

| S.C.ROMANIAN CATERING S.R.L.                  |                                                                                                                                                                                     | LUNI                                                                                                                                                                                |                                                                                                                                              | SPITALUL SFANTUL STEFAN                                                                                                |
|-----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| UNITATE TIP CATERING AUT. DSV 1928/28.06.2007 |                                                                                                                                                                                     |                                                                                                                                                                                     |                                                                                                                                              | PERIOADA 14 - 20 Septembrie 2026                                                                                       |
|                                               | REGIM COMUN                                                                                                                                                                         | REGIM FARA SARE<br>(CARDIAC)                                                                                                                                                        | ULCER                                                                                                                                        | HIDRIC                                                                                                                 |
| MIC<br>DEJUN                                  | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9;Gr: 3.78; Gluc: 63.06; Prot: 8.44)                                                                          | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)                                                                         | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9;Gr:3.78;Gluc:63.06;Prot: 8.44)                                       | Ceai+zahar (KCal:16.23; Gr: 0; Gluc: 4; prot: 0)<br>Chifla (KCal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)            |
|                                               | Parizer 40g, cascaval afumat 40g, creminos cu unt 30g, branza de vaci 30g<br>Kcal:404.2;Gr:34.94;Gluc:1.53;Prot:19.8                                                                | Urda 40g, cas 40g(lapte, cheag), creminos cu unt 30g, gem 30g<br>Kcal:377.25;Gr:26;Gluc:18.82;Prot:17.3                                                                             | Mozzarella 40g, urda 40g, cas30g(lapte, cheag), creminos cu unt 30g<br>Kcal:380.5;Gr:30.2;Gluc:3.64;Prot:22.96                               | Iaurt 125g, branza de vaci 150g<br>Kcal:272.5;Gr:11.13;Gluc:11.73;Prot:24.25                                           |
| PRANZ                                         | Crema de broccoli 300ml                                                                                                                                                             | Crema de broccoli 300ml                                                                                                                                                             | Crema de broccoli 300ml                                                                                                                      | Supa strecurata 300ml                                                                                                  |
|                                               | Ingrediente: broccoli, ceapa, morcov, telina, cartofi, unt, crema vegetala<br>Kcal:214.2;Gr:24.22;Gluc:16.53;Prot:5.35                                                              | Ingrediente: broccoli, ceapa, morcov, telina, cartofi, unt, crema vegetala<br>Kcal:214.2;Gr:24.22;Gluc:16.53;Prot:5.35                                                              | Ingrediente: broccoli, ceapa, morcov, telina, cartofi, unt, crema vegetala<br>Kcal:214.2;Gr:24.22;Gluc:16.53;Prot:5.35                       | Ingrediente: morcov 70, ardei gras 60g, telina 60g<br>Kcal: 200.64; Gr:14.33; Gluc:16.89; Prot:2.37g                   |
|                                               | Ciocanele de pui cu ghiveci de legume 300g                                                                                                                                          | Ciocanele de pui cu ghiveci de legume 300g                                                                                                                                          | File de porc cu orez si ciuperci 300g                                                                                                        | Crema de broccoli 300ml                                                                                                |
|                                               | Ingrediente: ciocanele de pui 70g, morcov 30g, telina, 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, telina, ceapa, mazare, fasole verde, dovlecel, cartofi, vinete, rosii cuburi, ulei<br>Kcal: 302.57; Gr:16.57; Gluc:18.44; Prot:18.22 | Ingrediente: orez 120g, file de porc 60g, morcov, telina, ardei gras, ceapa, ciuperci, ulei<br>Kcal: 648.9; Gr:17.52; Gluc:96.57; Prot:24.67 | Ingrediente: broccoli, ceapa, morcov, telina, cartofi, unt, crema vegetala<br>Kcal:214.2;Gr:24.22;Gluc:16.53;Prot:5.35 |
|                                               | 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)                                                                                           |                                                                                                                        |
|                                               | Ciocanele de pui cu risotto 300g                                                                                                                                                    | Ciocanele de pui cu risotto 300g                                                                                                                                                    | Nuggets cu paste si legume 250g                                                                                                              | Compot de mere 300g                                                                                                    |
| CINA                                          | Ingrediente: orez 130g, ciocanele de pui 70g, morcov, ceapa, telina, crema vegetala<br>Kcal:632.4;Gr:9.28;Gluc:105.94;Prot:20.57                                                    | Ingrediente: orez 130g, ciocanele de pui 70g, morcov, ceapa, telina, crema vegetala<br>Kcal:632.4;Gr:9.28;Gluc:105.94;Prot:20.57                                                    | Ingrediente: penne 120g, nuggets de pui 70g, morcov, telina, ulei<br>Kcal:593.5; Gr:8.96;Gluc:84.46;Prot:29.18                               | Ingrediente: mere 200g, apa 100ml.<br>Kcal: 156; Gr: 0.6; Gluc: 42; Prot: 0.9                                          |
|                                               | Chifla (Cal: 312.9;Gr: 3.78;Gluc:63.06;Prot: 8.44)                                                                                                                                  | 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 + TBC                                                                                                                                                    | 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, <b>biscuiti</b> 100g(faina, zahar)<br>Kcal: 615; Gr: 28.4; Gluc: 75.4; Prot: 13                                           | Salam rustic 30g, <b>mozzarella</b> 30g, <b>creminos cu unt</b> 30g, <b>urda</b> 30g, masline 30g<br>Kcal: 393; Gr:34.35; Gluc:3.87; Prot: 16.24                | Parizer 40g, <b>biscuiti</b> 40(faina, zahar), gem 30g, rosie<br>Kcal: 393; Gr:34.35; Gluc:3.87; Prot: 16.24                                       | <b>Mozzarella</b> 40g, <b>urda</b> 40g, <b>cas</b> 30g(lapte, cheag), <b>creminos cu unt</b> 30g<br>Kcal:380.5;Gr:30.2;Gluc:3.64;Prot:22.96 |
| PRANZ        | Crema de broccoli 300ml                                                                                                                | Crema de broccoli 300ml                                                                                                                                         | Crema de broccoli 300ml                                                                                                                            | Crema de broccoli 300ml                                                                                                                     |
|              | Ingrediente: broccoli, ceapa, morcov, <b>telina</b> , cartofi, <b>unt</b> , crema vegetala<br>Kcal:214.2;Gr:24.22;Gluc:16.53;Prot:5.35 | Ingrediente: broccoli, ceapa, morcov, <b>telina</b> , cartofi, <b>unt</b> , crema vegetala<br>Kcal:214.2;Gr:24.22;Gluc:16.53;Prot:5.35                          | Ingrediente: broccoli, ceapa, morcov, <b>telina</b> , cartofi<br>Kcal:202.3;Gr:21.10;Gluc:17.23;Prot:3.22                                          | Ingrediente: broccoli, ceapa, morcov, <b>telina</b> , cartofi, <b>unt</b> , crema vegetala<br>Kcal:214.2;Gr:24.22;Gluc:16.53;Prot:5.35      |
|              | Rasol de pui cu orez 250g                                                                                                              | File de porc cu mancare de fasole verde 300g                                                                                                                    | File de porc cu mancare de fasole verde 300g                                                                                                       | Mancare de fasole verde 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: fasole verde 100g, file de porc 70g, morcovi, <b>telina</b> , ceapa, rosii cuburi<br>Kcal: 122.35; Gr: 2.58; Gluc: 17.21; Prot: 16.72              | Ingrediente: fasole verde 100g, file de porc 70g, morcovi, <b>telina</b> , ceapa, rosii cuburi<br>Kcal: 122.35; Gr: 2.58; Gluc: 17.21; Prot: 16.72 | Ingrediente: fasole verde 150g, morcovi 30g, ceapa, <b>telina</b> , rosii cuburi<br>Kcal: 99.64; Gr: 0.49; Gluc: 17.67; Prot: 3.68          |
|              |                                                                                                                                        | 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                                                                                                                      | Nuggets de pui cu piure de legume 300g                                                                                                                          | Nuggets cu paste si legume 250g                                                                                                                    | Risotto 250g                                                                                                                                |
|              | Ingrediente: <b>lapte</b> 200ml, <b>biscuiti</b> 100(faina, zahar)<br>Kcal: 536; Gr: 23.2; Gluc: 65.5; Prot: 10.6                      | Ingrediente: nuggets de pui 70g, cartofi 80g, morcov, <b>telina</b> , fasole verde, <b>unt</b> , <b>lapte</b><br>Kcal: 359.22; Gr:20.62; Gluc:23.85; Prot:17.63 | Ingrediente: penne 120g, nuggets de pui 70g, morcov, <b>telina</b> , ulei<br>Kcal:593.5; Gr:8.96;Gluc:84.46;Prot:29.18                             | Ingrediente: orez 130g, morcov, ceapa, <b>telina</b> , crema vegetala<br>Kcal:532.4;Gr:7.28;Gluc:94.28;Prot:17.47                           |
|              | Iaurt ( KCal: 52.7;Gr:2.8; Gluc: 3.7;Prot: 3.4)                                                                                        | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)<br>Iaurt ( KCal: 52.7; Gr: 2.8; Gluc: 3.7; Prot: 3.4)                                                    | Chifla (Cal: 312.9; Gr: 3.78; Gluc: 63.06; Prot: 8.44)                                                                                             | 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<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, urda 30g, cas 30g(lapte,cheag), creminos cu unt, gem 30g</b><br>Kcal:403.95;Gr:28.35;Gluc:18.24;Prot:19.2                      | <b>Biscuiti 30g(faina, zahar), branza de vaci 130g</b><br>Kcal:396.3;Gr:18.56;Gluc:26.45;Prot:25.97                     | Parizer 40g, <b>mozzarella 40g, creminos cu unt 30g, urda 30g</b><br>Kcal:378.3;Gr:32.28;Gluc:2.28;Prot:18.63                                                                               | Parizer 40g, <b>cascaval afumat 40g, creminos cu unt 30g, branza de vaci 30g</b><br>Kcal:404.2;Gr:34.94;Gluc:1.53;Prot:19.8                       |
| PRANZ        | Crema de broccoli 300ml                                                                                                                           | Supa cu taitei de casa 300ml                                                                                            | Crema de broccoli 300ml                                                                                                                                                                     | Crema de broccoli 300ml                                                                                                                           |
|              | Ingrediente: broccoli, ceapa, morcov, <b>telina</b> , cartofi, <b>unt</b> , crema vegetala<br>Kcal:214.2;Gr:24.22;Gluc:16.53;Prot:5.35            | Ingrediente: taitei de casa, morcov, <b>telina</b> , ardei gras, <b>ou</b><br>Kcal:219.42;Gr:4.79;Gluc:33.16;Prot:10.09 | Ingrediente: broccoli, ceapa, morcov, <b>telina</b> , cartofi, <b>unt</b> , crema vegetala<br>Kcal:214.2;Gr:24.22;Gluc:16.53;Prot:5.35                                                      | Ingrediente: broccoli, ceapa, morcov, <b>telina</b> , cartofi, <b>unt</b> , crema vegetala<br>Kcal:214.2;Gr:24.22;Gluc:16.53;Prot:5.35            |
|              | File de porc cu orez si ciuperci 300g                                                                                                             | Rasol de pui cu orez 250g                                                                                               | Ciocanele de pui cu ghiveci de legume 300g                                                                                                                                                  | File de porc cu orez si ciuperci 300g                                                                                                             |
|              | Ingrediente: orez 120g, file de porc 60g, morcov, <b>telina</b> , ardei gras, ceapa, ciuperci, ulei<br>Kcal: 648.9;Gr:17.52;Gluc:96.57;Prot:24.67 | 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: orez 120g, file de porc 60g, morcov, <b>telina</b> , ardei gras, ceapa, ciuperci, ulei<br>Kcal: 648.9;Gr:17.52;Gluc:96.57;Prot:24.67 |
|              | 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)                                                                                           |
|              | Nuggets cu paste si legume 250g                                                                                                                   | Pui cu branza de vaci 220g                                                                                              | Nuggets de pui cu piure de legume 300g                                                                                                                                                      | Ciocanele de pui cu risotto 300g                                                                                                                  |
| CINA         | Ingrediente: penne 120g, nuggets de pui 70g, morcov, <b>telina</b> , ulei<br>Kcal:593.5; Gr:8.96;Gluc:84.46;Prot:29.18                            | Ingrediente: piept de pui 60g, <b>branza de vaci 160g</b><br>Kcal:400.2;Gr:21.68;Gluc:7.04;Prot: 41.84                  | Ingrediente: nuggets de pui 70g, cartofi 80g, morcov, telina, fasole verde, unt, lapte<br>Kcal: 359.22;Gr:20.62;Gluc:23.85;Prot:17.63                                                       | Ingrediente: orez 130g, ciocanele de pui 70g, morcov, ceapa, <b>telina</b> , crema vegetala<br>Kcal:632.4;Gr:9.28;Gluc:105.94;Prot:20.57          |
|              | 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                                                                          |
|              |                                                                                                                                                   |                                                                                                                         |                                                                                                                                                                                             |                                                                                                                                                   |

|              | 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)                                       |
|              | <b>Mozzarella 40g, urda 40g, cas30g(lapte, cheag), creminos cu unt 30g</b><br>Kcal:380.5;Gr:30.2;Gluc:3.64;Prot:22.96                              | <b>Urda 40g, cas 40g(lapte, cheag), creminos cu unt 30g, gem 30g</b><br>Kcal:377.25;Gr:26;Gluc:18.82;Prot:17.3                                                                              | Pate vegetal 120g, ardei gras, masline<br>Kcal:340;Gr:35.52; Gluc:9.08;Prot:2.68                                                                                      | Parizer 40g, <b>cascaval afumat 40g, creminos cu unt 30g</b> , masline 20g<br>Kcal:434.3;Gr:40.78; Gluc:0.92;Prot:14.86                           |
| PRANZ        | Crema de broccoli 300ml                                                                                                                            | Crema de broccoli 300ml                                                                                                                                                                     | Crema de broccoli 300ml                                                                                                                                               | Crema de broccoli 300ml                                                                                                                           |
|              | Ingrediente: broccoli, ceapa, morcov, <b>telina</b> , cartofi, <b>unt</b> , crema vegetala<br>Kcal:214.2;Gr:24.22;Gluc:16.53;Prot:5.35             | Ingrediente: broccoli, ceapa, morcov, <b>telina</b> , cartofi, <b>unt</b> , crema vegetala<br>Kcal:214.2;Gr:24.22;Gluc:16.53;Prot:5.35                                                      | Ingrediente: broccoli, ceapa, morcov, <b>telina</b> , cartofi<br>Kcal:202.3;Gr:21.10;Gluc:17.23;Prot:3.22                                                             | Ingrediente: broccoli, ceapa, morcov, <b>telina</b> , cartofi, <b>unt</b> , crema vegetala<br>Kcal:214.2;Gr:24.22;Gluc:16.53;Prot:5.35            |
|              | File de porc cu mancare de fasole verde 300g                                                                                                       | Ciocanele de pui cu ghiveci de legume 300g                                                                                                                                                  | Ghiveci de legume 250g                                                                                                                                                | Ostropel de porc cu orez si legume 300g                                                                                                           |
|              | Ingrediente: fasole verde 100g, file de porc 70g, morcovi, <b>telina</b> , ceapa, rosii cuburi<br>Kcal: 122.35; Gr: 2.58; Gluc: 17.21; Prot: 16.72 | 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 | Ingrediente: orez 140g, file de porc congelat 60g, morcov 30g, <b>telina</b> 30g, ardei gras, ceapa<br>Kcal:641.54;Gr:4.21;Gluc:124.61;Prot:23.46 |
|              | 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         | Nuggets de pui cu piure de legume 300g                                                                                                             | Nuggets de pui cu piure de legume 300g                                                                                                                                                      | Risotto 250g                                                                                                                                                          | Piept de pui cu risotto 300g                                                                                                                      |
|              | Ingrediente: nuggets de pui 70g, cartofi 80g, morcov, telina, fasole verde, unt, lapte<br>Kcal:359.22;Gr:20.62;Gluc:23.85;Prot:17.63               | Ingrediente: nuggets de pui 70g, cartofi 80g, morcov, telina, fasole verde, unt, lapte<br>Kcal:359.22;Gr:20.62;Gluc:23.85;Prot:17.63                                                        | Ingrediente: orez 130g, morcov, ceapa, <b>telina</b> , crema vegetala<br>Kcal:532.4;Gr:7.28;Gluc:94.28;Prot:17.47                                                     | Ingrediente: orez 130g, piept de pui 70g, morcov, ceapa, <b>telina</b> , crema vegetala<br>Kcal:532.4;Gr:10.28;Gluc:115.94;Prot:21.57             |
|              | 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.