediente: piept de pui 60g, <b>branza de vaci 160g</b><br>Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84                        | Ingrediente: cartofi 170, piept de pui 80g, unt 30g, lapte<br>Kcal:442.3;Gr:23.29;Gluc:37.03;Prot:20.15                                          | Ingrediente: cartofi 180g, carne de pui 80g, <b>unt, lapte</b><br>Kcal:388;Gr:14.48; Gluc:37.18; Prot:26.62                       |
|              | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)<br>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)<br>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)<br>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                                                          |
|              |                                                                                                                                          |                                                                                                                               |                                                                                                                                                  |                                                                                                                                   |

# MARTI

|              | HIPOCALORIC                                                                                                                                                          | MUSULMAN                                                                                                                                                             | VEGETARIAN                                                                                                                | MEDICI                                                                                                                              |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| MIC<br>DEJUN | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9;Gr:3.78; Gluc:63.06; Prot: 8.44)                                                             | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc:63.06; Prot: 8.44)                                                           | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)               | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>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<br>Kcal:360.5;Gr:26.16; Gluc:3.08;Prot:27.54                                            | Urda 40g, mozzarella 40g, creminos cu unt 30g, branza de vaci 30g<br>Kcal:364.6;Gr:29.06; Gluc:3.85;Prot:21.04                                                       | Branza tofu 120g, ardei gras, masline<br>Kcal:208;Gr:12.24; Gluc:1.4;Prot:21.88                                           | Salam rustic 40g, mozzarella 40g, crema de branza 30g, rosie<br>Kcal:296.6;Gr:24.22; Gluc:3.07;Prot:16.43                           |
| PRANZ        | Supa de rosii cu orez 300ml                                                                                                                                          | Supa de rosii cu orez 300ml                                                                                                                                          | Supa de rosii cu orez 300ml                                                                                               | Supa de rosii cu orez 300ml                                                                                                         |
|              | Ingrediente: morcov, telina, ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92                                            | Ingrediente: morcov, telina, ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92                                            | Ingrediente: morcov, telina, ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92 | Ingrediente: morcov, telina, ardei gras, rosii in bulion, ceapa, orez, ulei<br>Kcal:240.24;Gr:9.77; Gluc:35.02; Prot:3.92           |
|              | Pui cu mancare de conopida                                                                                                                                           | Pui cu mancare de conopida                                                                                                                                           | Mancare de conopida 250g                                                                                                  | Carnati cabanos cu varza calita 300g                                                                                                |
|              | Ingrediente: conopida 120g, carne de pui 80g, morcov, telina, ceapa, rosii in bulion, ulei<br>Kcal:267.5;Gr:16.42; Gluc:10.52;Prot:17.72                             | Ingrediente: conopida 120g, carne de pui 80g, morcov, telina, ceapa, rosii in bulion, ulei<br>Kcal:267.5;Gr:16.42; Gluc:10.52;Prot:17.72                             | Ingrediente: conopida 120g, morcov, telina, ceapa, rosii in bulion, ulei<br>Kcal:147.8;Gr:9.51; Gluc:12.65; Prot:2.76     | Ingrediente: varza calita 160g, carnati cabanos 60g, ardei gras, rosii pasate, ulei<br>Kcal:388.82;Gr:27.77;Gluc:21.38;Prot:13.55   |
|              | 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         | Rulada de pui cu piure de legume 300g                                                                                                                                | Rulada de pui cu piure de legume 300g                                                                                                                                | Piure de legume 250g                                                                                                      | File de peste cu legume sote 250g                                                                                                   |
|              | Ingrediente: carne de pui 80g, morcov, telina, mazare, conopida, cartof, fasole verde, crema vegetala, ulei de masline<br>Kcal:369.3;Gr:24.21; Gluc:18.7; Prot:19.19 | Ingrediente: carne de pui 80g, morcov, telina, mazare, conopida, cartof, fasole verde, crema vegetala, ulei de masline<br>Kcal:369.3;Gr:24.21; Gluc:18.7; Prot:19.19 | Ingrediente: cartofi, morcov 40g, telina 40g, fasole verde, unt, lapte<br>Kcal:259.22;Gr:18.62;Gluc:20.85; Prot:13.63     | Ingrediente: file de peste 60g, conopida, morcov, telina, fasole verde, ulei de masline<br>Kcal:189.3;Gr:11.21;Gluc:9.7;Prot: 13.41 |
|              | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)<br>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)<br>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)                                                                                |
|              | 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 LILIAN

POPESCU N.

VASILE FL.