

S.C.ROMANIAN CATERING S.R.L.			SPITALUL SFANTUL STEFAN	
UNITATE TIP CATERING AUT. DSV 1928/28.06.2007			PERIOADA 10 - 16 August 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 Kcal: 200.64; Gr:14.33; Gluc:16.89; Prot:2.37g
	Pui cu mancare de spanac 300g	Pui cu mancare de spanac 300g	Pui cu orez si ciuperci 300g	Crema de legume 300ml
	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 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 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	Pui cu mancare de 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: 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
	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 LILIANA

POPESCU N.

VASILE FL.