

| S.C.ROMANIAN CATERING S.R.L.                  |                                                                                                                                                 |                                                                                                                                                 |                                                                                                                                | SPITALUL SFANTUL STEFAN                                                                                    |
|-----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| UNITATE TIP CATERING AUT. DSV 1928/28.06.2007 |                                                                                                                                                 | MIERCURI                                                                                                                                        |                                                                                                                                | PERIOADA 07 - 13 Septembrie 2026                                                                           |
|                                               | REGIM COMUN                                                                                                                                     | REGIM FARA SARE (CARDIAC)                                                                                                                       | ULCER                                                                                                                          | HIDRIC                                                                                                     |
| MIC 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 Victoria 40g, branza de vaci 40, cascaval 30g, creminos cu unt 30g<br>Kcal:309.2; Gr:27.1;Gluc:2.19;Prot:13.97                            | Mozzarella 40g, cas 40g(lapte, cheag), creminos cu unt 30g, gem 30g<br>Kcal:374.85;Gr:26.2;Gluc:18.18;Prot:15.33                                | Branza de vaci 40g, cas 40(lapte,cheag), mozzarella 30g, creminos cu unt 30g<br>Kcal: 381.6; Gr: 30.55; Gluc: 3.18; Prot:21.49 | Iaurt 125g, branza de vaci 150g<br>Kcal:272.5; Gr:11.13; Gluc:11.73; Prot:24.25                            |
| PRANZ                                         | Crema de conopida 300ml                                                                                                                         | Crema de conopida 300ml                                                                                                                         | Crema de conopida 300ml                                                                                                        | Supa strecurata 300ml                                                                                      |
|                                               | Ingrediente: conopida 50g, cartofi, morcovi, telina, ceapa, crema vegetala Kcal:261.2; Gr:10.66;Gluc:34.92;Prot:6.64                            | Ingrediente: conopida 50g, cartofi, morcovi, telina, ceapa, crema vegetala Kcal:261.2; Gr:10.66;Gluc:34.92;Prot:6.64                            | Ingrediente: conopida 50g, cartofi, morcovi, telina, ceapa, crema vegetala Kcal:261.2; Gr:10.66;Gluc:34.92;Prot:6.64           | Ingrediente: morcov 70, ardei gras 60g, telina 60g<br>Kcal:200.64;Gr:14.33;Gluc:16.89;Prot:2.37g           |
|                                               | Tocanita de ciuperci cu mamaliguta 300g                                                                                                         | Tocanita de ciuperci cu mamaliguta 300g                                                                                                         | Pui cu paste si legume 250g                                                                                                    | Crema de legume 300ml                                                                                      |
|                                               | Ingrediente: ciuperci 80g, mamaliguta 60g, morcov, telina, ceapa, ardei gras, rosii in bulion, ulei<br>Kcal:197.8; Gr:9.66;Gluc:24.12;Prot:5.03 | Ingrediente: ciuperci 80g, mamaliguta 60g, morcov, telina, ceapa, ardei gras, rosii in bulion, ulei<br>Kcal:197.8; Gr:9.66;Gluc:24.12;Prot:5.03 | Ingrediente: penne 120g, carne de pui 80g, morcov, telina, ulei<br>Kcal:572.9; Gr:9.45;Gluc:88.28;Prot:31.18                   | Ingrediente: cartofi, morcov, telina, fasole 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)                                                                         |                                                                                                            |
|                                               | Musaca de cartofi cu carne 250g                                                                                                                 | Musaca de cartofi cu carne 250g                                                                                                                 | Pui cu cartofi natur 300g                                                                                                      | Compot de mere 300g                                                                                        |
| CINA                                          | Ingrediente: cartofi 70g, carne de pui 60g, morcov, telina, ceapa, ou, mozzarella, crema vegetala Kcal: 275.68; Gr:9.9; Gluc:19.88; Prot:26.28  | Ingrediente: cartofi 70g, carne de pui 60g, morcov, telina, ceapa, ou, mozzarella, crema vegetala Kcal: 275.68; Gr:9.9; Gluc:19.88; Prot:26.28  | Ingrediente: cartofi 180g, carne de pui 80g, morcov 30g, ulei<br>Kcal:378.6;Gr:16.39;Gluc:38.64;Prot:17.24                     | 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 (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                                   |
|                                               |                                                                                                                                                 |                                                                                                                                                 |                                                                                                                                |                                                                                                            |

# MIERCURI

|              | 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(faina, zahar)<br>Kcal: 615; Gr: 28.4; Gluc: 75.4; Prot: 13                                      | Jambon de porc 40g, branza de vaci 40g,<br>cascaval afumat 30g, creminos cu unt 30g,<br>masline<br>Kcal:379.6; Gr:31.38g; Gluc:2.46; Prot:18.38 | Sunca Praga 50g, biscuiti 40g(faina, zahar),<br>gem 30g, rosie 20g<br>Kcal:283.05;Gr:4.59; Gluc:45.83;Prot:11.07               | Branza de vaci 40g, cas 40(lapte,cheag),<br>mozzarella 30g, creminos cu unt 30g<br>Kcal:381.6;Gr:30.55;Gluc:3.18;Prot:21.49 |
| PRANZ        | Crema de conopida 300ml                                                                                                    | Crema de conopida 300ml                                                                                                                         | Crema de conopida 300ml                                                                                                        | Crema de conopida 300ml                                                                                                     |
|              | Ingrediente: conopida 50g, cartofi, morcovi,<br>telina, ceapa, crema vegetala Kcal:261.2;<br>Gr:10.66;Gluc:34.92;Prot:6.64 | Ingrediente: conopida 50g, cartofi, morcovi,<br>telina, ceapa, crema vegetala Kcal:261.2;<br>Gr:10.66;Gluc:34.92;Prot:6.64                      | Ingrediente: conopida 50g, cartofi, morcovi,<br>telina, ceapa,<br>Kcal:191.2; Gr:8.23;Gluc:31.92;Prot:5.64                     | Ingrediente: conopida 50g, cartofi, morcovi,<br>telina, ceapa, crema vegetala Kcal:261.2;<br>Gr:10.66;Gluc:34.92;Prot:6.64  |
|              | Pui cu paste si legume 250g                                                                                                | Pui cu varza calita 300g                                                                                                                        | Pui cu varza calita 300g                                                                                                       | Varza calita 250g                                                                                                           |
|              | Ingrediente: penne 120g, carne de pui 80g,<br>morcov, telina, ulei<br>Kcal:572.9; Gr:9.45;Gluc:88.28;Prot:31.18            | Ingrediente: varza 150g, carne de pui 80g,<br>ceapa, ardei gras, rosii pasate, ulei<br>Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82                  | Ingrediente: varza 150g, carne de pui 80g,<br>ceapa, ardei gras, rosii pasate, ulei<br>Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82 | Ingrediente: varza 180g, ceapa, ardei gras,<br>rosii pasate, ulei<br>Kcal:202.06;Gr:9.71;Gluc:23.64;Prot:5.4                |
|              |                                                                                                                            | 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 (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 piure de broccoli 300g                                                                                                                   | Pui cu piure de broccoli 300g                                                                                                  | Piure de broccoli 250g                                                                                                      |
|              | Ingrediente: lapte 200ml, biscuiti 100(faina,<br>zahar)<br>Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6                     | Ingrediente: broccoli 120g, carne de pui 80g,<br>cartofi, morcov, telina, unt, lapte<br>Kcal:325.7;Gr:20.7;Gluc:16.57;Prot: 19.36               | Ingrediente: broccoli 120g, carne de pui 80g,<br>cartofi, morcov, telina<br>Kcal:248.3;Gr:15.7;Gluc:17.67;Prot: 18.21          | Ingrediente: broccoli 120g, cartofi, morcov,<br>telina, unt, lapte<br>Kcal:209.5;Gr:13.79;Gluc:19.44;Prot:4.51              |
|              | 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 (Cal: 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                                                  |
|              |                                                                                                                            |                                                                                                                                                 |                                                                                                                                |                                                                                                                             |

# MIERCURI

|              | 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)                                                    |
|              | <b>Mozzarella 30g, branza de vaci 30g, cas 30g(lapte, cheag), creminos cu unt 30g, gem 30g</b><br>Kcal:402.15; Gr:28.5;Gluc:17.76;Prot:17.85 | <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 | <b>Sunca Praga 40g, branza de vaci 40g, mozzarella 30g, creminos cu unt 30g</b><br>Kcal: 312.4; Gr: 24.91; Gluc: 2.5; Prot: 17.49     | <b>Salam Victoria 40g, branza de vaci 40, cascaval 30g, creminos cu unt 30g</b><br>Kcal: 309.2;Gr:27.1; Gluc:2.19;Prot:13.97                                  |
| PRANZ        | Crema de conopida 300ml                                                                                                                      | Supa cu taitei 300ml                                                                                                          | Crema de conopida 300ml                                                                                                               | Crema de conopida 300ml                                                                                                                                       |
|              | Ingrediente: conopida 50g, cartofi, morcovi, <b>telina</b> , ceapa, <b>crema vegetala</b> Kcal:261.2; Gr:10.66;Gluc:34.92;Prot:6.64          | 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: conopida 50g, cartofi, morcovi, <b>telina</b> , ceapa, <b>crema vegetala</b> Kcal:261.2; Gr:10.66;Gluc:34.92;Prot:6.64   | Ingrediente: conopida 50g, cartofi, morcovi, <b>telina</b> , ceapa, <b>crema vegetala</b> Kcal:261.2; Gr:10.66;Gluc:34.92;Prot:6.64                           |
|              | Pui cu paste si legume 250g                                                                                                                  | Rasol de pui cu orez 250g                                                                                                     | Pui cu varza calita 300g                                                                                                              | Pui cu paste si legume 250g                                                                                                                                   |
|              | Ingrediente: penne 120g, carne de pui 80g, morcov, <b>telina</b> , ulei<br>Kcal:572.9; Gr:9.45;Gluc:88.28;Prot:31.18                         | 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: varza 150g, carne de pui 80g, ceapa, ardei gras, rosii pasate, ulei<br>Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82           | Ingrediente: penne 120g, carne de pui 80g, morcov, <b>telina</b> , ulei<br>Kcal:572.9; Gr:9.45;Gluc:88.28;Prot:31.18                                          |
|              | 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 (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 cartofi natur 300g                                                                                                                    | Pui cu branza de vaci 220g                                                                                                    | Pui cu piure de broccoli 300g                                                                                                         | Musaca de cartofi cu carne 250g                                                                                                                               |
|              | Ingrediente: cartofi 180g, carne de pui 80g, morcov 30g, ulei<br>Kcal:378.6;Gr:16.39;Gluc:38.64;Prot:17.24                                   | 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: broccoli 120g, carne de pui 80g, cartofi, morcov, <b>telina, unt, lapte</b><br>Kcal:325.7;Gr:20.7;Gluc:16.57;Prot: 19.36 | Ingrediente: cartofi 70g, carne de pui 60g, morcov, <b>telina</b> , ceapa, <b>ou, mozzarella, crema vegetala</b> Kcal: 275.68; Gr:9.9; Gluc:19.88; Prot:26.28 |
|              | 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)                                                                                | 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                                                                                      |
|              |                                                                                                                                              |                                                                                                                               |                                                                                                                                       |                                                                                                                                                               |

**MIERCURI**

|              | 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)                                  |
|              | Branza de vaci 40g, <b>cas</b> 40(lapte,cheag),<br><b>mozzarella</b> 30g, <b>creminos cu unt</b> 30g<br>Kcal:381.6; Gr:30.55; Gluc:3.18;Prot:21.49       | <b>Mozzarella</b> 40g, <b>cas</b> 40g(lapte, cheag),<br><b>creminos cu unt</b> 30g, gem 30g<br>Kcal:374.85;Gr: 26.2;Gluc:18.18;Prot:15.33                | <b>Branza tofu</b> 120g, rosii, masline<br>Kcal: 205.3;Gr:12.01; Gluc:1.74;Prot: 21.77                                | Sunca Praga 40g, <b>mozzarella</b> 40g, <b>creminos cu unt</b> 30g, masline 30g<br>Kcal:337.9;Gr: 29.02;Gluc:1.82; Prot:15.44               |
| PRANZ        | Crema de conopida 300ml                                                                                                                                  | Crema de conopida 300ml                                                                                                                                  | Crema de conopida 300ml                                                                                               | Crema de conopida 300ml                                                                                                                     |
|              | Ingrediente: conopida 50g, cartofi, morcovi,<br><b>telina</b> , ceapa, <b>crema vegetala</b> Kcal:261.2;<br>Gr:10.66;Gluc:34.92;Prot:6.64                | Ingrediente: conopida 50g, cartofi, morcovi,<br><b>telina</b> , ceapa, <b>crema vegetala</b> Kcal:261.2;<br>Gr:10.66;Gluc:34.92;Prot:6.64                | Ingrediente: conopida 50g, cartofi, morcovi,<br><b>telina</b> , ceapa,<br>Kcal:191.2; Gr:8.23;Gluc:31.92;Prot:5.64    | Ingrediente: conopida 50g, cartofi, morcovi,<br><b>telina</b> , ceapa, <b>crema vegetala</b> Kcal:261.2;<br>Gr:10.66;Gluc:34.92;Prot:6.64   |
|              | Pui cu varza calita 300g                                                                                                                                 | Pui cu varza calita 300g                                                                                                                                 | Varza calita 250g                                                                                                     | Tocanita de pui cu mamaliguta 300g                                                                                                          |
|              | Ingrediente: varza 150g, carne de pui 80g,<br>ceapa, ardei gras, rosii pasate, ulei<br>Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82                           | Ingrediente: varza 150g, carne de pui 80g,<br>ceapa, ardei gras, rosii pasate, ulei<br>Kcal:314;Gr:16.61;Gluc:20.34;Prot:19.82                           | Ingrediente: varza 180g, ceapa, ardei gras, rosii<br>pasate, ulei<br>Kcal:202.06;Gr:9.71;Gluc:23.64;Prot:5.4          | Ingrediente: carne de pui 80g, morcov, <b>telina</b> ,<br>ardei gras, fasole verde, ceapa, ulei Kcal:259;<br>Gr:12.44;Gluc:17.17;Prot:19.78 |
|              | 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 piure de broccoli 300g                                                                                                                            | Pui cu piure de broccoli 300g                                                                                                                            | Pui cu piure de broccoli 300g                                                                                         | Cascaval pane cu cartofi prajiti 300g                                                                                                       |
|              | Ingrediente: broccoli 120g, carne de pui 80g,<br>cartofi, morcov, <b>telina</b> , <b>unt</b> , <b>lapte</b><br>Kcal:325.7;Gr:20.7;Gluc:16.57;Prot: 19.36 | Ingrediente: broccoli 120g, carne de pui 80g,<br>cartofi, morcov, <b>telina</b> , <b>unt</b> , <b>lapte</b><br>Kcal:325.7;Gr:20.7;Gluc:16.57;Prot: 19.36 | Ingrediente: broccoli 120g, carne de pui 80g,<br>cartofi, morcov, telina<br>Kcal:248.3;Gr:15.7;Gluc:17.67;Prot: 18.21 | Ingrediente: cascaval pane, cartofi<br>Kcal:561.4;Gr:23.5;Gluc:66.6;Prot:18.66                                                              |
|              | 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)                                                                | 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

DOBRE ALEXANDRU

ENCIU LAURA



APROBAT DIRECTOR

DIETETICIAN

MIREA MARIANA LILIANA

POPESCU N.