

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)
	Jambon de porc 40g, cascaval afumat 40g, creminos cu unt 30g, gem 30g Kcal:448.45;Gr:34.52;Gluc:15.7;Prot:18.45	Urda 40g, mozzarella 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04	Mozzarella 40g, urda 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04	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 de legume cu taitei 300ml	Supa strecurata 300ml
	Ingrediente: cartofi, morcov, telina , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors, ulei Kcal: 162.34; Gr:9.51; Gluc:16.83;Prot: 2.83	Ingrediente: cartofi, morcov, telina , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors, ulei Kcal: 162.34; Gr:9.51; Gluc:16.83;Prot: 2.83	Ingrediente: taitei , morcovi, telina , ceapa, ardei gras, ou Kcal: 330.03;Gr: 8.04;Gluc: 49.02;Prot: 15.23	Ingrediente: morcov 70, ardei gras 60g, telina 60g Kcal:200.64;Gr:14.33;Gluc:16.89;Prot:2.37g
	Rulada de pui cu orez si legume 300g	Rulada de pui cu orez si legume 300g	Rulada de pui cu legume gratinate 300g	Crema de legume 300ml
	Ingrediente: orez 120g, carne de pui 80g, morcov, telina , ardei gras, ceapa Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46	Ingrediente: orez 120g, carne de pui 80g, morcov, telina , ardei gras, ceapa Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46	Ingrediente: carne de pui 80g, cartofi, mazare, morcov, telina , fasole verde, crema vegetala , branza de vaci, mozzarella, ou Kcal:345.68;Gr:17;Gluc:17.54;Prot:27.61	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)	
	Cartofi gratinati 250g	Cartofi gratinati 250g	Pui cu bulz 300g	Compot de mere 300g
CINA	Ingrediente: cartofi 150g, branza de vaci 30g , crema vegetala, mozzarella, lapte, ou , ulei Kcal:358.98;Gr:19.61;Gluc:30.01;Prot:13.17	Ingrediente: cartofi 150g, branza de vaci 30g , crema vegetala, mozzarella, lapte, ou , ulei Kcal:358.98;Gr:19.61;Gluc:30.01;Prot:13.17	Ingrediente: mamaliguta 80g, carne de pui 60g, branza de vaci 60g, smantana, mozzarella, ou Kcal:461.8;Gr:27.47; Gluc:16.25; Prot:33.23	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	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	Sunca de curcan 30g, mozzarella 30, creminos cu unt 30g, branza de vaci 30g, masline 30g Kcal: 377.7;Gr: 32.91;Gluc:3.81; Prot: 15.61	Jambon de porc 40, biscuiti 40(faina, zahar), gem 30g, masline 30g Kcal: 393; Gr:34.35; Gluc:3.87; Prot: 16.24	Mozzarella 40g, urda 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04
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 , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors, ulei Kcal: 162.34; Gr:9.51; Gluc:16.83;Prot: 2.83	Ingrediente: cartofi, morcov, telina , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors, ulei Kcal: 162.34; Gr:9.51; Gluc:16.83;Prot: 2.83	Ingrediente: cartofi, morcov, telina , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors, ulei Kcal: 162.34; Gr:9.51; Gluc:16.83;Prot: 2.83
	Rulada de pui cu orez si legume 300g	Rulada de pui cu spanac 300g	Rulada de pui cu spanac 300g	Mancare de spanac 250g
	Ingrediente: orez 120g, carne de pui 80g, morcov, telina , ardei gras, ceapa Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46	Ingrediente: carne de pui 80g, spanac 70g, orez, morcov, telina , ardei gras, ceapa, bulion, ulei Kcal:349.6;Gr:16.94; Gluc:27.24; Prot:20.33	Ingrediente: carne de pui 80g, spanac 70g, orez, morcov, telina , ardei gras, ceapa, bulion, ulei Kcal:349.6;Gr:16.94; Gluc:27.24; Prot:20.33	Ingrediente: spanac 120g, orez, morcov, telina , ardei gras, ceapa, bulion, ulei Kcal:236.9;Gr:10.22; Gluc:28.22; Prot:6.8
		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 bulz 300g	Pui cu orez si legume 300g	Bulz 250g
	Ingrediente: lapte 200ml, biscuiti 100(faina, zahar) Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6	Ingrediente: mamaliguta 80g, carne de pui 60g, branza de vaci 60g, smantana, mozzarella, ou Kcal:461.8;Gr:27.47; Gluc:16.25; Prot:33.23	Ingrediente: orez 120g, carne de pui 80g, morcov, telina , ardei gras, ceapa Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46	Ingrediente: mamaliguta 80g, branza de vaci 50g, smantana 50g, mozzarella 40g, ou Kcal:427.6;Gr:29.35; Gluc:16.38; Prot:21.7
	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

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)
	Mozzarella 30g, urda 30g, creminos cu unt 30g, branza de vaci 30g, gem 30g Kcal:388.05;Gr:27.21;Gluc:18.45;Prot:17.28	Biscuiti 30g(faina, zahar), branza de vaci 130g Kcal:396.3;Gr:18.56;Gluc:26.45;Prot:25.97	Mozzarella 40g, cas 40(lapte,cheag), branza de vaci 30g, urda 30g Kcal:311.04;Gr:18.28;Gluc:4.68;Prot:30.95	Jambon de porc 40g, cascaval afumat 40g, creminos cu unt 30g, gem 30g Kcal:448.45;Gr:34.52;Gluc:15.7;Prot:18.45
PRANZ	Supa de legume cu taitei 300ml	Supa cu taitei 300ml	Ciorba de legume 300ml	Ciorba de legume 300ml
	Ingrediente: taitei , morcovi, telina , ceapa, ardei gras, ou Kcal: 330.03;Gr: 8.04;Gluc:49.02;Prot:15.23	Ingrediente: taitei, morcov, telina , ceapa, ardei gras, ou Kcal: 216.5; Gr:5.36; Gluc:32.12; Prot:10.11	Ingrediente: cartofi, morcov, telina , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors, ulei Kcal: 162.34; Gr:9.51; Gluc:16.83;Prot: 2.83	Ingrediente: cartofi, morcov, telina , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors, ulei Kcal: 162.34; Gr:9.51; Gluc:16.83;Prot: 2.83
	Pui cu legume gratinate 300g	Rasol de pui cu orez 250g	Rulada de pui cu spanac 300g	Rulada de pui cu spanac 300g
	Ingrediente: carne de pui 80g, cartofi, mazare, morcov, telina , fasole verde, crema vegetala , branza de vaci , mozzarella , ou Kcal:345.68;Gr:17;Gluc:17.54;Prot:27.61	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 70g, orez, morcov, telina , ardei gras, ceapa, bulion, ulei Kcal:349.6;Gr:16.94; Gluc:27.24; Prot:20.33	Ingrediente: carne de pui 80g, spanac 70g, orez, morcov, telina , ardei gras, ceapa, bulion, ulei Kcal:349.6;Gr:16.94; Gluc:27.24; Prot:20.33
	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)
CINA	Pui cu bulz 300g	Pui cu branza de vaci 220g	Pui cu bulz 300g	Pui cu bulz 300g
	Ingrediente: mamaliguta 80g, carne de pui 60g, branza de vaci 60g , smantana , mozzarella , ou Kcal:461.8;Gr:27.47; Gluc:16.25; Prot:33.23	Ingrediente: piept de pui 60g, branza de vaci 160g Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84	Ingrediente: mamaliguta 80g, carne de pui 60g, branza de vaci 60g , smantana , mozzarella , ou Kcal:461.8;Gr:27.47; Gluc:16.25; Prot:33.23	Ingrediente: mamaliguta 80g, carne de pui 60g, branza de vaci 60g , smantana , mozzarella , ou Kcal:461.8;Gr:27.47; Gluc:16.25; Prot:33.23
	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 (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

	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, urda 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04	Urda 40g, mozzarella 40g, creminos cu unt 30g, branza de vaci 30g Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04	Zacusca 120g, masline 20g Kcal:112; Gr:7.36; Gluc:5.16; Prot:1.77	Jambon de porc 40g, cascaval 40g, creminos cu unt 30g, rosie Kcal:487.9;Gr:44.62;Gluc:0.84;Prot:19.82
PRANZ	Ciorba de legume 300ml	Ciorba de legume 300ml	Ciorba de legume 300ml	Ciorba de legume 300ml
	Ingrediente: cartofi, morcov, telina , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors, ulei Kcal: 162.34; Gr:9.51; Gluc:16.83;Prot: 2.83	Ingrediente: cartofi, morcov, telina , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors, ulei Kcal: 162.34; Gr:9.51; Gluc:16.83;Prot: 2.83	Ingrediente: cartofi, morcov, telina , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors, ulei Kcal: 162.34; Gr:9.51; Gluc:16.83;Prot: 2.83	Ingrediente: cartofi, morcov, telina , ceapa, fasole verde, mazare, ardei gras, varza alba, rosii in bulion, bors, ulei Kcal: 162.34; Gr:9.51; Gluc:16.83;Prot: 2.83
	Rulada de pui cu spanac 300g	Rulada de pui cu spanac 300g	Mancare de spanac 250g	Rulad de pui cu orez si legume 300g
	Ingrediente: carne de pui 80g, spanac 70g, orez, morcov, telina , ardei gras, ceapa, bulion, ulei Kcal:349.6;Gr:16.94; Gluc:27.24; Prot:20.33	Ingrediente: carne de pui 80g, spanac 70g, orez, morcov, telina , ardei gras, ceapa, bulion, ulei Kcal:349.6;Gr:16.94; Gluc:27.24; Prot:20.33	Ingrediente: spanac 120g, orez, morcov, telina , ardei gras, ceapa, bulion, ulei Kcal:236.9;Gr:10.22; Gluc:28.22; Prot:6.8	Ingrediente: orez 120g, carne de pui 60g, morcov, telina , ardei gras, ceapa Kcal:371.94;Gr:8.33; Gluc:98.07; Prot:24.46
	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 bulz 300g	Pui cu bulz 300g	Bulz 250g	Pui cu cartofi gratinati
	Ingrediente: mamaliguta 80g, carne de pui 60g, branza de vaci 60g, smantana, mozzarella, ou Kcal:461.8;Gr:27.47; Gluc:16.25; Prot:33.23	Ingrediente: mamaliguta 80g, carne de pui 60g, branza de vaci 60g, smantana, mozzarella, ou Kcal:461.8;Gr:27.47; Gluc:16.25; Prot:33.23	Ingrediente: mamaliguta 80g, branza de vaci 50g, smantana 50g, mozzarella 40g, ou Kcal:427.6;Gr:29.35; Gluc:16.38; Prot:21.7	Ingrediente: carne de pui 80, cartofi, smantana, cascaval, ou Kcal:387.6;Gr:18.28; Gluc:21.67; Prot:32.64
	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
DITETICIAN

DIETETICIAN

MIREA MARIANA LILIANA
POPESCU N.
VASILE FL.