

| S.C.ROMANIAN CATERING S.R.L.                  |                                                                                                                                            | <i><b>DUMINICA</b></i>                                                                                                                                                                                         |                                                                                                                           | SPITALUL SFANTUL STEFAN                                                                                           |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| UNITATE TIP CATERING AUT. DSV 1928/28.06.2007 |                                                                                                                                            |                                                                                                                                                                                                                |                                                                                                                           | <i>PERIOADA 31 August - 6 Septembrie 2026</i>                                                                     |
|                                               | 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)             |
|                                               | Jambon de porc 40g, cascaval afumat 40g,<br>creminos cu unt 30g, gem 30g<br>Kcal:448.45;Gr:34.52;Gluc:15.7;Prot:18.45                      | Urda 40g, mozzarella 40g, creminos cu unt<br>30g, branza de vaci 30g<br>Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04                                                                                               | Mozzarella 40g, urda 40g, creminos cu unt 30g,<br>branza de vaci 30g<br>Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04          | Iaurt 125g, branza de vaci 150g<br>Kcal:272.5;Gr:11.13;Gluc:11.73;Prot:24.25                                      |
| PRANZ                                         | Bors de cartofi cu ou 300ml                                                                                                                | Supa cu taitei 300ml                                                                                                                                                                                           | Supa cu taitei 300ml                                                                                                      | Supa strecurata 300ml                                                                                             |
|                                               | Ingrediente: cartofi, morcov, telina, ardei gras,<br>rosii, ou, bors, ulei<br>Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85                  | Ingrediente: taitei, morcov, <b>telina</b> , ardei gras,<br>ceapa, <b>ou</b><br>Kcal:219.42;Gr:4.79;Gluc:33.16;Prot:10.09                                                                                      | Ingrediente: taitei, morcov, <b>telina</b> , ardei gras,<br>ceapa, <b>ou</b><br>Kcal:219.42;Gr:4.79;Gluc:33.16;Prot:10.09 | Ingrediente: morcov 70, ardei gras 60g, <b>telina</b> 60g<br>Kcal: 200.64; Gr:14.33; Gluc:16.89; Prot:2.37g       |
|                                               | Penne bolognese 300g                                                                                                                       | Ciocanele de pui cu conopida si smantana<br>300g                                                                                                                                                               | Ciocanele de pui cu conopida si smantana<br>300g                                                                          | Crema de legume 300ml                                                                                             |
|                                               | Ingrediente: penne 150g, carne de pui 60g,<br>morcov, <b>telina</b> , rosii in bulion, ulei<br>Kcal:728.96;Gr:14.48;Gluc:114.49;Prot: 33.6 | Ingrediente: ciocanele de pui 70g, conopida,<br>morcov, crema vegetala<br>Kcal: 162.74;Gr:4.41; Gluc:15.19;Prot: 18.82                                                                                         | Ingrediente: ciocanele de pui 70g, conopida,<br>morcov, crema vegetala<br>Kcal: 162.74;Gr:4.41; Gluc:15.19;Prot: 18.82    | Ingrediente: cartofi, morcov, <b>telina</b> , fasole<br>verde, mazare<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)                                                                         |                                                                                                                   |
|                                               | Cartofi gratinati cu sunca 300g                                                                                                            | Ciocanele de pui cu legume gratinate 300g                                                                                                                                                                      | Ciocanele de pui cu cartofi la cuptor 300g                                                                                | Compot de mere 300g                                                                                               |
| CINA                                          | Ingrediente: cartofi, sunca, branza de vaci,<br>crema vegetala, oua, mozzarella, ulei<br>Kcal:323.5;Gr:15.09;Gluc:21.22;Prot:16.43         | Ingrediente: cartofi 100g, ciocanele de pui<br>70g,morcov, <b>telina</b> , fasole verde, branza de<br>vaci, <b>crema vegetala</b> , <b>ou</b> , <b>mozzarella</b><br>Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63 | Ingrediente: ciocanelede pui 70, cartofi, ulei<br>Kcal:305.16;Gr:12.46;Gluc:34.84; Prot:19.41                             | Ingrediente: mere 200g, apa 100ml.<br>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<br>si derivate                                                                 | Poate contine: lactoza,peste,susan, arahide, gluten, mustar<br>si derivate                                                                                                                                     | Poate contine: lactoza,peste,susan, arahide, gluten, mustar si<br>derivate                                                | Poate contine: lactoza,peste, susan, arahide, gluten, mustar<br>si derivate                                       |
|                                               |                                                                                                                                            |                                                                                                                                                                                                                |                                                                                                                           |                                                                                                                   |

## DUMINICA

|              | 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)                                                                          |
|              | Lapte 200ml, biscuiti 100g( <b>faina, zahar</b> )<br>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<br>Kcal: 377.7; Gr: 32.91; Gluc: 3.81; Prot: 15.61                                                              | Jambon de porc 40, biscuiti 40(faina, zahar), gem 30g, masline 30g<br>Kcal: 393; Gr:34.35; Gluc:3.87; Prot: 16.24                                                                           | Mozzarella 40g, urda 40g, creminos cu unt 30g, branza de vaci 30g<br>Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04                                                                       |
| PRANZ        | Crema de legume 300ml                                                                                                                                        | Bors de cartofi cu ou 300ml                                                                                                                                                                              | Bors de cartofi cu ou 300ml                                                                                                                                                                 | Bors de cartofi cu ou 300ml                                                                                                                                                         |
|              | Ingrediente: cartofi 70g, morcov 30g, <b>telina</b> 20g, ceapa, fasole verde, conopida, <b>crema vegetala</b><br>Kcal: 220.86;Gr:7.26;Gluc:34.47; Prot: 3.68 | Ingrediente: cartofi, morcov, <b>telina</b> , ardei gras, rosii, <b>ou</b> , bors, ulei<br>Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85                                                                   | Ingrediente: cartofi, morcov, <b>telina</b> , ardei gras, rosii, <b>ou</b> , bors, ulei<br>Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85                                                      | Ingrediente: cartofi, morcov, <b>telina</b> , ardei gras, rosii, <b>ou</b> , bors, ulei<br>Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85                                              |
|              | Rasol de pui cu orez 250g                                                                                                                                    | Ciocanele de pui cu ghiveci de legume 300g                                                                                                                                                               | Ciocanele de pui cu ghiveci de legume 300g                                                                                                                                                  | Ghiveci de legume 250g                                                                                                                                                              |
|              | Ingrediente: orez 150g, piept de pui 70g, morcovi, <b>telina</b><br>Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97                                           | Ingrediente: ciocanele de pui 70g, morcov 30g, <b>telina</b> , ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei<br>Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22              | Ingrediente: ciocanele de pui 70g, morcov 30g, <b>telina</b> , ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei<br>Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22 | Ingrediente: morcov 40g, <b>telina</b> 30g, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei<br>Kcal:184.67; Gr:9.69; Gluc:20.46; Prot:3.41               |
|              |                                                                                                                                                              | 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                                                                                                                                            | Ciocanele de pui cu legume gratinate 300g                                                                                                                                                                | Ciocanele de pui cu cartofi la cuptor 300g                                                                                                                                                  | Legume gratinate 250g                                                                                                                                                               |
|              | Ingrediente: lapte 200ml, biscuiti 100( <b>faina, zahar</b> )<br>Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6                                                 | Ingrediente: cartofi 100g, ciocanele de pui 70g,morcov, <b>telina</b> , fasole verde, branza de vaci, <b>crema vegetala</b> , <b>ou</b> , <b>mozzarella</b><br>Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63 | Ingrediente: ciocanele de pui 70, cartofi, ulei<br>Kcal:305.16;Gr:12.46;Gluc:34.84; Prot:19.41                                                                                              | Ingrediente: cartofi 100g, morcov, <b>telina</b> , fasole verde, branza de vaci, <b>crema vegetala</b> , <b>ou</b> , <b>mozzarella</b><br>Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63 |
|              | 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)                                                                                                                                           | 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                                                                                                             |
|              |                                                                                                                                                              |                                                                                                                                                                                                          |                                                                                                                                                                                             |                                                                                                                                                                                     |

|              | HEPATIC + NEOPLAZIC                                                                                                      | ENTEROCOLITA                                                                                                           | FARA GLUTEN                                                                                                                                                                                 | HIPERPROTEIC                                                                                                                            |
|--------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| 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)                                    |
|              | Mozzarella 30g, urda 30g, creminos cu unt 30g, branza de vaci 30g, gem 30g<br>Kcal:388.05;Gr:27.21;Gluc:18.45;Prot:17.28 | Biscuiti 30g(faina, zahar), branza de vaci 130g<br>Kcal:396.3;Gr:18.56;Gluc:26.45;Prot:25.97                           | Mozzarella 40g, cas 40(lapte,cheag), branza de vaci 30g, urda 30g<br>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<br>Kcal:448.45;Gr:34.52;Gluc:15.7;Prot:18.45                      |
| PRANZ        | Supa cu taitei 300ml                                                                                                     | Supa cu taitei 300ml                                                                                                   | Bors de cartofi cu ou 300ml                                                                                                                                                                 | Bors de cartofi cu ou 300ml                                                                                                             |
|              | Ingrediente: taitei, morcov, <b>telina</b> , ardei gras, ceapa, <b>ou</b><br>Kcal:219.42;Gr:4.79;Gluc:33.16;Prot:10.09   | Ingrediente: taitei, morcov, <b>telina</b> , ardei gras, ceapa, <b>ou</b><br>Kcal:219.42;Gr:4.79;Gluc:33.16;Prot:10.09 | Ingrediente: cartofi, morcov, <b>telina</b> , ardei gras, rosii, <b>ou</b> , bors, ulei<br>Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85                                                      | Ingrediente: cartofi, morcov, <b>telina</b> , ardei gras, rosii, <b>ou</b> , bors, ulei<br>Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85  |
|              | Ciocanele de pui cu conopida si smantana 300g                                                                            | Rasol de pui cu orez 250g                                                                                              | Ciocanele de pui cu ghiveci de legume 300g                                                                                                                                                  | Penne bolognese 300g                                                                                                                    |
|              | Ingrediente: ciocanele de pui 70g, conopida, morcov, crema vegetala<br>Kcal: 162.74;Gr:4.41; Gluc:15.19;Prot: 18.82      | Ingrediente: orez 150g, piept de pui 70g, morcovi, <b>telina</b><br>Kcal: 668.6;Gr: 4.63; Gluc:129.95; Prot: 22.97     | Ingrediente: ciocanele de pui 70g, morcov 30g, <b>telina</b> , ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei<br>Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22 | Ingrediente: penne 150g, carne de pui 60g, morcov, <b>telina</b> , rosii in bulion, ulei<br>Kcal:728.96;Gr:14.48;Gluc:114.49;Prot: 33.6 |
|              | 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)                                                                                       |
|              | Ciocanele de pui cu cartofi la cuptor 300g                                                                               | Piept de pui cu branza de vaci 220g                                                                                    | Ciocanele de pui cu legume gratinate 300g                                                                                                                                                   | Cartofi gratinati cu sunca 300g                                                                                                         |
| CINA         | Ingrediente: ciocanelede pui 70, cartofi, ulei<br>Kcal:305.16;Gr:12.46;Gluc:34.84; Prot:19.41                            | Ingrediente: piept de pui 60g, <b>branza de vaci</b> 160g<br>Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84                 | Ingrediente: cartofi 100g, ciocanele de pui 70g,morcov, telina, fasole verde, branza de vaci, crema vegetala, ou, mozzarella<br>Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63                   | Ingrediente: cartofi, sunca, branza de vaci, crema vegetala, oua, mozzarella, ulei<br>Kcal:323.5;Gr:15.09;Gluc:21.22;Prot:16.43         |
|              | 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)                     | 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<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)                                       |
|              | Mozzarella 40g, urda 40g, creminos cu unt<br>30g, branza de vaci 30g<br>Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04                                                                                  | Urda 40g, mozzarella 40g, creminos cu unt<br>30g, branza de vaci 30g<br>Kcal:364.6;Gr:29.06;Gluc:3.85;Prot:21.04                                                                                  | Zacusca 120g, masline 20g<br>Kcal:112; Gr:7.36; Gluc:5.16; Prot:1.77                                                                                                           | Jambon de porc 40g, cascaval 40g, creminos cu<br>unt 30g, rosie<br>Kcal:487.9;Gr:44.62;Gluc:0.84;Prot:19.82                                |
| PRANZ        | Bors de cartofi cu ou 300ml                                                                                                                                                                       | Bors de cartofi cu ou 300ml                                                                                                                                                                       | Bors de cartofi cu ou 300ml                                                                                                                                                    | Bors de cartofi cu ou 300ml                                                                                                                |
|              | Ingrediente: cartofi, morcov, <b>telina</b> , ardei gras,<br>rosii, <b>ou</b> , bors, ulei<br>Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85                                                         | Ingrediente: cartofi, morcov, <b>telina</b> , ardei gras,<br>rosii, <b>ou</b> , bors, ulei<br>Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85                                                         | Ingrediente: cartofi, morcov, <b>telina</b> , ardei gras,<br>rosii, <b>ou</b> , bors, ulei<br>Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85                                      | Ingrediente: cartofi, morcov, <b>telina</b> , ardei gras,<br>rosii, <b>ou</b> , bors, ulei<br>Kcal:167.38; Gr:10.78;Gluc:14.04; Prot:3.85  |
|              | Ciocanele de pui cu ghiveci de legume<br>300g                                                                                                                                                     | Ciocanele de pui cu ghiveci de legume<br>300g                                                                                                                                                     | Ghiveci de legume 250g                                                                                                                                                         | Penne bolognese 300g                                                                                                                       |
|              | Ingrediente: ciocanele de pui 70g, morcov 30g,<br><b>telina</b> , ceapa, mazare, fasole verde, dovlecel, cartofi,<br>vinete, rosii cuburi, ulei<br>Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22 | Ingrediente: ciocanele de pui 70g, morcov 30g,<br><b>telina</b> , ceapa, mazare, fasole verde, dovlecel, cartofi,<br>vinete, rosii cuburi, ulei<br>Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22 | Ingrediente: morcov 40g, <b>telina</b> 30g, ceapa, mazare,<br>fasole verde, dovlecel, cartofi, vinete, rosii cuburi,<br>ulei<br>Kcal:184.67; Gr:9.69;<br>Gluc:20.46; Prot:3.41 | Ingrediente: penne 150g, carne de pui 60g,<br>morcov, <b>telina</b> , rosii in bulion, ulei<br>Kcal:728.96;Gr:14.48;Gluc:114.49;Prot: 33.6 |
|              | 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         | Ciocanele de pui cu legume gratinate 300g                                                                                                                                                         | Ciocanele de pui cu legume gratinate 300g                                                                                                                                                         | Cartofi la cuptor 250g                                                                                                                                                         | Snitel de pui cu cartofi la cuptor 300g                                                                                                    |
|              | Ingrediente: cartofi 100g, ciocanele de pui<br>70g,morcov, telina, fasole verde, branza de<br>vacii, crema vegetala, ou, mozzarella<br>Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63                  | Ingrediente: cartofi 100g, ciocanele de pui<br>70g,morcov, telina, fasole verde, branza de<br>vacii, crema vegetala, ou, mozzarella<br>Kcal:270.8;Gr:13.13;Gluc:23.72;Prot:14.63                  | Ingrediente: cartofi 250g, ulei<br>Kcal:373.7; Gr:13.93;Gluc:40.23; Prot:2.018                                                                                                 | Ingrediente: carne de pui 70, cartofi, pesmet, ou, ulei<br>Kcal:405.16;Gr:12.46;Gluc:54.84; Prot:19.41                                     |
|              | 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)                                                                                          |
|              | Poate contine: lactoza,peste,susan, arahide, gluten, mustar<br>si derivate                                                                                                                        | Poate contine: lactoza,peste,susan, arahide, gluten, mustar<br>si derivate                                                                                                                        | Poate contine: lactoza,peste,susan, arahide, gluten, mustar si<br>derivate                                                                                                     | Poate contine: lactoza,peste,susan, arahide, gluten, mustar<br>si derivate                                                                 |

CONTROL FINAL AL PRODUSULUI



APROBAT DIRECTOR  
DITETICIAN

DIETETICIAN